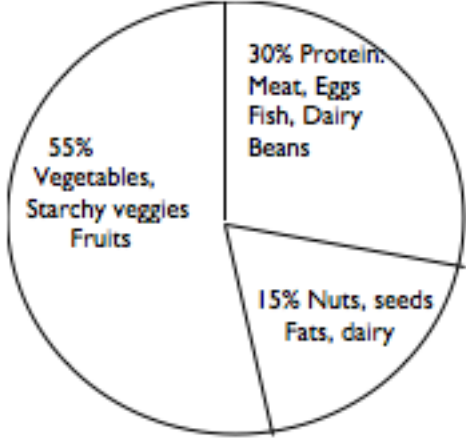


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Rebecca Snow, MS, CNS, LN, RH(AHG)
www.rebeccasnow.com, 443.315.5221

PERSONALIZED NUTRITION PLAN

Name: Jane Do	Date: 3/28/14
GOALS: Boost immune function, heal from surgery <i>Provide explanation here</i>	
<p> Recommended Calories: 1800 kcal a day Protein: 90-110 g a day Fiber: 30 g a day Water Intake: 80 oz a day Optimal Macronutrient Balance: </p>  <p> Protein is important while healing from surgery. Choose plant and animal sources including wild fish, canned sardines, grass fed/pasture fed chicken eggs, beans and lentils (all kinds), chicken/turkey, and nuts and seeds. At least one serving a day of animal sourced protein. </p>	<p> Healing Foods for YOU GREENS: Kale, collards, broccoli, brussels, asparagus, spinach, arugula, lettuce (all kinds), dandelion greens, chard Onion, GARLIC, leek, shallot, cauliflower, bok choy, Chickpea, pinto and white BEANS, ginger, sesame seeds, nuts/seeds, Coconut, pineapple, lemon, grapefruit CITRUS Sweet potato, carrot, bell pepper, TURMERIC, pumpkin Apricot, grapefruit, orange, papaya Beets, radish, sweet red peppers, kidney and azuki beans Apples, cranberries, pomegranate, raspberry, cherries, plums, red grapefruit, red grapes, GOJI BERRIES Eggplant, purple carrots, purple cauliflower, purple potato, kale, cabbage, onion Blackberries, figs, grapes, plum Black beans, blueberries, blue corn, molasses, black sesame seeds </p>
<p> Potential nutrient deficiencies: (based on increased need or actual deficiency) <u>Omega 3 fatty acids</u> - Eat cold water fish 3 x week, also eat walnuts, use flax seeds on oatmeal <u>Zinc</u> - Eat 1 oz nuts and seeds daily, 1 cup steamed greens several times a week </p>	<p> Eating Practices: Due to low stomach acid...Avoid drinking fluids with meals. If you do want to drink with meals, drink warm water with lemon or ginger or other hot tea. Chew food and enjoy the flavors. Practice sitting down at lunch. Eat mostly cooked foods, with some raw foods mixed in. Eat raw foods mostly in smoothies, juices to optimize absorption. </p>

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Foods and chemicals to eliminate:

- Trans fats – look for words like partially hydrogenated, avoid deep fried foods
- Artificial sweeteners – to wean off artificial sweeteners like splenda, switch to stevia or xylitol. Can try Zevia soda
- Nitrates and MSG – MSG can hide on labels with words like “natural flavors” (see handout)
- Added refined sugars (see handout)
- Minimize soy, ¼ cup daily of mostly fermented soy

Recommended Supplements:

1. Esther C (mineral ascorbate powder) 1 gram 3 x daily with meals
Vitamin C provides nutrition support for the collagen matrix and will improve wound healing. This form is gentle on the stomach.
2. Ultimate Omega by Nordic Naturals 1 capsule 2 x daily with meals
Omega 3's are low in your current diet, boosting intake will reduce inflammation and thus improve healing
3. Take 1-2 tsp Bragg's Apple Cider Vinegar (ACV) in 2 oz water with meals
Your symptoms point to low stomach acid, adding ACV to meals can boost stomach acid and improve absorption of protein, minerals and B vitamins

Recommended Follow-up Visit: 3 weeks

Meal Ideas

Breakfast

- Ezekial bread with 1.5 Tblsp almond butter with colorful berries
- Baked avocado <http://www.pinterest.com/pin/417920040393806497/>
- Mini frittatas <http://www.pinterest.com/pin/417920040393806407/> with colorful berries
- Smoothie – 1 Tblsp nut butter, 1 cup almond milk, 1/3 avocado, ½ cup frozen berries, ½ banana or ½ cup mango
- Oatmeal made with rolled or steel cut oats, 1/8 cup dried fruit, 1/8 cup raw nuts, pinch of salt, cinnamon, nutmeg, ginger, cardamom

Lunch/Dinner

- Broiled salmon plus oven roasted vegetables with cooked millet or quinoa salad.
- Tacos – Healthy refried beans (mash 25 oz can pinto beans in ½ cup veggie broth and 2 Tblsp coconut oil), Ezekial sprouted corn tortillas, avocado, salsa, brown rice, shredded veggies
- Curried Lentil Soup <http://www.epicurious.com/recipes/food/views/Curried-Lentil-Soup-362489> with baked sweet potato
- Mung dal with greens and caramelized onion
<http://www.nourishingmeals.com/2012/01/mung-beans-and-rice-with-indian-spices.html>

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- Roasted chicken with salad (greens, shredded beets and carrots, scallions, chopped radishes, croutons (save ends of breads and make your own), sliced almonds, olive oil, lemon, garlic, salt and pepper)