

welllife

WELLNESS STUDIO

Fitness | Nutrition | Yoga | Massage

Personalized Nutrition Plan

EUPHY WU
JANUARY 12TH, 2021



PERSONALIZED GENERAL NUTRITION RECOMMENDATIONS

Welcome, Euphy!

Follow the recommendations below to build muscle and burn fat.

MACRONUTRIENTS

	PROTEIN	GOOD FAT	HEALTHY CARBS
AMOUNT /DAY	~12-14 ounces /day (~80-100 grams/day)	3-4 servings /day (tbsp.)	2-4 servings /day (~120 grams/day)
AMOUNT /MEAL	2-4 ounces /meal (~15-30 grams/meal)	1-2 servings /meal (tbsp.)	1-2 servings /meal (30-60 grams / meal)
SNACKS	0-1 ounces	0-1 servings	0-1 servings
SOURCE AND AMOUNTS	<p><u>Complete Sources</u> Protein sources must be 'complete' e.g. meat, poultry, fish, eggs, or vegetable sources. One handful is ~the size and thickness of inner palm, 1 egg = 1 oz. protein = 7 grams.</p> <p><u>Incomplete Sources</u> *Beans and rice, quinoa, hummus and whole grains may be substituted for 1-3 ounces of protein per day. (Weight loss may be slightly slowed).</p> <p>*Foods may be eaten out, but it will be harder to control sugary salad dressings, quality meat sources, and temptations due to limited choices.</p>	<p><u>Food Sources</u> *1-2 handfuls (or tablespoons) per meal *E.g. nuts, nut-based granola, olive and olive oils, avocados, coconut and coconut oils</p> <p><u>Dairy (after 1-2 Weeks):</u> *1 handful per day *E.g. organic high-fat dairy sources, including butter, cottage cheese, sour cream, cream cheese</p>	<p><i>First 3 Days:</i> <u>Green Leaf Veggies</u> *1-2 handfuls per meal *E.g. peppers, onions, zucchini, squash, tomatoes, broccoli, etc. <u>Starchy Veggies + Beans</u> *1-2 handfuls per day *E.g. potato, carrots, sweet potato, yams, peas, green beans, pinto, black beans, chick peas or hummus, rice</p> <p><i>First 1-2 Weeks:</i> <u>Fruit</u> *1-2 handfuls per day *E.g. berries, cherries, apples, melon, kiwi</p> <p><i>After 1-2 Weeks:</i> <u>Whole Grains</u> *0-1 handfuls per day *E.g. whole grains, pasta, cereal</p> <p><u>Juices & Dairy</u> *As needed around exercise</p>



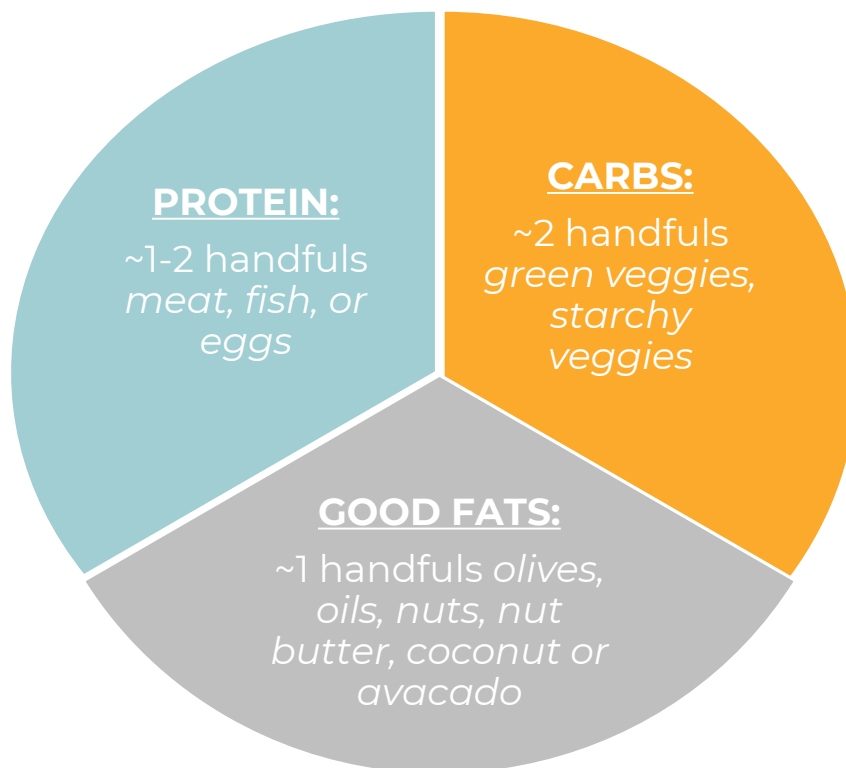
PERSONALIZED GENERAL NUTRITION RECOMMENDATIONS

HOW TO MAKE A MEAL:

1. Choose complete protein source, measure ounces (or estimate with ~1-2 handfuls) for meal (e.g. ~5 oz., after cooking) – see Foods to Choose, on **page 4 below**.
2. Choose good fat source, place ~1 handful (or tablespoons) on plate.
3. Choose healthy carbohydrate source, place ~2 handfuls on plate.

Snack: 1 handful veggies, 1 handful protein (~2 ounces), and 1 handful good fat (e.g. nuts).

*For first 1-2 weeks, include berries, apple, or cherries as additional healthy carbs, especially around exercise.





PERSONALIZED SCHEDULE

SUGGESTED DAILY SCHEDULE	
MEAL 1 8:00 am	<ul style="list-style-type: none"> • ~3 oz. complete protein • 1-2 handfuls green veggies, ½ handful fruit • 1 good fat
MEAL 2 1:00 pm	<ul style="list-style-type: none"> • ~4 oz. complete protein • 1-2 handfuls green veggies, 1 serv. starchy veggies • 1-2 servings good fat
MEAL 3 7:00 pm	<ul style="list-style-type: none"> • ~4 oz. complete protein • 1-2 handfuls green veggies, 1 serv. starchy veggies • 1-2 servings good fat
SNACKS 1-2 snacks /day	<ul style="list-style-type: none"> • ~0-1 oz. complete protein • Good fat & healthy carbs as needed

EACH MEAL SHOULD IDEALLY HAVE A PROTEIN, GOOD FAT, AND HEALTHY CARBOHYDRATE. Track meals & snacks using food log and/or checklist.

FIRST 3 DAYS*:

1. Avoid all fruit and other carbohydrates, cereal, bread, juice, sweets, etc., for 3 days.
2. Include complete protein, healthy carbohydrates (veggies only), and good fat with each meal as indicated.
3. Snack on starchy veggies (highlighted in YELLOW below), 1-2 oz. complete protein, and good fat as needed if hungry between meals.

AFTER 3 DAYS (FIRST 1-2 WEEKS):

1. Include berries, cherries, and apple as healthy carbs (up to 1 serving PER DAY).
2. Begin to increase general activity (walking more, taking the stairs, etc.).
3. Continue to include starchy veggies (e.g. carrots, peas, sweet potato, hummus, beans) up to 1 serving PER MEAL.

AFTER 1-2 WEEKS (UP TO 6 WEEKS):

1. Continue to avoid sweets and refined carbohydrates when possible.
2. Include whole grains, juice, and dairy as needed, sweets ~1 serving per day.
3. Continue to avoid sugar, additives, dyes, and conventionally raised fatty meat except on rare occasions.

***Avoid intense workouts during first three to five days.** Include complex carbohydrates from green and starchy vegetables in meals with complete protein and good fat. Avoid non-nutritive carbohydrates from white bread & potatoes, pasta, cereal and oatmeal, and sugar or sweets, to prevent inflammation and dependence on sugars.



FOODS TO CHOOSE

To make a meal, choose from the foods below for 'macronutrients' including 1) complete protein, 2) good fat, and 3) healthy carbohydrates.

These food groups must be combined in recommended amounts on a near daily basis in order to ensure a nutrient profile that can build muscle (an 'anabolic' process) rather than creating stress leading to muscle breakdown (a 'catabolic' process).

A variety of macronutrients, types of proteins, good fats, and colors in the diet will ensure a healthy profile of 'micronutrients' (vitamins and minerals) as well.

FOODS TO CHOOSE

PROTEIN	GOOD FAT	HEALTHY CARBS
<p><u>COMPLETE PROTEINS:</u> Beef (90% lean) Turkey (needs recipe) Chicken Pork (needs recipe) Seafood – tilapia, shellfish, whole fish, tuna</p> <p><u>VEGETABLE PROTEIN COMBINATIONS:</u> Rice + beans Refried beans and corn Tofu, tempeh products Hummus + pita Grain + nuts or nut butter Soy products Dairy (mainly good fat source)</p>	<p>Olives Olive oil Coconut oil, coconut flakes Avocados Nuts Nut butters Hummus</p> <p><u>ONLY SMALL AMOUNTS OF:</u> Seeds (sunflower, etc.) Canola oil Peanut oil Soybean oil Sunflower oil</p>	<p><u>VEGGIES</u> Lettuce greens, spinach Onions + garlic (cooking only) Tomatoes + Tomato paste, salsa Okra Radishes Cucumber Eggplant Peppers + onions Zucchini + squash Broccoli + cauliflower Asparagus Pumpkin Nappa Cabbage, Bok Choy Kale (not much) Artichoke Mushrooms Bean & Brussel sprouts</p>
<p><u>INCOMPLETE PROTEINS*</u> Wild OR Brown Rice Beans Carrots Sweet Potato / Japanese Yam Beans + soybeans Lentils</p> <p>*Starchy veggies contain protein but are not 'complete' and must be combined</p>	<p><u>DAIRY*</u> Organic butter Organic, whole milk Organic, Greek yogurt Organic cheese Organic whole, chocolate milk Organic sour cream Organic cottage cheese</p> <p>*Use as condiment not main course.</p>	<p><u>FRUIT*</u> FIRST 2 WEEKS ONLY*: Apple, Grapefruit, Cherries, Berries, Grapefruit, Orange <u>ALL FRUIT:</u> Melon Watermelon Pear Mango Bananas Grapes Kiwi Lemon, lime Peach</p>



EXAMPLE 3-DAY MENU

		DAY 1	DAY 2	DAY 3
MEAL 1	PROTEIN	Scrambled or fried eggs – 2 oz.	Turkey Roll-ups – 3 oz.	Omelet – 3 oz. eggs
	GOOD FAT	Turkey OR veggie (e.g. soy) sausage link – 1 oz.	Herbed goat cheese, olive oil – 1 tbsp. each	Ghee or Olive Oil – 2 tbsp.
	HEALTHY CARBS	Granola, berries – 1 cup each	Lettuce, tomato, cucumber, red onion – ¼ cup each	Sauteed onions, red pepper, mushrooms – 1/3 cup each
MEAL 2	PROTEIN	Chicken Satay – 4 oz.	Asian Rice Noodle Salad with Sautéed Tofu OR Chicken – 4 oz.	Beef OR Chicken Stir Fry – 4 oz.
	GOOD FAT	Cooking oil, crushed peanuts – 1 tbsp. each	(Substitute) Grapeseed or sesame for canola oil – 1 tbsp. each	(Substitute) Avocado and/or Coconut oil for vegetable oil – 2 tbsp. total
	HEALTHY CARBS	Coconut rice, cucumber salad – 1 cup each	Rice noodles, cabbage, scallions, cilantro – ¼ cup each	Rice noodles, broccoli, red OR green bell pepper, mushrooms – ¼ cup each
MEAL 3	PROTEIN	Beef Noodle Soup – 4 oz. beef	Easy Korean Ground Beef Bowl – 4 oz. beef	Chicken Fried Rice – 3 oz. chicken Egg – 1 oz.
	GOOD FAT	Olive oil – 1.5 tbsp. Sesame seeds – ½ tbsp.	Toasted sesame oil, sesame seeds – 1-2 tbsp.	Brown rice, red bell pepper, broccoli, mushrooms – ¼ cup each Green onion garnish
	HEALTHY CARBS	Rice noodles, mushrooms, green onions, bok choy – ¼ cup each	Brown rice, Green onions, add mushrooms – 1/3 cup each	Grapeseed and/or peanut oil – 2 tbsp.
SNACKS	#1	Olives + tomato in balsamic vinegar	Celery, apple, almond butter	Cherries, nuts, organic salami
	#2	1-2 Hardboiled eggs, dried fruit, nuts (~1 handful each)	Roasted turkey lettuce wraps, olives or nuts	1-2 hardboiled eggs, hummus, cucumber, broccoli