

Hello! In this podcast episode, we're speaking with my friend Adria DeCorte. Adria is a friend that I have here in Vegas and she is one of these people that whenever we get together, it just ends up into hours of just delicious conversation. And Adria has a podcast and a website. Her podcast is called [Feed Your Hustle](#) and she specifically works with people who are really busy and don't want to prioritize health over hustle. They already have way too much going on and having to go and think about all the ways in which they should eat healthy and make 1 million different decisions around that.

So she's really good about making healthy doable and so we have a really like awesome, fast paced episode today where Adria and I talk about you know first of all why what you eat impacts your body and how it affects your business. So she has a really great story about how much it really can affect your business because I do believe and I'm sure you know too when you are eating better, you're just going to have more energy, you are going to feel more clear. The problem is how do you do it in a way that is easy. So Adria talks about that.

We also talk about the type of food to eat when you want to feel inspired and creative, what types of food are going to help you feel grounded and productive and ready to hustle. So we go over that, we go over Adria's meal template idea. And meal templates are a spectacular way to make sure that every breakfast and lunch are able to make something really healthy, really quickly. So she will go over that, her remix idea which is another way to make sure that you are making things as easy as possible on yourself and still able to eat really healthy.

And we go over a couple other things and then we drill it back into, I ask her at the end what are your top three action steps for people who want to integrate health into the world without having to make it this big deal. And the way that she explains it is actually like easier to eat healthier than it is not to eat healthier. So you're going to get a lot from this I think. Adria is really smart and she just gives so many great tips here. So enjoy!

**Rachel:** Thank you so much for being here Adria.

**Adria:** Thank you so much for having me here Rachel.

**Rachel:** Absolutely. So the intention behind a better life is to show people that if they have a choice, they can choose a better life. So in that spirit can you take a minute to share with us some of the things you are most proud of in your life?

**Adria:** I definitely can. I love this question when you ask it. So I'm really proud first of all of my husband and my family, the relationships that I have. They really have been a huge support for me and I'm so happy to have them. I'm very proud of that. And one thing that I'm noticing especially right now since I have the windows open is the beautiful weather right now that you have in Vegas. And if I were to get more into things that have to do with me, I am proud of my mind and my compassion and the movements that I'm going and the platforms that I have been able to establish with my podcast and my upcoming products and being able to start to share my own passion with other people.

**Rachel:** Yeah and I mean you are just like knocking life out of the park lately. I mean you always have like the TEDx events and I mean just everything your podcast, [Feed Your Hustle](#) podcast which I have been really enjoying listening to. You just got so many different great things going on right now. And your podcast, so *Feed Your Hustle*, it is about self-care, eating well, moving our bodies and the balancing act that goes on behind the scenes of our businesses and I love the concept but what I really love is how you say that you specifically work with people who do not want to choose health over hustle. So I think it gives people permission to not have to feel guilty around not making health like something that they are thinking about constantly. And one of my favorite stories that you have shared on your podcast illustrates why it is so important to merge health into your day to day or at least just consider how it is impacting your business which is the gluten-free baffle story. Can you share that one?

**Adria:** Yes definitely. I love how you call it the gluten-free baffle story. So it is something I love to use to kind of get the point home. Okay so a little while back, I went out to lunch and it was a work lunch with my husband and it was the middle of the workday and we went to a vegan diner. So first of all like clearing up any misconception that vegan food needs to be healthy, it absolutely doesn't and this was not the type of vegan food that is healthy. So we are there at the diner, I can [04:49] anything on the menu I choose that feels the most delicious and order it. The waiter comes up, puts my plate in front of me and it's this giant waffle stuffed with sausage and lathered in this white gravy over the top. And it was not exactly what I was expecting, not exactly what I would normally eat but I believe in food as pleasure so I ate every bite which is nothing wrong with that. But afterwards, the way that I felt, I was tired, I was sluggish, it just felt like falling to the couch to take a nap.

And I went back to work but after I kind of read the same paragraph four times, I realized that I wasn't really getting anywhere and since I didn't have any appointments set up for the afternoon and I worked for myself, I took the afternoon off. But I had that ability but what if that afternoon was my [05:52], what if that afternoon I had a really important client call or I was doing something in my business that I needed to bring my entire full 100% concentration and energy.

**Rachel:** Yeah I mean that's a great point. That's a great point and I love how you say like it was a vegan sausage, it was gluten-free waffles but I still felt like crap.

**Adria:** Exactly, yes.

**Rachel:** And I feel like, I mean that shows that obviously eating the food that we do is going to make a big difference in how we are feeling throughout the day but I think that's just, like it can be confusing because I mean there's people out there that are screaming like vegan. There's other people that are screaming paleos are the best for your health and all kinds

of different things. So how do you know like what food is the best for you and how you're going to feel the best?

**Adria:** That's a really good question Rachel. There's so much polarizing thought among food going on and really my take on it and this is my own perspective based on my own experience and what I've seen worked with clients and other woman within my field is that really what comes down to it is how the food makes you feel, the energy that you feel afterwards because certain people might have indigestion or might feel tired after a certain food that other people feel energized by and we have all different sensitivities and things like that too. So it's really just starting to get really in tune with how food makes you feel and going from there.

And of course I mean there are a lot of foods that our bodies are made for if you think about whole foods, foods that you know are as nature intended, our bodies to be able to process. That makes sense too that that would be easier to process, easier to get energy from than processed foods or fast food or things like that. So at the point there is a core amount of types of foods that make you feel better, that you can get more energy easily from but it comes down to you being able to notice how something is affecting your body.

**Rachel:** Yeah I think that's a really good point about obviously like whole foods are going to be probably the best ones to start with and I guess – remember we were talking about in podcast and the [08:10] remember with Eleanor and I think I've made a podcast about just like that even you could track what you're eating and just like track after you eat it like track how you feel and what you have eaten and then later on, like an hour later, see how you are feeling now. And eventually you're going to start seeing patterns and I remember even on the podcast with [Eleanor Tara](#), she saying even raw spinach just did not make her feel good which is interesting.

**Adria:** Right. So we really can't just be like blanket – I am not a fan of rules like I have a huge belief in balance not perfection that I have my own history with being really, you know having to follow specific rules around

food and having to make sure that I was combining perfectly and that I was eating raw foods and all these different things. And really when it comes down to it, your goal is to feel good and so you make sure that if there are rules, you are following it. The rules actually support that [09:14].

**Rachel:** Yes I love that and I was just – where did I just see it? Oh I was watching a video with Daniel Vitalis, have you heard of that [ReWilding](#) podcast?

**Adria:** A little bit, yeah.

**Rachel:** Yeah, he is really interesting. And so I was watching this video and he was talking about how our overall happiness like nutrition is just 1/4 of it and there's other elements that we need in order to feel at our best. And so I think it is really important, so I'm really glad that you're going through this because I know for me like especially with business stuff like it feels like more than 1/4. But I'm talking like – like he's talking like overall big picture like you know getting sunshine and different things and talking about eating clay.

**Adria:** No I totally agree that because and that's why on the [Feed Your Hustle](#) podcast – on my podcast, we talk about that full-spectrum that's going on; the full-spectrum of self-care and eating well and moving your body, managing your time, just everything that falls into that because that all ends up affecting our business. It's all the balancing act that is going on behind in our business or behind you know whatever passions we have going on, whatever work we want to do in the world. It all matters coming together.

**Rachel:** Yes I love it and I love how you can take that specific like the – I mean you talk about self-care, health, moving your body and with the health piece, one of the things that I wanted to touch on because you make these personalized meal plans for people which are spectacular and yeah absolutely. And I know that you tell people to like eat certain foods if they want to feel grounded or certain foods if they want to be creative or still

others or even during a lunch which is just so fascinating to me and let's just start off like can you tell people the types of foods that are good to eat if you want to feel grounded but also like what grounded means to you.

**Adria:** Oh yeah, definitely. So when I think of food helping you feel grounded and I guess first I'll say maybe a couple of times when this might be good to have foods like this. So one of the things that I did recently is I went to a retreat was on for speakers, people who were going to do [11:28] talks, things like that. And I talked to them about the food that you eat and how it can affect your speaking and one of the things that I talked to them about this after you talk when you have all this energy built up, all this like nervous sensation and you have that speaker's high, kind of like comes down after that and ground yourself by using food and the meal that you have afterwards.

So to help put that in context a little bit, I mean it can be other parts of your life like you have been in a [11:58] podcast or you have a big launch coming up or you have something happening where you kind of want to bring your energy back down, ground yourself, get a little bit clearer and rooted and not so spacey so you can start to produce and start to work really well.

So that's what I'm thinking about what I'm thinking about grounded is just rooting yourself back in your body and the more productive type of energy or the type of energy that allows you to kind of come off a high and relax so they can do both things. So when I think of in terms of food for that would be one of the big things that helps is like to root vegetables; beets, sweet potatoes. By nature if you think about root vegetables [12:43] root shocker, I don't know if people are into that kind of thing but it just naturally follows that they are the heartier, they tend to be cooked so they are kind of feel satisfying and warming.

Those kind of things are grounding and eating hearty, I like to preach to my clients one of the main grounding meals I give them when I design a meal plan for them is a root veggie soup. So it's like, it's beets, sweet potatoes

and lentils, all cooked up. It is really simple, it's a one pot meal and eating that kind of helps to take your energy down and helps you kind of relax a little bit.

**Rachel:** Yeah and it's like taking your energy down but not in a way where you are feeling exhausted or too full to move which is great.

**Adria:** Right, exactly. So it is still allowing you to have energy but it is not a chaotic energy.

**Rachel:** Yeah. When you talk about it just feels like a clean energy. Awesome and what about for when you want to be creative, what kind of foods would you recommend then?

**Adria:** So for creative foods what I recommend is things that are more light, things that are more fresh. So fresh fruits and veggies, I think of green smoothie in the morning as promoting creativity because it is light, it is kind of – it's not weighing you down as much. You kind of have a lot of energy to have ideas and inspiration. Also good for things like [14:17] or if you want to be on your feet doing things. Those are the kind of things, so green smoothies or even like salad that is anchored with something hearty like [14:27] or lentils or beans or something like that or protein source.

**Rachel:** Perfect that makes sense. And are there other feelings that you find that people that you work with are going after and what kind of – so maybe like one or two other feelings or maybe like the main ones are creative and grounded, I don't know.

**Adria:** Yeah, you know what? Those are because they also translate. The creative energy is very similar to what I would design for someone who is doing public speaking because that kind of elevates the energy and a lot of times what I talk about is combining the two. So combining the two components that I see that entrepreneurs need a lot of times are 1) inspiration – so that would be like the creative energy; so fresh food, fresh fruits and veggies. And then 2) implementation--so that's the grounding with



the heartier foods, the root veggies and the gluten-free grains and beans and things like that are a little bit heartier.

So when you combine the inspiration which is that creative energy with the fresh foods and then implementation which is the grounding foods, you kind of have this recipe for being able to launch a product, to design something new and put it on the market, to work with your clients and to get them to the results that they want.

**Rachel:** Yeah and I really enjoy how, you know how you could eat different things throughout the day. So let's say in the morning is when you're doing your writing or something and maybe you want to have kind of lighter foods then so you can just have a lot of ideas and stuff coming through. And then it's like time to get into whatever you're working on that's more kind of like you need to spend more little push for it so then you can move over to the grounding foods, so cool.

**Adria:** Exactly. A lot of times what I talk about is when putting together a whole day and this is what I do in a lot of the meal plans in the design too is that it starts off like the bulk of the day is more of those creative foods, more of those that inspiration type. And then wrapping up the day with the grounding types of foods so that kind of like brings you back down to separate your workday from of time in the evening or something like that.

**Rachel:** Yeah like your transitional foods, beautiful. And so one of the things that I think is really helpful like just from going through your blog and talking with you is how you make having healthy foods on hand easy. And I would love if you could tell people about meal templates.

**Adria:** Oh yes, okay. So on that whole idea of making it easy, I see my mission as helping entrepreneurs and the change-makers realize that food does fuel hustle and that it can. And shift their thinking to food as energy for the work that they want to do in the world. But usually what happens next when I have introduced this whole concept is that they say but I don't have the time or I'm too busy. I think that is pretty much universal; I had the same



issue. So what I do with clients, podcast listeners with whoever I'm working with is to simplify kitchen time so that they can eat meals that fuel hustle and then have that energy to change the world basically.

So one of the main tools that I use to do this – honestly everything that I do this so simple, so it is going to seem simple but that is the point, I use meal templates. And basically what that is, is instead of recipes because recipes require a lot of thinking and preparation and they – you would have just switched your brain on to that. So instead of that what I work on myself and what I kind of advocate is using meal templates.

So an example of a meal template for breakfast might be that you have a green smoothie every morning but the ingredients vary based on seasonally, based on what you actually have in the fridge at the moment. But if you always know you're going to wake up and you're going to make a green smoothie, it doesn't take a lot of thinking, you just pull out whatever potential ingredients you have and get going.

And what I do in the morning is I like listen to a podcast or I think through the problem that I'm working on that day, it doesn't take thinking so you can kind of be an automatic process. Let's see a meal template for lunch might be a big salad with a cup of beets or some protein source or something hearty inside. And then you always know you're making it but the ingredients might vary but you still don't really have to think about it that much.

**Rachel:** Yeah that makes sense. And then I guess if you're changing of the ingredients, you don't get bored from eating this same thing every day?

**Adria:** Exactly. Like when I go grocery shopping, you know seasonally different things are available so that is going to kind of guides what ends up being in your fridge and then what you end up using to make but I will go through periods where I am like okay I am tired of those veggies and I'll just pick up some veggie that I hadn't used before so that it naturally shifts what

I am making. But I don't have to think about it when I am going to the fridge, I mean when I'm going to the fridge, I grab what is in there right now.

**Rachel:** Yeah I know I am thinking about it as we're talking just even my morning smoothies, I have started putting in frozen peaches in them like every once in a while. And it's like it makes everything different, I feel like so well treated and it is just a couple peaches like a couple peach slices in there. So yeah just a couple of changes can make a huge difference, I love it.

**Adria:** Yes and I love that you are seeing out the picture because I do believe that food needs to be pleasure and there's kind of a couple components to us feeling more ease around being in the kitchen or more ease around making good meals and one of them is that we are excited about that food first of. And the second one is that it really does feel easy that you can open your fridge and see possibilities for what to make rather than opening your fridge and feeling like you have that *there is nothing to eat* syndrome. That is a huge distinction. I mean if you open the fridge and you see okay I have beets right here, I know I have lentils and sweet potatoes in the pantry, I can make that root veggie soup that Adria was talking about, then it feels easy and you just do it.

**Rachel:** Yeah and I think especially for business like what we just had a podcast with the Steve Scott talking about how to get rid of your bad habits and one of the things we talked about was just your creativity wanes throughout the day, your willpower wanes throughout the day and so I think the easier you can make it with your meals that you know having this meal template for everyday you're going to have a salad or some kind of sandwich with a lettuce wrap or whatever it is, then you don't have to think about much. And then you can take that creativity and those like what am I going to eat, what am I going to eat and apply it to your business which is just awesome.

**Adria:** Exactly, oh my gosh, yes. Rachel you just hit the nail on the head of everything that I totally believe in and working with people is that you can't

divert that energy that it would've taken to figure out what to eat and use it for what you may want to do with your day, use it for the work that you are doing, use it for the things that you are passionate about rather than having all this energy drained into figuring out what to do or food being hard. And a lot of times, people think that they are too busy so that they end up actually getting takeout or going and grabbing something. So I really believe in setting things up in a very simple way so that it is just as easy for you to grab things that are in the fridge.

**Rachel:** Yeah I mean that is a really point. Even in our house, Don started eating or started getting us these – actually in Vegas, I don't know if you have heard of them, it's called a fresh X. They are awesome, basically come and they are in Henderson and you could order meals and they will bring them to you every day if you want them. And so they will just give you a bag with the different meals and you just give them the old a bag and they will take it and they will just switch it out. It is really good and I mean some of the foods are I think a little better than others like they have these protein pancakes and when I looked at the calories, it was like 856 cal or something nuts. But then there's other ones that I like berry salads and beautiful, really delicious salads that are just super, super healthy. And anyway, just having those on hand and knowing that we are about to go make them, it's just so much more helpful. I don't know maybe a month or so ago, we were both really hungry and Don went in and out and while it tasted delicious, I was exhausted for the rest of the night and I was so annoyed because I had so much to do.

**Adria:** Yes, I so feel you.

**Rachel:** And so, what are remixes?

**Adria:** Oh okay. So remix is something that I put in a lot of the meal plans for clients – actually I pretty much put it in all of the meal plans because I think it is a core thing to learn how to do. It is just thinking of a meal that you have already made that you have leftovers of and kind of adjusting it in a way that feels fresh and new, adding fresh energy to it even though it is

leftovers. So what I will do a lot is design a meal – so I don't know if this is getting a little old that I have used the root veggie soup so much in this podcast but say that was a meal that I had for a client to make in the evening.

And then I would have for lunch the next day, maybe I would have them add some raw fresh salad that is full of probiotics on top and some pumpkin seeds and some fresh greens on top or something like that, something to freshen it up. So that you're continually using the same foods like if you want to make a lot in one time but you keep changing it up and you're freshening up the energy because leftovers, I mean a lot of us have felt this that they sometimes feel a little stale or they don't feel like a really fresh energy even if they are good food.

**Rachel:** Yeah totally and one thing that I do for Don, he loves steaks. So he will eat steak at night and then he will have the next morning, I will make him steak and eggs for breakfast. And for him, it feels really good with it. And so you intentionally make extra sometimes right? So that you can have the remixes?

**Adria:** Yeah, intentionally because to think about it, you're making food already, why not make it – if you double the fortune or quadruple the fortune whatever it is, it doesn't take that much extra work at the moment but then kind of you are allowing yourself to have simple meals for the rest of the week.

**Rachel:** Yeah and even with smoothies, you do that right?

**Adria:** I do, well I have before. Recently, my smoothie making time in the morning has turned into a ritual for me that I really enjoy making. But in the past yes, I've made a smoothie batches in advance. You can even freeze half of the smoothie if you are going a few days or something. Honestly I believe in anything that makes it simpler so that you can actually do it and not feel overwhelmed.

**Rachel:** Awesome and so for people who were just kind of warming up to this idea of feeding your hustle, are they like – if you like to distill it to your tap let's say three action items for people, what would they be?

**Adria:** Okay, that is a great question. And I totally have three things, so 1) is to create possibilities so that when you open the fridge, you see possibilities. So whether that is – well that gets into my number two and three. So 1) create possibilities, 2) to prep in advance – so an hour of prep on the weekend whether it's cooking up a batch of beans and batch of [26:27] or something or top in some veggies, whatever it be, prep in advance and that can be the difference between quick meals to power your days or settling for meals that drain your energy during the work week. And then number three, is just to keep a stocked fridge. You really can't eat what you don't have. So if you want to be eating more salads, make sure that you have plenty of [26:49]. If you want to eat more green smoothies, make sure that you have plenty of dark leafy greens. It is just a simple concept. So repeating that, it is 1) create possibilities, 2) prep in advance and 3) keep a stocked fridge.

**Rachel:** That you can't eat what you don't have sounds like a tweetable. I'm not even into tweetables but it definitely just sounds so perfect. Awesome. So you know we talked about before making this like a fast-paced episode where people could walk away with really great action steps on ways that they can incorporate healthy eating into what they are working on and I feel like you have over delivered. I think this is like a short punchy awesome episode that people are just going to be able to walk away and immediately have things to do. So I'm so grateful for your time and for all your knowledge. So thank you.

**Adria:** Thank you Rachel.

**Rachel:** Absolutely and can you please let people know where they can find your podcast and find out more about you in general?

**Adria:** Yes definitely. So you can check out [adriadecorte.com](http://adriadecorte.com), that is my home base. And my podcast is *[Feed Your Hustle](#)* on iTunes and you can also find it over at my website. And also if anyone listening just wants to get started feeling that energy and clarity that is going to help run your business better, I put together a free three minute morning meal plan that folks can go download on my website at [adriadecorte.com/free](http://adriadecorte.com/free).

**Rachel:** Beautiful, thank you again.

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