

A close-up photograph of several green apples resting on a dark, textured wooden surface. The apples are covered in small, glistening water droplets, suggesting they are fresh or have been recently washed. The lighting is soft, highlighting the texture of the apples' skin and the grain of the wood. A semi-transparent white rectangular box is centered over the image, containing the text.

Section #2

13 Week Meal Plan

Introduction

Your diet will play a big role in changing your body fat %, waist circumference and total transformation. It also holds the key to change in the first few weeks of the program which are important in keeping you motivated. It is for this reason that we have designed a program to assist you achieve these results. The meal plan for the program is not meant for you to follow for the rest of your life (we know it's tough, but you can do it!).

The package includes:



The Meal Plan
A Guide to Eating Out
How to build Healthy Snacks
Pre & Post Exercise Nutrition
101 Things to do Besides Eat by Am I Hungry
Tips on Changing your Environment

It is recommended that you stick to this plan for the program to optimize your results.

Congratulations on the start of a new beginning,

In health,
The Medpoint Nutrition Team.

13 Week Program Meal Plan

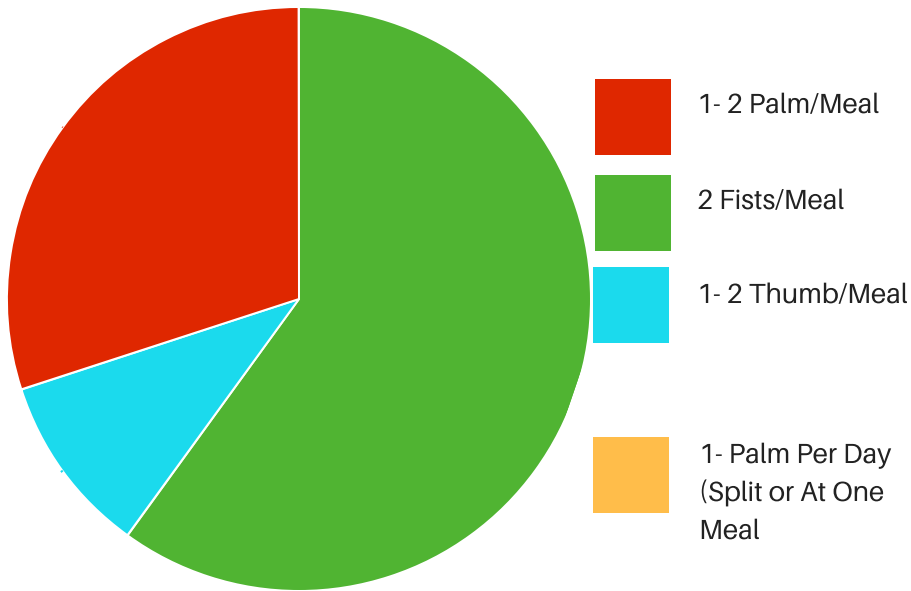
Name:

Weight:

BF%

WC:

3 Meals Per Day:



2 Optional Snacks Per Day:

Water and
Unlimited Veggies
If Needed Protein Powder with
Water



Protein (Palm)

Animal Proteins: Fish, Seafood, Eggs, Egg Whites, Chicken, Red Meats
Dairy: Cheese, Greek Yogurt
Plant Based: Protein Powders, Tofu, Tempeh, Edamame, Legumes

Low Carb Veg (Fist)

Green Veg: Spinach, Kale, Collards, Broccoli, Rapini, Bok Choy, Chard, Asparagus
Orange Veggies: Carrots, Peppers, Summer Squash
Other: Tomato, Peppers, Cucumber, Mushroom, Celery, Radish, Cabbage

Carbs/Starches (Palm)

Root Veg: White Potato, Sweet Potato, Beets, Winter Squash, Parsnips
Intact Whole Grains: Quinoa, Brown Rice, Quinoa, Oatmeal
Fruit: Apple, Grapefruit, Berries, Cherries, Melon etc.

Healthy Fats (Thumb)

(1 Thumb): Pure Fat: Olive, Avocado Oils, Butter
(2 Thumbs): Nut Butters, Whole Avocado
(3 Thumbs): Whole Nuts/Seeds
(4 Thumbs): High Fibre Seeds, Flax, Chia, Hemp etc.



SUPER MIX: Sprinkle this Fibre Boost to any meal to help you feel full! 2 Tbsp/Day
Equal Parts: ground flax, chia seeds, psyllium fibre, oat bran



Sample Breakfast:

2 Whole Eggs and 1/2 cup Egg Whites
1 - 2 Fists of Mushrooms, Peppers
1 Thumb Avocado Oil
1 Palm Raspberries

Sample Lunch:

1 Palm Canned Salmon
2 Fists Spinach
1 Thumb Olive Oil
Balsamic
Supermix

Sample Dinner:

1 Palm Chicken
2 Fists Broccoli and Cauliflower
1 Thumb Butter

IF IT'S NOT ON THIS MEAL PLAN YOU SHOULD AVOID IT FOR THE PROGRAM

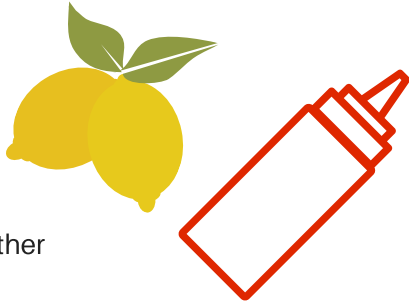
Note: *Moderation will come later, this is designed to optimize results

13 Week Program Shopping Guide

Chicken	Pre-washed Spinach/Greens	Large Flaked Oats	Avocado Oil
Turkey		Quinoa	Olive Oil
Pork Tenderloin	Frozen veggies (Broccoli,	Brown Rice	Frozen / Fresh Avocado
Fish	Cauliflower, Beans, Carrots)	Sweet Potato	1 Bag NAS Mixed
Shellfish		White Potato	Nuts/Seeds
Canned Salmon (NSA bone in)	Pre-Cut Veg Tray		Flax, Chia, Oat Bran, Psyllium
Canned Legumes (NSA)		Banana, Apple,	Butter
Eggs	Tomatoes, Peppers,		
1 Carton Egg Whites	Cucumbers, Mushrooms,	Frozen Fruit	No Hydrogenated Oils
Cottage Cheese/Plain Greek	Celery etc		
2%		1 High Fibre Bread: Silver	
Protein Powder (No Sugar)		Hills Squirrely	

Flavour:

Mustard
Soy Sauce
Dry Spices/Herbs
Hot Sauces
Lemon/Lime Juice
Balsamic Vinegar/Other



Beverages:

Water (Flat or Sparkling)
Coffee (Limited creme or milk)
Tea (Black and Green are Best,
No Sugar)

.....

THAT'S IT!

(We do Not Recommend Alcohol, if you must, go for spirits with no calorie mix).



GOAL SETTING

Outcome Goal

My "WHY" What is the Reason I
Want to Change? This is Your
Motivation Source, be DETAILED:

Action Goal

The Specific Steps You Will Take this Next Week: What, When, How.

Obstacles I Predict:

My Plan for Overcoming these:

Today I Will:

Eating Out Guide

- Near every restaurant menu can be modified and customized.
- Remember hunger is NOT an emergency. You never HAVE to eat, instead, you can wait until you get home, or back at the hotel. Your metabolism will not be affected. You will be ok.
- The question you will ask is "Can you GRILL, BAKE or STEAM that without SALT or FAT?". Use your palm, fist and thumb portions roughly to determine a portion right for you.

HINT: Do NOT feel like you need to order off the menu. Check what options they have for Protein/Carbs and Veggies. Then pick and choose to create your custom meal.

Pick your Protein (Best Options) 1 Palm:

Chicken, Fish, Shellfish, Pork Tenderloin, Eggs,
Eggs Whites, Turkey, Legumes, Tofu, Tempeh

Skip Added Fat:

Restaurants overload meals with dressings and high-fat sauces. Just skip it altogether to avoid trouble.

Pick your Carb (Best Options) 1 Palm:

Sweet Potato, White Potato, Quinoa,
Oats, Brown Rice, Whole Grain Bread, Fruit

Pick your Veggie (Easy) 1 -2 Fists:

Steamed Broccoli, Beans, Asparagus, etc
Salad greens (use lemon juice or balsamic with a little oil)

Tips:

People want you there to see YOU! No one expects you to eat/ drink anything in particular and he or she cares far less about what you eat than you may think. You are NOT responsible for someone else's happiness by eating/ drinking what they want you to.

DON'T STARVE yourself before you go out. If you have a tendency to give in and overindulge when you go out, it could be because you are overly hungry. We never save as many calories as we eat when we skip meals before going out to eat. Experiment with having a 250 calorie high protein snack.

If you are going to a friends house, be sure to offer to contribute to the meal with something healthy. Everyone ultimately want's to eat healthy too, you'll be the hero bringing a salad.

Building Healthy Snacks

Choose 1 food item from each category:

Category #1

Protein

Hard boiled Egg

Yogurt

Sharpe Cheddar Cheese

Plain Hummus

Healthy Fat

Walnuts

Almonds

Sunflower Seeds

Natural Nut Butter



Category #2

Vegetables

Carrots

Bell Peppers

Cucumber

Celery

Fruit

Apple

Orange

Banana

Berries

Examples;



Pre & Post Exercise Nutrition

Nutritional Recommendations Prior to Exercise

Timing of consumption:

Consume your pre-workout snack about 1 hour prior to exercise.

Foods to Consume:

Easily digestible carbohydrates that will provide the body with natural sugars for energy during exercise.

Top foods to consume pre-workout;

1. 1 medium banana with a small handful of almonds
2. ½ cup cooked oatmeal with berries mixed in
3. ½ cup plain Greek yogurt with berries mixed in

Foods to avoid:

Fatty Foods:

Refrain from consuming foods that are high in fat. Fatty foods can take up to 3 hours to digest properly and if consumed too close to exercise can cause cramping. Examples of these foods would be fatty fish (i.e., salmon), fast food and large quantities of nuts.

Refined sugars:

Avoid refined sugars found in chocolate milk, chocolate bars, candy and flavored yogurts. These only provide short burst of energy that don't last long and result in a blood sugar crash midway through exercise.

High fiber foods:

Be careful with your intake of high fiber fruits or vegetables pre exercise. Fiber acts like glue. It slows down digestion and therefore if consumed too close to exercise can cause gas and/or cramping. Examples of these foods are veggie slices with hummus and apples (higher in fiber, ok if consumed 1.5 hours pre workout).

Pre & Post Exercise Nutrition

Nutritional Recommendations Post Exercise

Timing of consumption:

Consume your post-workout snack within 30-60 minutes following your workout.

Muscles can absorb more amino acids (from protein) and carbohydrates within the first hour following your workout.

Foods to Consume:

Consume a snack that provides you with protein and simple carbohydrates. Protein will help repair your muscle fibers and improve recovery time. Simple carbohydrates from fruit helps to provide the body with natural sugars which helps replace the glycogen stores in your muscles used during exercise.

Top foods to consume post-workout;

1. 1 medium banana diced into 3/4 cup plain Greek yogurt
2. 1 medium banana or apple with 1 scoop protein powder with 2 cups water in a shaker water bottle.
3. 1 scoop protein powder blended into a smoothie with 1 cup unsweetened almond milk or 2% milk and a medium banana.





Eat Mindfully
Live Vibrantly
www.AmIHungry.com

101 Things to Do Besides Eat

When you recognize that you want to eat in response to a trigger rather than physical hunger, you can choose to do another activity to redirect your attention until the urge passes. Highlight the ideas that appeal to you and add some of your own. Choose activities that are enjoyable, available, and preferably, eating incompatible. Create a “Redirection Kit” or drawer with everything you need to distract yourself. Establish a Self-Care Zone that’s perfect for these moments.

Imagine a healthier, energetic you • Walk around the block • Call a friend • Make a list of your Top Ten Reasons to get active • Read a child a book • Make a To Do list • Dance a little • Plan a vacation • Get a massage • Jot a thank you note to someone • Go to bed early • Read a great book • Write in your Awareness Journal • Give yourself a manicure or pedicure • Plan a healthy meal for your family • Surf the Internet • Finish an unfinished project • Walk your dog • Feel your feelings • Volunteer in your community • Start a hobby • Brush your teeth • Tape your favorite show to watch while exercising • Take 5 slow, deep cleansing breaths • Practice an instrument • Balance your checkbook • Plan a party • Say a prayer • Buy yourself some flowers • Do a few sit-ups • Make a phone call to someone you like • Chop veggies to keep on hand • Set your priorities • Try a new hairstyle • Give a massage • Write down something you are proud of this week • Clean out a junk drawer • Play a game with your kids • Try a new route on your walk • Scream! • Plant fresh herbs to use in your cooking • Drink a glass of water • Kiss someone • Try on some clothes • Catch up on your reading for work • Look at old pictures • Rent a video • Smell the roses • Wash your car • Chew some gum • Plan a date for someone special • Swim a few laps • Read Eat What You Love • Take a hot, soothing bath • Update your calendar • Get it off your chest • Build something • Check on an elderly person • Work in your yard • Start your holiday shopping list • Count your blessings • Write a letter • Fold some laundry • Notice your inner conversations • Take a nap • Run an errand • Work on your budget • Take a bike ride • Check your e-mail • Make a positive statement about yourself and repeat often • Give your dog a bath • Start a project you’ve been wanting to get around to • Send a birthday card • Meditate • Try a healthy new recipe • Play cards • Set your goals • Freshen your make-up • Hug someone • Rearrange some furniture • Go take a hike! • Help with homework • Light a fire or some candles • Say “STOP!” out loud • Organize your photos • Walk around your workplace • Try a new relaxation technique • Talk it over with someone • Get a head start on your taxes • S-t-r-e-t-c-h • Do a “Honey Do” • Say what’s on your mind • Go pick up your mail • Straighten a closet • Think • Do something nice for someone anonymously • Check the stock market • Plan a romantic encounter • Clean out a file • Tell someone how you really feel • When you become truly physically hungry, eat!

Change Your Environment

“Its easier to change your environment than your mind.”

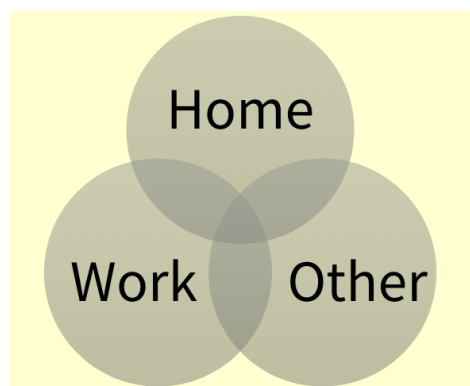
- Brian Wansink

It may seem difficult to overcome the challenges of our environment. Physiological cues, such as feelings of hunger and satiety, play a surprisingly small role in how much we eat. In fact, studies have found that the environment that we live in plays a larger role in what and how much we eat on a day to day basis.

The Food Environment

The food environment can include the availability and accessibility of foods as well as food advertising and marketing. The environment can be divided into microenvironments (like schools, workplaces, the home, and neighbourhoods) and macroenvironments (education and health systems). Both types of environments interact with one another and our behaviour can be determined by a combination of direct and indirect mechanisms of these environments (Lake & Townshend, 2006)

In today's society, it is often hard to escape toxic food environments as we are constantly bombarded with multiple messages of food everywhere we look. In fact, these environments have been coined as *obesogenic environments* due to their significant effect on diet, physical activity, and obesity. There are different techniques and tips on how you can combat the obesogenic environment and take control of your eating.



Change Your Environment

Tips for Your Home

- Replace the cookie jar with a fruit bowl
- Remove the sugary, high fat, high salt treats in your house
- Remove your television from your kitchen or turn them off while you eat
- Keep your counter tops clear
- Pantry is well organized
- Use smaller plate sizes when eating your meals
- Plate your food away from the kitchen table
- Portion large package sized foods into smaller containers
- Keep healthy foods at eye level in the fridge and pantry
- Make fruits and vegetables easily accessible by having them prepared and cut in clear containers
- Place less healthy foods in inconvenient or hard to reach areas in your kitchen
- Eat your meals and snacks at the kitchen table with minimal distractions (e.g. turn off your cell phones)
- Keep a re-useable water bottle with you at all times
- Eat snack foods in small bowls not in their packages

Change Your Environment

Tips for Your Work

- Bring healthy snacks to work meetings instead of coffee and donuts
- Keep healthy snacks within reach at your desk
- Ditch the candy bowls
- Keep a re-usable water bottle at your desk
- Invite your co-workers on walks during your breaks or schedule a walking meeting
- Eat your lunch away from your desk and “screens” (computer screens, cellphones, etc.)
- Portion snack foods into smaller, opaque containers for your desk
- Pack a lunch for work
- If buying a lunch from the cafeteria, choose a fruit or vegetable first

Tips for Other Food Environments

- Before going grocery shopping, have a healthy snack
- Stick to a grocery shopping list
- When grocery shopping, shop along the perimeter of the store or start in the fresh produce aisle first
- If eating out at a buffet, sit farther area from the buffet, choose a smaller plate, walk the perimeter of the buffet before plating, and load up your plate with as much fruits and vegetables
- If eating out, ask your server for half of your meal to go or for an appetizer size meal
- Skip the bread basket at restaurants that offer an endless supply
- Ask for water when eating out

Advocacy Letter to CEO or Boss

Dear [name],

I appreciate the work that you and the wellness director/committee have done to create a healthy environment for all employees to work in. Not only do these initiatives help improve our health and productivity, but they help with employee retention.

One habit that I have observed between my co-workers and I is that we tend to eat our lunches at our desks. Although this habit may seem beneficial when it comes to productivity, a lot of research has indicated that it may be leading to higher burn out rates among employees. Additionally, distracted eating, that is eating while trying to multi-task, has lead to overconsumption of foods and in turn adverse health effects. Below I have outlined a few suggestions that I believe will help overcome this habit that many of my coworkers and I share, to help promote a healthier work environment:

- Offering healthier options in the break room vending machines, as well as the work cafeteria. Many Canadians fail to consume the recommended servings of fruits and vegetables. I believe if we provide more readily available fruit and vegetable options, more of my colleagues will be willing to choose these options.
- Making the break room an “eating friendly environment” with more space to eat and prepare food.
- Promoting “get-up-and-move” initiatives and or providing incentives to employees when they achieve their health goals. For example, a pledge to take the stairs instead of the elevator in the morning!
- An outlined Health Conduct Code for all employees to refer to and follow.

Although these are only a few ideas, the book *Slim by Design* by Brian Wansink offers many other ways to help create a healthier workspace that could further improve workplace productivity and employee retention. You can also find many of these ideas at SlimByDesign.org.

Thank you again for taking the time to consider my ideas on how to create a healthy workplace environment. I look forward to hearing from you soon. Please feel free to contact me if you would like to further discuss these ideas, or let me know how I can help.

Sincerely,