

# The Writer's Diet

Easy Recipes & Techniques to Get from Flab to Fit



# Start from Scratch

Whether you have heart attack-prone phrasing, or you want to shed a few extra pounds of word weight: you have come to the right place.

“The Writer’s Diet” is a proactive plan: tips to bring your writing into fighting shape.

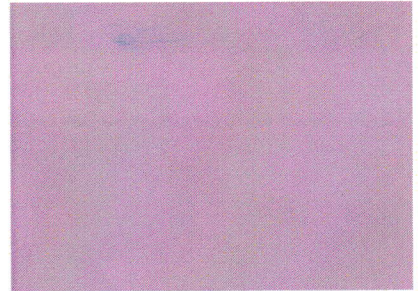
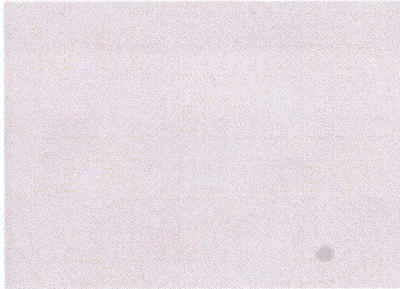
But writing lean, does not make it bland and boring.

You can bring in spicy descriptive language to keep your eater’s visual palate dancing and their interest at your table.

So put on your apron, it is time to start cooking!

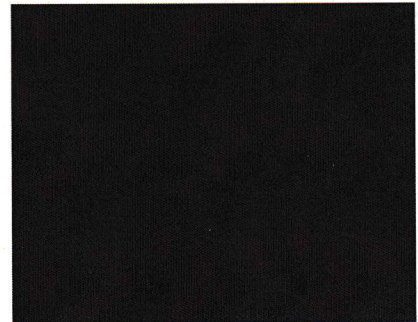
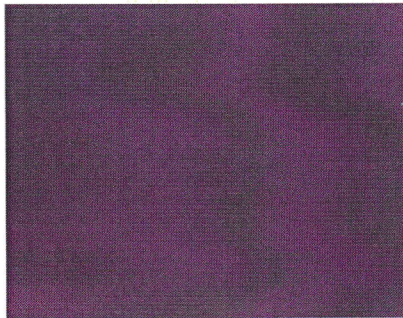


# FUNDAMENTALS: BEFORE WE BEGIN



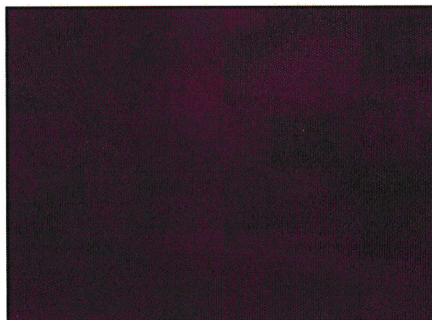
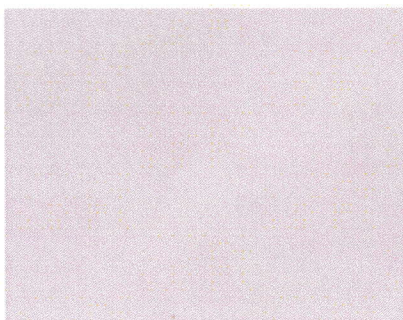
## Content - Pick Fresh Produce

Great food is made with great ingredients. Understanding your ingredients will allow you to extract the best flavor.



## Audience – Be Kind to Your Eater

Consider who is going to be digesting your work: whether there are dietary restrictions or your audience is grabbing something on the go. Prepare something you know your eater is going to appreciate.



## Purpose - Find Your Passion

Eating is not just meant to sustain ourselves. It can be filled with joy and love. Similarly, your creation has a greater meaning to it. Keep that meaning in mind.



# The Perfect Start to Your Day



To start off, this dish is an easy place to start building basic techniques. When you're lost about where to start, this is the recipe to pique your appetite and build your confidence.



# RECIPE: BEGINNERS' TOAST

Servings | Prep Time | Total Time 30-45 min

## INGREDIENTS

1 c/Free Hand Writing

2 tsps/Mind Maps

Substitute 1 pinch/Flow Charts

## DIRECTIONS

*When you're starting off...*

*Remember to keep your ingredients, your eater and your end product in mind.*

Preparing the Creativity Compote

1. Take a blank pad of paper and your pen.
2. Set the timer for 5-15 minutes and allow yourself to write without thinking about grammar, spelling or any general inhibitions.

Readying the Toasty Bite:

1. Take individual pieces of information and marinate them with your knowledge and perspective.
2. Pull out a blank piece of paper and draw out the individual categories or main points.
3. Draw out branches from those main ideas.

## SHOPPING LIST

Blank Pad/Piece of Paper

Timer

Pen

### Chef Tip:

Both techniques will help you overcome your creative blocks. Nervous chefs may be less confident because they don't realize their natural skill. However, your natural skill is there.



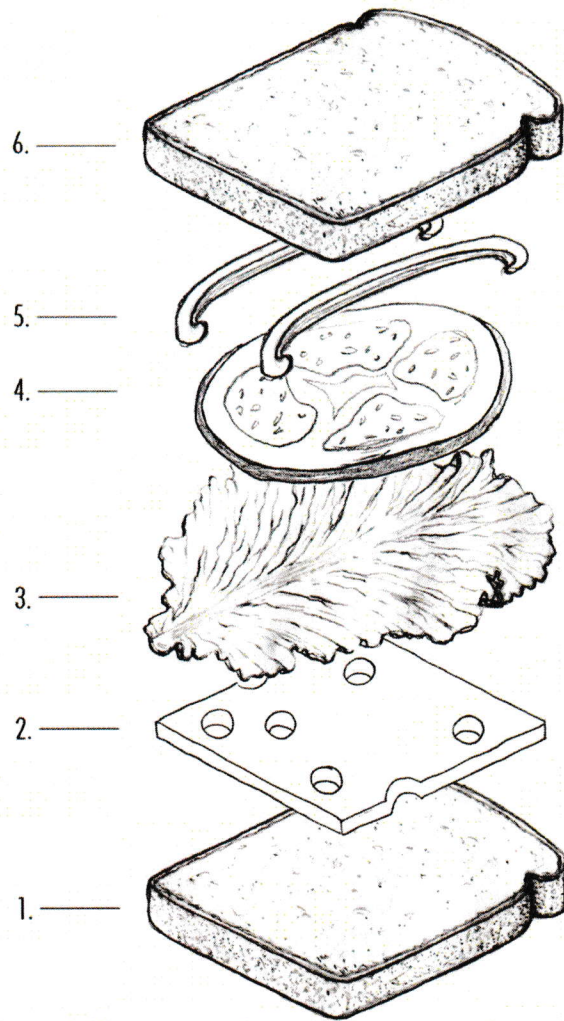
# LUNCH MUNCH



Your paragraph doesn't have to be boring or generic. It's easy to imagine eating cardboard when you have a particular difficult point to swallow. There are ways to dress up your point so that your eater remains engaged and satisfied.



# PARAGRAPH SANDWICH



6. Topic Sentence: The first piece you bite into is that juicy topic sentence. Point first chefs will include that morsel up front to tantalize their eater, and keep them interested until the last bite.

5 + 4. 'Meat' of your Argument: The filling of the sandwich is important. Cut out the fat of extra words of complicated terms. You can still add a pinch of flavour through adding descriptive action verbs: you don't need to sacrifice overall taste to write healthy.

3 + 2. Cutting the 'Cheesy' Fillers: Avoid fillers for the sake of filler. Nominalizations or passive voice should only be added if the words serve a purpose. If you are throwing something in just to have another ingredient, you are adding to your word calorie count without adding enjoyment.

1. Stress Position Sentence: Focus on the last part of your eater's bite. You can solidify a great point by making sure your eater is left with a good taste in their mouth.

## Chef Tip:

Thinking about a paragraph like a sandwich can help the flabbiest writers pair down what ingredients they need.

You can cut back by considering the order that your ingredients will come in: what will make the sandwich too dry or too soggy. The clearest way to order is through the S-V-O technique (Subject-Verb-Object).



# Salad



Just because salads are full of green, does not mean those greens must be boring. Salads can be full of enjoyable and delicious surprises. Similarly, even the most 'boring' written pieces can be dressed up to be more palatable.

The dressing is an important part. If you think about a salad dressing, it is delicate touch that adds to an already delicious compilation. These salad dressing tips can help add some panache to the leafiest of papers.



# BUILD A SALAD DRESSING

Simple ways to add punch to a piece

1 tbsp

OIL

1 teaspoon

+

VINEGAR

1/2 teaspoon

+

SWEETNESS

1/2 teaspoon

+

MUSTARD

2 pinches

+

HERBS

1 pinch

+

SEASONING

Transitions: Slide your eater from point to point smoothly and seamlessly.

White Space: Clear up the visual palate with more white space.

Font Choice: Sweeten your eater up by making the words easy to swallow. Look up the font best for your medium: serif or sans serif.

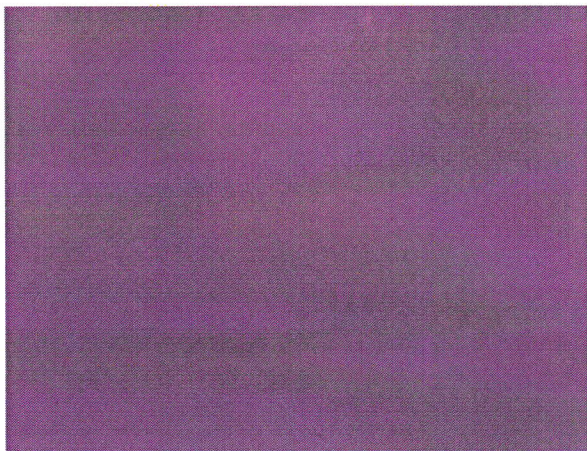
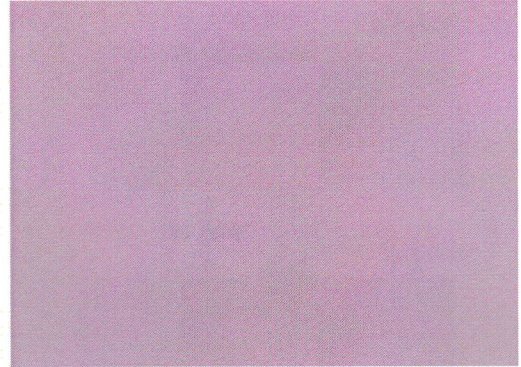
Emphasis Statements: Try varying the length of your sentences to add some spice to your sentences.

Lists: Add some snap and visual panache by organizing clutter with embedded or bullet lists.

Descriptive verbs: Don't be bland with 'to be' and 'to have', spice up your verbs with punchy action verbs to add variety.



# Sweet Treats



Leaving your eater with sweet dreams can be accomplished through a sweet treat.

**Always be kind to your eater.** Leave them with a treat through paying attention to the finishing touches on your piece.



# RECIPE

Servings | Prep Time | Total Time 45-60 minutes

## INGREDIENTS

1 tbsp/Editing Checklist

3 C/Highlight

## DIRECTIONS

*Add sweetness by putting a perfect finishing touch on your piece.*

1. List out your worst kitchen habits. A lot of chefs have a tendency to over cook work, because you are not ready to pull it out of the oven. You may also be scared to present the final product to your eater.
2. Include your 'Kitchen Nightmares', all of the worst criticism your cooking has received before.
3. Apply that checklist to your finished product.
4. Taster: It helps for someone else to double check your work, in case their palate picks up something yours missed. It always helps to have a fresh point of view to make sure that your final product is perfect.

### Highlighting

1. Print out a copy of your final product.
2. With your editing checklist, decide which areas you want to highlight. Examples include: nominalizations, facts, legal analyses or transitions. Results may vary based on your particular weaknesses.
3. Pick at least 3-5 highlighter colours.
4. Highlight each section one at a time, based on your checklist.

## SHOPPING LIST

Highlighters (3-5 colours)

Blank Sheet/Document

Pen (optional)



# From my kitchen to yours

Last thing: cooking—like writing—is all about balance. Remember that everything is in moderation.

*Bon Appetit!*

