

RECOMMENDATIONS FOR BEST RESULTS

Pre-Plan Your Meals

- Come up with a daily meal plan that considers:
 - What to eat
 - How much to eat
 - When to eat
 - Hydration
- Don't wait until you feel starving to start looking for something to eat. This leads to bad choices
- Keep a Daily Nutrition Journal to log eating habits

Schedule Additional Accountability

- Detailed goal setting to establish your desired weight loss per week goals
- More detailed calculations to determine target calorie consumption for your specific weight loss goals
 - Base Metabolic Rate
 - Lean Body Mass
 - Activity Level
- Taking follow-up measurements to track success and rate of weight loss
- Periodic review of your Daily Nutrition Journal with your coach, to assess your macronutrients
- Adjusting your eating habits based on review of your Daily Nutrition Journal & follow-up measurements
- Developing a Micro-Nutrient supplementation plan based on "Symptom Survey Form"
- Grocery shopping appointment to practice healthy grocery choices

What To Eat

- Meals = Meat & Veggies
- Snacks = Nuts & Seeds
- Deserts = Some Fruit
- Cheat Days = Limited Starches on Saturday or Sunday (white potatoes, rice, corn)
- Avoid = Bread & Pasta
- Eliminate = Sugar, Sodas, Juices

How Much To Eat — (for weight loss)

- Customize target calorie consumption to your specific weight loss goals
 - Base Metabolic Rate (BMR)
 - Lean Body Mass (LBM)
 - Activity Level
- Generally, try to keep meals under 500 calories
- Generally, try snacks under 100 calories

When To Eat — (if possible)

- Refrain 4-Hrs between Breakfast & Lunch
- Refrain 4-Hrs between Lunch & Dinner
- Refrain 12-Hrs between Dinner & Breakfast
- Attempt to eat Dinner 2-Hrs before going to bed
- Best time to snack (if needed) is before or after a workout

Snacking

- Try to avoid snacking and reserve calorie consumption for breakfast, lunch, & dinner
- If you find yourself craving snacks frequently, try increasing the amount of good fats you eat with each meal
 - Coconut Oil
 - Olive Oil
 - Peanut Butter
 - Almond Butter
- When you do need a snack, choose nuts, seeds, veggies, some form of protein, and good fats
- Avoid snacking on carbs from the unfavorable list
- Quest Protein Bars from GNC make for a great snack, especially if you are trying to satisfy a sweets craving

Frozen Dinners / Packaged Food

- Tastefully Plated Paleo (Walmart)
- Ice Age Meals (www.iceagemals.net)
- Quest Protein Bars (GNC)

Hydration

- Target Water Consumption (oz) = ½ Body Weight (lbs)
- Drink 8-ounces of water upon waking up and a half hour before your first meal of the day
- Drink 8-ounces of water with every meal or snack

Supplements

- Probiotics = 10Billion CFU / day - After waking up
- Omega 3 = 1500 mg / day (DHA + EPA) - With meals
- Vitamin D = 2000 IU / day - With breakfast
- Vitamin C = 500 mg / day - With breakfast