3 days menu sample

This menu is for a 46-year-old female who had an overweight issue. She wanted to lose weight healthily and change her lifestyle. She did the genetic test and need direction on understanding the test and adjusting her meal plan according to the result of the teat. The genetic test included that she would lose weight if she eats more carbs and add weight lifting to her exercise rotation. After my receptor explained to her the test result, she adjusted the client plan to two days of cardio and three days of wight left. I send her a list of food that high in vitamin A and a list of food that high in nitrate because they showed low on the genetic test. I made a three-day sample menu for her considering the weight loss and food is in vitamin A and nitrate. I did a food analysis and entered her menu on her fitness pal account. Having the sample menu in my fitness pal is more convenient, and the client is more likely to fallow it because it is more convenient than an email or other form files.

Day 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Breakfast | Coffee with Half and Half, Fat Free | 2 | oz | 33.45 |
|  | Omelet, with Dark Green Vegetables | 2 | whole egg | 137.51 |
|  | Wheat Bread | 1 | large slice | 117.82 |
|  | Grapes, Raw | 1 | cup, whole pieces | 104.19 |
| Lunch | Beef Fiesta Taco Bowl | 1 | Bowl | 310 |
|  | Nacho Chips, Salted | 6 | chip | 85.05 |
|  | Bananas, Raw | 1 | medium - 7" to 7 7/8" long | 105.02 |
| Training snack | Chicken of the Sea, Infusions Wild Caught Tuna, Lemon & Thyme | 1 | cup | 140 |
|  | Oyster Cracker | 0.25 | cup, crushed | 73.14 |
| Dinner | Green Giant, Simply Steam, Whole Green Beans | 1 | cup | 25 |
|  | Chicken Breast, Skinless | 3 | oz | 147.13 |
|  |  | 1 | cup, chopped | 6.9 |
|  | Sweet Potato, Baked | 1 | large | 211.5 |
|  | Honey Ginger White Balsamic Vinegar | 1 | Tbsp | 30 |
| snack | Barbara's Bakery, Fig Bars, Raspberry | 1 | each | 59.12 |

Day 2

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|  |
| Breakfast | Coffee, Prepared from Instant | 1.25 | short - each 8 fl oz | 10.59 |
|  | Half and Half, Fat Free | 2 | oz | 33.45 |
|  | Cereals ready-to-eat, Quaker, Oatmeal Squares | 1 | cup | 212.24 |
|  | Milk, 2% Fat, Reduced Fat | 1 | cup | 122 |
|  | Yogurt, Fruited, Low fat | 1 | container - each 4 oz | 115.67 |
|  | Apple, Fresh, With Skin | 1 | medium - 3" diameter | 94.64 |
| Lunch | Turkey and Swiss Roller, Kirkland, Costco | 1 | roll | 122 |
|  | Kiwi Fruit, Green | 1 | each - 2" diameter | 42.09 |
| Training snack | Barbara's Bakery, Fig Bars, Raspberry | 1 | each | 59.12 |
|  | Mixed Nuts, with Peanuts, Dry Roasted, Salted | 1 | oz | 172.08 |
| Dinner | Salmon, Smoked | 1 | cup | 287.16 |
|  | Rice, White, Long-Grain, Regular, Enriched, Cooked | 1 | cup | 205.41 |
|  | Tesco, Asparagus & stem Broccoli | 1 | × 1/2 Pack | 29.45 |
|  | Dole, Salad Mix, Field Greens | 1 | × 1.50 Cup | 20 |
|  | Honey Ginger White Balsamic Vinegar | 1 | Tbsp |  |

Day 3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Description | Amount | Unit | Calories |
| Breakfast | Coffee, Prepared from Instant | 1.25 | short - each 8 fl oz | 10.59 |
|  | Half and Half, Fat Free | 2 | oz | 33.45 |
|  | Omelet, with Dark Green Vegetables | 1 | 2 egg whites | 137.51 |
|  | Wheat Bread | 1 | l slice | 117.82 |
|  | Pear, Raw | 1 | medium - | 101.46 |
| Lunch | Chicken of the Sea, Infusions Wild Caught Tuna, Lemon & Thyme | 1 | cup | 140 |
|  | Oyster Cracker | 0.25 | cup, c | 73.14 |
|  | Bananas, Raw | 1 | medium | 105.02 |
| Training snack | Peanut butter | 0.5 | × 100 grams | 195.5 |
|  | White Whole Grain Wheat Bread | 2 | medium slice | 171.36 |
| Dinner | Chicken casserole, homemade | 4 | oz | 71.44 |
|  | Corn dog | 1 | each | 195.19 |
|  | Dole, Salad Mix, Field Greens | 1 | × 1.50 Cup | 20 |
|  | Kraft, Ranch Dressing | 1 | tbsp | 61.34 |
| Snack | Barbara's Bakery, Fig Bars, Raspberry | 1 | each | 59.12 |
| snack | Bear Naked, Granola, Fruit & Nut | 0.25 | cup, whole pieces |  |

