

A top-down view of various fresh ingredients arranged on a rustic wooden surface. The items include a head of green cabbage, a head of broccoli, a raw chicken leg, a large piece of raw red meat, three brown eggs, a whole silver fish, two pears, three red apples, a cantaloupe melon, an orange, a long leek, and a green zucchini. The text "My Meal Mastery Profile" is centered over the middle of the image.

My Meal Mastery Profile

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My Meal Mastery Profile

My Info

Age		Activity Level	
Gender		Goal	
Height		My Diet Type	
Weight		My Supplement Type	

My Numbers

BMI		BMR		Calorie Range	
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My Portions

Proteins	Fats	Carbs	Water (8oz glasses)
			½ body weight in ounces Max 100 oz

My Diet Type

Preferred Intermittent Fasting Models:

#1:

OR

#2:

P ____%

C ____%

F ____%

Preferred Fitness Macros:

_____ % Strength

_____ % Endurance

_____ % Flexibility

My Daily Portion Tracker



Inside Palm
(3-5 oz or 25g)



Cupped Hand
(15g net or 20g total)



Thumb Size
(1 Tbl - 5g)



Cup
(8 oz)

Macronutrients	PROTEINS	CARBS	FATS	WATER
Daily Portions				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Focus Food List -

TYPE

Sample Meal Plan - _____ TYPE

Schedule	Supplements	Sequence #	Titration	Notes
Water (upon rising)				
BREAKFAST Time:				
Water (mid morning)				
LUNCH Time:				
Water (mid afternoon)				
DINNER Time:				
Water (at bedtime)				

My Meal Mastery Profile

Diet Type: _____	Daily Portions: P __ C __ F __ W__	Supplements	Sequence #	Titration Schedule
Water	<input type="checkbox"/> _____glasses			
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			

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)

Mastery Coaching Options:

Chat Support / LIVE Group / Private 1:1

Coaching support is based on Membership Level (Basic, Plus, Complete) and can be changed, paused or deactivated at anytime and is delivered through our online platform Practice Better.

Chat Support

Unlimited Coach messaging is included with every Membership Level. Coaches check in weekly with members via chat, share documents and resources, send encouragement and reminders PLUS give guidance on a personalized protocol they created for you! Group chat with other Mastery members for additional accountability and support!

LIVE Group

***Mastery Mondays are offered LIVE each week for Plus and Complete members.** These group sessions are structured 60 min. opportunities to share progress, learn about a specific Phase topic, ask questions and leave motivated and inspired to start your week!*

Private 1:1


***Meet with your Coach 1x a month as you move through your Mastery Program.** These 60min. sessions offer highly customized lab interpretation, DRESS Protocols and high touch Coach support in addition to Chat and Group support for our **Complete** Members.*



Your Support TEAM

Virtual Coaching

****Schedule your Get Started Session Today!!**




DISCOVER YOUR NUTRITION SOLUTION

Email address

Password

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Programs

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Invoices & Billing

Protocols

Forms

Documents

Tasks

Request a session

Complete forms

Complete a task

Send a message

Log journal entries

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My Journals - June 30

FOOD & MOOD JOURNAL

0 entries

+

Add

LIFESTYLE JOURNAL

0 entries

+

Add

FL OZ

0 glasses

+

Add

[View entries](#)

My Programs

El Discovery Club Member Resource Library

Evergreen

0% completed

El Discovery Nutrition Course

Evergreen

0% completed

Meal Planning Guide

Evergreen

0% completed

[View all](#)

Pending Forms

You have 40 forms to complete.

Metabolic Type Quiz

Sent 2 days ago

✕ Not started

HIPAA Notice of Privacy Practices

Sent 2 days ago

✕ Not started

Coaching Agreement

Sent 2 days ago

✕ Not started

[View all](#)

Protocol Details

Upcoming Sessions

No upcoming sessions

[Request session](#)

Pending Tasks

You have 62 tasks to complete.

Lesson 5: My Get Started Plan Challenge

No due date

⋮

Lesson 4: Pantry Purge Challenge

No due date

⋮

Lesson 3: Hydration Challenge

No due date

⋮

[View all](#)

Log into your Member Portal from eurekaholisticnutrition.com - My Portal Button on Top Right. Bookmark that log in page for quick access.

[TOUR VIDEO](#)

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Better by Practice Better 12+

Reach your health goals

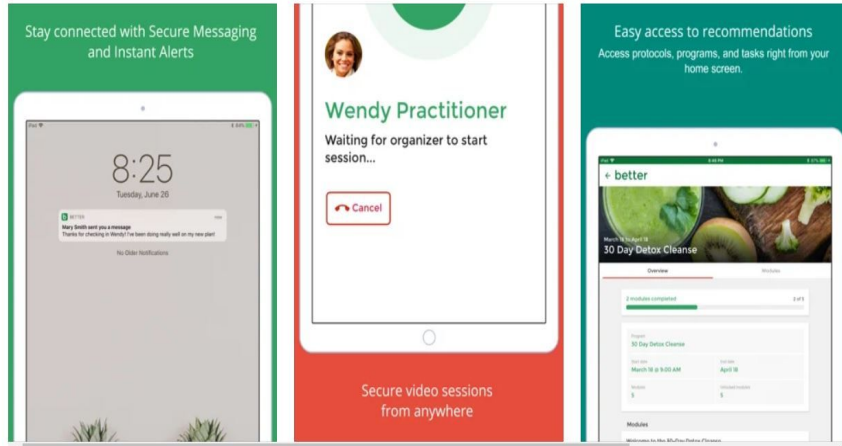
Green Patch Inc.

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Screenshots [iPad](#) [iPhone](#)



On the go access to:

- Phase Guide
- Mastery Modules
- Member Resource Library
- Coaching Sessions
- DRESS Protocols
- Lab Test Results
- Coach Chat Support
- Journal Tracking Tools
- Supplement ordering
- Your Wellness Targets
- Session notes
- Tasks and reminders
- Your Support Community!!



Join our FACEBOOK COMMUNITY!!!

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Nutrition & Holistic Health Tips

Community of Support

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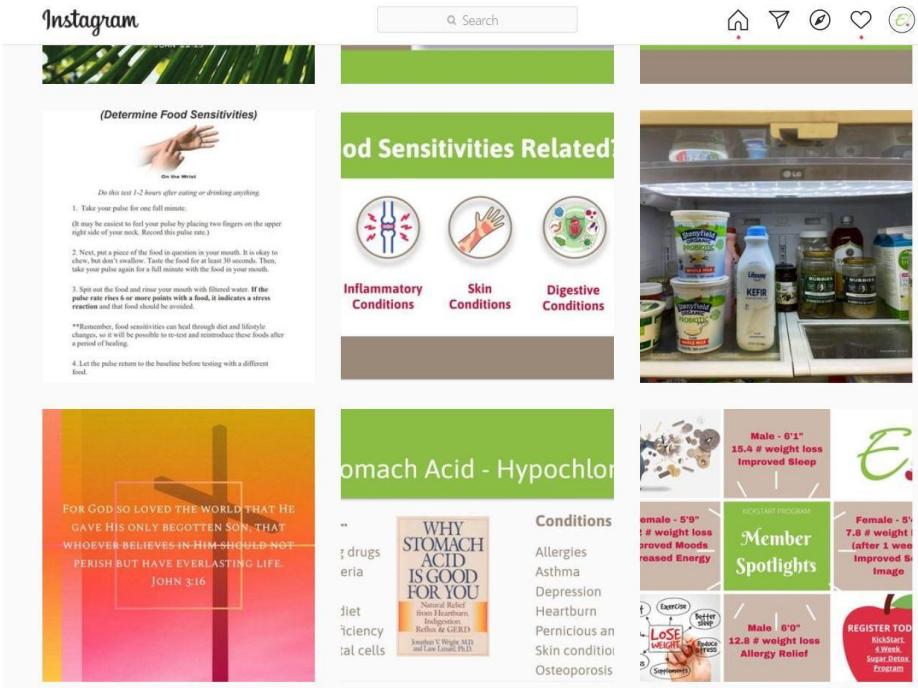
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Functional Diagnostic Nutrition & Holistic Health Coaching

BRIDGES the gap between symptom based, conventional medicine and root cause based, functional medicine to achieve lasting weight MASTERY by rebuilding metabolic health.

Our opt in, self care model works in partnership with you and your physician to provide a customized TEAM approach.

Let's Get Started!



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