

welllife

WELLNESS STUDIO

Fitness | Nutrition | Yoga | Massage

Personalized Nutrition Plan

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PERSONALIZED GENERAL NUTRITION RECOMMENDATIONS

Welcome!

Follow the recommendations below to increase muscle and decrease fat.

MACRONUTRIENTS

	PROTEIN	GOOD FAT	HEALTHY CARBS
AMOUNT /DAY	~9-11 ounces /day (~65-75 grams/day)	3-5 servings /day (tbsp.)	4-6 servings /day (150-200 grams/day)
AMOUNT /MEAL	2-3 ounces /meal (~20 grams/meal)	1-2 servings /meal (tbsp.)	2-3 servings /meal (30-40 grams / meal)
SNACKS	~1 ounce (7 grams)	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</u> *1 handful per day *E.g. organic high-fat dairy sources, including butter, cottage cheese, sour cream, cream cheese</p>	<p><u>Green Leaf Veggies</u> *1-2 handfuls per meal *E.g. peppers, onions, zucchini, squash, tomatoes, broccoli, etc.</p> <p><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><u>Fruit</u> *1-2 handfuls per day *E.g. berries, cherries, apples, melon, kiwi</p> <p><u>Whole Grains</u> *0-1 handfuls per day *E.g. whole grains, pasta, cereal</p> <p><u>Juices & Dairy</u> *Limit until within ~5 pounds of goal weight</p>



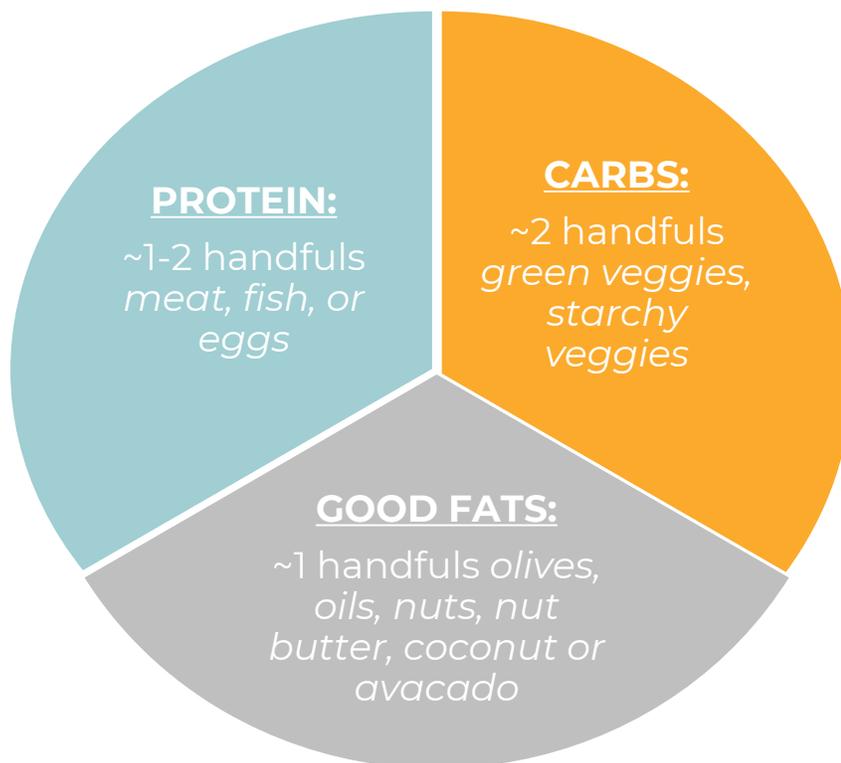
PERSONALIZED GENERAL NUTRITION RECOMMENDATIONS

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"> • ~2 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"> • ~5 oz. complete protein • 1-2 handfuls green veggies, 1 serv. starchy veggies • 1-2 servings good fat
SNACKS 0-1 snacks /day	<ul style="list-style-type: none"> • ~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.

FOR THE FIRST 1-2 WEEKS*:

1. Start each day with 2 eggs, apple, and cheese slices within 1 hour of waking up. The eggs will provide your needed protein for the morning to promote the immune system and muscle building.
2. Snack on starchy veggies, protein, and good fat as needed if hungry between meals. Include protein (e.g. egg or slice of deli turkey) in snacks or around exercise, up to ~1 ounce.
3. Avoid sweets, dairy with every meal, and refined carbohydrates (i.e. white bread and pasta), added sugar, soft drinks (including diet), and other additives, and dyes.

AFTER 1-2 WEEKS:

1. Add and 1-2 servings whole grains (complex carbohydrates) PER DAY.
2. Continue to avoid soft drinks, sugar, additives, and dyes.
3. Begin to add in muscular power and more intense workouts (up 1 workout PER WEEK).

AFTER 6 WEEKS:

1. Continue to avoid sugar, additives, dyes, and conventionally raised fatty meat except on rare occasions.
2. Add in weighted power exercises and supplement as needed with liquid amino acids (e.g. pre-workout, no caffeine), and/or carbohydrate (e.g. watered down Gatorade).

*Complex carbohydrates are 'nutritive' and should always be included in any healthy diet. 'Refined' carbs such as white bread & potatoes, pasta, cereal, and sugar or sweets, will increase inflammation and decrease fat loss and should be avoided.



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 Chicken Pork Seafood – tilapia, shellfish, 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 Onions + garlic Tomatoes + Tomato paste, salsa Okra Radishes Eggplant Peppers + onions Zucchini + squash Broccoli + cauliflower Asparagus Pumpkin Cabbage Kale Artichoke Mushrooms Bean & Brussel sprouts</p>
<p><u>INCOMPLETE PROTEINS*</u> Wild OR Brown Rice Beans Carrots Sweet Potato 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>*limit to 0-1 serv. day</p>	<p><u>FRUIT*</u> MOST NUTRIENT DENSE*: Apple, Grapefruit, Cherries, Berries, Grapefruit, Orange <u>ALL FRUIT:</u> Melon Pear Mango Bananas Grapes Kiwi Lemon, lime Peach</p>



EXAMPLE 3-DAY MENU

		DAY 1	DAY 2	DAY 3
MEAL 1	PROTEIN	2 eggs (2 oz.)	2 oz. turkey	1 scoop protein powder (~21 grams)
	GOOD FAT	8 oz. almond milk	Olive oil dressing	Greek Yogart
	HEALTHY CARBS	Apple, nuts	Grapefruit, Tomato, Arugula	Veggie smoothie, ~1 handful berries
MEAL 2	PROTEIN	1 scoop protein powder (~21 grams)	Sliced grilled Chicken (4 oz.)	Sliced roasted turkey (4 oz.)
	GOOD FAT	Avocado, olive oil mayo	Greek dressing, olives, feta cheese	Olive oil dressing
	HEALTHY CARBS	Veggie Burger	Pepperocinis, peppers, artichoke hearts	Apple, celery, cranberries, tomatoes
MEAL 3	PROTEIN	Salmon Fillet (5 oz.)	Organic ground turkey, 90% lean	Pork Loin
	GOOD FAT	Olive or coconut oil	Olive or coconut oil	Olive or coconut oil, sunflower seeds
	HEALTHY CARBS	Wild rice, asparagus	Onions, garlic, mushrooms, tomatoes, green and red peppers	Sweet potato, broccoli, mango salsa
SNACKS	#1	(1) hardboiled egg	Celery and nut butter	Mixed dried fruit and nuts
	#2	n/a	n/a	n/a