

A collage of various healthy foods including fruits, vegetables, nuts, and grains, arranged around the central text "NUTRITION PROTOCOL". The items include a lemon, a pear, a bunch of cherry tomatoes, a banana, a bowl of green peas and Brussels sprouts, a red bell pepper, a bowl of almonds, a bowl of figs, a bowl of blackberries, a bowl of blueberries, a bowl of strawberries, a bowl of raspberries, a bowl of kiwis, a bowl of pomegranates, a bowl of dates, a bowl of figs, a bowl of almonds, a bowl of walnuts, a bowl of cashews, a bowl of pistachios, a bowl of hazelnuts, a bowl of pecans, a bowl of macadamia nuts, a bowl of pine nuts, a bowl of sunflower seeds, a bowl of pumpkin seeds, a bowl of flax seeds, a bowl of chia seeds, a bowl of hemp seeds, a bowl of quinoa, a bowl of rice, a bowl of pasta, a bowl of lentils, a bowl of chickpeas, a bowl of black beans, a bowl of kidney beans, a bowl of garbanzo beans, a bowl of soybeans, a bowl of edamame, a bowl of tofu, a bowl of tempeh, a bowl of seitan, a bowl of veggie burgers, a bowl of veggie patties, a bowl of veggie sausages, a bowl of veggie hot dogs, a bowl of veggie meatballs, a bowl of veggie meatloaf, a bowl of veggie meatballs, a bowl of veggie meatloaf, a bowl of veggie meatballs, a bowl of veggie meatloaf.

NUTRIENT RECOMMENDATIONS

Dietary regime

A dietary regime is a structured eating plan designed to achieve specific health or fitness goals, such as weight loss, muscle gain, or improved overall well-being. It typically involves careful planning of food types, portion sizes, and meal timing to ensure a balanced intake of nutrients. Adopting a dietary regime can help manage calorie intake and promote healthier eating habits.

Macronutrients

Macronutrients are the essential nutrients that our bodies need in large amounts to function properly. They consist of carbohydrates, proteins, and fats, each playing a crucial role in our health and well-being.

Balancing these macronutrients in our diet is key to maintaining energy levels, supporting bodily functions, and promoting long-term health.

Vitamins and Minerals

Vitamins and minerals are essential micronutrients that our bodies need in small amounts to function optimally. Each vitamin and mineral plays a unique and crucial role in maintaining our health and supporting various bodily processes.

A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and dairy can provide most of the vitamins and minerals our bodies need. However, some individuals might require supplements to address specific deficiencies or health conditions.



EVERYDAY FOOD CHOICES



Protein Sources

Proteins are fundamental for our body's growth, repair, and maintenance, and obtaining them from diverse sources ensures we receive a full spectrum of essential amino acids. Important protein sources can be categorized into animal-based (Meat, Poultry, Fish and Eggs) and plant-based (Soy Products, Nuts) options, each offering unique benefits.

Different Types of Fats

Fats are essential for energy, cell growth, and nutrient absorption. There are three main types:

1. Saturated Fats: Found in animal products (meat, butter, cheese) and tropical oils (coconut, palm). They can raise cholesterol levels and increase heart disease risk if consumed in excess.
2. Unsaturated Fats: Liquid at room temperature, they are heart-healthy and come in two types:
 - Monounsaturated Fats: Found in olive oil, avocados, and nuts
 - Polyunsaturated Fats: Include omega-3 and omega-6 fatty acids. Omega-3s (in fish, flaxseeds, walnuts) reduce inflammation and support heart health. Omega-6s (in vegetable oils, seeds) also promote heart health but should be balanced with omega-3s.



Carbohydrates

Carbohydrates give our bodies energy and are found in foods like fruits, vegetables, grains, and beans. When we eat them, they turn into glucose, which our brains and muscles use to work.

There are two types: simple carbs (like sugar) give quick energy, while complex carbs (like whole grains) provide long-lasting energy and help with digestion. Fiber is a special kind of complex carb that keeps our digestion healthy and helps control blood sugar. Eating the right amount of carbohydrates keeps us energized and healthy.



*You should understand what is right
for you. What gives you strength?
You don't have to eat only braccoli
to be happy =)*



PLATE RULE

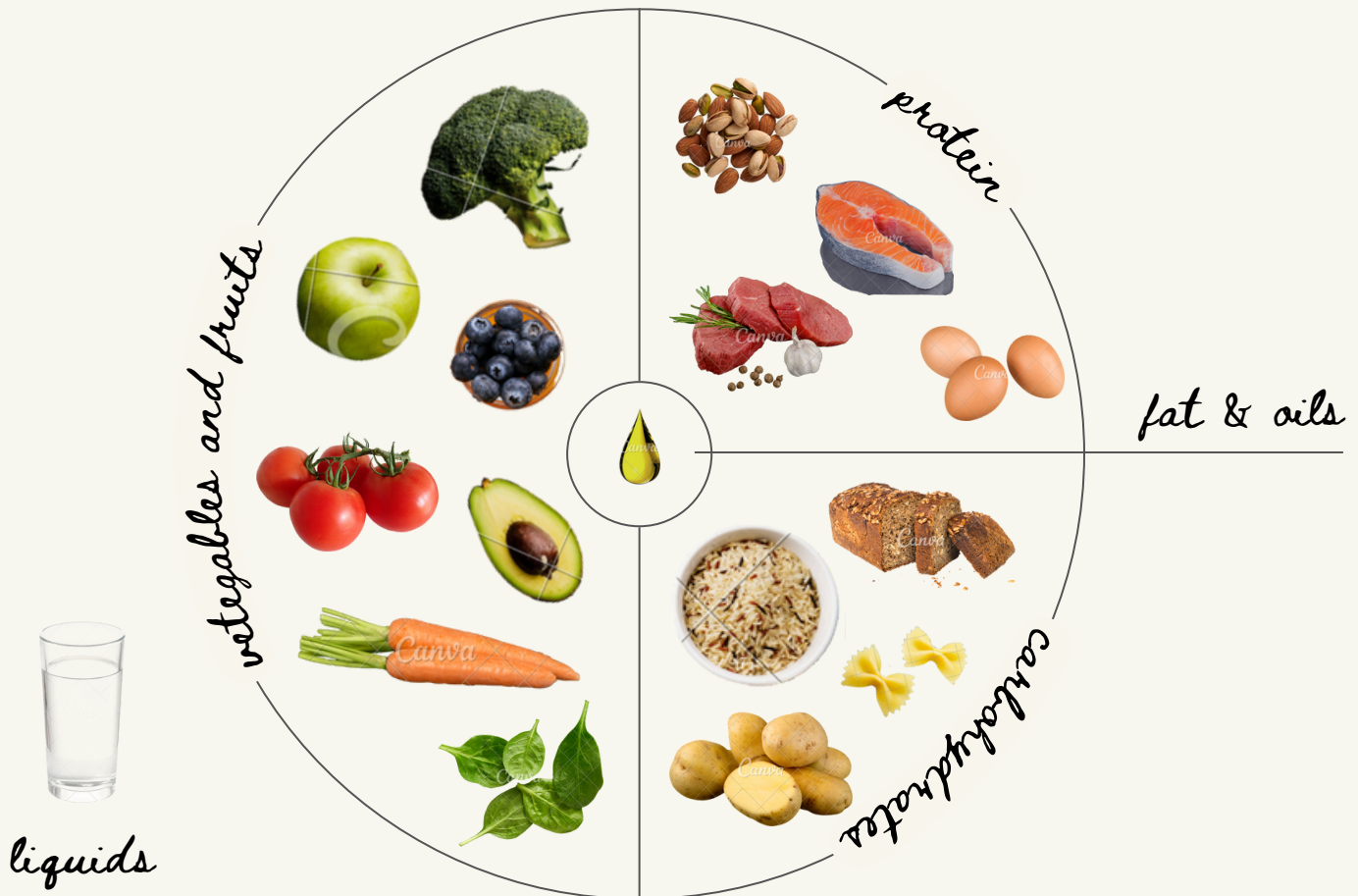
your guide for creating balanced meals

VEGETABLES & FRUITS

Aim for half your plate to be filled with vegetables and fruits. Include a variety of colors and types to ensure a range of nutrients.

PROTEIN

Serve about a quarter of your plate for protein sources. Choose lean meats, poultry, fish, eggs and plant-based proteins like tofu.



CARBOHYDRATES

Allocate another quarter of your plate to carbohydrates. Opt for whole grains like brown rice, quinoa, whole wheat pasta, and oats over refined grains.

PROTEIN

Protein is crucial for muscle repair and growth, enhancing workout recovery and performance. It also supports immune function and overall health.

FATS & OILS

Include a small amount of healthy fats, such as those from avocados, nuts, seeds, and olive oil.

LIQUIDS

Drink plenty of water throughout the day. Avoid sugary beverages; opt for water, herbal teas, and low-fat milk.



MEAL PLAN

Suggested Breakfast Meals

High-Protein Oatmeal

Ingredients:

- ½ cup rolled oats (~150 kcal)
- 1 scoop whey protein (~120 kcal)
- 1 cup water or unsweetened almond milk (~30 kcal)
- ½ banana, sliced (~55 kcal)
- 1 tablespoon ground flaxseed (~37 kcal)

Total Calories: 392 kcal

- Fats: 8g
- Protein: 35g
- Carbohydrates: 54g

Preparation Tips:

- Cook Oats: In a small pot, cook oats with water or almond milk until soft.
- Mix in Protein: Stir in the whey protein until fully dissolved.
- Add Toppings: Top with sliced banana and ground flaxseed for added fiber and omega-3s.

Greek Yogurt with Berries and Whey Protein

Ingredients:

- 1 cup non-fat Greek yogurt (~100 kcal)
- ½ scoop vanilla whey protein (~60 kcal)
- ½ cup mixed berries (blueberries, strawberries, etc.) (~30 kcal)
- 1 teaspoon honey (~20 kcal)
- 1 tablespoon chia seeds (~58 kcal)

Total Calories: 268 kcal

- Fats: 3g
- Protein: 38g
- Carbohydrates: 29g

Preparation Tips:

- Mix Protein: Stir the whey protein powder into the Greek yogurt until well combined.

Protein Smoothie Bowl

Ingredients:

- 1 scoop whey protein (~120 kcal)
- 1 cup unsweetened almond milk (~30 kcal)
- ½ banana (~55 kcal)
- ½ cup frozen berries (~35 kcal)
- 1 tablespoon chia seeds (~58 kcal)
- 1 tablespoon sliced almonds (~35 kcal)

Total Calories: 333 kcal

- Fats: 7g
- Protein: 36g
- Carbohydrates: 38g

Preparation Tips:

- Blend Ingredients: Combine protein powder, almond milk, banana, and berries in a blender until smooth.
- Pour into Bowl: Pour the smoothie into a bowl.





MEAL PLAN

Suggested Lunch Meals

Grilled Chicken Salad with Quinoa and Avocado


Ingredients:

- 16 oz grilled chicken breast (~248 kcal)
- 1/2 cup cooked quinoa (~111 kcal)
- 1 cup mixed greens (spinach, arugula, etc.) (~7 kcal)
- 1/2 avocado (~120 kcal)
- 1/2 cup cherry tomatoes (~15 kcal)
- 1/4 cup cucumber slices (~4 kcal)
- 1 tablespoon olive oil (~120 kcal)
- 1 tablespoon lemon juice (~4 kcal)

Total Calories: 629 kcal

- Fats: 28g
- Protein: 49g
- Carbohydrates: 35g

Preparation Tips:

- Grill Chicken: Season the chicken breast with salt, pepper, and your favorite herbs. Grill for about 6-7 minutes on each side until fully cooked.
 - Cook Quinoa: Rinse quinoa under cold water. Cook in boiling water with a 1:2 ratio (quinoa to water) for about 15 minutes until water is absorbed.
 - Assemble Salad: In a bowl, combine mixed greens, cherry tomatoes, and cucumber. Add sliced avocado, grilled chicken, and quinoa.
 - Dress and Serve: Drizzle with olive oil and lemon juice. Toss and enjoy.
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Turkey and Avocado Wrap with Greek Yogurt


Ingredients:

- 6 oz sliced turkey breast (~180 kcal)
- 1 whole wheat tortilla (~120 kcal)
- 1/2 avocado (~120 kcal)
- 1 cup spinach (~7 kcal)
- 2 slices tomato (~6 kcal)
- 1/2 cup Greek yogurt (~65 kcal)
- 1 tablespoon hummus (~30 kcal)

Total Calories: 528 kcal

- Fats: 21g
- Protein: 44g
- Carbohydrates: 38g

Preparation Tips:

- Prepare Ingredients: Slice avocado and tomato.
 - Assemble Wrap: Spread hummus on the tortilla, layer with spinach, turkey slices, avocado, and tomato.
 - Wrap and Serve: Roll up the tortilla tightly, cut in half, and enjoy.
 - Serve with Greek Yogurt: Add Greek yogurt on the side or as a dip.
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MEAL PLAN

Suggested Diner Meals

Turkey Stir-Fry with Mixed Vegetables

Ingredients:

- 6 oz lean ground turkey (~220 kcal)
- 1 cup bell peppers, sliced (~40 kcal)
- 1 cup broccoli florets (~55 kcal)
- ½ cup snap peas (~26 kcal)
- 1 tablespoon soy sauce (~10 kcal)
- 1 teaspoon olive oil (~40 kcal)
- 1 clove garlic, minced (~5 kcal)

Total Calories: 396 kcal

- Fats: 9g
- Protein: 42g
- Carbohydrates: 26g

Preparation Tips:

- Cook Turkey: In a large pan, heat olive oil over medium heat. Add minced garlic and cook until fragrant. Add ground turkey and cook until browned.
- Stir-Fry Vegetables: Add the bell peppers, broccoli, and snap peas to the pan. Stir-fry for 5-7 minutes until vegetables are tender-crisp.

Tuna Steak with Green Beans and Brown Rice

Ingredients:

- 6 oz tuna steak (~184 kcal)
- 1 cup steamed green beans (~44 kcal)
- ½ cup cooked brown rice (~108 kcal)
- 1 teaspoon soy sauce (~10 kcal)
- 1 teaspoon olive oil (~40 kcal)
- 1 clove garlic, minced (~5 kcal)

Total Calories: 391 kcal

- Fats: 8g
- Protein: 43g
- Carbohydrates: 36g

Preparation Tips:

- Sear Tuna: Heat olive oil in a pan over medium-high heat. Season tuna steak with salt and pepper, and sear for about 2-3 minutes on each side for medium-rare. Remove from heat and drizzle with soy sauce.
- Steam Green Beans: Steam green beans for about 5 minutes until tender-crisp.
- Cook Brown Rice: Prepare brown rice according to package instructions.

