

<http://forum.smarthealthshop.com>

Personalized Nutrition Plan for: jmk1w3

Thank you for your business! If you have any questions or concerns, please stop by the Smart Health Shop forum and post your inquiries. We will dig deeper and provide more support with your involvement on the forums (free membership):

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8:00AM – Wake up:

- 1) 32 ounces of water (0 calories)
- 2) Multivitamin (0 calories)

10:00AM – Breakfast:

- 1) 3 egg whites, 2 whole eggs (200 calories)
- 2) 1 tablespoon of natural peanut butter OR 1 serving of almonds (100 calories)
- 3) 16 ounces of water (0 calories)

1:30PM – pre-work snack:

- 1) 1 cup green vegetables: spinach or broccoli (30 calories)
- 2) 1 cup raw oats + light brown sugar or raisins or honey: oatmeal (350 calories)
- 3) 16 ounces of water (0 calories)

5:00PM – lunch:

- 1) 1 serving 6 ounces lean meat: chicken, steak, fish or ground sirloin (375 calories)
- 2) 1 cup green vegetables: spinach or broccoli (30 calories)
- 3) 1 can of diet soda (0 calories)
- 4) 1 potato: sweet or regular (180 calories) OR
- 5) 1 cup of beans: kidney, black, or chili beans (225 calories)

9:00PM – lunch break:

- 1) 1 can of diet soda (0 calories)

12:00AM – pre-bed meal:

- 1) 1 serving 6 ounces lean meat: chicken, steak, fish or ground sirloin (375 calories)
- 2) 1 cup green vegetables: spinach or broccoli (30 calories)
- 3) 1 tablespoon of natural peanut butter OR 1 serving of almonds (100 calories)
- 4) 32 ounces of water (0 calories)

Your Basal Metabolic rate is between 2100 and 2200 calories: this is the amount of calories your body burns each day assuming zero activity. The above meal plan will land you around 1800 calories: a great base amount for your metabolism depending on the amount of activity partaken in.

Since you said you do not partake in a large amount of intense exercise due to workload and medical reasons, the above diet is a bit restricted (intentionally), yet will aid your blood sugar in remaining regulated.

Of course, because of medical concerns, PLEASE consult your doctor and nutritionist for the final say on the food you ingest as that is the responsible path to choose.

If you need to snack a bit in between, that is still acceptable; but try to keep it minimal (once or twice daily) to encourage fat loss. Below are some snack ideas, supplement options, and total caloric breakdown.

If there are any other questions or needs for assistance, please do email support@smarthealthshop.com or contact via eBay. Thank you!

Snacks:

Oats and cinnamon
Pita chips and spinach dip or hummus
Veggie straws
Spinach / broccoli
Mushrooms
Light mozzarella string cheese

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Snacks (continued):

Natural peanut butter
Almond, Walnuts, Cashews, or Peanuts (in moderation)
Rice Cakes
Tuna
Fiber Complete cereal (no brands with sugar allowed: check the label)

Optional Supplements:

Flaxseed
Fish Oil
Multivitamin
Vitamin D
Calcium
Vitamin C

Total Calories:

1800

Macro Nutrient Breakdown:

Protein: 125 grams (27.8%) - 500 calories

Carbohydrates: 145 grams (32.2%) - 580 calories

Fats: - 80 grams (40.0%) - 720 calories