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WELLNESS STUDIO

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# 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
<b>AMOUNT /DAY</b>	~16-18 ounces /day (~115-135 grams/day)	6-8 servings /day (tbsp.)	4-5 servings /day (150-200 grams/day)
<b>AMOUNT /MEAL</b>	~3-5 ounces /meal (~30-35 grams/meal)	2-3 servings /meal (tbsp.)	1-2 servings /meal (40-50 grams / meal)
<b>SNACKS</b>	0-1 ounces	0-1 servings	0-1 servings
<b>SOURCE AND AMOUNTS</b>	<p><b><u>Complete Sources</u></b> 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><b><u>Incomplete Sources</u></b> *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><b><u>Food Sources</u></b> *1-2 handfuls (or tablespoons) per meal *E.g. nuts, nut-based granola, olive and olive oils, avocados, coconut and coconut oils</p> <p><b><u>Dairy</u></b> *1 handful per day *E.g. organic high-fat dairy sources, including butter, cottage cheese, sour cream, cream cheese</p>	<p><b><u>Green Leaf Veggies</u></b> *1-2 handfuls per meal *E.g. peppers, onions, zucchini, squash, tomatoes, broccoli, etc.</p> <p><b><u>Starchy Veggies + Beans</u></b> *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><b><u>Fruit</u></b> *1-2 handfuls per day *E.g. berries, cherries, apples, melon, kiwi</p> <p><b><u>Whole Grains</u></b> *0-1 handfuls per day *E.g. whole grains, pasta, cereal</p> <p><b><u>Juices &amp; Dairy</u></b> *Limit until within ~5 pounds of goal weight</p>



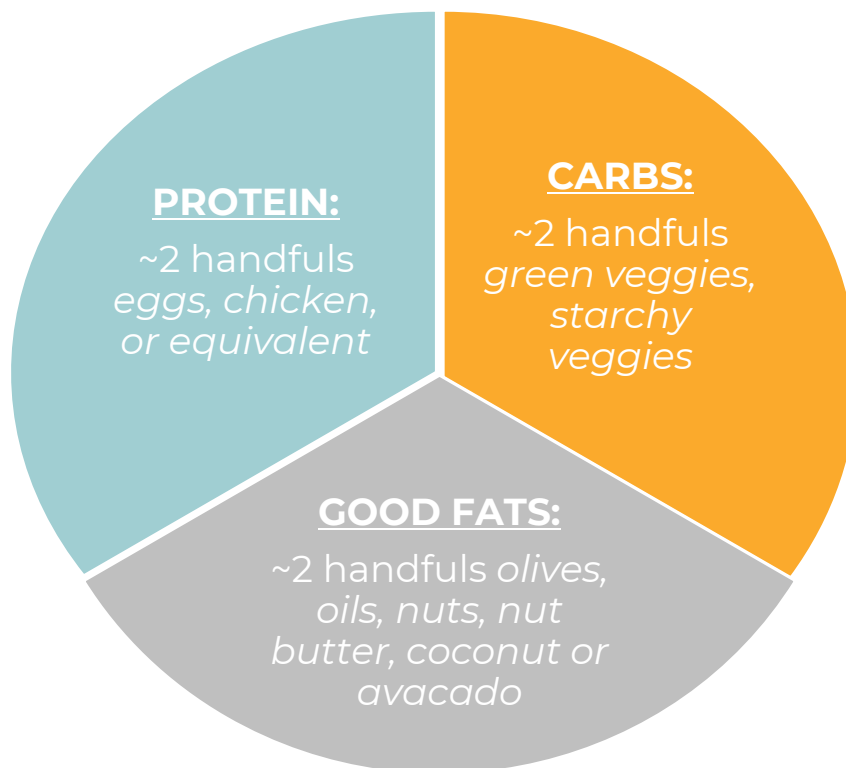
# PERSONALIZED GENERAL NUTRITION RECOMMENDATIONS

## HOW TO MAKE A MEAL:

1. Choose complete protein source, measure ounces (or estimate with ~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, 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	
<b>MEAL 1</b> ~9:00 am	<ul style="list-style-type: none"> <li>• ~3 eggs (about 20 grams protein)</li> <li>• 1-2 handfuls</li> </ul>
<b>MEAL 2</b> ~1:00 pm	<ul style="list-style-type: none"> <li>• ~4 oz. (about 30 grams) complete protein</li> <li>• 1-2 handfuls veggies, 1 serv. starchy veggies</li> <li>• 1-2 servings good fat</li> </ul>
<b>MEAL 3</b> ~5:00 pm	<ul style="list-style-type: none"> <li>• ~2 scoops protein powder (about 30 grams or 4 oz. protein)</li> <li>• 1-2 handfuls veggies, 1 serv. starchy veggies</li> <li>• 1-2 servings good fat, e.g. almond milk OR avocado OR Greek yogurt</li> </ul>
<b>SNACKS</b> 8:00 pm	<ul style="list-style-type: none"> <li>• ~3 oz. (about 20 grams) protein, 1 serv. good fat, 1 serv. fruit or veggie</li> </ul>

**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. Aim for 20 grams of complete protein every 3-4 hours in meals and/or snacks. This can be protein shakes, meals, or snacks as needed.
2. Include each nutrient group in meals and snacks to promote blood sugar processing.
3. Include healthy carbs and fats, such as those listed below on page 4.

**WHAT TO AVOID:**

1. Avoid refined carbohydrates\*, sugar, bread, cereals, pasta, and most fruits (include mainly berries, apple, grapefruit and citrus).
2. Avoid sodas and soft drinks, artificial sweeteners, and sugary beverages. These products disrupt normal blood sugar function.
3. Avoid tobacco. These products disrupt normal appetite and prevent muscle building.

\*Refined' carbohydrates such white bread & potatoes, pasta, cereal, and sugar or sweets, can increase inflammation and impair proper digestion and should be avoided for optimal health. **Complex carbohydrates** such as starchy vegetables, nuts, and whole grains, contain needed nutrients and should be included in any balanced diet.



## 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> Eggs Beef (90% lean) Turkey Chicken Pork Seafood – tilapia, shellfish, tuna</p> <p><u>VEGETABLE PROTEIN COMBINATIONS:</u> Rice &amp; beans Refried beans &amp; corn Tofu, tempeh products Hummus &amp; pita Grain &amp; nuts or nut butter Soy products <i>Dairy (mainly good fat source)</i></p> <p><u>INCOMPLETE PROTEINS*</u> Wild OR Brown Rice Beans Carrots Sweet Potato Beans + soybeans Lentils</p> <p>*Incomplete proteins are vegetables that contain protein but must be combined for all needed amino acids.</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>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>VEGGIES</u> <u>Lettuce greens</u> Onions + garlic Tomatoes + Tomato paste, salsa Okra Radishes Eggplant Peppers + onions Zucchini + squash Broccoli + cauliflower Asparagus Pumpkin Cabbage Kale Artichoke Mushrooms Bean &amp; Brussel sprouts</p> <p><u>FRUIT*</u> <b>*ESSENTIAL:</b> Apple, Grapefruit, Cherries, Berries, 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	3 eggs, hardboiled – 3 oz.	3 eggs, scrambled – 3 oz.	Chicken Breakfast sausage – 3 oz.
	GOOD FAT	Nut butter – 1 serv.	Olive oil or ghee – 1 serv. Almond milk – 1 serv.	Almond butter – 1 serv.
	HEALTHY CARBS	Oats – 1 serv. Dried berries – 1 serv.	Veggie smoothie Fruit – 2 serv.	Apple slices – 1 serv.
MEAL 2	PROTEIN	Rotisserie chicken – 4 oz.	Roasted turkey – 4 oz.	Low-Carb Fajitas – 4 oz. chicken
	GOOD FAT	Olive oil – 2 serv.	Hummus, olive oil – 2 serv.	½ Avocado – 2 serv.
	HEALTHY CARBS	Oven-Roasted Asparagus, Sweet Potato – 2 serv.	Mediterranean Summer Vegetables (mushrooms zucchini, tomatoes) – 2 serv.	Tomatoes, rice – 2 serv.
MEAL 3	PROTEIN	Protein shake – 4 oz.	4 eggs (Zucchini Hash Browns)	1 egg – 1 oz. Turkey – 3 oz.
	GOOD FAT	Almond OR Coconut milk – 1 serv. Avocado – 1 serv	Olive oil – 1 serv.	½ Avocado – 1 serv. Olive oil – 1 serv.
	HEALTHY CARBS	Berries, spinach, banana – 1 serv. total	Zucchini & squash – 2 serv.	Cucumber, arugula, berries – 2 serv.
SNACKS	#1	3 oz. turkey sausage, rice cake, nut butter	3 oz. slices deli turkey, lettuce, cucumber, olive oil	3 oz. organic beef jerky, sliced tomato in oil
	#2	n/a	n/a	n/a