

**Client: XIAOBEI ZHANG**

Age: 31

Height: 160 cm

Weight: 56 kg

Goal: Lose (Reduce fat, build muscle & core strength)

**Activities:**

1. Strength training: 2-3 x week for 1.5 hours each
2. Running: 10 km 3 x week
3. Cardio: 1-2 x week 30 minute elliptical or stair master
4. Hike: 3-4 x week 8-9 km each

**Dietary Goals:** Calories per day: 1750 (25% protein, 25% fat, 50% carbohydrate)

**Dietary changes:** Begin eliminating as much processed sugar from diet. Only whole fruit and other natural, whole, organic food items with their fiber content.

**Eliminate** all fruit juices and bottled beverages except water

**Avoid** baked goods such as cookies, cakes, pies, etc as they combine processed sugars with white flour (carbs)

**Recommended foods to eat:**

Proteins: Eggs, yoghurt, milk, white fish, tuna, salmon, chicken, beef, shrimp, scallops

Protein/fats: Cheese & Nuts (almonds, macadamia, sunflower, pumpkin, pistachio)

Fruit: Watermelon, fresh young coconut, pineapple, mango, guava, raisins, dates, prunes, figs, citrus fruit

Legumes: Chick peas (chick pea salad, hummus), lentils, green beans, soy beans, mung beans (green & red)

Carbs/Starch: Pumpkin, wild-rice blends, sweet potato, kitchari, multigrain fried rice, oats, barley

Vegetables: Green leafs, green stalks, cabbages, beets, tomatoes, carrots, cauliflower, kale, mushrooms, pea pods, edamame, cucumber, avocados, sprouts,

Oils/fats: Butter, olive oil, coconut oil, avocado oil

Vegetable juices: Blended with supplements if desired (protein, vitamins, enzymes)

