



Metabolic Starter Guide



BASELINE

— METABOLIC FOUNDATIONS —

UNDERSTAND • BUILD HABITS • IMPROVE HEALTH



WELCOME

Most People don't need another diet.

They need to understand how their
body works

When you understand a few basics principles about
metabbolsm and blood sugar, healthy eating
becomes much simpler.

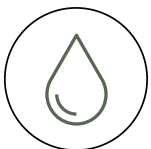
This guide will teach you:



WHAT METABOLISM
REALLY IS



A SIMPLE WAY TO READ
INGREDIENTS LISTS



HOW BLOOD SUGAR
AFFECTS ENERGY,
CRAVINGS, AND WEIGHT



SIMPLE MEALS YOU CAN
START USING TODAY



A LIST OF LOW GLYCEMIC
LOAD FOODS

What is Metabolism

THINK OF YOUR METABOLISM AS YOUR BODY'S ENGINE



Food is fuel for your engine

Your **Metabolism** is the process your body uses to:

- Turn food into energy
- Power your brain
- Keep your heart beating
- Build and repair muscles
- Support hormones and digestion
- Keep you alive

Even while you are **sleeping**, your metabolism is working.

Simple Example:

Imagine your body is a car.

- Food = Fuel
- Metabolism = Engine

The better the fuel, the better the engine runs.

What is Blood Sugar?

THE ENERGY IN THE BODY'S SYSTEMS

Carbohydrates are energy for your systems.

When you eat **Carbohydrates** (fruits, breads, pasta, pastries, rice, potatoes, etc), your body breaks them down into a sugar called **glucose**

This Glucose enters your bloodstream and becomes your body's primary source of energy.



WHY BLOOD SUGAR MATTERS

When blood sugar rises too high:

- Energy crashes
- Hunger increases
- Cravings increase
- Fat storage becomes easier
- Mood swings become more common

When blood sugar stays steady:

- Energy improves
- Hunger decreases
- Cravings decrease
- Focus improves
- Weight management becomes easier

The goal is NOT to avoid carbohydrates

The goal is to use them correctly, and more often choose carbohydrates that create a slower, steadier rise in blood sugar.

Foods For Steady Blood Sugar

FOODS WITH A LOW GLYCEMIC LOAD

What is Glycemic Load?

Glycemic Load (GL) helps us understand how much a food will affect blood sugar

Protein Food: These has little to no effect on blood sugar

- Chicken
- Turkey
- Beef
- Pork
- Fish
- Shrimp
- Eggs
- Cottage cheese
- Greek yogurt
- Cheese

Veggies: Eat as good of a variety as you can of these, and eat them often. They house tons of vitamins and minerals.

- | | | | |
|----------------|--------------------|-------------|------------------|
| • Broccoli | • Lettuce | • Mushrooms | • Mustard Greens |
| • Cauliflower | • Spinach | • Bok Choy | • Turnip Greens |
| • Zucchini | • Kale | • Radishes | • Heart of Palm |
| • Bell peppers | • Asparagus | • Artichoke | • Watercress |
| • Green Beans | • Brussels sprouts | • Jicama | • Fennel |
| • Cucumber | • Cabbage | • Kohlrabi | • Celery |



Foods For Steady Blood Sugar

FOODS WITH A LOW GLYCEMIC LOAD

Fruit is a carbohydrate...

because it contains natural sugars. Carbohydrates include sugars, starches, and fiber—and fruit contains all three, but primarily natural sugar and fiber.

Fruits: Like veggies these are packed with nutrients. Enjoy them!

- Berries
- Cherries
- Apples
- Plums
- Oranges
- Grapefruit
- Pears
- Peaches
- Kiwi



Healthy Fats:

These help slow blood sugar spikes.

- Avocado
- Olive oil
- Olivies
- Nuts
- Nut butter
- Seeds
- Coconut
- Butter
- Ghee

Smart Carbs:

These can fit into healthy balanced meals

- Sweet potato
- Potato
- Sourdough Bread
- Oats
- Beans
- Lentils
- Quinoa
- Wild rice
- Brown Rice

5 Rules for Ingredient Reading

1

Shorter Ingredients Lists Are Usually Better

Option A : Potatoes, olive oil, sea salt

Option B : Potatoes, vegetable oil blend, maltodextrin, dextrose, artificial flavor, preservatives

Choose option A

2

Read Ingredients Before Nutrition Facts

- The ingredient list tells you what is actually in the food
- Ingredients are listed from most to least
- The first few ingredients matter the most

3

Look For Real Foods Listed

The more recognizable the ingredient, the better.

Know what you are putting in your body.



4

Watch For Added Sweeteners

Sugars/sweeteners can appear under many names. The more sugar, the higher the glycemic load. Having multiple can hide how high the GL is.

4

There are over 200 different sugars and sweeteners that can be added to food.

The goal is not to be afraid of sugar, but to be aware of it so you can make informed decisions.



5

Mind Your Dyes

If an ingredient list contains Red, Yellow, Blue, Green, Citrus Red, or the phrase "artificial colors," the product contains added dyes.

There can be natural colors added as well. The list will include things like beet powder (pink or red) and carrot juice (yellow or orange).

7 Simple Meals



1 EGGS, BERRIES, AND AVOCADO

- Eggs
- Mixed berries
- Avocado



High in protein and healthy fats to keep you full and energized.



2 GREEK YOGURT BOWL

- Greek yogurt
- Berries
- Walnuts
- Cinnamon



Great for gut health and steady energy.



3 CHICKEN, ROASTED POTATOES, AND GREEN BEANS

- Chicken
- Roasted potatoes
- Green beans



Balanced plate with protein, fiber, and smart carbs.



4 GROUND BEEF, RICE, AND MIXED VEGETABLES

- Ground beef
- Rice
- Mixed vegetables



Simple, satisfying, and family-friendly.



5 TURKEY BURGER, SWEET POTATO, AND BROCCOLI

- Turkey burger
- Sweet potato
- Broccoli



High protein with fiber and complex carbs.



6 SALMON, ASPARAGUS, AND ROASTED POTATOES

- Salmon
- Asparagus
- Roasted potatoes



Omega-3s, fiber, and nutrients for overall health.



7 TACO BOWL

- Ground beef
- Lettuce
- Tomato
- Avocado
- Salsa
- Rice



Customizable, delicious, and balanced.

Final Thoughts

CONCLUSTIONS AND WRAP UP

FOCUS ON WHAT MATTERS MOST



PROTEIN AT EVERY MEAL

It keeps you full, supports your muscles, and stabilizes your energy.



MORE FRUITS & VEGETABLES

They fuel your body with fiber, vitamins, and minerals you need every day.



CHOOSE REAL FOOD

The more whole and simple the food, the better you'll feel.



BALANCE > PERFECTION

Consistent habits will always beat extreme rules.



YOU ARE IN CHARGE

You choose what you eat. You choose how you show up. You choose your future.



- Small changes done consistently will always outperform extreme diets.
- The goal isn't perfection.– The goal is understanding your body well enough to make better choices most of the time.
- Health doesn't have to be perfect. It just needs to be simple enough to sustain.

BEFORE YOU GO

If you've made it this far, I want to thank you for taking the time to invest in your health. In a world full of quick fixes, conflicting advice, and promises of overnight results, simply slowing down long enough to learn is a powerful step forward. One thing I hope you take away from this guide is that your health is not happening to you—it's being built by you, one choice at a time. Every meal, every grocery trip, every hour of sleep, every walk, every habit contributes to the direction your health is moving.

The good news is that you don't need to be perfect to make meaningful progress. You simply need to become a little more intentional.

Most people already know they should eat healthier, move more, and take care of themselves. The challenge isn't usually a lack of information. The challenge is understanding how to turn that knowledge into daily actions that fit real life. That's why I believe education matters.

When you understand what your choices are doing inside your body, healthy decisions become less about willpower and more about awareness.

Remember, you are the only person who lives in your body. You are the only one who feels your energy levels, experiences your cravings, notices your sleep, and lives with the results of your habits. That isn't something to feel guilty about—it's something to feel empowered by. It means you have influence. It means your choices matter. It means you are not stuck.

As you move forward, stay curious. Pay attention to how your body responds to the foods you eat, the routines you follow, and the habits you practice. Approach your health with the mindset of a student rather than a critic. You are not trying to prove that you're good enough. You are learning. You are practicing. You are building skills that can serve you for the rest of your life.

Most importantly, don't let the pursuit of perfection stop your progress. A healthy life isn't created by making the perfect choice every time. It's created by making supportive choices more often than not and continuing to show up even when you don't get it right.

Keep learning. Keep paying attention. Keep practicing.
Your future health is being built one choice at a time.



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