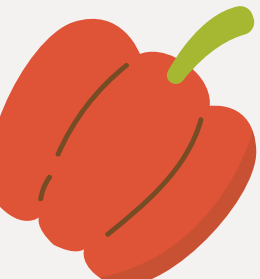
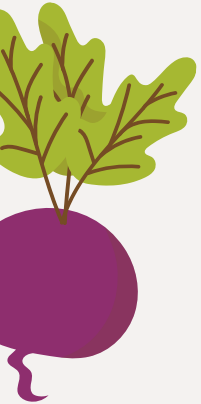




THE  
*Aesthetics*  
Lounge and Spa  
St. Joseph, Michigan

# FOOD GUIDE

An evidence-based  
guide to a sustainable  
weight loss



(269) 429-7368

# Overview

**Welcome to the weight loss program** at the Aesthetics Lounge and Spa in St. Joseph. We are dedicated to support your wellness journey with evidence-based weight loss methods. We understand that achieving your goals requires commitment and dedication, and we're here to guide you every step of the way.

Our program is designed to empower you with the tools and knowledge necessary to achieve sustainable results. We prioritize evidence-based practices because your health and well-being are our top priorities. By focusing on scientifically proven methods, we aim to ensure that your weight loss journey is both effective and safe.

Our commitment to you is to provide unwavering support and guidance. This journey is about achieving sustainable results, not quick fixes. Trust our support and guidance as you embrace healthy habits. Remember, every step forward is a win.

We will help you adopt healthy habits, and embrace a positive mindset. Trust the process, stay committed, and know that every effort you make brings you closer to your desired goal.

Your journey towards a healthier  
**YOU** begins now!



# Tips to Remember

1. Remember, the first 30 days will be new and hard. While this plan is SIMPLE, that does not mean it's EASY. Just because this feels cumbersome now, does not mean it always will.
2. Do not overthink the macronutrients (protein, fat, & carbs). By measuring fat portions, you will find you can eat more food. Fat has more calories per gram, so serving sizes are more difficult to manage. Protein will help you stay full. By limiting fat and promoting carbohydrates, you will be able to consume a lot of fruits and vegetables; this also keeps you full AND provides you with a ton of nutrients.
3. Plan as best you can for normal days so you have more flexibility on special occasions.
4. Find snacks that help curb your cravings.
5. Make water your first beverage of choice and if your urine is dark yellow, drink more.
6. If you feel you made “bad” choices one day, do not punish yourself the next day. Just get back to the foods that you know make you feel good. There are no “slip ups” or “punishments” during this program.
7. While some say breakfast is the most important meal of the day, many of us workout later in the evenings. That said, it is permissible to eat a light breakfast. Eat more if you are still hungry though.



# Evidence Based Nutrition



During this program we are going to focus on the evidence. Extreme diets are not sustainable and negatively impact your health. If you have weight to lose, you will have to burn more calories than you consume. Our bodies are amazing machines. In order to get the most nutrients in our diet, we need to eat lots of plant-based and nutrient dense foods.

## What steps can I take to achieve success?

Track calories & protein daily.

We tend to underestimate our portions and over estimate our exercise. We blame age & hormones, but we lose muscle & decrease activity as we age. Protein helps keep us full and retain muscle as we lose weight.



Movement or exercise will increase your metabolism & promote health as well as better sleep. Strength-training will make your body burn more fat naturally. Find an exercise you like and focus on that.

**PRIORITIZE SLEEP!** By getting 7-8 hours of sleep per night, you will stop munching, sabotaging all your hard work during the day. Whatever time you need to get up, count 7-8 hours back from there and stop eating . AND turn off your devices one hour before bed.



## Getting Started

Download a fitness tracking app (My Fitness Pal)

Purchase a food scale that has grams and ounces

Make sure you have measuring cups and spoons

Set goals for 35% protein, 20% fat & 45% carbohydrates, i.e., if the app tells you to eat 1600 calories, this gives you about 140g of protein, 36g of fat, & 180g of carbohydrates

Play with app and input all food for at least your first 2 days. This practice will help you plan meals and groceries

Evidence shows 150 mins of moderate exercise or 75 mins of vigorous exercise per week. We recommend a combination of cardiovascular activity & resistance training as this will increase metabolism and prevent injury

# Food Guide



Refer to the guide above to learn which foods offer specific macronutrients. This will help you plan meals & snacks. In general, shoot for half of your plate to be vegetables during most meals. You will feel full and get a ton of fiber and vitamins.

1. If a meal is heavier on the fat side, that will have more calories.
2. If it is lower in protein, you may not stay full for long.
3. After a workout, you will need to refuel with fruit/protein.
4. Protein bars and shakes are very helpful when you are busy. Make a shake loaded with fruits and vegetables, along with a protein powder, this will help you consume more nutrients.

**Questions? Text or Call us (269) 429-7368**