

<http://forum.smarthealthshop.com>

Personalized Nutrition Plan for: sevaluenh

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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6:30AM – Wake up:

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

7:20AM – Leave for work:

- 1) Cup of coffee (5 calories), no creamer (1 tbsp max), no sugar

10:00AM – pre-work snack:

- 1) Smoothie with 1/2 avocado, 1 1/2 cups frozen fruit, 1 cup spinach, 1 scoop of whey, 1 Tbsp MCT oil, and water (482 calories)

1:00PM – lunch:

- 1) 1 serving 4 ounces lean meat: chicken, steak, fish or ground sirloin (125 calories)
- 2) 1 cup green vegetables: spinach or broccoli (30 calories)
- 3) 16 ounces of water (0 calories)

4:30PM – post-work snack:

- 1) 3 Tbsp almonds (160 calories)

7:00PM – dinner:

- 1) 1 serving 6 ounces lean meat: chicken, steak, fish or ground sirloin (175 calories)
- 2) 1 cup green vegetables: spinach or broccoli (30 calories)
- 3) 1 tablespoon of natural peanut butter OR 3 Tbsp almonds (160 calories)
- 4) 32 ounces of water (0 calories)

10:00PM – pre-bed snack:

- 1) 2 whole eggs (160 calories)

Your Basal Metabolic rate is between 1500 and 1600 calories: this is the amount of calories your body burns each day assuming zero activity. The above meal plan will land you around 1300 calories: a great base amount for your metabolism depending on the amount of activity partaken in.

Since you participate in a fair amount of walking throughout the day, the above diet allows for you to eat near a maintenance level and still burn enough calories to lose around 1 pound per week. At this rate, you would reach your goal in approximately 1 year.

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
Greek yogurt
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

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Total Calories:

1322

Macro Nutrient Breakdown:

Protein: 107 grams (32.4%) – 428 calories

Carbohydrates: 56 grams (16.9%) – 224 calories

Fats: - 74.5 grams (50.7%) – 670 calories

Please note: I am neither a licensed nutritionist nor a dietitian. This plan is for reference purposes only and must be verified with a licensed nutritionist or your physician. SmartHealthShop.com holds no liability in regards to potential life-threatening outcomes of following the suggested diet as there is no privilege to historical medical data on the client in consultation.