

Nutrition for 1500 calories/ day

After having met with you and learned about your current lifestyle habits, past medical history, typical dietary intake, and ultimate wellness goals, I believe the best caloric intake recommendation for you would be

1500 calorie per day based on the type of activity you perform throughout the week.

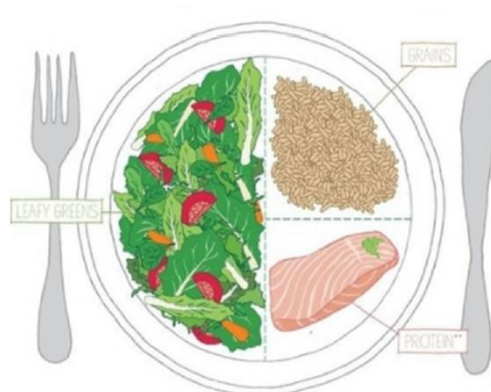
I have included meal plans and sample menus displaying what 1500 calories looks like with macronutrient (grams of protein, carbohydrates, and fat) recommendations as well.

Use the Happy Body Balanced Meal Guideline ($\frac{1}{2}$ fruits, mainly **vegetables** + $\frac{1}{4}$ whole grain + $\frac{1}{4}$ lean protein):

Essentially eating 3 meals, 2-3 snacks per day.

THIS HOW YOUR PLATE SHOULD LOOK

Fill your plate....



1/2 dark leafy
greens & NON
starchy vegetables

Veggies are packed with vitamins and mineral. They contribute a significant amount of nutrition for a little amount of calories.

1/4 whole grains,
starchy vegetables
and/ or legumes

Whole-grain are complex carbohydrates which have minimal effect on your blood sugar. They're also packed with fiber to keep you full.

1/4 (palm size
portion) of lean
protein

Protein helps to build muscle. It also takes longer to digest than other foods so will keep you fuller longer and doesn't affect your blood sugar.

Macronutrient breakdown:

Based on your anthropometrics, lifestyle habits, BMR, and dietary recall, I suggest you aim to consume 1550 calories per day in order to meet your ultimate wellness goals.

Based on 1500 kcal/day		
		Per meal if eating 5 times/ day B, L, D, and 2 snacks.
Carbohydrates	45% (169 g/day)	34 g
Protein	35% (131g/day)	26 g
Fat	20% (33 g/day)	7 g

(There are examples of what these amounts look like for your reference at the bottom of this assessment)

Hydration

- Hydration is cumulative, so make it a daily focus.
- Minimum fluid needs equal half of your body weight in ounces (e.g., 150 lbs. = 75 oz. of fluid minimum).

Recc for hydration electrolyte tablets: NUUN tablets, Ultima drink powder

- Sparkling water and naturally sweetened sodas (La Croix, Spindrift, Zevia, Fizzy Lizzy, GuS, REEDs Ginger, Hansens, IZZE, Blue Sky)
- Iced Tea (unsweetened)
- Honest Tea (unsweetened)
- Coconut Water
- Kombucha (fermented green tea)

Remember, the better hydrated you are, the more regular your bathroom habits will be, and the less fatigue you'll feel, the better your immunity system!

Micronutrients breakdown:

Sodium: The American Heart Association recommends a target of 1,500 mg a day. I recommend you stick with less than 400mg of sodium per meal, and less than 150 -200mg sodium per snack.

Potassium: The U.S. Department of Agriculture recommends 4,700 milligrams per day for healthy people.

Sugar: The maximum amount of added sugars you should eat in a day is 150 calories per day (37.5 grams or 9 teaspoons). Less than 10 g of sugar per meal. Less than 5g of sugar per snack.

Cholesterol: No more than 200 mg of dietary cholesterol per day with heart disease.

PORTION SIZES:

Remember we talked about using your hand as the perfect measuring tool.

Protein: Larger than the size of your palm- almost whole hand.

Whole Grain/ Starch: Your hand should be able to "tent" over top of the serving.

Dark Leafy Greens and Vibrant Colored Vegetables: LOADS!

Fruits: 1 small piece or ½ - 2/3 c. Only to accent and enhance the flavor of meals or as a snack pairing.

Your ideal day of nutritional intake on DAYS THAT YOU WORKOUT IN THE MORNING

Post workout protein shake within 30 minutes of completing workout (20-30g protein)
Delayed – Breakfast/Snack: 20-30g Protein + Whole Grain + Vegetable
Lunch at work: 20-30g Protein + Whole Grain + Vegetable
Snack (Protein + Carb)
Dinner: 20- 30g Protein + Whole Grain + Vegetable
Post-Dinner Optional Snack: (Protein + Carb)

Post-workout protein shake:

Protein Powder + 1Tbsp Flax Meal + ½ frozen banana + 1Tbsp PB2 powder

Delayed Breakfast/ Snack:

2 mini-muffin-tin egg omelets, 2 quinoa muffins, 1 small jar quinoa overnight oats, oatmeal, protein shake.

Lunch:

Salad + Grilled Protein + Whole Grain side

Snack: Protein + Carb (apple + nut butter), RX bar, EPIC protein Bar, PURE protein Bar, KIND protein

Dinner: Fish, Chicken, Turkey + steamed, baked, roasted, or raw veggie + whole grain

Meal Plans: I have provided several general meal plan outlines below. You will need to make adjustments based on your caloric recommendations. **Daily Meal Plan: 1500 Calories/ Day**

Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Egg white, 5 large	86	1	0	18	274	1
Ezekiel - Ezekiel, 1 slice	80	15	1	4	75	0
Generic - Mixed Peppers Frozen, 0.5 cup	13	2	0	1	0	2
Spinach, 2 cup	14	2	0	2	47	0
Red Onion, 0.25 Cup, Chopped	4	1	0	0	0	0
Cheese - Parmesan, shredded, 2 tbsp	42	0	3	4	170	0
Add Food Quick Tools	239	21	4	29	566	3

Lunch

Grilled chicken - Chicken, 4 oz	100	1	2	22	110	1
Almonds, 0.25 cup, slivered	156	6	13	6	0	1
Kroger - Salad, 2 cups	20	4	0	1	13	3
Wasa - Whole Grain Crackers, 13 g	30	8	0	1	50	0
Add Food Quick Tools	306	19	15	30	173	5

Dinner

Salmon, 4 oz.	100	0	1	21	240	0
Broccoli - Roasted Broccoli, 1 cup	40	4	3	2	170	0
Quinoa, 0.5 cup	313	55	5	12	4	0
Add Food Quick Tools	453	59	9	35	414	0

Snacks

Ascent - Whey Protein, 33 gram	120	2	1	25	40	1
Fage - Fage Total 0% Greek Yogurt, 1 cup	120	7	0	23	85	7
Berries (mixed) - Berries (Mixed), 1 cup	70	17	1	1	15	11
Flax Meal - Flax, 1 tb	35	2	2	2	0	0
Bell Plantation - Powder Pb, 2 TBS	50	5	2	5	70	2
Sweet potato, 1 medium, 5 inch long	112	26	0	2	72	5
Add Food Quick Tools	507	59	6	58	282	26

Totals	1,505	158	34	152	1,435	34
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Bethany Watkins, Registered Dietitian

bethany@happybodyrva.com

Breakfast	Protein (g)	Carbohydrates (g)	Fat (g)	Calories
5 egg white + 1 whole egg + 1/3 cup uncooked oats	28	18	8	261
½ Tbsp nut butter + 1 sl. Whole wheat toast + 6 strawberries	6	23	5	148
3 oz chicken + ½ c cooked brown rice + 3 c mixed greens + 3 slices avocado	30	24	7	316
1 scoop protein powder + small banana + 2 tbsp flax meal + 8oz skim milk	37	44	5	359
7 oz tilapia (white fish) + ½ c cooked quinoa	31	20	2.5	246
1 sm apple + Peanut butter	4	24	8	207
TOTAL				1537

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bethany@happybodyrva.com

Additional lunch option: 3 oz deli meat + 5 oz sweet potato + 1c broccoli + 1 tsp olive oil	30	30	7	323
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Breakfast	1 egg (or 1/4 cup egg substitute) 1 slice regular bread (1 carbohydrate) 6 oz low-fat yogurt (1 carbohydrate) 1 orange (1 carbohydrate) 1 tsp margarine
Morning Snack	1/2 cup unsweetened applesauce (1 carbohydrate) 5 almonds
Lunch	2 oz turkey 1 oz low-fat cheese 2 slices whole-wheat bread (2 carbohydrates) 1 pear (1 carbohydrate) 3/4 oz baked chips (1 carbohydrate) 2 leaves lettuce 2 slices tomatoes 1/4 cup raw broccoli 1/4 cup carrots 2 tsp mayonnaise
Afternoon Snack	1 cup low-fat or fat-free milk (1 carbohydrate) 3 squares graham crackers (1 carbohydrate)
Evening Meal	4 oz baked chicken breast, boneless and skinless 2/3 cup cooked pasta (2 carbohydrates) 1 oz dinner roll (1 carbohydrate) 1 tsp margarine 1/3 cup mushrooms 1/3 cup zucchini 1/3 cup green peppers 1 tablespoon regular salad dressing

MEAL 1	Calories	Carbs (g)	Protein (g)	Fat (g)
5 egg whites	85	0	20	0
Slice fat free cheese	28	2	5	0
1/3 cup instant oatmeal	102	18	4	2
1 medium banana	90	20	2	0
Total	305	40	31	2

MEAL 2	Calories	Carbs (g)	Protein (g)	Fat (g)
3 oz. chicken breast	98	0	20	2
¾ cup brown rice	126	24	4.5	0
1 cup vegetables	48	8	4	0
1 tsp. extra virgin olive oil	42	0	0	4
Total	314	32	28.5	6

Meal 3	Calories	Carbs (g)	Protein (g)	Fat (g)
4 oz. sliced deli turkey	126	0	20	4
slice fat free cheese	28	2	5	0
1 piece bread	90	17	3	1
2 slices tomato, lettuce	20	4	0	0
2 T fat free mayo	24	6	0	0
½ cup strawberries	24	6	0	0
Total	312	35	28	5

MEAL 4	Calories	Carbs (g)	Protein (g)	Fat (g)
2.5 oz. top round steak	150	0	25	5
4 oz. baked yam	121	28	2.5	0
¾ cup steamed spinach	22	3	1	0
Total	293	31	28.5	5

MEAL 5	Calories	Carbs (g)	Protein (g)	Fat (g)
3 oz. cooked chicken breast	98	0	20	2
4 oz. baked potato	134	28	3	0
1 T sour cream	32	1	2	2
½ cup steamed broccoli	48	8	4	0
Total	312	37	29	4

MEAL 6	Calories	Carbs (g)	Protein (g)	Fat (g)
1 9-inch tortilla	131	23	3	3
3 oz. grilled chicken breast	96	0	21	1
1 slice fat free cheese	28	2	5	0
2 T salsa	10	2	0	0
1 cup diced green peppers	28	6	0	0
Total	293	33	29	4

Bethany Watkins, Registered Dietitian

bethany@happybodyrva.com

Breakfast (300 calories)

EGGS- Avocado Egg Scramble 1 egg 1 egg white ½ medium avocado ¼ c. chicken (or other meat)
2 T white vinegar Spices to taste 1 cup grapes (OR - Roasted Pepper Omelet 2 eggs 2 egg whites
1 poblano or bell pepper 1 orange) (OR- Bacon-Avocado Omelet 2 eggs ½ medium avocado 2 T
minced red onion 1 T fresh cilantro 2 slices turkey bacon Spices to taste)

- Banana-Nut Pancakes* 1 cup mixed berries ½ cup mashed banana

-Breakfast Salad w/ Salmon Lox 3 oz. salmon lox 2 eggs (Over Easy, or other) 1 cup spinach 1
bell pepper ¼ onion ½ cup cherry tomatoes Spices to taste

-Overnight Oats

Post Workout (250 calories)- Whey Isolate protein shake

Snack (150) - Any snacks from the snack list; just make sure you combine a carbohydrate + a
protein

Lunch (350 calories)- [Fruits & Vegetables + Protein + serving of whole grains]

Snack (150 calories)- Any snacks from the snack list; just make sure you combine a
carbohydrate + a protein

Dinner (400 calories) - [Fruits & Vegetables + Protein + serving of gluten free whole grains]

Treat/ Snack (150)- Any treat you'd like, just make sure to have a protein + carbohydrate.
Casein protein shake.

HAPPY BODY

HEALTHY GROCERY SHOPPING LIST

VEGETABLES + FRUITS

- ☐ Artichoke
- ☐ Asparagus
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery (organic)
- ☐ Corn
- ☐ Cucumber
- ☐ Eggplant
- ☐ Fresh Herbs
- ☐ Garlic
- ☐ Organic Greens (kale, spinach, arugula, lettuce, chard, mustard greens, collard greens, endive)
- ☐ Green Beans
- ☐ Mushrooms
- ☐ Onion
- ☐ Peas
- ☐ Peppers (organic)
- ☐ Potatoes (organic)
- ☐ Squash (acorn, delicata, zucchini, butternut, etc)
- ☐ Sweet Potatoes
- ☐ Apple (organic)
- ☐ Avocado
- ☐ Banana
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries (organic)
- ☐ Dates
- ☐ Dried fruit
- ☐ Grapes (organic)
- ☐ Grapefruit
- ☐ Kiwi Fruit
- ☐ Lemon/Lime
- ☐ Mango
- ☐ Melon (watermelon, cantaloupe, honeydew, etc)
- ☐ Nectarines (organic)
- ☐ Orange
- ☐ Papaya
- ☐ Peaches (organic)
- ☐ Pears (organic)
- ☐ Pineapple
- ☐ Pummelo
- ☐ Raspberries
- ☐ Strawberries (organic)
- ☐ Tomatoes

PROTEINS/MEATS

- ☐ **Poultry** - Chicken, Turkey or Duck. When buying poultry, boneless skinless breast is best, but you can get the best bargain by purchasing the whole chicken or turkey (frozen). You can then cook it and eat all the parts.
- ☐ **Eggs** - Such a great staple to clean eating diet. Go for free-range. If you choose to just eat egg whites, avoid whites you buy in a carton and just learn to separate the yolk from the whites on your own for cleaner eating. Don't always leave the yolk out as the yolk contains the bulk of the nutrition in an egg.
- ☐ **Fish** - Most fish is clean, but watch out for mercury in fish. Wild caught is best.
- ☐ **Beef** - Choose grass-fed and humanely raised beef. Going directly to a butcher can help you get the best cuts.
- ☐ **Pork** - Be wise when choosing pork meat. Processed pork should be avoided (hot dogs, canadian bacon, ham, etc.) and is not clean. Choose only high quality cuts of pork from your butcher.
- ☐ **Venison** - A great alternative to beef. Venison is very lean and healthy.
- ☐ **Tofu** - Only get organic to avoid GMO's.

Bethany Watkins, Registered Dietitian

bethany@happybodyrva.com

BEANS, LEGUMES + WHOLE GRAINS

BEANS + LEGUMES:

- ☐ Black beans
- ☐ White beans
- ☐ Red Beans
- ☐ Kidney Beans
- ☐ Pinto Beans
- ☐ Adzuki Beans
- ☐ Lima Beans
- ☐ Black Eyed Peas
- ☐ Garbanzo beans (chickpeas)
- ☐ Soy Beans (edamame)
- ☐ Lentils (Brown, green, red, yellow)
- ☐ Split Peas

WHOLE GRAINS:

- ☐ Brown Rice
- ☐ Wild Rice
- ☐ Red Rice
- ☐ Basmati Rice
- ☐ Jasmine Rice
- ☐ Quinoa
- ☐ Barley
- ☐ Millet
- ☐ Farro
- ☐ Whole wheat couscous
- ☐ Tempeh (great source of protein for vegetarians)
- ☐ Oats (plain with no additives, steel cut or regular)

BREADS, TORTILLAS, PASTA + FLOURS

BREADS:

- ☐ Ezekiel Bread
- ☐ Dave's Killer Bread
- ☐ Alvarado Street Bread
- ☐ Trader Joe's Whole Grain Bread

TORTILLAS:

- ☐ Ezekiel tortillas
- ☐ Sprouted Wheat Tortillas
- ☐ Corn tortillas (corn, water and lime)

PASTA:

- ☐ Quinoa pasta
- ☐ Brown Rice pasta
- ☐ Whole wheat pasta
- ☐ Sprouted grain pasta by Ezekiel

FLOURS (always get Unbleached):

- ☐ Whole wheat flour
- ☐ Coconut Flour
- ☐ Almond flour
- ☐ Buckwheat flour
- ☐ Chickpea Flour (garbanzo bean flour)
- ☐ Oat flour
- ☐ Gluten free flour mixes

HEALTHY FATS

Healthy Oils

- ☐ Almond oil
- ☐ Avocado
- ☐ Avocado oil
- ☐ Coconut Oil
- ☐ Flaxseed oil
- ☐ Olives (kalamata, black and green)
- ☐ Olive Oil
- ☐ Sesame Oil
- ☐ Unrefined Safflower oil
- ☐ Unrefined Sunflower oil
- ☐ Unrefined Walnut oil

Natural nut/seed butters:

- ☐ Almond butter
- ☐ Cashew butter
- ☐ Peanut butter
- ☐ Sunflower seed butter
- ☐ Tahini

Nuts and Seeds:

- ☐ Almonds
- ☐ Brazil Nut
- ☐ Cashews
- ☐ Chia seeds
- ☐ Flaxseeds
- ☐ Hazelnut
- ☐ Macadamia nuts
- ☐ Peanuts
- ☐ Pecans
- ☐ Pepita
- ☐ Pine nuts
- ☐ Pistacios
- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Sesame seeds
- ☐ Walnuts
- ☐ Water Chestnut

CONDIMENTS + SPICES

- ☐ **Mustard and Ketchup** – both have added sugar usually, so always read labels looking for one that doesn't include sugar. Ketchup will be harder to find without sugar, so you might want to "google" a clean eating ketchup recipe. Or try this ketchup made with agave. Dijon mustard is usually clean and has no sugar.
- ☐ **Lemon Juice/Lime Juice** – always read labels on the bottled stuff. You'll usually find added preservatives. It's best to squeeze your own from fresh limes and lemons, of course.
- ☐ **Vinegars** – Balsamic, Red Wine, White Wine, Rice Wine, Apple Cider. These are all great for making your own salad dressings, sauces or using in recipes.
- ☐ **Tea and Coffee** – Both are clean. Green or herbal tea is great.
- ☐ **Tamari** – Clean alternative to soy sauce.
- ☐ **Braggs Liquid Aminos** – Adds good flavor to many dishes, another alternative to soy sauce.

SWEETENERS:

- ☐ **Honey** – Pure honey.
- ☐ **Maple Syrup** – must be "pure" maple syrup.
- ☐ **Coconut Palm Sugar** – organic is best.
- ☐ **Raw Agave Nectar**
- ☐ **Molasses** – Buy the unsulfured molasses.

- ☐ **SPICES:** (Avoid pre-made season mixes. Make your own instead with plain dried herbs and spices.) Turmeric, cumin, chili powder, basil, oregano, parsley, chives, dill weed, sage, mustard seed, coriander, fennel, powdered ginger, cinnamon, etc. Sea Salt or Pink Himalayan Salt and Fresh Ground Black Pepper or Crushed Red Pepper Flakes.

DAIRY PRODUCTS

- ☐ **Milk** – Raw milk is best, but might be hard to find & expensive. Always opt for organic. Full-fat milk is OK. With low fat milk, understand that the lower in fat you go, typically the more processed it is.
- ☐ **Cheese** – Eat cheese in moderation. It has a high fat content. Real cheese is best, with the least amount of additives. Avoid pre-shredded cheeses - they contain anti-caking agents. Shred your own blocks. Real grated Parmesan cheese is acceptable in moderation.
- ☐ **Yogurt** – Make sure it's plain whether you choose Greek or Regular yogurt. Add your own fresh fruit. If you want it sweet use maple syrup or honey. Avoid fat free or reduced fat.
- ☐ **Cottage cheese** – Avoid fat free. Full fat is best, but you can also use low fat. Like milk, the lower the fat, the more processed it is.
- ☐ **Unsweetened soy milk** – Only get organic to avoid GMO's.
- ☐ **Unsweetened almond milk** – Always read labels. Simple is best and making your own is even better – and pretty easy, too!
- ☐ **Unsweetened rice milk** – Make sure it's made from brown rice. Homemade is best.
- ☐ **Unsweetened coconut milk** – Canned is best. Be sure to read labels. The Thai Kitchen brand is clean. Light coconut milk is okay to have.

Bethany Watkins, Registered Dietitian

bethany@happybodyrva.com

Breakfast

Step 1: Choose a protein	Step 2: Choose a whole grain	Step 3: Choose a fruit or vegetable
4 Egg whites 2 Hardboiled Eggs ½ cup Plain or Vanilla 0% Fat Greek yogurt 1 Tbsp. almond butter, natural 1 Tbsp peanut butter, natural 3 oz lean meat (ex. An omelet with grilled chicken, ground turkey) 1 scoop protein powder	½ cup Old fashion rolled oats ½ cup Steel Cut Oats 1 small whole grain English muffin 1 small whole grain tortilla 1 slice 100% whole wheat or whole grain bread (Organic whole grain Ezekiel sprouted bread) ¾ cup whole grain, fiber cereal (Organic whole grain Ezekiel cereal) ½ cup cooked and cooled Quinoa ½ cup cooked and cooled Brown Rice 2 Tbsp. Flax meal	1 grapefruit ½ cup melon 1 nectarine 1 small apple ½ cup blueberries 5 large strawberries ½ cup blackberries ½ cup raspberries ½ cup cranberries 2 cup spinach 1 cup tomatoes 1 cup Bell Peppers ½ cup Onion 1 cup broccoli 1 cup cucumbers ½ cup Brussel sprouts ½ cup cauliflower 1 cup asparagus

Lunch: Salad, Sandwich or skip to dinner table below.

Step 1: Choose a green	Step 2: Add a protein (3oz)	Step 3: Fruits (½ cup)	Step 4: Vegetables (1 cup)	Step 5: Dress it up (1-2 tbs.)	Step 5: Increase the flavor
Romaine Spinach Iceberg Lettuce Cabbage Water Cress Spring Mix	Chicken Turkey Tuna Salmon Shrimp Whitefish Hardboiled Egg Tofu Tempeh Lentils & Beans Edamame	Chopped apple Orange slices Chopped pear Strawberry Mango Pomegranate Papaya Grapes Blueberry Pineapple Dried fruits	Tomato Carrot Onion Bell pepper Jicama Mushroom Celery Beets Cucumber Broccoli Corn	Extra virgin olive oil Balsamic vinegar Rice wine vinegar Honey Apple cider vinegar Liquid aminos Citrus juices Tahini	Cilantro Spring Onions Basil Chives Parsley Mint Garlic Ginger

Dinner

Step 1: Choose a lean protein (4 oz.)	Step 2: Choose a whole grain (1/2 cup cooked)	Step 3: Choose a VEGETABLE or fruit
Fish (tuna, salmon, tilapia, mahi mahi, flounder, orange roughy, etc.) Shellfish (oysters, shrimp crawfish, crabs, scallops) Poultry (chicken, turkey) Beans (Black, red, kidney, garbanzo, etc.) Tofu, tempeh, seitan Venison 4 Egg whites	Black rice, brown rice, wild rice Whole grain quinoa Whole grain buckwheat Whole grain barley Whole grain Farro Whole grain Amaranth Whole grain Rye Whole grain Millet Whole grain Spelt	Eggplant, spinach, asparagus, broccoli, cauliflower, mushrooms, lettuce/ salad, tomato, greens (turnips, collards), green beans, sweet potato, corn, onions, carrots, beets, avocado, peppers. Limit Starchy Vegetables: Sweet potatoes, carrots, beets, parsnips.

Snacks**(Always combine a carbohydrate + a protein. Choose 1 fruit-based snack per day and 1 vegetable-based snack per day)**

Carbohydrate	Protein
Fresh Fruit (1 cup chopped or 1 medium piece) <ul style="list-style-type: none"> • Apple • Banana • Grapes • Berries • Peach • Mango • Pineapple • Grapefruit* • Citrus fruits Any that you enjoy and are readily available Veggies (1.5 cups) <ul style="list-style-type: none"> • Raw, cooked-any will work! Whole Grains <ul style="list-style-type: none"> • Oatmeal (1/2 cup cooked) • 1 slice Whole Grain Bread • Whole grain organic cereal (<10g sugar/serving) 	<ul style="list-style-type: none"> • Greek yogurt (low sugar <12 g) • Low fat milk, flavored, regular or soy • Low fat mozzarella string cheese (1 stick) • ½ cup low fat cottage cheese • Eggs, egg whites, egg beaters or egg substitute • 1-2 Tbsp. Peanut butter, almond butter, cashew butter, real hazelnut spread • Nuts (3 Tbsp. or ¼ cup) • Hummus –mixture of garbanzo beans and oil (2 Tbsp.) • Edamame (soy beans)- Dried or steamed (1 cup) • Lean sandwich fillings such as low sodium turkey, chicken (2 slices or 3 oz.) • White albacore chunk light tuna fish (3 oz. or a single serving pouch) • ¼ cup chia seeds mixed with 1 cup almond milk • Protein balls (1.5 tbsp. almond butter + 2 tsp oats + ½ tbsp. honey, rolled into balls.

Bethany Watkins, Registered Dietitian

bethany@happybodyrva.com

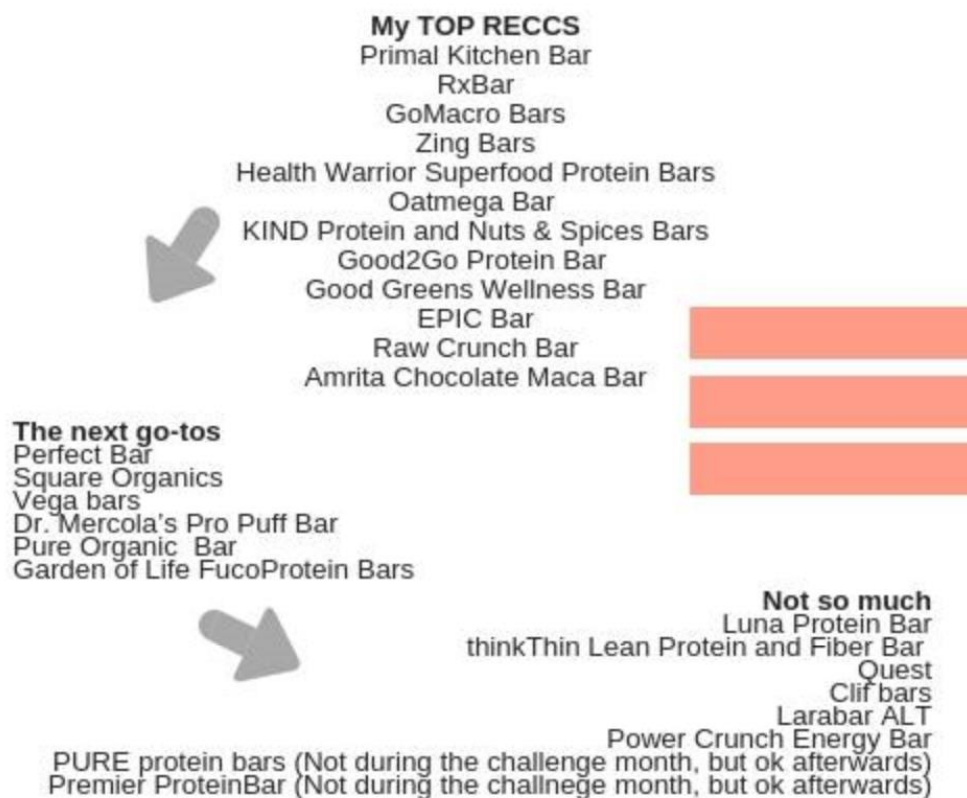
Optimizing snack consumption and preventing hunger/ overeating.

Be prepared with snacks that satisfy both the carbohydrate and the protein category. Carbohydrates will satiate you quickly and provide immediate energy, while protein will help maintain energy levels and keep you feeling fuller longer.

Snack Ideas include: apples + nut butter, hummus + veggies, trail mix, edamame, Unsweetened applesauce topped with berries, protein powder or nuts, and KIND/ Kashi/ Health Warrior/ Luna/ Lara bars or PURE protein, PREMIER Protein, EAS by Abbott protein shake, Ideal Lean, Ascent Protein, Low-fat Chocolate or Vanilla Drink, Unsweetened cashew, soy or almond milk).

Choose snacks that are HIGH in fiber, low in sugar and low in salt.

Protein bar recommendations:



DEF NO's because of the artificial ingredients or low quality protein sources.
Power Bar, ZonePerfect, Met-RX, Adkins, Muscle Milk, Detour, Myoplex, EAS, Probar and Balance Bar

Making healthier choices when out to eat or eating on the go.

Review the resources for Eating on the Go, Dining Out, and making healthy choices depending on the food or beverage you're ordering. Try to choose meals when dining out by using the 80% healthy 20% treat rule.

Make sure that you fill your plate and eat the "fueling" options from your plate BEFORE you fill up on the "treat" foods. the margarita, chips, dessert.

DECIDE AHEAD OF TIME

Decide which meals/ events/ special occasions are going to be those that you eat out or over indulge.

3-4 meals/ week: 2 on the weekend, 1 during the week is good.

TAKE ADVANTAGE OF HEALTHY MEAL HOME DELIVERY, MEAL PLAN, SHOP FOR CONVEINENCE, and SHOP THE SALAD BAR.

These are local companies that I recommend for healthy meal pick-up and/or delivery:

- Kate Uncorked (<http://www.kateuncorked.com/>)
- Daily Jars
- Daily Harvest
- Human Food RVA
- On The Mark Meal
- Green Chef

There are quite a few resources at the end of the assessment which will provide you with outlines on how to prepare for a week's worth of meals (on rotation).

I think it helps to designate a protein for each night of the week and stick with that routine so you don't get sick of "only eating chicken, or fish, etc.).

Ex. Meatless Monday (beans, eggs, etc),

Ground Turkey Tuesday,

White Fish Wednesday,

Chicken Thursdays,

PIZZA (pick your own protein) Friday,

Shrimp Saturday,

Salmon Sunday!

Utilize the salad bar at grocery stores to stock up on ready-to-eat options you can utilize throughout the week.

Consider choosing grilled meats, pre-cut fruit, mixed green salads for variations, and premade healthy vegetable and whole grains sides.

There is a 5-day shopping list and plan available on the Happy Body Blog (www.HappyBodyRVA.com)