



NUTRITION RESET

BEAUTILAB

AESTHETICS + WELLNESS

DISCUSSION TOPICS

- Finding Macronutrient Balance
- Adopting the 40/30/30 Nutrition Plan
- Timing of Calorie Consumption
- Sample Meal Plans



CARBOHYDRATES



- **Reduce overall intake of carbohydrates.**
 - Replace pasta and rice with spiralized and riced veggies.
 - Choose low calorie/low carb breads and tortillas.
 - Reduce portions of grains and legumes.
 - Choose half – buns, English muffins.
- **Choose the most nutrient-dense options in the category.**
 - Brown vs white rice.
 - Bean pastas.
 - Whole grain, high fiber cereals.
- **Time carbohydrate consumption with exercise.**
 - Banana before a workout.
 - ½ cup oatmeal directly following a workout.





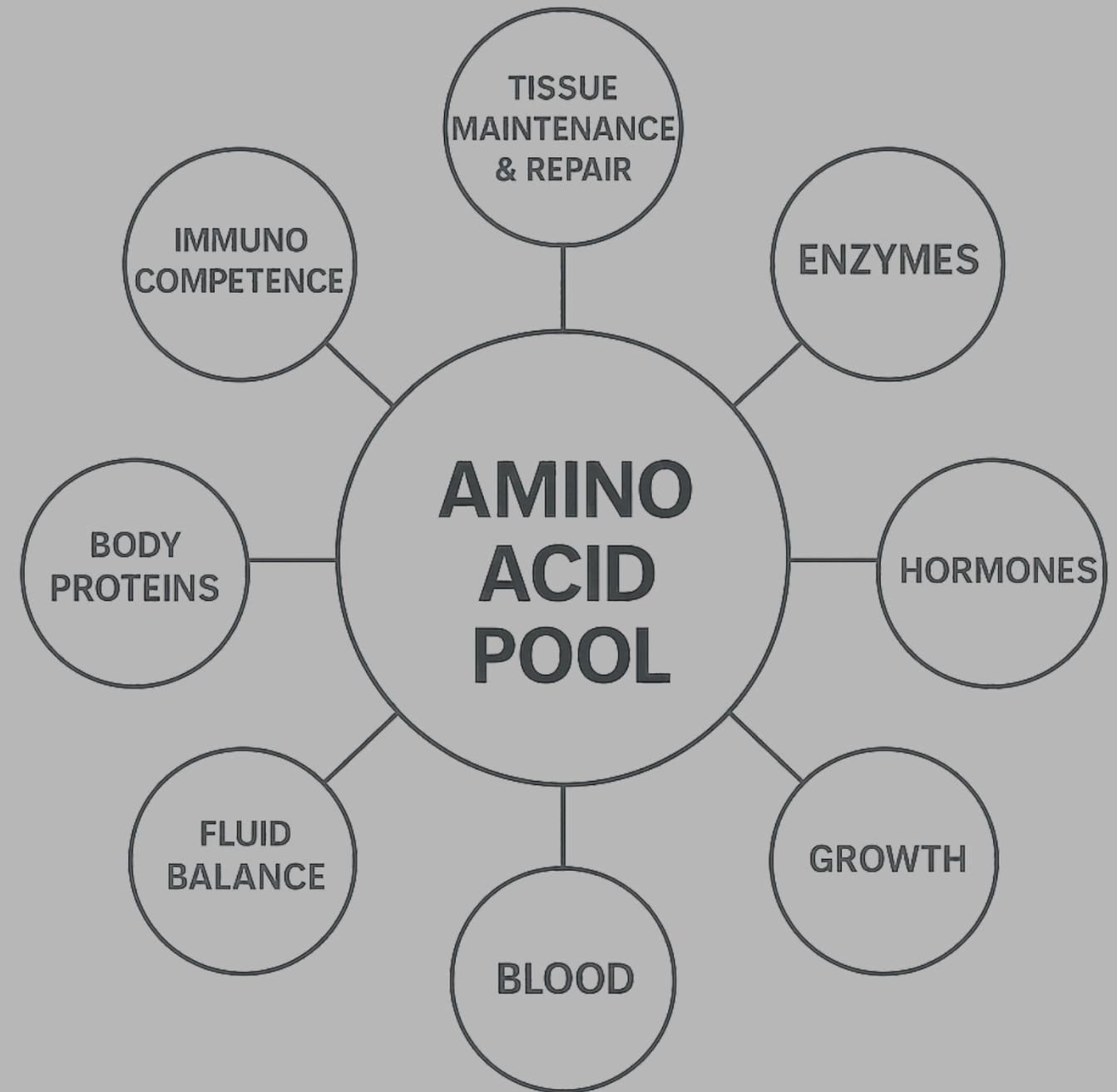
**LEARN TO LOVE FRUITS AND VEGETABLES—
ESPECIALLY CRUCIFEROUS VEGGIES—
AS A SOURCE OF HEALTHY CARBS**



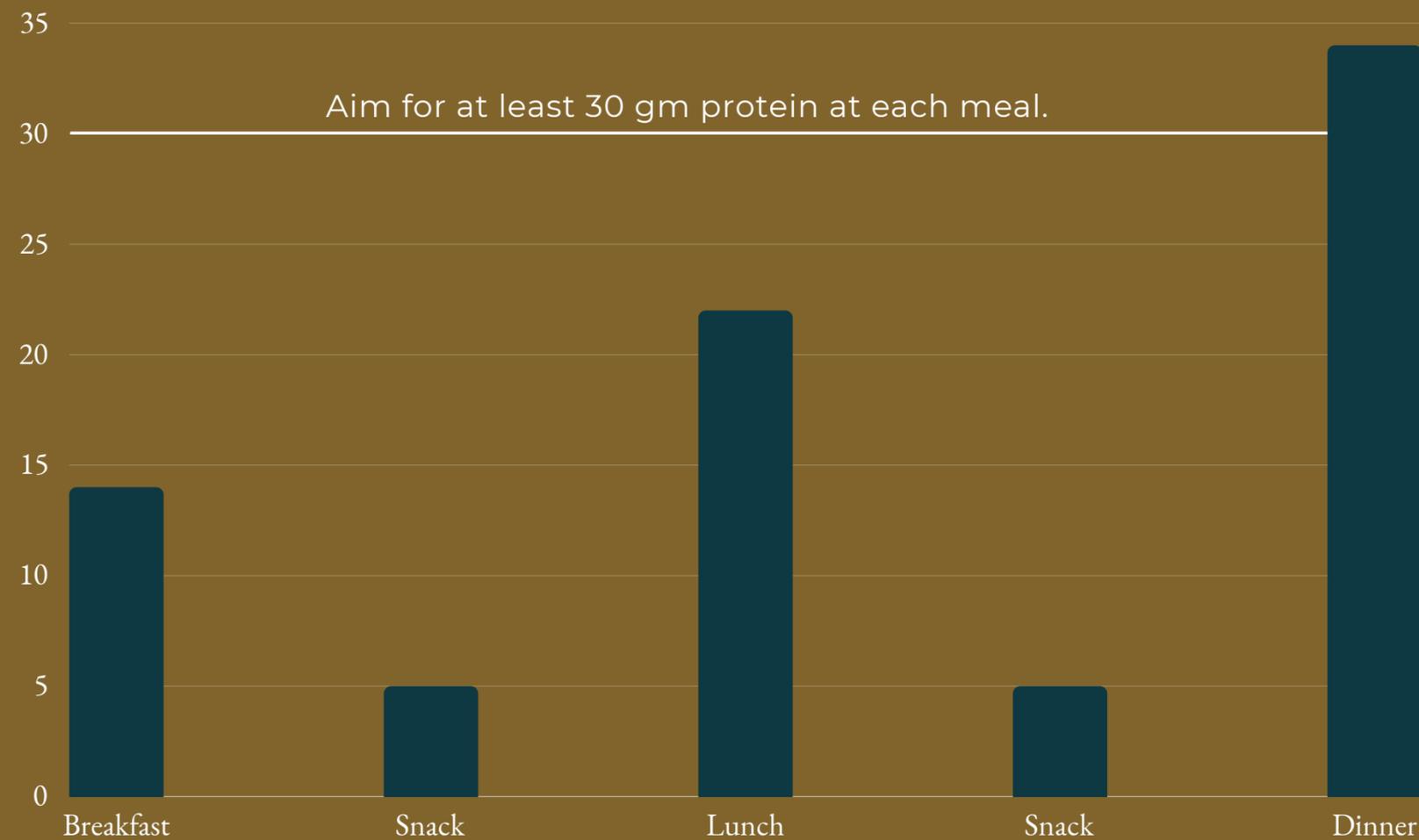
PROTEIN AT EVERY MEAL



- Protein is used by many systems of the human body.
- Amino acids are the breakdown of the protein eaten.
- Amino acids must be circulating in the blood stream at all times to support body functions and muscle synthesis and maintenance.
- Protein is needed at every meal and snack.



MOST PROTEIN EATEN AT DINNER – LET'S BREAK THE CYCLE!



Source: U.S. Department of Agriculture, Agricultural Research Service, Beltsville Human Nutrition Research Center, Food Surveys Research Group (Beltsville, MD) and U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics (Hyattsville, MD). What We Eat in America, NHANES 2013-14.

WAYS TO INCREASE PROTEIN AT BREAKFAST & LUNCH



BREAKFAST

- Cottage cheese or Greek yogurt with fruit
- One more egg and add lean meat source
- Small handful of nuts or seeds
- Tofu scramble
- Protein powder in a smoothie

LUNCH

- Grilled salmon or chicken on a salad
- Edamame as a side
- Quinoa bowl with chickpeas and feta cheese
- Chicken and black bean burrito bowl
- Leftover meat or poultry from last night's dinner

FATS, WHICH ONES ARE BEST?

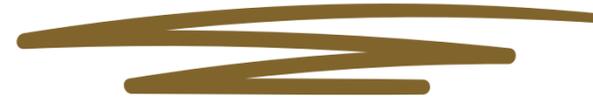


- The Dietary Guidelines for Americans recommend replacing saturated fat with monounsaturated or polyunsaturated fats.
 - Monounsaturated fat: nuts, olives, avocados, canola oil
 - Polyunsaturated fat: sunflower and soybean oil, flax seed, walnuts



Omega-3 fatty acids are a type of polyunsaturated fat which play an important role in heart health, inflammation management, and joint health. Best sources are fatty fish like salmon, tuna, sardines, lake trout and herring.

BEAUTILAB LONGEVITY MACRONUTRIENT RECOMMENDATION



40

CARBS

30

PROTEIN

30

FAT

FLIPPING THE DAY: TIMING OF FOOD AND CALORIES



Current Pattern



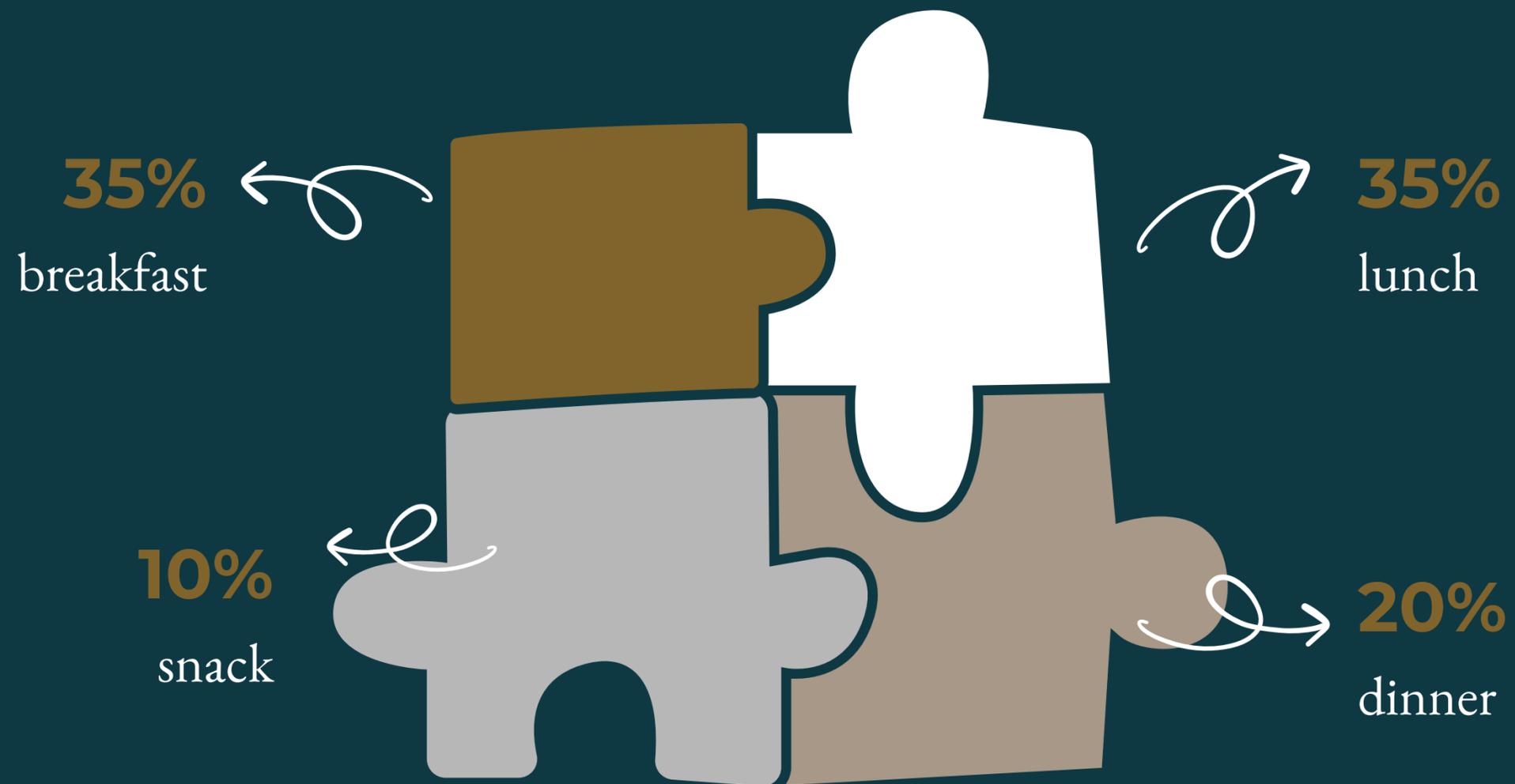
For most individuals, the amount of calories consumed is highest at dinner. Metabolism slows later in the day, making it more difficult for the body to efficiently use these late day calories; they are stored as body fat.

BEAUTILAB Recommendation



The BEAUTILAB recommendation is to consume 70% of calories by late afternoon.

FLIPPING THE DAY: TIMING OF FOOD AND CALORIES



BEAUTILAB MEAL PLANS

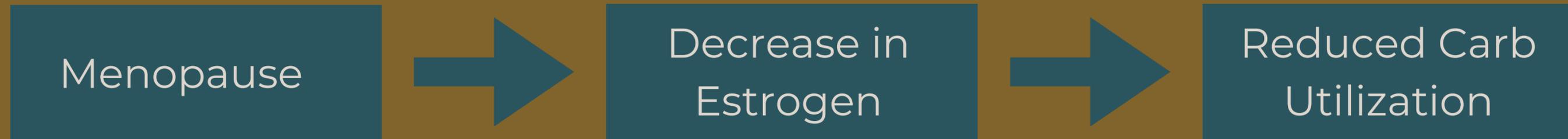


BEAUTILAB 1,800 Calorie Four-Week Meal Plan

- Members have access to a four-week meal plan
- How to use BEAUTILAB Meal Plans
 - Go all in, bootcamp style
 - Shift habits to eating more calories in the morning
 - High protein snack ideas
 - Meal planning and prep on weekends
 - Mix and Match meals by day to fit your tastes
 - Try new products and recipes
 - Vegetarian options included
- Flexible to meet varied calorie levels

WEEK 1	Mon	Tue	Wed	Thu	Fri
Breakfast Goal: 630 Calories, 63g carbs, 47g protein, 21g fat	Omelet with 2 eggs, 2 egg whites, 1/2 cup spinach, 1/4 cup mushrooms, 1/4 cup shredded cheese 2 pieces whole-wheat toast with 1/2 avocado, latte (1/2 coffee, 1/2 skim milk)	Cashew Shake (2 oz. unsalted cashews soaked in water overnight, blended with 1 cup almond milk, 1 ripe banana, 1 scoop protein powder, cinnamon, vanilla)	Shakshuka with 0.5 cup tomato chunks added, whole wheat toast with 1 tsp butter, 1/2 an orange, latte (1/2 coffee, 1/2 skim milk)	Sweet Potato, Black Bean and Corn Hash, 3 oz. ham Latte (1/2 coffee, 1/2 skim milk)	Chia seed pudding with 1 cup skim milk, 3 tbsp chia seeds, 2 tsp honey, 1 cup mango chunks, 1 oz. almonds
Snack Goal: 180 Calories, 18g carbs, 13g protein, 6g fat	1/4 cup roasted chickpeas	2 medium bananas	3/4 cup 1% fat cottage cheese	Banana pancake (2 eggs, 1 medium banana)	3 oz. turkey jerky
Lunch Goal: 630 Calories, 63g carbs, 47g protein, 21g fat	1 cup whole wheat pasta, 1 cup zucchini noodles, 1 cup marinara sauce, 4 oz. ground turkey	3 halves Southwest Stuffed Poblano Peppers sub cauliflower rice for white rice and sub vegetarian crumbles for ground beef, fruit salad with 1 kiwi fruit, 1 orange, and 1 cup strawberries	4 oz. grilled salmon, 10 spears grilled asparagus, 1.5 cups new potatoes with herbs and 2 tsp. butter	Whole wheat low-carb tortilla, 2 tbsp hummus, 3 oz. chicken deli meat, 1 oz. cheese, chopped veggies, homemade trail mix with 1 oz. peanuts and 1/4 cup unsweetened dried cherries	Lunch out! Chicken lettuce wraps
Dinner Goal: 360 Calories, 36g carbs, 27g protein, 12g fat	6 oz. pork tenderloin, medium sweet potato, 1 cup Brussels sprouts, 1 tsp butter	Caprese salad (2 oz. sliced fresh mozzarella cheese, whole tomato slice, basil, 2 tbsp balsamic vinegar), 1 slice whole-wheat bread	Black-bean chili with ground chicken	Kebobs with 5 oz. shrimp, green pepper, and pineapple chunks, 1/2 cup brown rice	4 oz. beef top round roast, 1/2 cup roasted broccoli, 1/2 cup roasted cauliflower

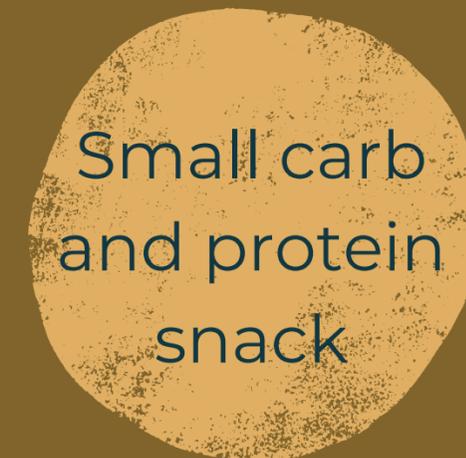
CARBS + EXERCISE: TIMING MATTERS FOR MENOPAUSE SUPPORT



BEFORE WORKOUT



AFTER WORKOUT



Timing is key: Pair carbohydrates around your workout for best results.

NUTRITION RESET



BEAUTILAB

ART OF BEAUTY
+
SCIENCE OF WELLNESS
BIRMINGHAM, MI

