

<http://forum.smarthealthshop.com>
Personalized Nutrition Plan for: rexnard2

9:00AM – arrive at home:

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

3:00PM – small meal with daughter:

- 1) 1 serving 6 ounces lean meat: chicken, steak, or ground sirloin (375 calories)
- 2) 1 cup green vegetables: spinach or broccoli (30 calories)

10:00PM – 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) 1 women's multivitamin

2:00AM – main meal:

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

The above meal plan will land you around 1700 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 medical reasons, the above diet is a bit restricted (intentionally), yet will aid your blood sugar in remaining regulated.

Of course, because of blood sugar 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

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

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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:

1700

Macro Nutrient Breakdown:

Protein: 125 grams (29.4%) - 500 calories

Carbohydrates: 120 grams (28.2%) - 480 calories

Fats: - 80 grams (42.4%) - 720 calories

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