



Pantry Project

By Travis Pullan
University of Mount Olive



Client Information

51 year old female (married living with husband)

5'7" / 153 lbs

BMI: 24

$$\text{BEE} = [354 - (6.91)(51) + 1.45 \times [(9.36)(70)] + (726 + 67)]$$

1744 EER

Risk Factors: NONE

Personal Food Log

~ 3000 kcals (may vary based off of BMR rates x EER)

Client attempts to avoid snacking with natural source of snacks if needed and feed off of nutrient dense whole food induced meals throughout the day.

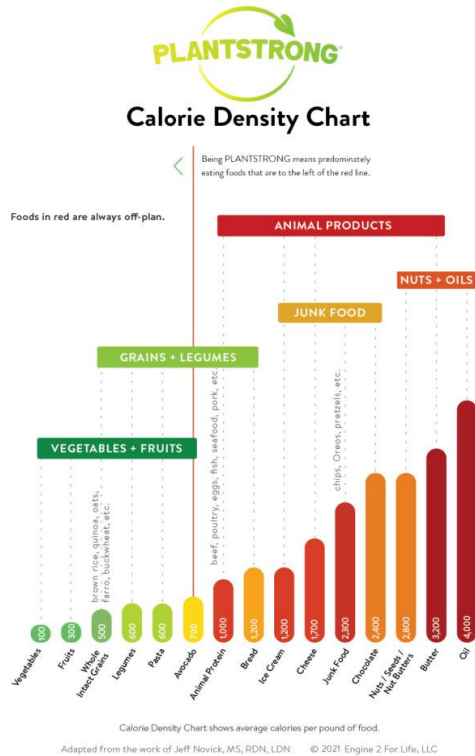
High Protein

Low Carb

Regulated Fats

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Breakfast							
The Little Potato Company - Dynaimc Duo Creamer Potatoes, 130 g	87	19	0	3	0	3	⊖
Scrambled Eggs - Eggs Hotel, 150 gram	252	5	16	16	80	0	⊖
Pure Protein - Pure Protein (Peanut Butter), 1 bar	190	17	7	20	200	8	⊖
Chef Robert Irvine's - Chocolate Peanut Butter Protein Bar, 1 bar	190	14	8	16	200	3	⊖
Add Food Quick Tools	719	55	31	55	480	14	
Lunch							
Pure Protein - Pure Protein (Peanut Butter), 1 bar	190	17	7	20	200	8	⊖
Quaker - Everything Rice Cake, 2 cake (12g)	100	18	3	1	130	0	⊖
The Little Potato Company - Dynaimc Duo Creamer Potatoes, 130 g	87	19	0	3	0	3	⊖
Cooked - Chicken Breast, 180 grams	297	0	6	56	133	0	⊖
Salata - Spring Mix, 2 cups	16	3	0	1	71	0	⊖
Green bean, 1 cup	31	7	0	2	6	3	⊖
Add Food Quick Tools	721	64	16	83	540	14	
Dinner							
Add Food Quick Tools							
Snacks							
Cooked - Chicken Breast, 180 grams	297	0	6	56	133	0	⊖
Green bean, 1 cup	31	7	0	2	6	3	⊖
Salata - Spring Mix, 2 cups	16	3	0	1	71	0	⊖
Add Food Quick Tools	344	10	6	59	210	3	
Totals	1,784	129	53	197	1,230	31	
Your Daily Goal	2,537	285	57	222	2,300	100	

Diet Analysis



Client currently shows very good understanding of proper nutrition, therefore small touches can be made to improvement and not necessarily require to create a huge new shift to daily lifestyle.

More advanced adjustments can now be made to introduce vitamin & mineral percentages.

Diet Recommendations

Wanting to increase intake of certain vitamins and minerals, introduce more variety of micronutrients

Client has a strong current foundation, going to increase calories to near range in the 2000 - 3000 kcal area.

SUPPLEMENTS:

Vitamin D3 (13% of DRI off of 5 day log)

Meals will begin to look more diverse.

Ex. Cooked Chicken Breast (112g)
Quinoa (130g)
Kale sauteed (25g)
Cottage Cheese lowfat (75g)
Pepper, himalayan pink salt...

Adding in foods and different types of spice to introduce mineral density.

High Protein, Complex Carbohydrates, Leafy Greens and a protein induced fat source. Very well balanced meals with explosions of beneficial nutrients.

Snack Variety / Natural Sweetness

To treat snacking like a cheat in the diet we can incorporate natural sources of sweetness to the taste buds.

FRUITS, HONEY, or YOGURT...

Snack examples for Client:

170g Light & Fit Greek Yogurt

10g Honey

80g Frozen Fruit



New Food Plan

~Calorie Ratio for recovery / training (BMR @ ~1,342kcal)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
~3100 kcals rest/recovery	~2950 kcals	~2950 kcals	~2950 kcals	~2950 kcals	~2950 kcals	~3100 kcals
Low Carbohydrate Intake	High Carbohydrate Intake	Moderate Carbohydrate Intake	High Carbohydrate Intake	Moderate Carbohydrate Intake	High Carbohydrate Intake	Low Carbohydrate Intake

Nice to have an nutritionally advanced client to incorporate strategic macronutrient timing / ratios.

This is an example of a Carbohydrate Cycle I have constructed for my clients activity to fuel. High carb days are involved for training periods, practices (dragon boating / crossfit) and hikes etc... This is going to allow the body to really make use of the whole food sources of carbohydrate to fuel the muscles upon exercise. Not plenty of extra storage so it has a high quality glycogen storage to feed from.

Conclusion

MAIN GOALS:

Drop body fat percentage / Slowly build muscle or “tone out”

Improve Gut Health

Improve aerobic fitness

Thrive from whole foods, nutrient density and introduce mineral utilization. Will be supplementing Vitamin D to be at or above DRIs for vitamins. All in all this is a fun type of client to work with as they are already knowledgeable in the nutrition area and just need small adjustments / recompositions to work on.

Will be performing CrossFit x3 a week and Dragon Boating x2 a week. Occasional hikes on the weekend so calories will range based off of activity level, using an adjustable carbohydrate cycle to attempt to lean the body fat percentage out with a high protein intake and moderation of fats.

Data Analysis *Diet / Wellness* Reports

Have attached a PDF for the Intake vs Goals of a 5 day log