**Nutrition Action Plan- Peter**

**Objective #1 Limit these regular foods in your diet** (1x )

Starbucks Oat Bars

Coconut Milk

Smoothies (especially fruit smoothies)

Full fat mayo

**Objective #2: For breakfast**

Have 1 piece of fruit or 1 cup of berries with 1 small avocado (size of your fist)

Interchangeable with evening snack

**Objective #3: At Lunch**

1. Replace Mayo with hot sauce ( low calorie like tabasco) or mustard or reduced fat mayo or just put ½ avocado in the sandwich
2. Go with whole grain bread as often as possible
3. With your salad – use no more than 1 tbsp of olive oil, no mayo, you can use balsamic vinegar/lemon juice.

**Objective #4: For Afternoon Snack**

1. Purchase mostly raw nuts, have a single handful only, mix it up every week. ¼ CUP ☺
2. Add 1 piece of fruit ( apples, pears) OR 1 cup berries in place of a cookie

**Objective #5: For dinner**

1. **Vegetables:** Should be the largest portion of your plate by volume ( at least amount you can hold in two hands)

Spinach/Kale salad with tomatoes or bell peppers with 1 tbsp max of olive oil.

Broccoli, brussels sprouts, asparagus, cauliflower - 350 F for 5-7 minutes roast with 1-2 tbsp of olive oil.

Don’t forget veggies every night, potatoes and legumes don’t count.

1. **Whole grains:**  Quinoa, brown rice, whole wheat pasta sweet potatoes, potatoes. 1 cup cooked of quinoa/brown/whole wheat pasta rice OR 1 medium/large potato.
2. **Healthy Proteins:**  Steak ( opt for leaner cuts sirloin/tenderloin), Chicken breast,

Have an amount similar to the size of your hand ( appx 5-6 oz cooked)

At least 1-2x a week have tofu ( ½ brick) OR lentils/chickpeas ( 1 cup cooked)

Fish ( such as salmon) at least 2x a week , again size of your hand/6 oz

Take some time at the grocery store to compare meat dressings, opt for lower calorie sauces/dressings.

**Objective #6: Evening Snacks**

1 cup soy milk

1 cup popcorn

1 packet oatmeal

1 piece of fruit or 1 cup of berries

1 slice toast with 1 tbsp peanut butter with 1 piece of fruit

**Objective #7: When eating out..**

Don’t go into the meals too hungry, make sure you have healthy, balanced meals leading up to events and try your best to incorporate vegetables as much as possible while eating out.

**Follow up #1 January 31st 2017**

Client came in today reporting a high level of adherence to, and satisfaction with, initial nutrition action plan. After an initial adaptation period of a few days, client cites minimal concerns with current dietary pattern going forward. Weight loss of 3.5 lbs in the first two weeks was recorded ( 206 -> 202.5 lbs). Client did express some concern over frequent evenings out that would be occurring in the near future so dietary strategies were discussed to ensure success in these situations ( eating healthy leading up to the event, ensuring satiety rather than hunger beforehand, incorporating vegetables when, making smart choices at restaurants). Client will follow up in 2 weeks time.

**Follow up #2 March 3rd 2017**

Following a cancelled follow-up two weeks previously, client came in today reporting less consistency with diet due in part to several meals out as a result of family/social gatherings. Some issues arose in daily eating pattern ( confusion over amounts of specific snacks ie: 1 cup vs ¼ cup nuts, clarification over vegetable expectations at dinner) but these issues were discussed and the action plan was amended to consider them. Client continues to report feeling physically better since starting healthier eating pattern and is anxious to regain consistency. Current weight is 203.5, down from 206 in early Jan but up from 202.5 from last follow up on Jan 31. Expected follow up in two weeks time.