

Whole Food Diet Plan

Name Brandon Rose	Date October 4, 2023
Gender -	Age 34
Weight 210lbs	Height 5'8"
Goals Weight loss Improve overall health and energy levels	
Medical history No known medical conditions No allergies	
General guidelines • Emphasize whole, minimally processed foods. • Prioritize lean protein sources, plenty of vegetables, fruits, and whole grains. • Avoid or limit processed foods, sugary drinks, and high-sugar snacks. • Stay hydrated by drinking at least 8 glasses of water a day. • Aim for balanced and regular meals.	
Meal planning	
Breakfast: • Scrambled eggs with spinach and tomatoes • Whole-grain toast • A small serving of Greek yogurt with honey Lunch: • Grilled chicken breast • Quinoa salad with mixed vegetables • A side of mixed berries Snack: • Handful of almonds and an apple Dinner: • Baked salmon with a lemon-dill sauce • Steamed broccoli and carrots • Brown rice Snack (if needed): • Sliced cucumber with hummus	

Portion control

Keep portion sizes in check. A serving of protein should be about the size of your palm, and half of your plate should be filled with vegetables. Limit starchy carbohydrates to around 1/4 of your plate.

Lifestyle considerations and recommendations

- Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- Get 7-9 hours of quality sleep per night.
- Manage stress through relaxation techniques like deep breathing and meditation.
- Avoid excessive alcohol and caffeine consumption.
- Stay hydrated throughout the day.

Progress tracking

Date	Remarks
October 7, 2023	Started diet plan
October 17, 2023	Lost 2lbs

Additional notes

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