

Many people ask me to create a sound nutrition plan for them to follow. As I take into account their specific goals, body type and health concerns, it is easier when I am familiar with the foods that they actually **DO** like to eat. For example, if I tell someone to eat fish and broccoli, and they hate fish and broccoli, well, let's explore other options. Please fill out this form with the foods you enjoy eating **BEFORE** asking me for any nutritional recommendations.

SOME HEALTHY SUGGESTIONS

LIST ALL THE FOODS THAT YOU ENJOY EATING

List All Grains, Vegetables, Fruits, Dairy, Beverages, Desserts

Everything That You Like

FATS

Avocado

Walnuts / Almonds

Peanut butter

Egg Yolks

Olive Oil

PROTEINS

Fish including Tuna

Meats including Chicken

Egg-whites

Low-fat cottage cheese (in moderation)

Protein Powder

CARBOHYDRATES

Oatmeal

Ezekiel bread

Fruits including Apples, Pears, Grapefruit etc.

Strawberries, Blueberries

Vegetables including Yams, Asparagus, Spinach

Beans

Yogurt

Quinoa*

Brown Rice

LIST ALL HEALTH ISSUES YOU HAVE THAT A MODIFIED DIET MAY AFFECT.

PLEASE WRITE YOUR NAME, EMAIL ADDRESS AND PHONE NUMBER (OPTIONAL)

SO THAT I MAY REACH YOU IF I HAVE ANY QUESTIONS