

welllife

WELLNESS STUDIO

Fitness | Nutrition | Yoga | Massage

Personalized Nutrition Plan

CLARE KNEIS
AUGUST 26TH, 2022



PERSONALIZED GENERAL NUTRITION RECOMMENDATIONS

	PROTEIN*	GOOD FAT	HEALTHY CARBS
AMOUNTS/ DAY	~14-16 ounces /day ~90-110 grams /day	~6-8 tbsp. /day	100-150 grams /day
AMOUNT/ MEAL	~4-6 ounces /meal ~25-30 grams /meal	~2 tbsp. /day	~1-2 handfuls /meal
HANDFULS/ MEAL	~2 handfuls /meal	~2 handfuls /meal	~2 handfuls /meal
SOURCE AND AMOUNTS	<p>*One handful is ~the size and thickness of inner palm, 1 egg = 1 oz. protein = 7 grams.</p> <p>*Beans and rice and hummus and whole grain pita or crackers 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>Food Sources *1-2 handfuls (or tablespoons) per meal *E.g. nuts, nut-based granola, olive and olive oils, avocados, coconut and coconut oils</p> <p>Dairy *1 handful per day * E.g. organic high-fat dairy sources, including butter, cottage cheese, sour cream, cream cheese</p>	<p>Green Leaf Veggies *1-2 handfuls per meal *E.g. peppers, onions, zucchini, squash, tomatoes, broccoli, etc.</p> <p>Starchy Veggies + Beans *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>Fruit *1-2 handfuls per day *E.g. berries, cherries, apples, melon, kiwi</p> <p>Limited Grains *0-1 handfuls per day *E.g. whole grains, pasta, cereal</p> <p>Juices & Dairy *Limit until within ~5 pounds of goal weight</p>



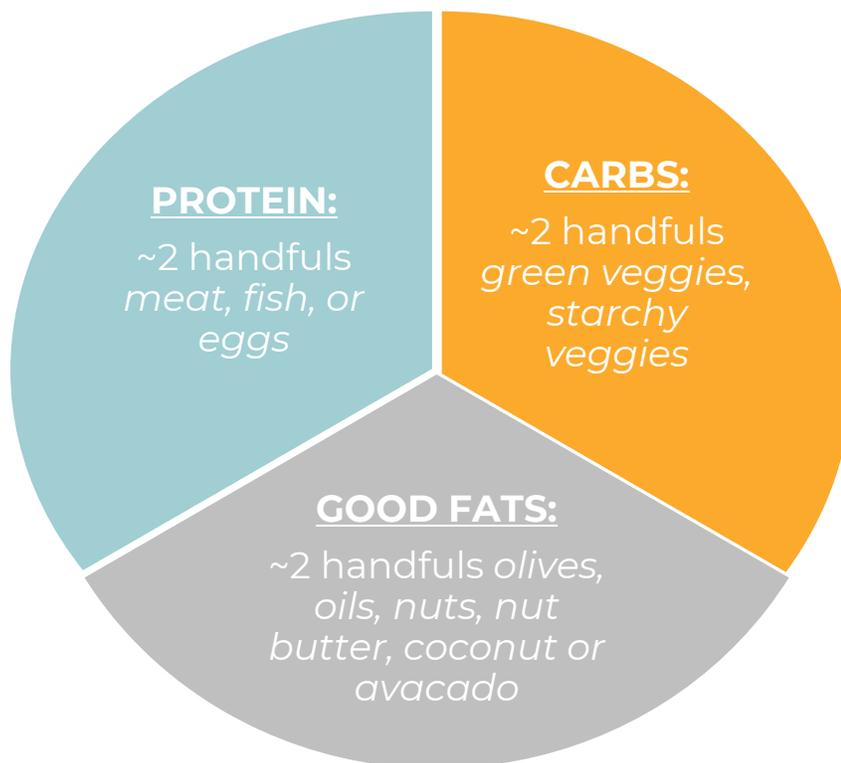
PERSONALIZED GENERAL NUTRITION RECOMMENDATIONS

HOW TO MAKE A MEAL:

1. Choose protein source, measure ounces (or estimate with ~2 handfuls) for meal (e.g. ~4 oz., after cooking) – see Foods to Choose, on **page 4 below**.
2. Choose good fat source, place ~2 handfuls (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 7:00 am	~3 oz. complete protein 1-2 handfuls green veggies 2 handfuls good fat
MEAL 2 11:00 am	~4 oz. complete protein 1 handful green veggies 1-2 servings good fat
MEAL 3 3:00 pm	~3 oz. complete protein 1 handful green veggies 1 handful good fat
SNACK 1 7:00pm	~4 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. Include complete protein, good fat, and healthy carbs in each meal. Focus on meeting recommended needs in meals and snacks.
2. Include nutrient-dense fruits (e.g. berries, cherries, and apple for fruit) when needed or around exercise, up to 1 serving PER DAY.
3. Avoid sweets, dairy, refined carbohydrates (i.e. bread and pasta), and whole grains (i.e. granola, crackers), added sugar, and soft drinks (including diet), other additives, and dyes.

AFTER 1-2 WEEKS:

1. Add in desired sources of dairy (1 serving PER DAY).
2. Continue to avoid whole grains and all soft drinks, sugar, additives, and dyes.
3. Begin to add in muscular strength and more intense cardio workouts (up to 1 workout PER WEEK).

AFTER 6 WEEKS:

1. Add in desired sources of whole grains (1 serving PER DAY).
2. Continue to avoid sugar, additives, dyes, and conventionally raised fatty meat except on rare occasions.
3. Begin to add in muscular power and cardio interval workouts (up to 2 workouts PER WEEK).

*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

FOODS TO CHOOSE:

Choose from foods below for meals and snacks.

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>*AVOID for 1-2 weeks</p>	<p><u>FRUIT*</u> FIRST 2 WEEKS ONLY*: 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 Hard-boiled Eggs ~1 oz. turkey sausage.	2 Eggs ~1 oz. salmon	3-Egg omelet OR Quiche
	GOOD FAT	Coconut milk	Avocado	Olive oil or organic butter
	HEALTHY CARBS	Veggie Smoothie – spinach, cucumber, blueberries	Tomatoes, green onions	Sautéed peppers and onions
MEAL 2	PROTEIN	2 hardboiled eggs	Roasted turkey	Protein bar
	GOOD FAT	Olive oil	Avocado, olive oil	Coconut OR almond milk
	HEALTHY CARBS	Veggie gazpacho – tomatoes, cucumber, zucchini	Lettuce, cucumber	Veggie Smoothie – kale, cucumber, blueberries
MEAL 3	PROTEIN	Chicken skewers	Ground turkey bowl	Roasted chicken
	GOOD FAT	Olive oil, hummus	Olive or coconut oil	Olive oil dressing, sunflower seeds
	HEALTHY CARBS	Green peppers, onions	Onions, mushrooms, tomatoes, peppers	Mixed lettuces, tomato, onion, sweet potato
SNACK 1		Cocktail shrimp, roasted sweet potato, mango salsa	Chopped cooked steak, rice, sautéed tomatoes, broccoli	2 hardboiled eggs, hummus, cucumber