

BACK TO BASICS!

Gee we have a tendency to over-complicate things!

Life feels easier and way more fulfilling when we simplify things. But where to start? Now that the year is back in full swing - it's the perfect time to come back to basics.

So I thought we'd focus a little on what's going into our mouth....

When I'm feeling off-track with food or the routine has gone out the window - I remember just how simple it can be to fuel my body. I do these things.... And you know what - it's crazy just how obvious these things are but how they are often the first things to go....

I sip on lemon juice in water to start my day. And I increase my water intake throughout the day:

1. I have a good breakfast planned - my go to's are my [Basic Bircher](#), [Eggs and Greens](#), Peanut Butter on Sourdough or my [Simple Smoothie](#) with a few extras like Maca Powder, greens, cucumber and peanut butter.
2. I make a super simple dinner plan. My go-to can be found in the Easy Kitchen Reset program.
3. I think about fresh food and how I can eat more of it. I'll have boiled eggs and corn on the cob on standby for quick eating. I'll have veggies chopped up to dip into hummus.

The SIMPLE things you guys. Water, a good breakfast, a simple plan for dinners and more fresh food.

That's it. That's how I get myself back on track. That's how I simplify what can become SUPER complicated. The world of food doesn't have to be.

Let us know the Back to Basics tricks you use to simplify food for yourself.

VIDEO TRANSCRIPT

Hey. It's another week together to simplify things. And as you will have read, this week we're all about going back to basics. This can be anywhere in your life, but I've chosen food because food is so fundamental. For me, my food choices reflect what's going on for me at the moment. When I'm having chaotic periods, when I'm busy, perhaps when I've been on holidays, things can kind of get all over the place.

All I do is think how simple could it be for me to eat well and to feel good, because that's why I do it. That's why we make the choices that we do. It's not a punishment thing, it's not trying to not give myself the things that I need. It's actually really honouring what I need in that moment.

The best way to do it - I find everything changes if I start the day right. If I have that lemon juice in water, I literally squeeze the juice of half a lemon into some water, and just sip on that throughout the morning, and have a good breakfast. It doesn't have to be complicated, but just made from something real, and then I feel set up for the day. I think about upping my water intake, I think what's green, what could I add to my plate that's green, or just generally, what fresh food that's living could I get into my body? And, you guys, that's it.

Can you go back to basics? What are your back to basics? What is it, little habits that you can get into, the small steps that you could take this week, to just feel better? Maybe it's sleep, maybe that's your back to basics. When you get out of your sleep routine or start getting only a few hours a night everything falls off the wagon. Hands up. But if you wanted some ideas to go back to basics with foods, here are mine. I would love to hear yours. Good luck.