

Your Name & Phone # Here!

Metabolic Recommendation

The focus of the Lifestyle Counseling Program is to teach you how to eat whole healthy natural real food from supermarkets or restaurants for you to achieve your medical and nutritional goals and increase the quality of your life based on your food preferences and budget. Your nutrition program is a sliding scale based on your metabolism, height, weight, sex, age and your activity level. Our focus is to teach you how to balance your blood sugars properly throughout the day **WITHOUT FOOD WEIGHING, COUNTING CALORIES, POINTS OR GRAMS**. Each nutritional session will provide you with the detailed names of specific foods, shopping lists and goals to assist you in making long-term lifestyle modifications based on your food preferences and lifestyle.

We will be provide step by step guidelines to incorporate healthy foods, simple recipes and food combinations throughout the day to show you how and what to eat at home, in restaurants, social occasions and while traveling. Eventually, you will have the skills and knowledge to intuitively eat healthier in real life situations.

Caloric Energy Equation

Basal Metabolic Rate (BMR)	1842
The number of calories burned by your Lean Body Mass in a 24 hour period at complete rest.	
Specific Dynamic Action of Foods (SDA)	184
The number of calories required to process and utilize consumed foods.	
Resting Energy Expenditure (REE)	2026
The sum of BMR and SDA. This represents the number of calories your body requires in a 24 hour period at complete rest.	
Activities of Daily Living (ADL)	405
This is the approximate number of calories burned by your body during normal daily activities.	
Calories Burned by Exercise	212
The number of calories burned by the exercises you selected. Also included is the level and intensity of your activities.	
Total Caloric Requirements:	2643
Weight Loss Program	-1086
The caloric deficit required to achieve weight loss of approximately 2.2 lbs per week.	
Recommended Caloric Intake	1557
