

# 30-30-40 Diet Plan

Name: Jan Damian

Age: 33

Height: 182 cm

Weight: 60 kg

Total daily calorie intake: 2500

## Goals

Client is aims for a healthy body and proper nutrition.

Day	Breakfast	Lunch	Dinner	Snack	Notes
1	Greek Yogurt with Mixed Berries and	Grilled Chicken Salad	Quinoa and Black Bean Stuffed Bell Peppers	Apple with Peanut Butter	None
2	Veggie Omelette with Whole Grain Toast	Turkey and Avocado Wrap	Baked Salmon with Sweet Potato and Broccoli	Cottage Cheese with Pineapple	None
3	Smoothie Bowl	Chicken breast Sweet potato Green beans Salad with dressing	Chicken Stir-Fry with Brown Rice	Handful of Mixed Nuts	None
4					
5					
6					
7					

## Additional notes

Given the client's moderately active lifestyle, aim for a total daily caloric intake of approximately 2500 kcal. Adjust portion sizes and food choices based on personal preferences and nutritional needs. Include a variety of colorful fruits and vegetables to maximize nutrient intake.

## Healthcare professional's Information

Name: Dr. Mary Lou

License number: 81901

Contact details: marylou@email.com

Signature:



# 40 30 30 Diet Success Personal Food Fitness Journal

**Jean LeGrand**



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**Management, 2nd Edition Understanding the Role of Diet, Nutrition, Exercise and Lifestyle** ,2006 [The 100 Year Lifestyle Workout](#) Eric, D.C. Plasker,2009-12-22 The essential new fitness plan for Baby Boomers who want to remain fit and healthy into retirement Dr Eric Plasker s breakthrough wellness plan and his book The 100 Year Lifestyle have served hundreds of thousands as a hub of reliable advice on realizing a long life well lived Now he takes the next step by setting forth a comprehensive fitness program for longevity a workout for Baby Boomers who may not be as young as they used to be but who are determined to get in shape and stay that way for life The 100 Year Lifestyle Workout is all about how to Get Your ESS in Shape that is your Endurance Strength and Structure Pinpointing the health problems that occur when your ESS is out of balance Plasker shows how to exercise your body in each of these three areas He provides specific ESS workout sequences for beginning intermediate and advanced exercisers including step by step photographs He covers the top fitness

mistakes people make as they age and provides lifestyle fitness strategies for lasting results as you age from nutrition to getting back on track after a lapse      *Small Changes, Big Results* Ellie Krieger, Kelly James-Enger, 2005 A renowned nutritionist and television personality offers a blissfully simple 12 week plan that focuses on the cumulative effects of small changes in diet exercise and well being 25 line drawings      **Personal Nutrition** Marie Ann Boyle, 2001 This text covers the essentials of nutrition at a basic level with little discussion of physiology or biochemistry emphasizing the practical application of nutrition principles to everyday life The book's topics are organized in the same way as most introductory courses are organized but all of the information is presented in just eleven chapters and 600 pages making it the briefest textbook available The text's many unique and interactive features such as Nutrition Scorecard and The Savvy Diner reflect its consumer oriented approach and invite the reader to explore ways in which to make healthful nutrition choices      **My Personal Diet Journal** Jean LeGrand, 2015-01-05 It has been proven that you will have more success with your diet if you track your meals and snacks But you don't always want to broadcast to the world that you are dieting so this Discreet Food Log for Diet Success has a plain cover and a convenient pocket purse size 5 x 8 This cover will not advertise that you are dieting so you can keep your business to yourself There are many studies that have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off In a six month study published in the American Journal of Preventive Medicine people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less My Personal Diet Journal has been designed for flexibility you don't have to fill out every single area marked if you don't want to just try to be consistent so when you review your entries over a week or month or longer you have information that can help you understand your eating behavior and how you are or should be changing your relationship with food If this is your first attempt at getting fit or if you've had trouble getting or keeping weight off in the past My Personal Diet Journal will help you achieve the results you want and deserve And with the low key cover and handy size your diet will be nobody's business but your own There are 5 books in this series of Food Logbooks with covers that understate their function as a diet aid My Personal Diet Journal The Discreet Food Log for Diet Success 1 Diet Journal Notebook The Discreet Food Log for Diet Success 2 Food Exercise Journal The Discreet Food Log for Diet Success 3 Diet Tracker The Discreet Food Log for Diet Success 4 Diet Journal The Discreet Food Log for Diet Success 5 Key Words Weight Loss Food Log Diet Diary Food and Exercise Log Food Journal Diet Journal Mediterranean Diet Dash Diet Diet and Fitness Journal CalorieKing Diet Tracker HealthMinder BodyMinder 40 30 30 Ketogenic Diet and Fitness Logbook Gluten Free Paleo Food and Exercise Journal Acid Alkaline Diet Low Carb Diet and Fitness Log Food and Exercise Logbook Fitness and Nutrition Journal Intermittent Fasting Flat Belly Anti Inflammatory Low Fat      Journal of Physical Education, Recreation & Dance, 1988      **Kiplinger's Personal Finance**, 1999-04 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics      *Catalog*

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