



Foundations

A COZY AND FLEXIBLE APPROACH
TO LIVING YOUR HEALTHIEST LIFE

The Foundations of Nutrition

THE BOTTOM LINE: EAT REAL FOOD, MOSTLY..

While we can easily make all of this super complicated, the bottom line is: Eat a variety of real food.

In this guide we will walk through the foundations of nutrition in relation to macronutrients.

The nutrient dense macronutrients are the ones we want to choose most often, and the nutrient poor macronutrients are the ones we want to choose least often.

If you ensure you're mostly eating whole foods including quality fats, then you're good to go.

The entire NourishedBoss. Recipe guide is full of simple recipes that use real food.

Processed foods, chips, cookies, and so on are not off limits! I would suggest tuning into this as it relates to your goals - if it's something you are consuming on daily or regular basis.

NOTE: NOT ALL CALORIES ARE EQUAL

If you've paid attention to Calories or Point Systems at all in relation to dieting or weight maintenance, please don't skip this first section.

Different calorie sources can have vastly different effects on hunger, hormones, energy expenditure and the brain regions that control food intake.

Even though calories are important, counting them or even being consciously aware of them is not entirely necessary to control weight.

On a basic level a calorie deficit can result in weight loss, and a calorie surplus in weight gain. In most cases this will work on its' own, however in the long-term it's more important to shift to eating a variety of nutrient rich whole foods and tuning into your body's hunger and fullness signal.

In many cases, simple changes in food selection can lead to the same or better results than restricting your calorie intake.

Nutrition is not low fat. It's not low calorie. It's not being hungry and feeling deprived. It's nourishing your body with real whole foods, so that you are consistently satisfied and energized to live life to the fullest . After all, isn't that what this life is about?

#justeatrealfood



General Nutrition

Carbohydrates

Nutrient Rich Carbs: whole grains (brown rice, quinoa, millet, buckwheat, whole wheat, spelt, brown rice pasta, steel cut oats), fresh & dried fruit, fresh veggies, sprouted grain bread.

Nutrient Poor Carbs: refined grains (anything white: bread, rice, sugar, etc), cookies, candies, pop, pastries, etc.

Fats

Nutrient Rich Fats: flax oil, hemp oil, olive oil (for salad dressings), butter, virgin coconut oil (for cooking), avocados, nuts, seeds

Nutrient Poor Fats: anything deep fried, hydrogenated oils, margarine, cooking sprays

Proteins

Nutrient Rich Proteins: cold water fish, free range, ideally organic, animal products (eggs, chicken, turkey, beef, bison), beans (chick peas, mung beans, lentils etc), nuts, seeds (especially hempseed), quinoa, leafy greens, spirulina – a superfood algae!

Nutrient Poor Proteins: hot dogs, deli meats with nitrates, fast food burgers

A Flexible Nutrition Plan

Look, this is a guide... not a one size fits all prescription:

2 fist size portions of whole grains/day

5+ cups of veggies/day

1-2 servings of fruit/day

2 palm size portions of protein/day

Includes lots of fibre: fruit, veggies, seeds (like flax, chia, hemp)

Whole foods – that look like they come from the earth and haven't been overly processed or refined by humans

2-3L water/day (ideally filtered or spring water)

1 cup of coffee or tea

Limited:

Refined grains & sweets

Processed foods

Deep fried & fast foods

Artificial ingredients and chemical additives



**DO IT FOR YOU
AND NOT FOR THEM**