

A collage of health and fitness items surrounding a central text area. The items include a blue dumbbell (1.5KG), a green apple, an orange, a water bottle, a measuring tape, a pair of blue and yellow sneakers, a blue towel, a bunch of cherry tomatoes, a strawberry, blueberries, oats, crackers, and a bowl of green salad.

My D.R.E.S.S. Profile

Local Person

Created on **Apr 10, 2022**

Table of Contents Slide Number



D.R.E.S.S. Summary	3
My Diet Type	4
My Daily Portion Tracker	5
Focus Food List	6
Sample Meal Plan Template	7
Nutrition Tips	8
My Rest Rx	9
My Exercise F.I.T.T.	10
My Daily F.I.T.T. Tracker	11
My Stress Stage	12
My Supplement Type	13
My D.R.E.S.S. Routine	14

My D.R.E.S.S. Profile

My Info: Local Person

Age	25
Gender	Female
Height	5' 5"
Weight	125lbs
Activity Level	Low
Goal	Weight Sustain

Date: Apr 10, 2022

My Rest Rx Rating: Fair

Habits, Hygiene & Hormones to support Restoration Plan

My F.I.T.T. Rating:

Frequency, Intensity, Time, Type

F: 4-6x a week

I: 90% of workout in THR Zone

T: 40-60 min

T: Whole Body H.I.C.T.

My Diet Type: **Protien**

Proteins

7 servings

203g

45% daily intake

Carbs

5 servings

113g

25% daily intake

Fats

5 servings

60g

30% daily intake

Water (8oz glasses)

18 servings

½ body weight in ounces
Max 100 oz

My Stress Stage: Acute

Physical, Psychological, Spiritual Stress Mastery

My Supplement Type: GI

Helps prioritize supplemental support

Self Care Model: Focus on what you CAN do.

Diet. Rest. Exercise. Stress Mastery. Supplemental therapies.

My Diet Type

Preferred Intermittent Fasting Models:

- Step #1: 12:12 (5x a day)
- Step #2: Drop 1 Meal = 14:10
- Step #3: Drop 2 Meals = 16:8
- Step #4: Add 24hr. Fast = 1x a month

PROTEIN TYPE

P 45% C 25% F 30%

Preferred Fitness Macros:

- 50% Strength (30 min / 60 min)
- 30% Endurance (18 min / 60 min)
- 20% Flexibility (12 min / 60 min)

Food Responses: Protein Types typically crave rich, fatty foods such as pizza, sausages, and salty roasted nuts. If you are a Protein Type, chances are that you love food. You may not feel satiated after a snack and may often feel hungry, even after eating a large meal. When you have eaten too many carbohydrates, you tend to crave sugar. And once you start eating sugary foods, you want more and more and may find it difficult to stop. Sugar often causes you to feel jittery and will quickly make your energy levels drop.

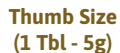
Weight Loss: Protein Types may have tried to lose weight by using extreme calorie-cutting methods, only to be unsuccessful—and feel miserable in the process. Protein Types cannot successfully lose weight by drastically decreasing calorie intake.

Energy: When Protein Types eat the wrong kind of food, they may notice energy problems—extreme fatigue or a wired “on edge” feeling. Eating often makes them feel better when they feel anxious, nervous, or shaky, but then they feel worse soon afterward. These cycles of energy ups and downs are definite signs of a mismatch between metabolism type and food consumption.

What Does a Protein Type Need? Protein Types need a diet high in proteins and fats and low in carbohydrates. But think balance—not the Atkins Diet! Protein Types can eat various carbohydrates in the form of some grains, fruits, and vegetables, as long as they are adequately balanced with proteins and fats. Because Protein Types metabolize food more quickly than other metabolism types (which is why they feel hungry all the time), heavier protein choices such as whole eggs, dark-meat poultry, beef, and dairy are essential for ideal meal planning. These foods have long been considered “unhealthy” because of their high fat content, but as you will learn in our Mastery Modules, saturated fat is not the cause of disease; refined carbohydrates, processed foods, and hydrogenated oils are to blame. Protein Types who do not eat heavy proteins with a high fat content will be hungry all day and struggle with their weight. Even worse, eating only carbohydrates at a meal or snack causes your blood sugar to spike and then drop quickly, which will leave a Protein Type feeling hungry, fatigued, and anxious as well as cause cravings for more carbohydrates shortly afterward.

“Must Dos” for Protein Types: Eat protein at every meal and with every snack. **PROTEIN PRO TIP:** **Make sure to eat your protein food FIRST!!** Eating protein—especially animal protein—at every meal and for snacks will help to control your blood sugar levels and leave you feeling satiated and steady throughout the day. Again, remember to listen to your body; pay attention to which meals and snacks leave you hungry or craving more. Eat small meals frequently or healthy snacks between meals. Protein Types need to eat often; otherwise, they’ll suffer from extremely low blood sugar levels. Going too long between meals (or snacks) also will create ravenous hunger, which in turn will cause overeating at the next meal—only to lead to lethargy and an uncomfortable feeling afterward. Avoid refined carbohydrates. Foods such as bread, crackers, and pastas—especially those made from wheat—can be extremely disruptive for Protein Types. Wheat breaks down into sugar faster than any other grain and causes the rapid release of large quantities of insulin. That is why sprouted whole grain bread products are most nutrient dense, recommended option. Avoid most fruits and fruit juices. Fruits are a wonderful, healthy food, but Protein Types need to be extra careful with their fruit selections. Some fruits are quickly converted to sugar in the bloodstream and cause extreme blood sugar fluctuations. The best fruit choices for Protein Types are apples and avocados (high in fiber and low in sugar). Some protein types may be able to eat more of these fruits than others.

Questions? Coach Chat Message in your Patient Portal

[illegible]

Focus Food List - PROTEIN TYPE

PROTEINS			CARBOHYDRATES			FATS	
Meat	Seafood	Dairy	Grains	Vegetables	Fruits	Nut/Seeds	Oil/Fats
High Purine: Liver & other organ meats Medium Purine: Grass Fed Beef Bison Buffalo Lamb Goat Pastured Pork Venison Nitrite / Nitrate Free Uncured Bacon Nitrite / Nitrate Free Sausage Dark Meat Pastured Turkey Dark Meat Pastured Chicken Dark Meat Quail <i>*Dark meat is from the leg, thigh & neck</i>	High Purine: Anchovy Herring Sardine Caviar / Roe Mussels Medium Purine: Mackerel Rainbow Trout Salmon Tuna Clam Crab Crayfish Lobster Oyster Scallops Shrimp <i>*Wild Caught is high preferred over farm raised</i>	Cheese Eggs Cottage Cheese Yogurt Kefir Sour Cream Cream Cheese <i>*Organic, pastured (grassfed), raw and cultured is best</i>	Oats Wild Rice Amaranth Brown Rice Corn (on the cob) Quinoa Buckwheat Couscous *Kamut Millet *Rye *Spelt <i>*Limit Gluten containing grains, SPROUTED grains are highly preferred.</i>	Low Glycemic: Celery Mushrooms Spinach Asparagus Cauliflower String beans Garlic Onions, Leeks Moderate Glycemic: Carrots Artichoke hearts Peas High Glycemic: White potato Winter squash Sweet potato Legumes: Kidney beans Black beans Navy beans Garbanzo beans Lentils Split peas <i>*Make sure to soak and rinse legumes</i>	Apple Pear Banana Avocado Olive Coconut <i>*Avoid fruit juices, canned fruits and citrus of all kinds</i>	Walnut Peanut Almond Cashew Brazil Pecan Chestnut Pistachio Coconut Hickory Macadamia Pumpkin Sunflower Sesame <i>*Soaking nuts & seeds in salt water then roasting them helps with digestion</i>	*Coconut Olive Sesame Sunflower Avocado Walnut Flax Seed Ghee Butter <i>*Only oil you can high heat above 250 degrees</i> Seasonings Unrefined sea salt Herbs Vinegars Sweeteners Raw honey Monk fruit Stevia Coconut sugar <i>*Use sparingly</i>

Sample Meal Plan - PROTEIN TYPE

Sunday

Breakfast

P - Scrambled eggs

C - Sautéed spinach + mushrooms

F - Bacon

Lunch

P - Baked chicken legs

C - Raw carrots, celery & cauliflower

F - Ranch yogurt dressing dip

Dinner

P - Herb Pecan Baked Salmon

C - Steamed green beans / Spinach salad

F - Olive oil, vinegar dressing

Snack

Cultured cottage cheese + green apple slices

Monday

Breakfast

P - 2 boiled eggs

C - Sprouted toast

F - Butter, Canadian bacon

Lunch

P - Tuna salad with celery & apple

C - Lentil soup

F - Olive oil mayo

Dinner

P - Turkey Meatballs

C - Steamed asparagus & Quinoa

F - Butter garlic sauce

Snack

Almond butter with celery slices

Tuesday

Breakfast

P - Chocolate whey or pea protein powder, dairy kefir or almond milk - Smoothie

C - Spinach

F - Avocado, almond butter

Lunch

P - *Herb Pecan Salmon

C - Raw carrots, celery & cauliflower

F - Ranch yogurt dressing dip

Dinner

P - Grilled grass fed burger

C - Fried Cauliflower rice with garlic & onion

F - Sesame oil (rice, avocado & cheese (top burger)

Snack

Full fat Greek yogurt with

Wednesday

Breakfast

P - Egg bacon muffins

C - Sautéed spinach + mushrooms (in muffins)

F - Cheese (top muffins)

Lunch

P - *Grilled grass fed burger

C - *Lentil soup

F - *Avocado & Cheese (top burger)

Dinner

P - *Baked chicken legs

C - *Steamed green beans / Spinach salad

F - *Olive oil, vinegar dressing

Snack

*Cultured cottage cheese + green apple slices

Thursday

Breakfast

P - *Chocolate whey or pea protein powder, dairy kefir or almond milk - Smoothie

C - *Spinach

F - *Avocado, almond butter

Lunch

P - *Tuna Salad with celery & apple

C - *Raw carrots, celery & cauliflower

F - *Ranch yogurt dressing dip

Dinner

P - *Turkey Meatballs

C - *Fried Cauliflower rice with garlic & onion

F - *Sesame oil (rice, avocado & cheese (top burger)

Snack

Turkey slices & Mashed potatoes

Friday

Breakfast

P - *Egg bacon muffins

C - *Sautéed spinach + mushrooms (in muffins)

F - *Cheese (top muffins)

Lunch

P - *Baked chicken legs

C - *Lentil soup with carrots

F - *Ranch yogurt dressing dip

Dinner

P - Roast beef

C - Steamed cauliflower, Spinach salad with mushrooms &

F - Bacon, Olive oil vinegar dressing

Snack

Almond butter with celery slices

Saturday

Breakfast

P - *Scrambled eggs

C - *Sautéed spinach + mushrooms

F - *Bacon

Lunch

P - *Philly cheese steak

C - *Sprouted grain bread, green apple slices

F - Melted cheese, butter

Dinner

OUT TO EAT!!

Snack

*Full fat Greek yogurt with berries

Nutrition Tips

- #1. Eat in a slow, relaxed state as much as possible
- #2. Chew food thoroughly (try putting utensil down in between bites)
- #3. Drink water, coconut water, herbal tea in between meals rather than with your meal
- #4. Add a tiny pinch of sea salt to half your water intake (electrolytes help absorption)
- #5. Choose 90% of your meals to be from your Focus Food list
- #6. Always consume your metabolically important food FIRST and COMPLETELY before eating the next food.
- #7. Stop eating when you first start to feel full (learn to listen to your body)
- #8. Choose highest quality foods available as much as possible: fresh, organic, pastured, non GMO, wild caught, etc.
- #9. Include RAW foods if tolerated based on your Diet Type (fruits, veggies, dairy, proteins)
- #10. Choose a meal prep method that works best for you! (Talk with your Coach at Get Started Session for methods)

My REST Rx

Rest Rx Rating: **FAIR**

Step 1 - Habits (Tips #2, #3, #5)

Step 2 - Hygiene (Tips #1, #4)

Step 3 - Hormones (My Restoration Plan)

My RESToration Plan

Try these strategies for these factors occasionally affect your quality and quantity of sleep. Talk with your Practitioner for specific supplement recommendations.

#1 Factor: Trouble Getting to sleep

(Try Tip #4, Brain dump (write everything down), Try Minerals supplement blend)

#2 Factor: Trouble Staying asleep

(Try Tip #5, 50-150 mg of 5 HTP as needed)

#3 Factor: Waking up tired or not refreshed

(Try Tip #2, Try Adrenal Adaptogen)

Quality Rest Tips

#1: Keep room cool, dark, quiet. Use ear buds or white noise, black out drapes and cool sheets. Unplug all devices/all screens.

#2: Establish a predictable sleep schedule. (10:00 pm - 6:00 am) is optimal for most people. *(The liver detox time is 1:00-3:00 am)*

#3: Avoid stimulants *(caffeine, strenuous exercise, desserts)* 2-3 hours before bedtime

#4: Try Epsom salt bath or foot soak or magnesium warm drink before bed *(Natural Calm dissolved in warm water)*

#5: Eat a small protein snack *(boiled egg, spoonful nut butter, small piece of chicken, almonds)* 30 minutes before bed *(helps to keep blood sugar stable during the night)*

My EXERCISE F.I.T.T.

My FITT Rating: ADVANCED	STRENGTH (+ADD Resistance) 15-20 Reps	ENDURANCE (Advanced Level) 5-7 min @ THR	FLEXIBILITY (Hold or Repeat for 25 sec.)
Frequency: 4-6x a week	Choose 1-2 exercises from STRENGTH. Choose 1-2 Exercise from ENDURANCE. Do them back to back and REST while doing 1 FLEXIBILITY exercise. Repeat this Circuit to match your Fitness Macro min. percentages. (approximately 6 circuits)		
Intensity: 90% of workout in THR Zone	<i>Dumbbells, Stretch Bands Ankle or Wrist Weights, Barbell, KettleBell, Medicine Ball, Weight Vest,</i> Plank & Push up Versions Bridge Versions Quadraplex Genie Sits Supermans Squat Versions Lunge Versions VSit Versions Pilates TRX Exercises	Walking Jogging / Running Elliptical Rowing Burpees Versions Jumps (Squat, Tuck, Plank) Mountain Climber Versions Jumping Jacks Versions Jumping Rope Rebounding Kickboxing Plyometrics Stepper	Child Pose Upward & Downward Dog Cat Cow Pyramid Pose Revolved Chair Triangle Standing Backbend Warrior 1 Warrior 2 Warrior 3 Twisted Wide Leg Triangle Half Seated Twist
Time: 40-60 min			
Type: Whole Body H.I.C.T.			
Fitness Macros <u>176</u> bpm THR <u>50</u> % Strength (<u>30</u> min / 60 min) <u>30</u> % Endurance (<u>18</u> min / 60 min) <u>20</u> % Flexibility (<u>12</u> min / 60 min)			

Pro Tips

- #1: FOCUS on **WHOLE BODY**, HICT (High Intensity Circuit Training) that incorporate all three fitness macros simultaneously with short rests.
- #2: **Workout nutrition** - Try a combination of FASTING workouts don't eat anything till AFTER you have exercised. This assumes you would be able to exercise in the morning. And FEASTING workouts sip on protein shake mixed with sugar free electrolyte blend like Ultima mixed in Coconut Water DURING exercise.

My Daily F.I.T.T. Tracker



How Often



How Strenuous



How Long



How To

Fitness Factors	FREQUENCY	INTENSITY	TIME	TYPE
Daily Numbers	—	—	—	—
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My STRESS STAGE

My Stress Stage: **ACUTE**

"There is no one like the God of Jeshurun who rides the heavens to help you ...The eternal God is your refuge and underneath are the everlasting arms." Deuteronomy 33:26-27

Stress Mastery Steps

#1 Physical - Eat 5 small meals a day, Light aerobic exercise, Schedule downtime, Get outside in sunshine, Take Adrenal Adaptogen and Vit. B complex with Vit.C, make sure to add electrolytes to water (either sea salt pinch or Ultima works!)

#2 Psychological - The Five A Strategy applies really well in this stage of stress. Have an OUTLET (a person) to process through these mental and emotional stressors

#3 Spiritual - Music & Worship are critical in this stage (quiet 1:1 & corporate) Faith Affirmations will fill your heart with truth during high stress.

Stress Mastery Tools

#1: Physically: Support sugar balance by not skipping meals - Stay active - Identify hidden physical triggers - Get some sunshine

#2: Mentally / Emotionally: Brain dump - Journaling - List making - Gratitude Board - Get your thoughts OUT - Counseling

#3: Spiritually: Daily Biblical Meditation - Prayer Time - Music & Worship - Identify Spiritual Stressors - Faith Affirmations

#4: FIVE A's of Stress Mastery MINDSET: Avoid / Alter / Adjust / Accept / Appreciate

#5: The FIVE D's of Stress Mastery LIFESTYLE: Diet / Downtime / Dumbbells / Devotions / Delegate

My Supplement Profile: **GI TYPE**

Schedule	Supplements	Dose	Sequence #	Titration	Notes
Water (upon rising)	Soil Based Probiotic	2 capsules	#3	<i>Start with 1 a day & increase to 2 wk 2</i>	Start Day 3
BREAKFAST Time:	Plant Enzymes Omega 3 + Vit. D Liquid MultiVit/Min.	1 capsule 1 softgel 2 TBL	#1 #4 #5	#1 <i>Start with 1 a day & increase to 2 a day, then 3 a day</i>	Start Day 1 Start Day 4 Start Day 5
Water (mid morning)					
LUNCH Time:	Plant Enzymes Omega 3 + Vit. D	1 capsule 1 softgel			
Water (mid afternoon)	Gut Healing Powder Formula	1 Scoop mix in water	#2		Start Day 2 - Could try mixing in Aloe Vera juice or unsweetened Coconut Water
DINNER Time:	Plant Enzymes	1 capsule			
Water (at bedtime)					

My D.R.E.S.S. Routine

Diet Type: Protien	Daily Portions: P <u>7</u> C <u>5</u> F <u>5</u> W <u>8</u>	Supplement Type Gl	Exercise FITT Advanced	Stress Mastery Acute	Rest Week Day: _____
Water	<input type="checkbox"/> _____glasses				Rise Time:
BREAKFAST <i>Time:</i>	<input type="checkbox"/> P: C: F: Meal Type: _____				
Water	<input type="checkbox"/> _____glasses				
LUNCH <i>Time:</i>	<input type="checkbox"/> P: C: F: Meal Type: _____				
Water	<input type="checkbox"/> _____glasses				
DINNER <i>Time:</i>	<input type="checkbox"/> P: C: F: Meal Type: _____				
Water	<input type="checkbox"/> _____glasses				Bed Time: