



MEAL PLANNING



PERSONALIZED NUTRITION REPORT FOR

Ceylan

CALORIE, MACRO, AND PORTION GUIDE

PREPARED BY



CALCULATIONS

Determining your unique personal needs

How much you should eat depends on many factors. To come up with your personalized needs, these factors were taken into consideration:

ABOUT YOU

AGE

47

SEX

Female

WEIGHT

52

HEIGHT

158

ACTIVITY LEVEL

Lightly Active

YOUR DIET

PREFERRED EATING STYLE

Mediterranean

MEALS/DAY

4

MACRO RATIOS

~ 30% PROTEIN

~ 35% CARBS

~ 35% FAT

YOUR GOAL

OBJECTIVE

Body Recomposition

Meal Planning



PROTEIN



VEGETABLES



CARBS



FATS

PER MEAL	1	1 or 2	1 or 2	1 or 2
PER DAY	4	4 - 6	5	6

Portion Control:

Learn to check your macro nutrition portions:

Hand Measurement

Proteins: 1-2 palm

Carbs: 1 handful

Vegetables: 2 handfuls

Fats: 1-2 thumbsize

MyFitness Pal or FoodAdvisor

Set to:

40% Carbs

30% Protein

30% Fat

Meal Planning

Here's the general idea.



A portion of protein
= 1 palm



A portion of
vegetables = 1 fist



A portion of carbs
= 1 cupped hand



A portion of fats
= 1 thumb

	Hand Portion	Macronutrient	Conventional Measurement
Protein	1 palm	~20-30 g	~3-4 oz cooked meat, 2 whole eggs, 1 cup Greek yogurt
Carbs	1 cupped hand	~20-30 g	~1/2-2/3 cup cooked grains/legumes, 1 medium fruit/tuber
Fats	1 thumb	~7-12 g	~1 tbsp

Meal Planning



PER MEAL	1	1 or 2	1 or 2	1 or 2
PER DAY	4	4 - 6	5	6

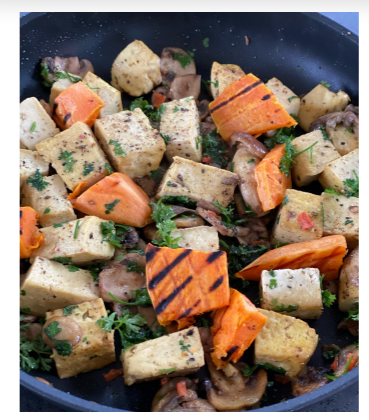
Breakfast

1-2 Egg and omelette variations, with herbs or spinach, cottage cheese
 Handful of carbs like a small slice of bread
 or
 Porridge with nuts, seeds, spices
 Optional: Plus 1 boiled egg



Lunch

- Sautee protein and vegetables
- Kitchari with rice or quinoa



Snack

Nuts/yogurt/cheese/dips (guac, hummus,etc) and Fruit/
 fruit compote/Vegetables (like carrots)



Dinner

Vegetable Soup
 Or Steamed Veggies with sauce plus optional protein



Water: Remember to drink warm water between meals



Mediterranean Meals



Greek Yogurt with Fruit & Nuts

- cups of plain Greek yogurt **1**
- handfuls of berries and uncooked oats **1 or 2**
- thumbs of chopped walnuts **1 or 2**



Seared Tofu with Quinoa and Mixed Greens Salad

- palms of seared tofu **1**
- fists of leafy green salad **1 or 2**
- handfuls of quinoa **1 or 2**
- thumbs of dressing drizzled on top **1 or 2**

Season as desired. Plus 1 glass wine (counts as 1 handful or 1 thumb)



Berry Blast Super Shake

- scoops of vanilla protein powder **1**
- fists of spinach **1 or 2**
- handfuls of frozen mixed berries **1 or 2**
- thumbs of chopped walnuts and ground flax seeds **1 or 2**

Plus 4-12 oz water or unsweetened plant milk



Roasted Salmon, Sweet Potatoes and Cauliflower with Olive Oil Drizzle

- palms of salmon **1**
- fists of roasted cauliflower **1 or 2**
- handfuls of sweet potato slices **1 or 2**
- thumbs of olive oil drizzled on top **1 or 2**



Grilled Pesto Chicken over Linguine

- palms of chopped chicken breast **1**
- fists of roasted rainbow carrots **1 or 2**
- handfuls of whole grain pasta **1 or 2**
- thumbs of olive oil pesto **1 or 2**



Vegetable Omelet and Nut Butter Toast

- palms of eggs **1**
- fists of onions, peppers, and mushrooms **1 or 2**
- slices of toast **1 or 2**
- thumbs of nut butter **1 or 2**



Weekly menu planner & shopping list



Budget: \$

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
breakfast							
lunch							
supper							
snacks							

shopping list



Fats

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).



EAT MORE



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin and sesame



Cashews



Pistachios



Almonds



Brazil nuts



Pecans



Peanuts & natural peanut butter



Olives



Pesto made w/ extra virgin olive oil



Nut butters from other nuts in this category



Fresh unprocessed coconut

EAT SOME



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Coconut oil / milk



Peanut oil and regular peanut butter



Dark chocolate



Marinades and dressings with oils in this category



Fish and algae oil



Cream



Cheese aged < 6 months



Flavored nuts and nut butters



Trail mix

Often rich in carbohydrates as well, with sources of varying quality.



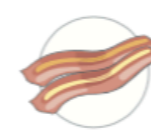
High oleic safflower oil



High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

EAT LESS



Bacon



Sausage

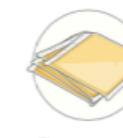
Also sources of protein, though usually higher in less desirable fats.



Butter



Margarine



Processed cheese



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Marinades and dressings with oils in this category



Vegetable oil



Fat-rich foods with 10+ g added sugar



Hydrogenated oils and trans fats



Shortening

Protein

Prioritize fresh, lean, minimally processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.



EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken



Duck breast and thighs



Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats
goat, camel, horse
kangaroo, crocodile



Plain Greek
yogurt



Tempeh



Cultured cottage
cheese



Insects



Lentils and beans

These are protein for plant-based eaters and meatless meals, otherwise, they're considered sources of carbohydrates

EAT SOME



Uncultured
cottage cheese



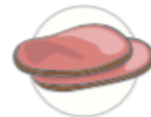
Medium-lean
meats



Tofu



Edamame



Canadian
bacon



Meat jerky



Lamb



Minimally
processed
lean deli meat



Poultry
sausage



Protein
powders

EAT LESS



Fried
meats



Chicken fingers,
nuggets, and wings



High-fat
meat



High-fat
sausages



Processed
soy



Processed
deli meats



Protein bars



Pepperoni
sticks



High-mercury
fish

When eating vegetables (and fruits), try to “eat the rainbow.” Different colors imply different nutrients and health benefits.

Vegetables



Carbohydrates

Focus on whole, minimally processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.



EAT MORE



Beans and lentils, Steel-cut, rolled, and old-fashioned oats, Buckwheat



Quinoa, Whole-grain, black, and wild rice, Sorghum



Farro, Millet, Potatoes



Amaranth, Plain non-Greek yogurt, Plain kefir



Fresh and frozen fruit, Corn, Sweet potatoes



Barley, Taro, Yuca



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

EAT SOME



Couscous, White rice, Granola



Instant or flavored oats, Milk, Vegetable juices



Flavored yogurt, Flavored kefir, Pancakes and waffles



Whole-grain crackers, Oat-based granola bars, Canned, dried, and pureed unsweetened fruit



White bagels, breads, English muffins, pastas, and wraps

EAT LESS



Cereal bars, Fruit juices, Flavored milk



Honey, molasses, syrups & jellies, Canned, dried, and pureed fruit w/ added sugar



Soda, Crackers, Sugar



Pretzels, Foods with 10+g added sugar

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content



Chips, Fries



Candy bars, Donuts, Cookies



Pastries, Muffins, Cakes

Weekly Menu

Breakfasts:

1 boiled egg with either of the below:

- Gluten free Oat or quinoa porridge
- Granola with yogurt and fruit compote
- Mung bean crepe



Lunches

One of the below:

- Tofu/Chicken/fish sauté with sweet potato
- Kitchari and tofu
- Sesame Noodle Stir Fry



Snacks:

One of the below:

- 3 Pistachio balls
- 2 Chocodates and low fat yogurt
- Yogurt, Fruit Compote and Nuts
- Golden Milk or Spicy Hot Chocolate



Dinners

- Green Vegetable Soup
- Steamed Sprouted mung beans and veggies with white fish
- Grilled Sole Fish with mushrooms and kale

