



dil figaro

Personalized Nutrition

# Personalized Nutritional Plan

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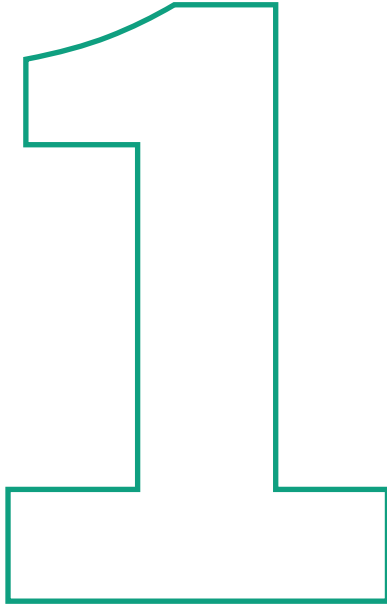
For **Julia Smith**  
August 10, 2022

[dilfigaro.com](https://dilfigaro.com)

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# Personalized Nutritional & Lifestyle Guidelines

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Your goals have been summarized and prioritized according to your individualized needs and based on potential of having the greatest impact on your health. This will include mindful consumption of healthy food, regular participation in physical activity, and gradual behavior modification.

In addition, we provide the convenience of sourcing super healthy meals from local restaurants and then delivered fresh to you. These meals are customized to be health-fit and taste-matched for you by our dietitians. It saves you time both in preparing meals and arranging the delivery process. To clarify, we provide meals at the listed prices from restaurants – zero markups!

We recommend that you focus on a few goals until our suggested follow-up in 4-6 weeks. Small but consistent lifestyle changes can yield sustained results.

# Nutrition Recommendations

## Heart Healthy Diet

You have noted borderline elevated cholesterol and high blood pressure. Focusing on the following: reducing saturated and trans fats (high fat meats, poultry skin, full fat dairy, butter, margarine, shortening, fried foods, packaged foods containing hydrogenated oils), increase sources of dietary fiber (fruits, vegetables, beans/legumes, whole grains), include foods rich in Omega-3 fatty acids (salmon, tuna, sardines, walnuts, flaxseeds, chia seeds), and limit sources of added sugars and salt. See the 'Meal Plan' section for examples of heart healthy meals and snacks and review 'The DASH Diet' in Tips for Implementation (Tips) section of the plan.

## Reduce Risk of Breast Cancer

You mentioned a concern of breast cancer due to prevalent family history. You have a commitment to practicing a healthy lifestyle, yet being mindful of food choices and reducing alcohol intake will be beneficial to your health and reducing cancer risk. The American Cancer Society recommends regular physical activity, smoking cessation, reducing alcohol consumption (no more than 2 drinks per day), and maintaining a healthy body weight. Follow a healthy eating pattern, which includes a variety of colorful fruits and vegetables and whole grains, and avoids or limits red and processed meats, sugar-sweetened beverages, and highly processed foods.

## Portion Control & Meal Pattern

Since you want to lose weight and then maintain weight loss, a key part of healthful eating means choosing appropriate amounts of different foods. Reading food labels, measuring foods, or estimating serving sizes with everyday objects are ways to help with portion control. While these tools are valuable, it is also important to listen to body cues for hunger and satiety. Try to develop a regular eating pattern each day that includes 3 meals with 1 or 2 snacks. Snacks are important to help provide an energy boost between meals, prevent overeating, and provide the necessary nutrients needed throughout the day. Skipping meals or having large gaps between meals can result in large portions and poor food choices. See "Personalized Meal Plan and Snacks" and "Determining Portion Sizes" in Tips for Implementation (Tips) section of the plan.

## Hydration

Drinking adequate fluids is an area of improvement for you, since you primarily consume caffeinated beverages and only drink small amounts of other beverages. Adequate hydration is necessary for organ function, appetite control, and improves sleep quality, cognition, and mood. Try to limit to 1-2 cups of coffee and aim to drink 8-10 cups of water and other decaffeinated beverages daily. Other beverages that are recommended are seltzer water, fruit infused water, and decaffeinated unsweetened tea.

# Lifestyle Recommendations

## Physical Activity

### **150 Minutes Weekly Cardiovascular Activity for Heart Health**

The American Heart Association recommends a minimum of 150 minutes moderate-intensity aerobic activity per week. Aim to exercise for at least 30 minutes 5 times per week. Strengthen your heart by including different forms of aerobic exercise, such as jogging, golf, cycling and brisk walking.

### **Include Strength Training at Least 2 X per week**

Add moderate to high-intensity muscle strengthening activity on at least 2 days per week. Strength and resistance training are important to maintain muscular strength and healthy bones. You do not need any elaborate equipment; body weight training can be a great way to incorporate a resistance workout without leaving home.

## Sleep and Rejuvenation

### **Sleep**

You seem to have an adequate sleep pattern. It is recommended for adults to try to sleep 7-9 hours every night.

### **Quality Time for Family and Self**

Sleep, quiet time, and self-care help us function best throughout the day. As a family member, we can help others best when we have tended to ourselves. Eating healthy requires some thought and time be put into meal planning (we make that easier for you). Mealtime is a valuable time to come together as a family and share our day. Likewise, doing an activity together fosters personal weight loss goals and is a fun activity to do with loved ones.

**Focus on a few goals at a time. We recommend portion control, daily eating pattern, and increasing water intake.**



# Customized Meal Plan

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We take care of identifying and customizing health-fit and taste-matched meals for you, source them from the best-of-breed healthy restaurants near you, and then deliver them fresh to you.

# A Typical Daily Meal Plan for You

## Breakfast

1 cup lowfat plain yogurt  
½ cup low sugar granola  
2 Tbsp crushed walnuts  
¾ cup berries  
Unsweetened beverage (water with fruit, seltzer water, unsweetened iced tea)

## Snack

**Trail Mix**  
½ cup unsweetened cereal (cheerios, chex)  
¼ cup raisins  
¼ cup unsalted nuts

## Lunch

**Chicken Swiss Panini & Garden Salad**  
2 slices multigrain bread (look for 2g fiber or greater per slice)  
4- oz. grilled chicken  
1 slice low sodium swiss cheese  
½ cup spinach  
1 medium orange

**Salad**  
1 cup spring greens  
½ cup cucumber & ½ cup grape tomatoes  
1 tsp olive oil, 2 tsp vinegar  
Unsweetened beverage (water with fruit, seltzer water, unsweetened iced tea)

## Snack

¼ cup hummus  
1 small whole wheat pita bread  
½ cup baby carrots & ½ cup cucumber slices

## Dinner

6-oz salmon  
1 cup steamed broccoli  
1 cup cooked quinoa with diced peppers and corn  
1-2 tsp olive oil (for cooking)  
Unsweetened beverage (water with fruit, sparkling water, unsweetened iced tea)

## Snack Choices

1 medium sized fruit or 1 cup of cut fruit  
Peanut butter and fruit roll-up in whole wheat wrap  
Fruit with nut butter  
1 oz Low-fat cheese (choose low sodium) and fruit  
6-oz container Greek yogurt with 1 Tbsp honey  
1 cup Low-fat yogurt and fruit  
A handful of raw nuts such as almonds, walnuts, and pistachio  
Low-fat cheese (low sodium) and whole grain crackers  
Celery sticks with nut butter and sprinkled with dried cranberries and chopped pistachios  
Baked tortilla chips or pita, and vegetables dipped in salsa or guacamole  
Small pita with vegetables and hummus or tzatziki



# Super-Healthy Meal Solution

To help you distill the above nutritional and meal guidelines, dil figaro ran the process of reviewing the menus of local super-healthy restaurants that represent our core values of preparing meals with only natural and fresh ingredients. From that resource, we crafted a set of health-fit and tasteful meals for you that will allow you to consume nutrient-dense food besides saving you time spent on food preparation.

Based on your personalized needs and food preferences we recommend the following customized super-healthy lunches that you can try on a weekly basis – Week 1 is represented below. We will continue to optimize this service based on your quick feedbacks. Kindly pick one option on a daily basis.

## Week 1

## Meal 1

## Meal 2

### Monday

#### **Veggie Burger**

Tuscan red rice, sweet potato, chickpea, quinoa, asparagus, red & yellow peppers, multigrain bread

#### **Baldanza**

#### **Tuna Meltdown Sandwich**

Grilled Ahi tuna, avocado, gruyere, multigrain bread

#### **Baldanza**

### Tuesday

#### **Umami Tuna & Shrimp Classic Bowl**

Ahi tuna, shrimp, edamame, green & sweet onion, hijiki, cucumber, ginger, sesame seeds, umami shoyu sauce

#### **Pokeworks**

#### **Sweet Ginger Chicken Bowl**

Chicken breast, cucumber, green and sweet onion, edamame, mandarin orange, cilantro, sesame seeds, spicy ginger sauce

#### **Pokeworks**

### Wednesday

#### **Shrimp & Crab Cocktail Salmon & Tuna Burger**

Chilled shrimp, crabcake, guacamole Salmon, tuna, huancaína suace

#### **Pescan Peruvian**

#### **Salmon & Shrimp Ceviche Grilled Chicken Kale Salad**

Mango, avocado, red onions Quinoa, apples, romaine, goat cheese, pecans, maple and walnut vanillaigrette

#### **Pescan Peruvian**

### Thursday

#### **Mixed Greens Falafel Salad**

Yalla falafel, roasted red pepper hummus, grilled veggies, lime garlic

#### **Yalla Organic**

#### **Mixed Greens Chicken Salad**

All natural chicken slow roasted & grilled, hummus, kale salad, tahini

#### **Yalla Organic**

### Friday

#### **½ Insalata Mista ½ Lasagna Tartufo**

Organic mesculan, cherry tomatoes, pumpkin seeds, cranberries, walnuts Lasagna with mushroom, besciamella

#### **Il Pastaficio**

#### **½ Insalata Mista ½ Ravioli Spinach**

Organic mesculan, cherry tomatoes, pumpkin seeds, cranberries, walnuts Organic seminola, spinach, ricotta

#### **Il Pastaficio**

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## **Tips to Implement the Plan**

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We at dil figaro believe in providing a holistic solution that caters to your specific nutritional needs and co-lead its execution with you. As part of that philosophy, we will share resources with you that will allow you to develop a lasting healthy mindset and lifestyle.

Such resources will include insights into optimizing portion sizes of the meals, building a balanced and nutrient-dense meal, and other academic and industry-approved literature that would apply to your particular health needs or medical conditions. Some of this material will also be attached to this report for your kind review.

# Determining Portion Sizes

You don't have to measure your food every time you eat. You can visualize the portion sizes and use these below guidelines to help you estimate the portions.



## Palm of hand or deck of cards

3 oz: lean beef, poultry, or fish



## Fist or baseball

1 cup: medium fruit, vegetables, low fat or fat-free milk and yogurt, dry cereal



## Cupped hand or ½ of baseball

½ cup: cooked cereal, rice, pasta, beans, canned fruit, peas, potatoes



## 3 dice

1 oz: cheese



## Thumb or tablespoon

1 tablespoon: salad dressing, nut-butters



## Tip of thumb or cap of water bottle

1 teaspoon: oil, butter, margarine, mayonnaise

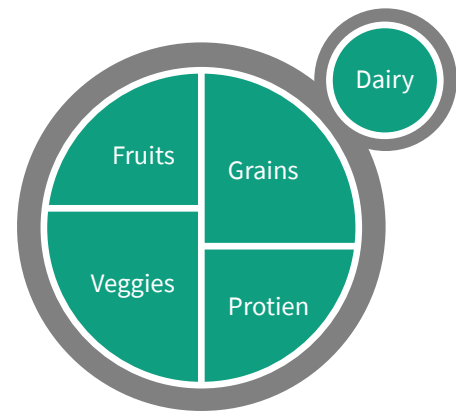


## Golf ball

¼ cup: nuts, dried fruits

# Build a Healthy Plate

When creating healthy meals each day, include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium.



## Make half your plate veggies and fruits

Eat the rainbow! Vegetables and fruits are full of vitamins, minerals, and fiber that support good health. Focus on choosing a variety of fresh, frozen, or canned (no salt added or added sugar)

## Focus on whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

## Variety of lean protein

Choose a variety of animal and plant-based protein foods such as lean beef, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

## Dairy

Include dairy with meal or as a snack. Choose fat-free or low-fat dairy products (yogurt, cheese, milk). You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories.

## Oils and fats

Use healthy oils, such as olive or canola, for cooking or dressings. Limit the amount of butter and avoid trans-fat. Using heavy gravies or sauces will add fat and calories to healthy choices. Try steamed or roasted broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon. Use herbs and spices to add flavor without adding extra calories.

## Cooking preparation

Healthy ways of cooking include: baking, grilling, steaming, broiling, and roasting.

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Thank you, Julia, for allowing us  
to partner with you in your goal to  
**improve your health!**

Team dil figaro