

BORING IS BETTER

When it comes to lifestyle change — particularly diet — basic and boring usually wins. Yes there are a million diets, supplements and programs out there but when the dust settles usually the basic, boring plan is better.

Breakfast could be a good example. I talk to more and more people who are eating various shakes for breakfast (or for other meals or snacks). There are a million of these — most of them sold through complex multi-level marketing programs. And the shakes themselves really aren't all that bad. After all they aren't bagels and cream cheese or sausage McMuffins. But they are processed and powdered — far from being “real” foods.

Why not just have oatmeal? It's ultra-simple, loaded with fiber and other good stuff, and it's a real food that hasn't been pounded, powdered, processed and then reconstituted in your blender.

Scoops of mixed organic vegetables and super food powder are great in theory but why not just eat the organic vegetable? Boring is better.

Diet books fall prey to this as well. Generally they start by explaining their theory or the overall way that they propose you eat. They'll then invariably have a “Part 2” where recipes and meal plans are laid out.

The problem is that many of these recipes and plans are just too darned complicated. I don't know about you but I don't have time in the morning to make myself a smoked salmon and caper frittata. Yes it sounds good but often it's just not practical. Why not just eat some fruit for breakfast instead? It's basic and might be better in the long run anyway.



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So get back to basics. Food doesn't have to be complicated or gourmet to be appreciated. And it certainly doesn't need processing and flavor enhancing.

Try these suggestions:

- Experiment with healthy snacks and find 2-3 of them that you like that are simple. Stick with these most of the time.
- Plan your meals and snacks ahead of time. The weekend is a great time to make a big pot of oatmeal. You can then just warm some up throughout the week and top with berries or other fruit.
- Get really good at one or two meals that are simple and healthy so that you have a “go to” meal you can use in a pinch.

