

# **A *Getting Well Naturally* Program for Health Gain and Weight Loss**

## **Sustainable Weight Loss Without Stimulants and Without Starving**

### **ABOUT VARIOUS DIET PLANS**

#### **Intermittent Fasting**

While intermittent fasting may offer some metabolic benefits, such as improved insulin sensitivity, these advantages are **not substantial enough to create a significant difference in weight loss if calorie intake has not decreased**. When individuals restrict their food intake for extended periods, they may feel compelled to consume larger quantities of food once they are allowed to eat. This can negate any calorie deficit created during the fasting period, making weight loss difficult.

#### **Fasting**

Prolonged fasting or extreme calorie restriction can lead to metabolic adaptation, where the **body adjusts to a lower calorie intake by slowing down metabolism**. This can make it harder to lose weight over time and may lead to weight regain once normal eating patterns resume. Fasting often emphasizes short-term results rather than long-term lifestyle changes. **Sustainable weight loss typically requires a balanced approach that includes healthy eating habits and regular physical activity.**

#### **Carnivore Diet**

A meat-only diet, often referred to as the carnivore diet, can lead to nutritional deficiencies, result in constipation, increased risk of diabetes, gout, and increased uric levels.

#### **Ketogenic Diet** (High fat with high protein and little to no carbs.)

Carbohydrates are essential for optimal metabolic function, as they provide glucose, which is crucial for energy production and hormone regulation. **A lack of carbohydrates can lead to metabolic slowdown** and hormonal imbalances. Ketogenic diet can increase stress hormones, such as cortisol. Elevated cortisol levels can lead to weight gain, anxiety, and impaired immune function. The ketogenic diet often results in a lack of essential nutrients found in fruits, vegetables, and whole grains. The absence of fiber-rich foods can produce an imbalance in gut bacteria.

**Balanced Diet** – there are 3 types of foods: protein, fats, and carbs. Eliminating any one of these 3 over a period will promote other issues. **We want weight gain through health gain, not at the expense of our health.**

- 1. Proteins:** Proteins are **crucial for building and repairing tissues**, producing enzymes and hormones, and supporting immune function. They provide the body with essential amino acids that are necessary for various physiological processes.

Animal sources include grass-fed beef, anti-biotic hormone free poultry, mercury free fish, free range eggs, and organic dairy products. Do the best you can with the cleanliness of your food. Plant sources include legumes (beans, lentils), nuts, seeds, and whole grains.

- 2. Fats:** Healthy fats are **vital for hormone production**, brain health, and the absorption of fat-soluble vitamins (A, D, E, and K). They also provide a concentrated source of energy. Fats can help reduce inflammation and support cardiovascular health. Healthy fats include olive oil, coconut oil, avocado oil, flax oil, hemp oil, avocados, butter, nuts (such as almonds and walnuts), and fatty fish (like Alaskan salmon and mackerel).
- 3. Carbohydrates:** Carbohydrates are the **body's primary energy source** and are essential for brain function and physical activity. They also **play a role in maintaining gut health** through dietary fiber, which supports digestion and promotes a healthy microbiome. Recommended sources of carbohydrates include fruits, vegetables, starchy vegetables (sweet potatoes, squash), whole grains (brown rice, quinoa, oats), and legumes.

## **Benefits of Eating 6 Small Meals Instead of 3 Larger Meals**

Eating six small meals throughout the day, as opposed to three larger meals, can promote weight loss, increase energy levels, and reduce feelings of hunger. Benefits include:

- 1. Lower Cortisol Levels:** Frequent fuel intake can lower cortisol levels which are associated with improved mood and energy levels. High cortisol can lead to feelings of anxiety and fatigue. High cortisol is linked to increased cravings for high-calorie and sugary foods.
- 2. Stable Blood Sugar and Energy Levels:** Frequent meals help maintain stable blood sugar levels. When you eat smaller meals every few hours, your body has a consistent supply of glucose. Smaller, more frequent meals can provide a steady source of energy.
- 3. Reduced Hunger and Cravings:** By preventing long gaps between meals, you are less likely to experience intense hunger.
- 4. Increased Metabolic Activity:** The process of digestion requires energy, and eating more frequently can keep your metabolism more engaged, thus aiding weight loss.

## **SOME HIGHLIGHTS OF THIS PROGRAM**

- You should lose 1 to 3 lbs. per week or more.
- Includes 3 meals a day with 2 to 3 snacks or protein shakes.
- Ensures enough protein to prevent muscle loss.

- Includes the healthy fats needed for healthy cell membrane permeability.
- Foods can be proportioned for your “body type” if you desire.
- Includes the effect of exercise on your weight loss plan.
- Includes supplements to remove the hinderances to weight loss from cortisol stress, gut dysbiosis, a toxic liver, a low thyroid, and rises in blood sugar.
- And you can enjoy your coffee!

## **PROGRAM OVERVIEW**

Step 1: Calculate the daily grams of protein to maintain and/or gain muscle mass

Step 2: Calculate your Basal Metabolic Rate (BMR)

Step 3: Determine your activity level to estimate Total Daily Energy Expenditure (TDEE)

Step 4: Determine the daily allowable calories for sustaining weight and for losing weight

Step 5: Determine your metabolic body type (Food Ratios for Homeostasis)

Step 6: Figure your meals and obtain the recommended foods

Step 7: Purchase the products to support healthy metabolism

Step 8: Mark on the calendar the day you will start

## **STEP 1**

### **CALCULATE THE DAILY GRAMS OF PROTEIN TO MAINTAIN AND/OR GAIN MUSCLE MASS**

#### **Daily Protein Intake to Preserve Muscle Mass**

- To prevent muscle loss, the general recommendation for daily male protein intake is about 0.54 to 1 gram of protein per pound of body weight. (If the man weighs 100 lbs. that would be 54 grams to 100 grams of protein per day.)
- Men generally require more protein than women due to differences in body composition and activity levels. Females can do well on about 20% less protein than men. For females the daily protein intake is about 0.46 to 0.8 grams of protein per day. (If the woman weighs 100 lbs. that would be 46 grams to 80 grams of protein per day.)
- For individuals aiming to maintain muscle mass, especially during weight loss or caloric restriction, a higher protein intake is beneficial.

- **The optimal range for most active males is around 0.73 grams per pound to support muscle maintenance and growth and around 0.58 grams per pound of body weight for females.**
- For those engaged in regular strength training or intense physical activity, aiming for 1 gram of protein per pound of body weight for males and 0.8 grams of protein per pound of body weight for females is realistic.

In summary, **to avoid losing muscle mass, individuals should aim for a protein intake that constitutes about 15-30% of their total daily caloric intake**, depending on their activity level and specific goals.

Below are two tables of the daily recommended amounts of protein needed for moderately active men and women, aged 30 to 70.

<b>Men - 0.8 to 1.0 grams/lb.</b>		<b>Women - 0.64 to 0.8 grams/lb.</b>	
Weight (lbs.)	Protein Needed (grams)	Weight (lbs.)	Protein Needed (grams)
140	112 - 140	140	90 - 112
160	128 - 160	160	102 - 128
180	144 - 180	180	115 - 144
200	160 - 200	200	128 - 160
220	176 - 220	220	141 - 176
240	192 - 240	240	154 - 192
260	208 - 260	260	166 - 208
280	224 - 280	280	179 - 224
300	240 - 300	300	192 - 240
320	256 - 320	320	205 - 256
340	272 - 340	340	218 - 272

## STEP 2

### CALCULATE YOUR BASAL METABOLIC RATE (BMR)

The Mifflin-St Jeor equation is a widely used formula for estimating Basal Metabolic Rate (BMR). It is the number of calories the body needs to consume to maintain basic physiological functions at rest. This equation considers gender, weight (pounds), height (inches), and age (years).

**For Men:**

$$\text{BMR} = 66 + (6.23 \times \text{pounds}) + (12.7 \times \text{inches}) - (6.8 \times \text{years})$$

Example for a man weighing 170 pounds that is 68 inches tall and is 67 years old.

$$\text{BMR} = 66 + (6.23 \times 170 \text{ pounds}) + (12.7 \times 68 \text{ inches}) - (6.8 \times 67 \text{ years})$$

$$\text{BMR} = 66 + (1,059.10) + (863.60) - (455.60) = \mathbf{1,533 \text{ calories}}$$

$$\text{My BMR} = 66 + (6.23 \times \text{pounds } \underline{\hspace{2cm}}) + (12.7 \times \text{inches } \underline{\hspace{2cm}}) - (6.8 \times \text{years } \underline{\hspace{2cm}}) = \underline{\hspace{2cm}}$$

**For Women:**

$$\text{BMR} = 655 + (4.35 \times \text{pounds}) + (4.7 \times \text{inches}) - (4.7 \times \text{years})$$

$$\text{My BMR} = 655 + (4.35 \times \text{pounds } \underline{\hspace{2cm}}) + (4.7 \times \text{inches } \underline{\hspace{2cm}}) - (4.7 \times \text{years } \underline{\hspace{2cm}}) = \underline{\hspace{2cm}}$$

**STEP 3**  
**DETERMINE YOUR ACTIVITY LEVEL TO ESTIMATE**  
**TOTAL DAILY ENERGY EXPENDITURE (TDEE)**

A 150-pound person typically burns about 80 calories per mile when walking on flat ground. **Two miles of walking would be 160 calories.** Walking 2 miles a day for 3 days a week would be considered light exercise. To approximate caloric burn for various activities, refer to the table below. When starting an exercise routine, start slow, and increment over time.

Activity	Duration	Calories burned	Times/ week	Total calories burned	Activity level
Walking	2 miles - 60 min.	160 calories	3	480	Lightly active
Calisthenics	24-48 minutes	160 calories	5	800	Lightly active
Bicycling	20-32 minutes	160 calories	5	800	Lightly active
Jazzercise	20-32 minutes	160 calories	3	480	Moderately active
Dumbbells	20-30 minutes	160 calories	3	480	Moderately active
Swimming	16-24 minutes	160 calories	5	800	Moderately active
Running	12-16 minutes	160 calories	3	480	Moderately active
Treadmill	12-16 minutes	160 calories	3	480	Moderately active
Hard sport	10-14 minutes	160 calories	6	960	Very active

To account for the extra calories needed to be consumed for energy expenditure due to exercise or for a physically demanding job, the BMR is multiplied by an activity factor.

Total Daily Energy Expenditure (TDEE) = BMR x Activity Factor = TDEE

**My personal TDEE** = My BMR ( \_\_\_\_\_ ) x Activity Factor ( \_\_\_\_\_ ) = \_\_\_\_\_

Below are the common multipliers based on activity levels.

- Sedentary (little or no exercise): BMR × 1.2
- Lightly active (light exercise/light sport 1-3 days/week): BMR × 1.375
- Moderately active (moderate exercise/sports 3-5 days/week): BMR × 1.55
- Very active (hard exercise/sports 6-7 days a week): BMR × 1.725
- Super active (very hard exercise/physical job & exercise 2x/day): BMR × 1.9

## Physical Activity

There are 4 types of physical activity to consider for incorporation depending upon your physical condition and time availability. **The key to a longer healthier life is to keep moving.**

### 1. **Aerobic** (With Oxygen)

Aerobic exercise is any sustained physical activity that significantly increases oxygen intake to supply working muscles over an extended period. Common examples include walking, jogging, swimming, cycling, climbing stairs, and dancing. By maintaining a moderate level of intensity, you can generally carry on a brief conversation during these workouts. Aerobic exercise improves heart and lung function, boosts circulation, enhances cardiovascular endurance, and can help tone major muscle groups. It also triggers the release of myokines, which benefit tissue growth, repair, and anti-inflammatory processes. Additionally, research shows that regular aerobic activity yields both physiological and psychological benefits, such as pain relief (via endorphin release) and improved mood.

### 2. **Anaerobic** (Without Oxygen)

Anaerobic exercise involves short bursts of high-intensity activity where muscles rely on stored energy rather than oxygen. Examples include sprinting, high-intensity interval training (HIIT), heavy weightlifting, and plyometrics. This type of training quickly exhausts energy reserves and is typically sustained for shorter durations. Benefits include increased muscle mass, strength, speed, and power, as well as the secretion of beneficial myokines that support tissue repair and reduce the risk of various diseases. Anaerobic workouts can also help improve metabolic function and boost overall athletic performance by challenging your body in quick, powerful bursts.

### 3. **Stretching**

Stretching is a simple but effective way to keep muscles and connective tissues (including fascia) flexible, prevent injuries, and improve overall movement. Types of stretching can be holding a muscle in a stretched position for about 15–30 seconds or

moving through a joint's full range of motion with controlled motions, like leg swings or arm circles. General benefits are improved flexibility and range of motion, prevents stiffness helping you move more freely. Supports injury prevention and promotes better blood flow helping to deliver nutrients to tissues and remove waste products. Stretching can help calm the nervous system and ease muscle tightness. While stretching alone may not drastically boost metabolism, it can improve circulation and muscle function, making the body more efficient overall.

#### **4. Bone Impact**

This is not usually considered an activity, but it should be, particularly for the elderly or those not very mobile, because the benefits are worth it. By striking your bones you create a mechanical impact that jars bone tissue. For example, this can be done by hitting a punching bag with your fists, or pounding your heels on the floor, or pounding your bones with the flesh of your fists. Because bones are largely composed of collagen (a piezoelectric material), this jarring impact generates small electrical charges (in some cases up to 300  $\mu\text{V}$  in the human tibia). These electrical signals then travel through the interconnected fascial network, which also exhibits piezoelectric properties. In the cells themselves, the surge of electrical activity helps increase the release of adenosine triphosphate (ATP), the main energy source at the cellular level. When ATP production rises, cells, tissues, and organs enjoy a boost in metabolic activity, facilitating faster healing and repair processes. This chain reaction can also enhance overall metabolism, leading to improved energy levels and, when combined with other healthy lifestyle factors, potential aid for weight loss. Moreover, the electrical impulses generated by bone impacts promote better blood flow, support angiogenesis (the formation of new blood vessels), and can stimulate osteogenesis (bone growth). Fascia, surrounding and connecting bones and muscles throughout the body, helps spread these signals beyond the immediate site of impact amplifying the benefits for systemic healing, pain relief, and tissue repair. In short, "bone jarring" activities not only strengthen and condition bones but also spark an electrical cascade that supports higher cellular energy output, improved metabolism, and enhanced overall well-being. Here are some "bone jarring exercises". Suggest 24 repetitions for each one. If you are not used to your bones being impacted you should notice a difference in a few days.

1. Stomping the heels of feet on the floor while slapping the heels of hands overhead. Kinda like flapjacks with more impact.
2. Stomp right heel on the floor while pounding left side of skull with fist then alternate other side.
3. Slapping heel of palm to opposite knee by lifting knee – forming a cross by alternating side to side.
4. Hitting elbow to same side knee by lifting the knee - alternating side to side.

5. Slapping left chest with palm of right hand and then right chest with left hand
6. Pounding both sides of skull with heels of hands at the same time
7. Pounding ankle to back of calf and then switching
8. Pounding heels of hands together
9. Pounding front hip point with fist of same side while pounding back hip point with the other fist. Alternate front to back.
10. Pounding heels of palms to the side of corresponding knees at same time

#### **TIPS TO IMPROVE YOUR SLEEP**

- Early morning sunshine in the first 30 minutes after you awaken.
- Getting to sleep before midnight is most important.
- Remove all the lights from the bedroom.
- **Keep your cell phone at least 6 feet from your body while sleeping.**
- Turn off the Wi-Fi when you go to bed.
- Try not to have screen time at least an hour before going to bed.
- The blue and green lights from phones and monitors disrupt circadian rhythm and sleep.

**The key to having energy for the day and for exercising is to get quality sleep at night.**

### **STEP 4**

#### **DETERMINE THE DAILY ALLOWABLE CALORIES FOR SUSTAINING WEIGHT AND FOR LOSING WEIGHT**

To achieve sustainable weight loss, a common recommendation is to **reduce your daily caloric intake by about 500 to 1,000 calories**. This reduction alone can lead to a weight loss of approximately 1 to 2 pounds per week, which is considered a healthy and manageable rate of weight loss. **It's important that your caloric intake does not fall too low as it can slow down your metabolism.** Women should try not to let their calorie intake fall below about 1,200 calories per day. Men should try not to let their calorie intake fall below about 1,500 calories per day. One pound of body fat is approximately equal to 3,500 calories.

We want to increase our metabolism, remove the usual hindrances to weight loss, and improve overall health. That is accomplished with the supplemental support described later. With the other added benefits with this program, you could lose 3 lbs. per week, depending upon your choices. **This program should work for most anyone.**

Total Daily Energy Expenditure (TDEE) = BMR x Activity Factor



**Daily Allowable Calories for Weight Loss = TDEE – 500 calories**

My Personal Daily Allowable Calories = My TDEE - 500 calories

**My Personal Daily Allowable Calories = ( \_\_\_\_\_ ) - 500 calories = \_\_\_\_\_**

EXAMPLE MALE: Weight Loss Table (Example table is for a male age 55 at a height of 5 ft 8 in. for 2 different activity levels)

<b>Weight (lbs.)</b>	<b>BMR (Calories)</b>	<b>TDEE (BMR x1.2)</b>	<b>Daily Allowable Calories</b>	<b>TDEE (BMR x 1.375)</b>	<b>Daily Allowable Calories</b>
160	1,569	1,883	<b>1,383</b>	2,157	<b>1,657</b>
180	1,646	1,973	<b>1,473</b>	2,261	<b>1,761</b>
200	1,723	2,063	<b>1,563</b>	2,367	<b>1,867</b>
220	1,800	2,153	<b>1,653</b>	2,475	<b>1,975</b>
240	1,877	2,243	<b>1,743</b>	2,581	<b>2,081</b>
260	1,954	2,333	<b>1,833</b>	2,689	<b>2,189</b>

EXAMPLE FEMALE: Weight Loss Table (Example table is for a female age 55 at a height of 5 ft 6 in. for 2 different activity levels)

<b>Weight (lbs.)</b>	<b>BMR (Calories)</b>	<b>TDEE = (BMR x1.2)</b>	<b>Daily Allowable Calories (- 500)</b>	<b>TDEE = (BMR x 1.375)</b>	<b>Daily Allowable Calories (- 500)</b>
140	1,367	1,640	<b>1,140</b>	1,883	<b>1,383</b>
160	1,444	1,738	<b>1,238</b>	1,979	<b>1,479</b>
180	1,521	1,836	<b>1,336</b>	2,090	<b>1,590</b>
200	1,598	1,934	<b>1,434</b>	2,197	<b>1,697</b>
220	1,675	2,032	<b>1,532</b>	2,293	<b>1,793</b>
240	1,752	2,130	<b>1,630</b>	2,410	<b>1,910</b>

## **STEP 5 DETERMINE YOUR METABOLIC BODY TYPE (FOOD RATIOS FOR HOMEOSTASIS)**

You don't have to do this part, but it will improve your overall health and support weight loss. If you choose to not be so meticulous with the % of food ratios, then you might consider approximating 1/3 of your calories from protein, 1/3 of your calories from fat, and 1/3 of your calories from carbohydrates. That is commonly called a 'balanced macronutrient ratio'. No matter your food ratios, make sure you consume sufficient protein to prevent muscle loss.

**Everyone has a metabolic type due to a predisposition of dominance in hormones which influences how you create energy from food and expend it.** Changing the food calorie ratios compensates for the effect of this dominance and it influences how and where you gain weight. The 3 main types are Fast Oxidizer, Fast Metabolism, and Quick Burners.

**FAST OXIDIZERS create energy quickly from carbohydrates.** They are individuals whose bodies metabolize nutrients quickly, often requiring a higher intake of proteins and fats compared to carbohydrates due to the faster assimilation of carbohydrates. Fast oxidizers are not great at metabolizing fats, so they rely on carbs for energy. This leads to an excessively fast oxidative rate, which leads to fatigue, anxiety, hunger, cravings, and brain fog. This metabolic type is characterized by a constant feeling of hunger.

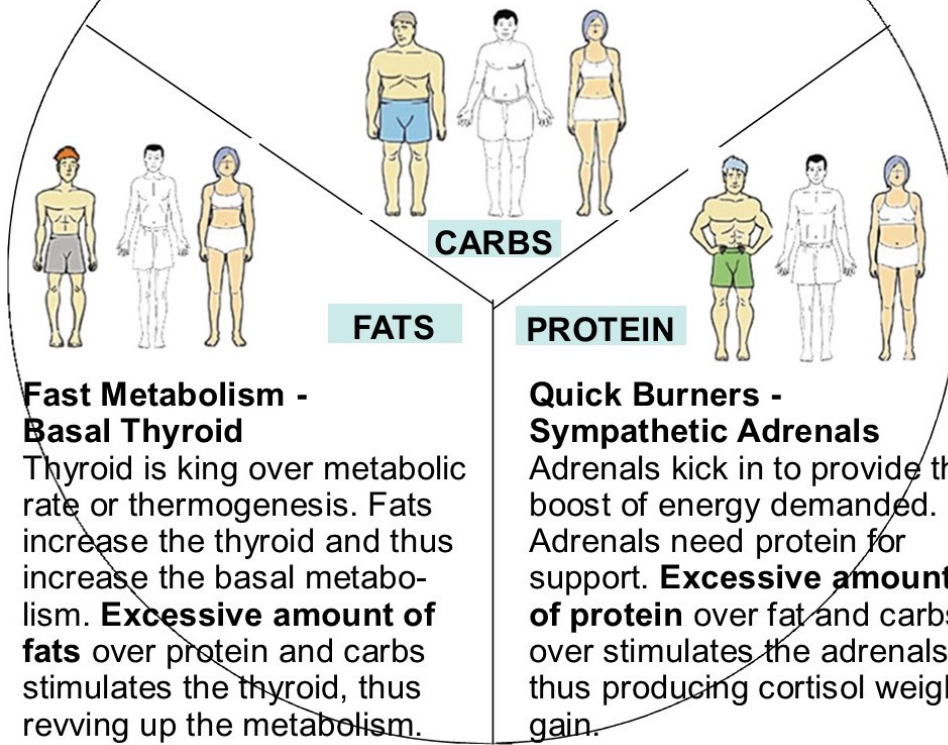
**FAST METABOLIZERS have a faster basal burn rate.** They are thyroid dominant. They have a faster basal metabolism, meaning at rest the rev of their engine is higher. Fats increase the thyroid which increases the metabolism. Dietary fats increase more energy per gram of fat. They have increased appetite, higher body temperatures, more energy, and lower cholesterol levels. They need more carbs for energy demand and protein to build muscle. With the fastest metabolism and being a slow oxidizer they are in demand of energy.

**QUICK BURNERS burn higher amounts of energy on demand.** They are adrenal and sympathetic dominant. Catabolism is the breakdown of complex molecules into simpler ones, often associated with the release of energy. Quick Burners are catabolic on demand when they decide to overly exert themselves. They are more muscular and during physical activity they burn the glucose in their muscles to fuel their activity. But the adrenals want protein to rebuild from the catabolic process of breaking down tissue for more energy when it wasn't available in the muscles. The adrenals get fatigued, but excessive protein overstimulates the adrenals, thus producing even more cortisol. This creates a craving for more protein and an increase in cortisol related fat gain.

Some people easily fit into 1 of the 3 categories. Some will fit in between 2 categories. You may not know your type. But you probably know how you looked at a younger age, your cravings, and where you usually gain weight. Use these as your clues to help you. **The main consideration of body typing is to not over consume the type of food (fats, protein, carbs) that over promotes your dominance.** See the picture and table below for more understanding.

### Fast Oxidizers - Anabolic Thymus

Assimilate quickly from small intestine and create carbohydrate energy quickly. **Excessive amount of carbs** over fat and protein promotes creating and storing of energy (anabolism)



### Fast Metabolism - Basal Thyroid

Thyroid is king over metabolic rate or thermogenesis. Fats increase the thyroid and thus increase the basal metabolism. **Excessive amount of fats** over protein and carbs stimulates the thyroid, thus revving up the metabolism.

### Quick Burners - Sympathetic Adrenals

Adrenals kick in to provide the boost of energy demanded. Adrenals need protein for support. **Excessive amount of protein** over fat and carbs over stimulates the adrenals, thus producing cortisol weight gain.

<p><b>FAST OXIDIZER / Thymus/Heart</b></p> <ul style="list-style-type: none"> <li>• Creates and stores energy</li> <li>• Carbs easily adds to wt. gain</li> <li>• Anabolic / &amp; more emotional</li> <li>• Slow Metabolism</li> <li>• Parasympathetic</li> <li>• Alkaline blood / Acidic tissue</li> <li>• Pear shape, larger rear end, shoulders narrower than hips</li> <li>• Gains weight easily all over</li> </ul>	<p><b>FAST METABOLISM / Thyroid</b></p> <ul style="list-style-type: none"> <li>• Most revved basal metabolism</li> <li>• Fats speed up metabolism</li> <li>• Catabolic / &amp; more mental</li> <li>• Slow Oxidizer</li> <li>• Parasympathetic</li> <li>• Alkaline blood / Acidic tissue</li> <li>• Slim, lanky, slender torso, gains around the middle</li> <li>• Doesn't gain weight easily</li> </ul>	<p><b>QUICK BURNER / Symp-Adrenal</b></p> <ul style="list-style-type: none"> <li>• Demands and expends energy</li> <li>• Protein stimulates adrenals</li> <li>• Catabolic / &amp; more assertive</li> <li>• Slow Metabolism</li> <li>• Slow Oxidizer</li> <li>• Acid blood / Alkaline tissue</li> <li>• Apple shaped, muscular, and shoulders are larger than hips</li> <li>• Able to gain upper body weight</li> </ul>

Soft, oily, cold-natured, dislikes cold weather, fatigue, anxiety, hunger, food cravings, and brain fog	Dry, cold-natured, hard, dislikes windy weather, higher body temperatures, more energy, and lower cholesterol levels	Hot-natured, moist, hard, dislikes hot weather, indigestion, heartburn, insomnia, hypertension, and prone to burnout
Fast Oxidizers rely on carbs for energy because they don't metabolize fats easily. They crave carbohydrates.  <b>Need a higher % of PROPER PROTEINS &amp; PROPER FATS</b>	Fast Metabolizers rely on fats to sustain their increased metabolism. They have an increased appetite.  <b>Need a higher % of PROPER PROTEINS &amp; PROPER CARBS</b>	Sympathetics rely on protein to build muscle and give them energy. They have lower appetites.  <b>Need a higher % of PROPER FATS &amp; PROPER CARBS</b>
<u>Suggested Food calorie ratios</u> <ul style="list-style-type: none"> <li>• 35 percent protein</li> <li>• 25 percent carbs</li> <li>• 40 percent fat</li> </ul>	<u>Suggested Food calorie ratios</u> <ul style="list-style-type: none"> <li>• 40 percent protein</li> <li>• 30 percent carbs</li> <li>• 30 percent fat</li> </ul>	<u>Suggested Food calorie ratios</u> <ul style="list-style-type: none"> <li>• 25 percent protein</li> <li>• 50 percent carbs</li> <li>• 25 percent fat</li> </ul>

## STEP 6

### FIGURE YOUR MEALS AND OBTAIN HEALTHY FOOD ITEMS

#### FOOD TIPS

- Increasing your water intake will help curb appetite. Many try to consume about ½ their weight in ounces of water. If you weight 150 lbs., that would be 75 ounces of water per day.
- Foods that should be omitted include bleached table sugar, artificial sweeteners, MSG, vegetable oils, gluten, nightshades, and store-bought milk. This cuts inflammation and removes the effects of food sensitives and excessive lectins.
- **One of the worst things to do for your health, metabolism, and promotes cancer is cooking with vegetable oils. Common with almost all restaurant foods.**
- If you can eat organic food, it is worth it. Farm-raised poultry and farm eggs are preferred.
- **Eating smaller meals and eating 5 to 6 times per day will prevent drops in blood sugar and stunt the hunger pains.** It will be easier to have 3 meals per day planned out with the other 2 or 3 meals being a snack. The snack can be a protein shake with powdered pea protein, a banana with peanut butter, a protein bar that has good ingredients, or perhaps a yogurt with some collagen mixed in. There can be quality issues with whey protein and some people don't do well with on it even when it is clean.

Below is a table showing the number of calories per gram. As you can see, **fats have twice as many calories per gram as protein or carbohydrates.**

Macronutrient	Calories per Gram	Grams per Calorie
Protein	4	0.25
Fats	9	0.11
Carbohydrates	4	0.25

### Nutritional Values of Selected Foods

Food Item	Calories	Protein (g)	Fat (g)	Carbs (g)	% Calories Protein	% Calories Fat	% Calories Carbs
<b>Grains</b>							
1 cup Oatmeal	154	6	3	27	16%	18%	66%
Quinoa (1 cup)	222	8	4	39	14%	16%	70%
<b>Fats</b>							
1 tsp Butter	34	0.1	4	0	1%	94%	5%
1 tbsp Coconut Oil	117	0	14	0	0%	100%	0%
1 tbsp E.V. Olive Oil	119	0	14	0	0%	100%	0%
<b>Protein</b>							
1 Egg	68	6	5	1	35%	63%	2%
1 Scoop Collagen	40	10	0	0	100%	0%	0%
<b>1 Serving Pea Protein</b>	<b>120</b>	<b>24</b>	<b>2</b>	<b>2</b>	<b>80%</b>	<b>15%</b>	<b>5%</b>
Salmon (3 oz)	175	22	10	0	50%	50%	0%
Tuna (5 oz, in water)	150	32	1	0	85%	15%	0%
Chicken (3 oz)	126	26	3	0	83%	17%	0%
Turkey (3 oz)	125	25	1	0	80%	20%	0%
Beef (3 oz)	213	23	14	0	43%	57%	0%
Peanut Butter (1 tbsp)	94	4	8	3	17%	74%	9%
<b>Fruits</b>							
1 Medium Grapefruit	52	1	0	13	8%	0%	92%
1 Cup Cherries	97	2	0.3	25	8%	3%	89%
1 Med. Ripe Banana	105	1	0.3	27	4%	3%	93%
1 Med. Green Banana	105	1	0.3	27	4%	3%	93%
1 Medium Avocado	240	3	22	12	5%	83%	20%
<b>Dairy</b>							
Greek Yogurt (1 serving)	100	10	0	15	40%	0%	60%
1 oz Cheddar Cheese	113	7	9	0	25%	75%	0%
1 tbsp Heavy Whip. Cream	52	0.3	5	0.4	2%	90%	8%
<b>Vegetables</b>							
Spinach (1 serving)	7	1	0	1	57%	0%	43%
Kale (1 serving)	33	3	0	7	36%	0%	64%
1 Cup Brussels Sprouts	38	3	0	8	32%	0%	68%
1 Cup Green Beans	44	2	0	10	18%	0%	82%
1 Medium Sweet Potato	112	2	0	26	7%	0%	93%
1 Cup Broccoli	55	5	0	11	36%	0%	64%

Sweeteners							
Honey 2 tsps.	43	0.4	0	11.5	4%	0%	96%
Coconut Sugar – 1 tbsp	48	0	0	12	0%	0%	100%
Stevia	0	0	0	0	0%	0%	0%
Monk fruit	0	0	0	0	0%	0%	0%

SOME BALANCED 3-FOOD EXAMPLES FOR A QUICK MEAL OR SNACK

Tuna, Avocado, Sweet Potato

Food Item	Calories	Protein (g)	Fat (g)	Carbs (g)
Tuna (100 g)	110–116	25	1	0
Avocado (80 g)	128–140	1.5	12	6–7
Sweet Potato (100 g)	85–90	2	0	20
<b>Total</b>	<b>330–345</b>	<b>~28.5</b>	<b>~13</b>	<b>~26–27</b>
<b>Protein Calories</b>	<b>~114 = ~33.3%</b>			
<b>Fat Calories</b>	<b>~117 = ~34.2%</b>			
<b>Carb Calories</b>	<b>~112 = ~32.6%</b>			

Chicken, Quinoa, Avocado

Food Item	Calories	Protein (g)	Fat (g)	Carbs (g)
Chicken (80 g)	132	25	2.8	0
Quinoa (100 g)	120	4	1.9	21
Avocado (50 g)	80	1	7.4	3.7
<b>Total</b>	<b>328</b>	<b>~30</b>	<b>~12.1</b>	<b>~24.7</b>
<b>Protein Calories</b>	<b>~120 = ~36.6%</b>			
<b>Fat Calories</b>	<b>~109 = ~33.2%</b>			
<b>Carb Calories</b>	<b>~99 = ~30.2%</b>			

Greek Yogurt, Peanut Butter, Banana

Food Item	Calories	Protein (g)	Fat (g)	Carbs (g)
Greek Yogurt (150 g)	90	18	0	5
Peanut Butter (10 g)	60	2.5	5	1.5
Banana (50 g)	45	1	0.1	12
<b>Total</b>	<b>206</b>	<b>~21.5</b>	<b>~5.1</b>	<b>~18.5</b>
<b>Protein Calories</b>	<b>~86 = ~41.7%</b>			
<b>Fat Calories</b>	<b>~46 = ~22.3%</b>			
<b>Carb Calories</b>	<b>~74 = ~35.9%</b>			

## Salmon, Oatmeal, Extra Virgin Olive Oil

Food Item	Calories	Protein (g)	Fat (g)	Carbs (g)
Salmon (80 g)	140–142	19	6	0
Oatmeal (40 g)	150	5	2.3	27
Extra Virgin Olive Oil (5 ml)	40	0	4.5	0
<b>Total</b>	<b>319</b>	<b>~24</b>	<b>~12.8</b>	<b>~27</b>
<b>Protein Calories</b>	<b>~96 = ~30.1%</b>			
<b>Fat Calories</b>	<b>~115 = ~36.0%</b>			
<b>Carb Calories</b>	<b>~108 = ~33.9%</b>			

## Yogurt

Choose yogurts that **do not have added sugars**, are sweetened with fruit, honey, stevia or monk fruit, and contain live probiotics.

1. Greek Yogurt: Known for its thick texture and high protein content, Greek yogurt can also be a good source of probiotics. Greek yogurt is not inherently sugar-free. A typical serving of 0% Greek yogurt contains about 3.24 grams of sugar per 100 grams, while whole milk Greek yogurt has a similar sugar content of around 3.25 grams per 100 grams. The sugar present in Greek yogurt primarily comes from lactose, the natural sugar found in milk.
2. Skyr: An Icelandic-style yogurt that is thicker than Greek yogurt and contains live active bacteria, making it another excellent choice. Skyr also contains some sugar, with a 100-gram serving typically having around 4.67 grams of sugar. Like Greek yogurt, the sugar in skyr is mainly from lactose.

Generally, a serving of Greek yogurt or Skyr can contain anywhere from 1 billion to 10 billion CFUs (colony-forming units) of probiotics. The most common types of probiotics include:

- Lactobacillus bulgaricus
- Streptococcus thermophilus
- Lactobacillus acidophilus
- Lactobacillus gasseri

## Yogurt and SIBO (small intestinal bacterial overgrowth)

Most of our beneficial bacteria should be in our colon and not in our small intestine. SIBO involves an overgrowth of bacteria in the small intestine, which can lead to symptoms like bloating, gas, and abdominal pain. Yogurt can be beneficial for some individuals with SIBO due to its probiotic content, particularly if it is homemade and tailored to include specific strains. However, the lactose content and individual tolerance must be considered, as yogurt may worsen symptoms for some people.

When selecting yogurt for SIBO issues, it's essential to choose lactose-free options to avoid exacerbating symptoms. Brands like Green Valley Creamery, Lifeway, Chobani, Fage, So Delicious, and Oikos provide a variety of choices that can fit into a SIBO-friendly diet.

1. **Green Valley Creamery:** Their **lactose-free** yogurt is made from whole milk and typically does not contain artificial sweeteners or added sugars. Always check the label to confirm.
2. **Lifeway Kefir:** Lifeway offers a variety of kefir products, and their **lactose-free** options are often free from artificial sweeteners. Again, it's best to check the specific product labels.
3. **Chobani:** Chobani's **lactose-free Greek yogurt** is available in plain varieties that do not contain added sugars or artificial sweeteners. Their flavored options may contain sweeteners, so it's important to choose the plain version.
4. **Fage:** Fage's **lactose-free Greek yogurt** is known for its simple ingredients and typically does not include artificial sweeteners or added sugars, especially in the plain varieties.
5. **So Delicious:** Their **coconut milk yogurt** is often free from artificial sweeteners and added sugars, particularly in the plain versions. Always verify the ingredient list.
6. **Oikos:** Oikos offers **lactose-free Greek yogurt**, and their plain varieties are generally free from artificial sweeteners and added sugars.

### Bananas

Consuming bananas can positively influence the levels of Akkermansia muciniphila bacteria in your gut. Those supplemented with Akkermansia experienced 28% improved insulin sensitivity, 34% reduction in insulin levels, 5-pound weight loss, along with improvement in markers of liver function and inflammation. Akkermansia helps support the integrity of the intestinal mucous lining, both directly and by supporting the intestinal immune response and the health of other bacterial species.

Green bananas are more effective than ripe bananas for increasing Akkermansia due to their higher content of resistant starch. Incorporating green bananas into your diet could provide a better environment for the growth of this beneficial gut bacterium, while ripe bananas still offer health benefits but may not be as effective in this specific regard.

### Should You Increase Akkermansia with SIBO?

While Akkermansia is generally considered beneficial for gut health, its role in the context of SIBO is more complex. Introducing more bacteria, even beneficial ones like Akkermansia could potentially exacerbate the symptoms of SIBO if not managed carefully.



## Berberine and SIBO

Berberine is a natural compound found in several plants, and it has gained attention for its **potential benefits in managing Small Intestinal Bacterial Overgrowth (SIBO)**.

1. **Antimicrobial Properties:** Berberine exhibits antimicrobial effects, which can help reduce the levels of harmful bacteria in the small intestine. It has been shown to inhibit the growth of various bacteria, including those commonly associated with SIBO, such as E. coli and Enterococcus faecalis.
2. **Gut Microbiota Balance:** **Berberine can help restore balance to the gut microbiota by promoting the growth of beneficial bacteria while suppressing harmful ones.** This balancing act is crucial for alleviating symptoms associated with SIBO, such as bloating and diarrhea.

## STEP 7

### PURCHASE THE PRODUCTS TO SUPPORT HEALTHY METABOLISM

#### **Which products will be helpful and facilitate weight loss?**

All the products listed are supportive and will only help and not hurt.

- If you are **Adrenal Quick Burner dominant type** and have cortisol issues, which most people do, then take the rhodiola and ashwagandha.
- If you are **Thyroid Fast Metabolism dominant type** and have a fatty liver, then take the L-carnitine and the milk thistle.
- If you are the **Anabolic Fast Oxidizer type** and you know carbs make you gain weight and maybe have blood sugar spikes, then take berberine, iodine, and AMPK.

I know it seems like too many items to take, but you can look at this as medicinal support to get your body to get well and to get the weight off. They don't have to be things to live on forever. It would be nice if our foods had everything they should, and our world and foods weren't so toxic, and we didn't have the electromagnetic waves affecting our cells. The table below provides more information on what the supplements can do to support your metabolism and weight loss.

#### Supplements

AMPK, ashwagandha, berberine, beta glucans, B-complex, collagen, fish oil, iodine, L-carnitine, magnesium, milk thistle, probiotics (yogurt), rhodiola, vitamin D3 with K2, and zinc

Supplement	Recommended Daily Dose	Weight Loss Benefits Summary	Take With Meal?
AMPK	1 per day (see label)	Activating AMPK can <b>enhance fat burning and will improve metabolism.</b>	N/A
Ashwagandha	300-600 mg	Reduces stress and cortisol levels, which can help with weight management. The herb has been shown to <b>improve thyroid function, regulate metabolic rate, and enhance insulin resistance.</b> Clinical studies have shown that ashwagandha can significantly improve sleep quality and total sleep time.	Yes. Take in the mornings.
Beta Glucans	3 g	Soluble fiber that is an immune booster, can promote satiety and reduce appetite. Beta-glucan also raises levels of butyrate, a compound that triggers the release of GLP-1, a protein that controls insulin and appetite — similar to the effects of the drug Ozempic.	Yes
Berberine	500-1500 mg	Will improve insulin sensitivity and <b>promote fat loss.</b> It does lower blood sugar when it is high. A clinical study in 2023 found that participants with obesity who took 1.5 grams of berberine daily for 24 weeks experienced significant reductions in BMI and waist circumference.	Yes
B-Complex	50's with folate	Supports energy metabolism and may help reduce fatigue. Folate should be chosen over folic acid.	Yes
Collagen	10-15 g	Supports muscle mass and may improve skin elasticity, aiding weight loss.	Yes
Fish Oil	1000-3000 mg	Supports heart and brain health, anti-inflammatory, and will aid in fat loss by improving metabolism.	Yes
Iodine	150 mcg	Essential for thyroid function, which regulates metabolism. Iodine is a crucial element for thyroid health and metabolism, which are key factors in weight management. Studies have shown that individuals with higher urinary iodine concentrations tend to have a lower prevalence of central obesity.	Yes
L-Carnitine	500-2000 mg	Aids in fat metabolism and energy production from fat stores. L-carnitine is crucial for converting fat into energy by transporting fatty acids across the mitochondrial membrane for beta-oxidation and ATP generation. <b>Several studies have shown that L-carnitine supplementation can lead to a modest reduction in body weight.</b>	Yes
Magnesium	310-420 mg	Supports energy metabolism, may help regulate appetite, and improves sleep.	Yes
Milk Thistle	140-600 mg	Supports liver health, which can enhance metabolic processes.	Yes
Probiotics (Yogurt)	1-10 billion CFUs	Supports gut health, which can influence weight management.	N/A

Rhodiola	200-600 mg	May enhance energy and reduce fatigue, supporting weight loss efforts.	Yes
Vitamin D3	5000 IU	Enhances calcium absorption and may improve metabolic health.	Yes
Zinc	30 mg	Supports immune function and may help regulate appetite.	Yes

Supplement	Price	Brand	Suggested Dose
AMPK	\$38	Life Extension	1/day
Ashwagandha	\$10	Life Extension	2/day
Beta Glucans	\$24.99	Now	2/day
Berberine	\$31.50	Integrative Therapeutics	2/day
B-Complex	\$13.50	Life Extension	1/day
Collagen	\$34	Life Extension	1 scoop/day
Fish Oil	\$34	Life Extension	2/day
Iodine	\$11.20	Professional Formulas	4 drops/day
L-Carnitine	\$26.99	Protocol	2/day
Magnesium	\$14.66	Professional Formulas	2/day
Milk Thistle	\$27.90	Vital Nutrients	2/day
Probiotics (Yogurt)	-----	-----	-----
Rhodiola	\$22.60	Pure Encapsulations	2/day
Vitamin D3 with K	\$	Life Extension	1/day
C/D3/Zinc	\$12.98	Nutribiotic	1/day

## Snack Options

Snack Combination	Total Protein (g)	Total Fat (g)	Total Carbs (g)		Total Calories
IQbar (see below)	12	12	10	170	170
Banana and Peanut Butter	4	8	27	Banana (105 calories) Peanut Butter (190 calories)	295
Greek Yogurt and Honey	10	0	17	Greek Yogurt (120 calories) Honey (64 calories)	184
Cheese Stick and Turkey Stick	12	6	1	Cheese Stick (80 calories) Turkey Stick (45 calories)	125
Hummus and Carrot Sticks	4	5	15	Hummus (80 calories) Carrot Sticks (25 calories)	105
Pea Protein Shake & Almond Milk	20	3	6	Pea Protein Shake (160 cal.) Almond Milk (30 calories)	190

Collagen Shake and Berries	10	1	15	Collagen Shake (80 calories) Berries (65 calories)	145
Cottage Cheese and Pineapple	14	1	15	Cottage Cheese (110 calories) Pineapple (82 calories)	192
Apple Slices and Almond Butter	4	8	25	Apple Slices (80 calories) Almond Butter (190 calories)	270
Hard-Boiled Eggs and Avocado	6	10	6	Hard-Boiled Eggs (155 cal.) Avocado (160 calories)	315
Rice Cakes and Peanut Butter	6	8	22	Rice Cakes (70 calories) Peanut Butter (190 calories)	260

IQbars (\$2.69 per bar)

## Almond Butter Chip

**Nutrition Facts** **Serv. Size: 1 Bar (45g)**, Amount Per Serving: **Calories 180**, **Total Fat** 13g (17% DV), **Sat. Fat** 3g (15% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 9g (3% DV), **Fiber** 7g (25% DV), **Total Sugars** 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 12g (24% DV), **Vit. D** (0% DV), **Calcium** (6% DV), **Iron** (15% DV), **Potas.** (2% DV), **Vit. E** (100% DV), **Magnesium** (15% DV).

Net Carb Calculation		
9g	- 7g	= 2g
Total Fiber		Net Carbs
Carbs		

## Chocolate Sea Salt

**Nutrition Facts** **Serv. Size: 1 Bar (45g)**, Amount Per Serving: **Calories 170**, **Total Fat** 12g (15% DV), **Sat. Fat** 3g (15% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 10g (4% DV), **Fiber** 8g (29% DV), **Total Sugars** 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 12g (24% DV), **Vit. D** (0% DV), **Calcium** (6% DV), **Iron** (20% DV), **Potas.** (4% DV), **Vit. E** (100% DV), **Magnesium** (15% DV).

Net Carb Calculation		
10g	- 8g	= 2g
Total Fiber		Net Carbs
Carbs		

## Peanut Butter Chip

**Nutrition Facts** **Serv. Size: 1 Bar (45g)**, Amount Per Serving: **Calories 160**, **Total Fat** 10g (13% DV), **Sat. Fat** 2.5g (13% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 12g (4% DV), **Fiber** 9g (32% DV), **Total Sugars** 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 12g (24% DV), **Vit. D** (0% DV), **Calcium** (4% DV), **Iron** (15% DV), **Potas.** (2% DV), **Vit. E** (100% DV), **Magnesium** (15% DV).

Net Carb Calculation		
12g	- 9g	= 3g
Total Fiber		Net Carbs
Carbs		

## PROGRAM EXAMPLE

Male, 67 years old, 164 pounds, 68 inches tall, walks 2 miles for 4 days a week, and he is a Fast Metabolism type (meaning less fats than protein and carbs is better). He rides the bicycle for 2 miles twice a week. He lifts dumbbells for 15 minutes twice a week.

- Coffee with 1 tablespoon of heavy whipping cream, 1 scoop of collagen, stevia
- Breakfast: 1 cup of oatmeal, stevia
- Midmorning snack: 1 serving of vanilla powdered pea protein, 1 small banana

- Lunch: 1 can of tuna, 1 small baked sweet potato
- Mid-afternoon snack: 1 serving of vanilla powdered pea protein, 1 small banana
- Dinner: 2 eggs fried lightly in avocado oil, 1 serving of cheese, 1 serving of kale
- Evening snack: 1 Greek yogurt pre-sweetened with fruit

### Questions to answer

1. What is the BMR?
2. What is the activity multiplier?
3. What is the TDEE?
4. What are the total grams of protein?
5. What is the ratio of grams of protein as compared to weight in pounds?
6. What are the total calories consumed?
7. What are the % of calories from protein, fats, and carbs?
8. Consuming the same foods every day, what are the number of pounds lost or gained in one week?

### 1. Calculate BMR - Using the Mifflin-St Jeor equation for men:

#### **BMR Formula:**

$$\text{BMR} = 66.47 + (6.24 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$$

#### **Given Data**

- Weight: 164 pounds
- Height: 68 inches
- Age: 67 years

#### **Calculation**

Plugging in the values into the formula:  $\text{BMR} = 66.47 + (6.24 \times 164) + (12.7 \times 68) - (6.76 \times 67)$

Calculating each term:

- $6.24 \times 164 = 1023.36$
- $12.7 \times 68 = 863.6$
- $6.76 \times 67 = 453.92$

Now, substituting these values back into the equation:

$$\text{BMR} = 66.47 + 1023.36 + 863.6 - 453.92 = 1499.51$$

The **BMR** is approximately **1499.5 calories/day**.

## 2. Determine Activity Multiplier

Given the activity level:

- Walking 2 miles for 4 days a week
- Riding a bicycle for 2 miles twice a week
- Lifting dumbbells for 15 minutes twice a week

This suggests a **moderately active** lifestyle. The activity multipliers are generally:

- Sedentary:  $BMR \times 1.2$
- Lightly active:  $BMR \times 1.375$
- Moderately active:  $BMR \times 1.55$

Using the **moderately active** multiplier: Activity Multiplier = 1.55

## 3. Calculate TDEE

$TDEE = BMR \times \text{Activity Multiplier}$

$TDEE = 1499.5 \times 1.55$

**$TDEE \approx 2324$  calories/day**

## 4. Calculate Total Calories Consumed (The previous tables and the internet can help with this.)

- **Coffee with 1 tbsp heavy whipping cream:** ~52 calories
- **Breakfast:**
  - 1 cup oatmeal: ~154 calories
  - Stevia: negligible calories
  - **Total:** ~154 calories
- **Midmorning snack:**
  - 1 serving vanilla powdered pea protein: ~120 calories
  - 1 small banana: ~90 calories
  - **Total:** ~210 calories
- **Lunch:**
  - 1 can tuna: ~191 calories
  - 1 small baked sweet potato: ~112 calories
  - **Total:** ~303 calories
- **Midafternoon snack:**
  - 1 serving vanilla powdered pea protein: ~120 calories
  - 1 small banana: ~90 calories

- **Total:** ~210 calories
- **Dinner:**
  - 2 eggs fried lightly in avocado oil: ~180 calories
  - 1 serving cheese: ~113 calories
  - 1 serving kale: ~33 calories
  - **Total:** ~326 calories
- **Evening snack:**
  - 1 Greek yogurt pre-sweetened with fruit: ~150 calories

### **Total Calories Consumed**

Adding all these together:  $52 + 154 + 210 + 303 + 210 + 326 + 150 = 1405$  calories

### **5. Calculate Total Grams of Protein**

- **Pea protein:** ~20g per serving (3 servings) = 60g
- **Tuna:** ~42g
- **Eggs:** ~12g (6g per egg)
- **Cheese:** ~7g
- **Greek yogurt:** ~15g
- **Oatmeal:** ~6g
- **Total Protein:**  $60 + 42 + 12 + 7 + 15 + 6 = 142$  grams of protein

### **6. Calculate the Ratio of Grams of Protein to Weight in Pounds**

To find the ratio of weight in pounds as compared to grams of protein:

Ratio=Weight (lbs.)/Total Protein (g)

Ratio=164 pounds / 142 grams = 0.865 or 86.5%

### **7. Calculate % of Calories from Protein, Fats, and Carbs**

- **Protein:**  $142g \times 4 \text{ calories/g} = 568$  calories
- **Fats:**
  - Heavy whipping cream: ~5.5g
  - Avocado oil: ~14g
  - Cheese: ~9g
  - **Total fats:**  $\sim 28.5g \times 9 \text{ calories/g} = 256.5$  calories
- **Carbohydrates:**
  - Oatmeal: ~27g
  - Sweet potato: ~26g

- Kale: ~7g
- Bananas: ~27g (2 bananas)
- Greek yogurt: ~20g
- Total carbs:  $\sim 107\text{g} \times 4 \text{ calories/g} = 428 \text{ calories}$

### Total Calories Breakdown

- **Protein:** 568 calories (40.4%)
- **Fats:** 256.5 calories (18.3%)
- **Carbohydrates:** 428 calories (30.5%)

### 8. Approximate Weight Change

- **TDEE:** 2324 calories/day
- **Calories Consumed:** 1405 calories/day
- **Caloric Deficit:**  $2324 - 1405 = 919 \text{ calories/day}$

Over a week (7 days):  $919 \times 7 \approx 6454 \text{ calories/week}$

Since approximately 3500 calories equate to about 1 pound of body weight:

Weight Change  $\approx 3500/6454 \approx 1.84 \text{ pounds lost per week}$

### Summary

- **BMR:**  $\sim 1499.5 \text{ calories/day}$
- **Activity Multiplier:** 1.55
- **TDEE:**  $\sim 2324.2 \text{ calories/day}$
- **Total Calories Consumed:**  $\sim 1405 \text{ calories/day}$
- **Total Grams of Protein:**  $\sim 142 \text{ grams}$
- **Ratio of Protein to Weight:**  $\sim 0.865$
- **% of Calories:**
  - Protein: 40.4%
  - Fats: 18.3%
  - Carbs: 30.5%
- **Approximate Weight Change:**  $\sim 1.84 \text{ pounds lost per week}$

With proper sleep and with supplemental support to remove the hindrances for weight loss, this example could possibly lose about 4 lbs. per week. Knowing the principles involved you can adjust this program to make it work for you.



## Getting Well Naturally

1021 South Main St.  
Lumberton, TX 77657  
409-227-4192

Copyright © January 2025 Bill M Yeary

### Disclaimer

The information provided in this diet plan, including any recommendations for dietary supplements, is intended for educational purposes only and should not be considered medical advice. Before starting any new diet or supplement regimen, it is prudent and responsible to consult with a qualified healthcare professional, such as a physician or registered dietitian, to ensure that the plan is appropriate for your individual health needs and circumstances. By following this diet plan, you acknowledge that you do so at your own risk and that you are responsible for your health decisions.

Dietary supplements are not a substitute for a balanced diet and should be used with caution. The effectiveness of supplements can vary, and they may interact with medications or underlying health conditions. It is important to read labels carefully and follow the recommended dosages.

Please be aware that the FDA does not evaluate dietary supplements before they are marketed, but they do evaluate all medications. **Each year, it is estimated that over 100,000 people die from properly prescribed medications in the United States.** In the last 5 years there has been 2 reported cases of death from using 2 herbs, and they were used inappropriately. As a rule, people do not die from nutritional supplements or from properly used herbs.