

Patient:

Date:

Results

Macronutrient ratios (aka your Macros) vary depending on personal goals and will change as your goals shift. The following nutritional recommendations are intended as a guide for individuals to consider, they are based on data from (either/or) your personalised METABOLIC TEST,

and DNA testing. A dietitian consultation should be considered when changing habits or if you are working with food intolerances/ allergies. If you suffer from a medical condition please consult with your GP or health care provider before making any changes to your diet.



Your goal **Fat reduction**

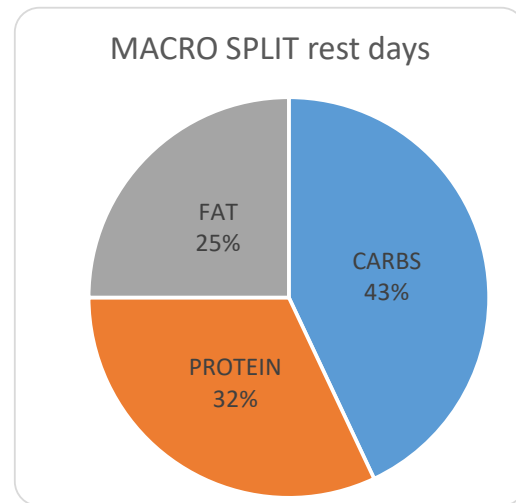
Rest day calories	1492
Exercise day calories	1814

Rest days



Optimising recovery is essential to achieving your goals. These days are reserved for lighter activities allowing your muscles to recover, adapt and develop. Also allowing your nervous system to fully recover.

	1492 Calories		
	CARBS	PROTEIN	FAT
Calories	642	477	373
Grams	160	119	41
	Macronutrients		
	CARBS %	PROTEIN%	FAT %
	43	32	25

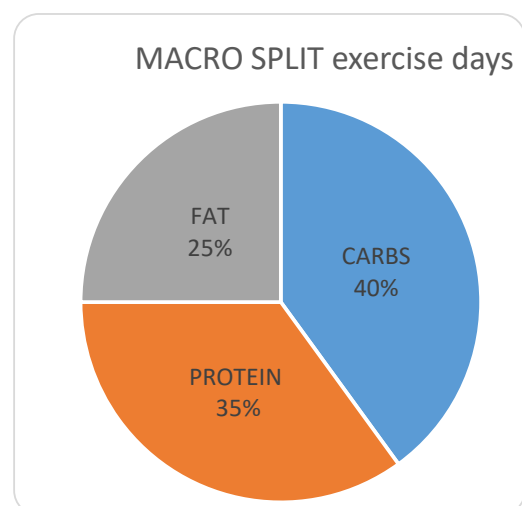


Training days



The benefits of functional exercise are countless, and essential to maintain a good level of health and wellness. To achieve results and see a positive adaptation from training, nutrition must be considered to support these demands.

	1814 Calories		
	CARBS	PROTEIN	FAT
Calories	726	635	454
Grams	181	159	50
	Macronutrients		
	CARBS %	PROTEIN%	FAT %
	40	35	25





Fat

The body needs fat to insulate from the cold, provide energy as well as regulate and produce hormones specific to your body composition. There are different types of fat which are sometimes referred to as 'healthy fats' (monounsaturated and polyunsaturated fats like avocado, fatty fish, nuts, seeds and extra virgin olive oil) and 'saturated fats' (dairy, processed meats, palm oil, coconut oil, poor quality junk and fried foods). Stick to healthy fats when deciding what to indulge in. Your body will thank you for it.



Protein

Protein is an essential structural component of the body's muscles and cells. Protein has important role to play in every cell of the body. Protein is made up of nine essential amino acids. We need to ensure we eat a wide variety of protein so that we provide the body with all nine amino acids, so make sure you include meats, seafood and vegetarian protein options in your diet to make up your necessary protein intake.



Carbohydrates

Your body utilises carbohydrates mainly for energy, they are also essential for optimal brain and muscle function. For many people when they hear "carbohydrates", white bread, cakes, sweets and pizza come to mind. At Body Measure, we're referring to the healthiest complex carbohydrate options like whole grains (like brown rice, quinoa and spelt), vegetables (sweet potato, pumpkin, and potato), legumes and fruit. These options also contain valuable fibre, vitamins and minerals with little or no fat. Carbohydrates, and fruit in particular, have been given a bad name lately with fads like the Atkins diet, and the anti-sugar movement. There is nothing scary about healthy carbohydrates in the right dose, and nothing harmful about the natural sugars found in fruit when eaten in their whole natural form.

Things to consider



Timing of food



Quality of foods



Hydration/ alcohol



Intolerances/ allergies



Meal composition



Medical
