



Nutrition Plan: Tara Agostini

Actions:

- 1. Print out only 4 calorie counting worksheets (one for every week x 4 weeks). Use them to help you stay on track.**
- 2. Read through everything on your new diet plan and try not to miss any details.**
- 3. Start thinking about new health recipes to try.**
- 4. Plan, plan, plan how you are going to execute everything!**
- 5. Begin on Monday to start off strong to a fresh week!**

“In order to lose weight, we MUST consume less calories than we burn, creating a net negative calorie balance in the body. This will result in a higher usage of adipose tissue, rather than storing of adipose tissue. Be aware however of decreases in energy levels due to low calorie intake. This can be combated by consuming more carbohydrates as a primary fuel source.”

New Habits:

- 1) Please refer to our phyto-nutrient selection on the Phyto-Nutrient Index page for ideas to boost your health in specific areas.**
- 2) At the end of every day, your goal is to be net negative on your calories, meaning, you have **burned more** amount of calories **than** what you have **eaten**. This is tracked by weighing yourself daily and any fluctuation may be related back to how many calories you consumed and burned.**

Age: 27

Height: 5'6

Weight: 127lbs

Activity level:

- Above average
- Running, Swimming, surfing, hiking, walking, yoga, pilates
- All-Body Fitness – athletic
- 5 days/week, 2 hard days

Sleep: 6-7hrs average/Wake: 5:30-6am/Sleep: 11pm

Goals:

- Further toning
- **123lbs**

BMR: 1286 cal

DCE: 1422 cal

BMI: 20 (Healthy)

Possible reasons goal not reached:

- **Decrease caloric intake**
- **Increase weight bearing exercise**

Endurance Athlete Diet: *total calories*

10% fat - 142 cal

10% protein - 142 cal

80% carbs - 1138 cal

Endurance Athlete Diet: *total grams*

10% fat - 16 g

10% protein - 36 g

80% carbs - 285 g

Water Intake: (72oz - 94oz) 10-13 glasses/day (7.2oz/glass avg.)

- **2 glasses between meals (within every 2.5 hrs) (minimum)**

6 meal plan:

#1 (Breakfast 6:30am) (287 cal)

- **Fat - 3 g**
- **Protein - 7 g**
- **Carbs - 57 g**

#2 (Snack 9:00am) (185 cal)

- **Fat - 2 g**
- **Protein - 5 g**
- **Carbs - 37 g**

#3 (Lunch 12:00pm) (287 cal)

- **Fat - 3 g**
- **Protein - 7 g**
- **Carbs - 57 g**

#4 (Snack 3:00pm) (185 cal)

- **Fat - 2 g**
- **Protein - 5 g**
- **Carbs - 37 g**

#5 (Dinner 5:30pm) (287 cal)

- **Fat - 3 g**
- **Protein - 7 g**
- **Carbs - 57 g**

#6 (Snack 8:00pm) (185 cal)

- **Fat - 2 g**
- **Protein - 5 g**
- **Carbs - 37 g**

Habits to focus on:

- **Grocery Shopping**

1. Discard junk food and never buy it again.
2. Immediately start shopping at Whole Foods, Mothers Market, Sprouts, or a designated health food store for better food quality food and healthy mind set.
3. Buy organic foods **ONLY**.
4. Spend most of your budget on vegetables, fruits, and salads. But, keep in mind more vegetables than fruits.
5. Look for healthy snacks like apples, nuts, celery, lettuce wraps, salads, plant protein powder, etc.
6. Stay away from medium and high-glycemic foods. (view attached - Glycemic Index) Stay below 60. You will FEEL the difference almost immediately.
7. Stay away from ALL dairy products. Cheese, butter, milk, creams, etc.
8. Stay away from simple carbohydrates such as pastas, breads, potatoes, and crackers.

- **Meals**

1. Stick to preparing simple meals that fill you up and contain a balanced amount of fats, proteins, and carbohydrates (e.g. organic salads, organic soups, organic protein shakes, organic lettuce wraps, organic healthy trail mix, organic protein bars, organic Quinoa)
2. Never eat until you're full! Focus on eating 6 micro meals per day, but never FULL meals, not one.
3. Never skip meals, EVER. If you find yourself in that situation simply bring something with you every time you leave the house just in case. (Consider it an Emergency Food Pack)
4. Eat more **spicy** foods. This will help with weight loss by speeding up metabolic rate, but of course don't overdo it.
5. Eat every 2.5 hrs or so and start out by setting a timer on your phone after every meal to notify you when your next meal will be. Do this until it is automatic for you to keep proper eating times. By using a timer, you don't have to worry and you know you can stay on track.

Reasons:

- **Grocery Shopping**

- 1. Discard junk food and never buy it again.**

- *By getting rid of all the junk food in your environment, you can remove the temptation all together by saying "NO!" once instead of saying NO over and over again, which wears you out and thus making you give in.*

- 2. Immediately start shopping at Whole Foods, Mothers Market, Sprouts, or a designated health food store for better food quality food and healthy mind set.**

- *By shopping where other healthy individuals shop you expose yourself to that mindset and lifestyle. These stores also sell majority of healthy foods, which is exactly what you NEED. While many other stores do not.*

- 3. Buy organic foods ONLY.**

- *Buying organic foods is more than just enhanced flavor of the food, but also assurance that what you are buying is of the highest quality standards for consumption. People's bodies do not function properly while ingesting highly processed or GMO foods, which long term can cause many well-known health diseases.*

- 4. Spend most of your budget on vegetables, fruits, and salads. But, keep in mind more vegetables than fruits.**

- *Our diets should be primarily composed of vegetables and fruits. It is what our bodies were designed to eat; it is also not processed. In addition, by spending most of your time and budget on the vegetable and fruit isle, you will be less likely to buy junk food which does not benefit you.*

- 5. Look for healthy snacks like apples, nuts, celery, lettuce wraps, salads, plant protein powder, etc.**

- *When your mind is set on health that is what you get, and when you buy ONLY healthy snacks, your kitchen will ONLY have healthy snacks. It is also beneficial to have simple foods like this for on-the-go situations which is when you are most vulnerable to eating poorly.*

- 6. Stay away from medium and high-glycemic foods. (view attached - Glycemic Index) Stay below 60. You will FEEL the difference almost immediately.**
 - *Medium to high-glycemic foods cause random spikes in your insulin levels which can tell your body to store more fat as an energy source. It also will cause the crashing sensation of your energy levels 30min to 1hr after consuming such foods. Regular high insulin levels can cause your pancreas to effectively "burn out" which leads to diabetes and many other health diseases.*
- 7. Stay away from ALL dairy products. Cheese, butter, milk, creams, etc.**
 - *Dairy products do no good for your body. Yes, they are sources of protein, but when you factor in the negative side effects to consuming these type of enzymes and protein strands, they do not create a good cause to eat them. They are also a major contributor to inflammation, oxidative stress, weight gain, high cholesterol levels, and poor cravings.*
- 8. Stay away from simple carbohydrates such as pastas, breads, potatoes, and crackers.**
 - *These types of foods produce negative results for weight loss. They are actually used by many pro athletes for weight GAIN!*
- **Meals**
 - 1. Stick to preparing simple meals that fill you up and contain a balanced form of fats, proteins, and carbohydrates (e.g. organic salads, organic soups, organic protein shakes, organic lettuce wraps, organic healthy trail mix, organic protein bars, organic Quinoa)**
 - *Simple meals make it that much easier to create good habits and aid with keeping you on track.*
 - 2. Never eat until you're full! Focus on eating 6 micro meals per day, but never FULL meals, not one.**
 - *When you eat until you're full your body sends a signal to the stomach to slow down the metabolic rate and digestion, which is the opposite of what you want when it comes to weight loss.*

3. **Never skip meals, EVER. If you find yourself in that situation simply bring something with you every time you leave the house just in case. (Consider it an Emergency Food Pack)**
 - *Skipping meals will mess up the entire day of eating. When you go into a state of calorie debt, it is extremely difficult for your body to catch back up. It also causes bad breathe, low energy levels, higher cravings, and slower metabolic rates.*
4. **Eat more **spicy** foods like serrano, anaheim, jalapeno, and poblano peppers. This will help with weight loss by speeding up metabolic rate, but of course don't overdo it.**
 - *Spicy foods boost your body's natural metabolism and also make eating healthy foods more desirable.*
5. **Eat every 2.5 hrs or so and start out by setting a timer on your phone after every meal to notify you when your next meal will be. Do this until it is automatic for you to keep proper eating times. By using a timer, you don't have to worry and you know you can stay on track.**
 - *Eating every 2.5 hrs or so forces you to eat micro meals as suggested in your diet plan. By eating frequently, your body becomes in tune with the environment you have subjected it to by increasing metabolic rate and thus triggering the response that there is adequate energy to build muscle and burn fat.*

“Revaluation, new diet plan, and more changes added after 5 weeks. ALWAYS reach for new heights! Never settle for where you are now!”

- Scott A.

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