

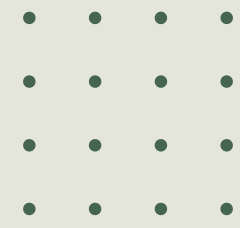
THE NO-BS GUIDE

To Better Nutrition

5 things that actually matter — without dieting, detoxing or giving up everything you love



LET'S MAKE NUTRITION LESS COMPLICATED



NUTRITION DOESN'T HAVE TO BE PERFECT TO WORK.

You don't need to cut out carbs, detox, follow a complicated meal plan, or eat foods you hate.

Good nutrition is mostly about doing the basics consistently - and those basics are a lot simpler than social media makes them sound.

In this guide, I'm breaking it down into 5 things that actually matter - so you can stop overthinking nutrition and start building habits you can actually live with.



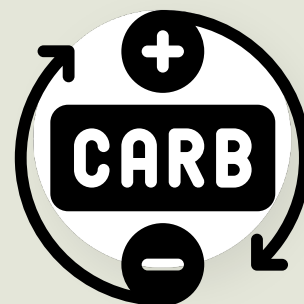


1. BUILD BALANCED MEALS



PROTEIN

Helps keep you full and supports muscle. Think chicken, eggs, Greek yogurt, fish, lean beef, tofu or beans.



CARBOHYDRATES

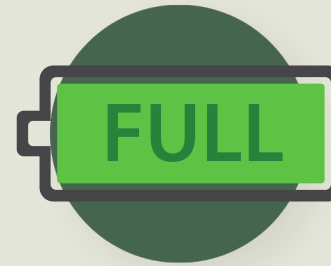
Yes, carbs. Potatoes, rice, oats, fruit and whole grains provide energy and absolutely belong in a balanced diet.



FATS

Important for hormones, nutrient absorption and overall health. Avocado, nuts, seeds, olive oil, cheese and fatty fish are great sources.

2. PRIORITIZE PROTEIN



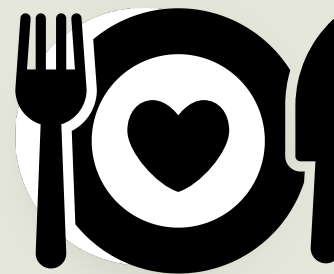
HELPS KEEP YOU FULL

Protein tends to be more filling than carbohydrates or fats, which can make meals more satisfying.



SUPPORTS AND MAINTAINS MUSCLE

Protein provides the building blocks your body needs to repair and maintain muscle - especially important if you're strength training.



SPREAD IT THROUGHOUT YOUR DAY

You don't need enormous amounts at every meal. Include a solid protein source at breakfast, lunch and dinner, and add it to snacks when it makes sense.

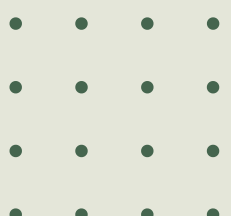


HELPS KEEP YOU FULL

A vibrant, top-down view of a large assortment of fresh fruits, vegetables, grains, and nuts, arranged in a circular pattern on a white background. The items include apples, oranges, kiwis, pears, corn, tomatoes, cucumbers, carrots, and various seeds and grains.

Fibre helps keep your digestive system moving and supports gut health. Increase it gradually and make sure you're drinking enough fluids.

Add fruit to breakfast. Put vegetables with lunch and dinner. Choose whole grains more often. Toss beans into meals when they fit.



4. STOP FEARING CARBS



01

CARBS GIVE YOU ENERGY

Carbohydrates are your body's preferred source of energy and are especially useful when you're active.

03

PAIR THEM

Combine carbs with protein, fibre and/or fat to build a more satisfying, balanced meal.

02

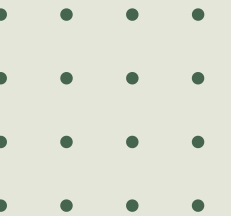
INCLUDE A VARIETY

Potatoes, rice, oats, fruit, beans and whole grains are all perfectly good carbohydrate sources.

04

PORTIONS STILL MATTER

You don't need to eliminate carbs. The amount you need depends on your appetite, activity and overall nutrition goals.



MOST OF THE TIME IS ENOUGH

You don't need every meal to be perfectly balanced. What you do consistently matters far more than one meal or one day.

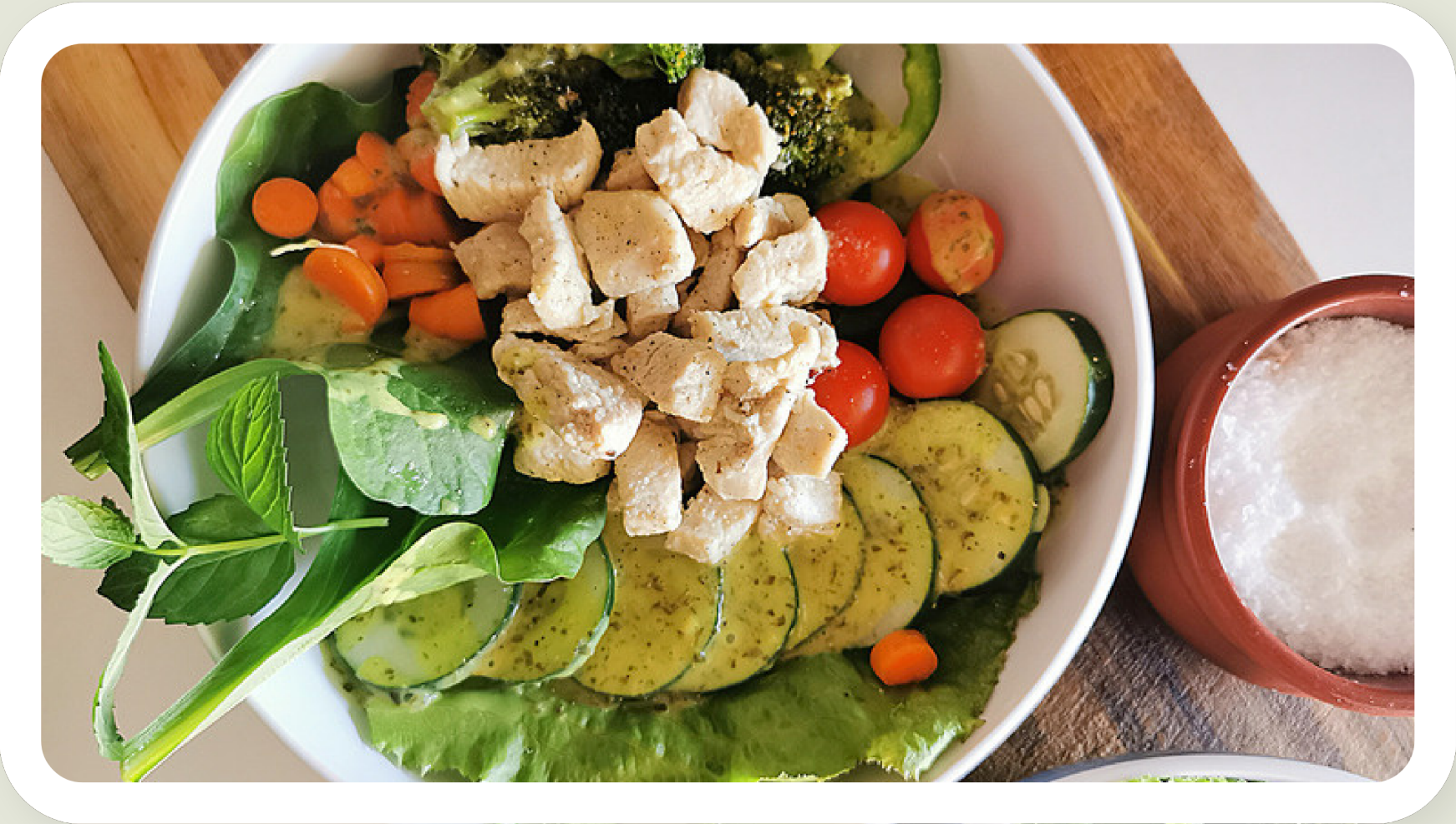
ENJOY THE FOODS YOU LOVE

Dessert, takeout and celebrations can absolutely fit. Good nutrition doesn't require eating "perfectly" all the time.

GET BACK TO NORMAL

A higher-calorie meal doesn't need punishment, restriction or an extra workout. Enjoy it, then simply return to your usual habits.

5. CONSISTENCY BEATS PERFECTION



PUTTING IT ALL TOGETHER

YOUR MEAL

1

BUILD IT

PROTEIN + CARBOHYDRATE
+ FAT + FIBRE

START WITH A PROTEIN
SOURCE, ADD A
CARBOHYDRATE, INCLUDE
SOME FAT, AND BRING IN
FRUIT OR VEGETABLES FOR
FIBRE.

• • • • •
• • • • •

YOUR DAY

2

KEEP IT SIMPLE

AIM FOR BALANCED MEALS
MOST OF THE TIME. SPREAD
PROTEIN THROUGHOUT
YOUR DAY, INCLUDE FIBRE-
RICH FOODS, INCLUDE
CARBOHYDRATES, AND
DON'T STRESS ABOUT
MAKING EVERY MEAL
PERFECT.

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MAKE IT WORK IN REAL LIFE

Nutrition has to work on busy days too - not just when you have time to meal prep and everything goes according to plan.

01

BUSY MORNINGS

Keep options available: eggs, Greek yogurt, cottage cheese, fruit, whole-grain toast or overnight oats.

02

EATING ON THE GO

Look for a protein source first, then add a carb and fruit or vegetables when you can.

03

EATING OUT

Order what you actually want. Aim for some protein and fibre, enjoy your meal, and move on. One restaurant meal doesn't undo your habits.

04

WHEN LIFE GETS MESSY

Don't wait until Monday to "start over". Your next meal is simply your next opportunity to eat normally.





Ready to Make Nutrition Less Complicated?

You don't need another restrictive diet or list of foods you're not allowed to eat. If you're ready for practical nutrition guidance that actually fits your life, I'm here to help.

Reach out today to learn more about working with me.



Crystal Mortley Nutrition



crystalmortley@gmail.com



crystalmortleynutrition.com

