

A collage of health and fitness items arranged around a central dark grey rectangle. The items include: a blue dumbbell with '1.5KG' written on it, 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 bunch of green leafy vegetables.

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

human person

Created on **Apr 09, 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: **human person**

Date: **Apr 09, 2022**

My Diet Type: **Mixed**

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

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 Supplement Type: **GI**

Helps prioritize supplemental support

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

Self Care Model: Focus on what you CAN do.

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

My Diet Type

Preferred Intermittent Fasting Model:

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

MIXED TYPE

P 45% C 25% F 30%

Preferred Fitness Macros:

- 40% Strength (24 min / 60 min)
- 40% Endurance (24 min / 60 min)
- 20% Flexibility (12 min / 60 min)

Food Responses: A Mixed Type requires an equal balance of proteins, carbohydrates, and healthy fats, and including variety in the everyday meal plan is essential. Of the three metabolism types, this one is actually easiest to manage, because the food choices are greater. Some meals may resemble those for Protein Types, and some may resemble those for Carb Types; some may have features of both.

Weight Loss: The appetite of a Mixed Type tends to vary greatly throughout the day—hungry at meals but not in between; ravenous at times and no appetite at others. Of course, these responses depend on what foods have been eaten that day. Mixed Types generally don't suffer from cravings. However, like the other types, Mixed Types who eat too much sugar or carbohydrates may develop strong sugar cravings and weight gain results.

Energy: Mixed Types must incorporate high-fat and low-fat proteins as well as high-starch and low-starch carbohydrates into their meal plans to feel energetic throughout the day. If you are a Mixed Type, familiarize yourself with the requirements of both types to find your perfect balance. A Mixed Type may be more of a Protein Mixed Type or a Carb Mixed Type—in other words, have more qualities of one type than the other.

What Does a Mixed Type Need? The only way to truly figure this out is by trial and error: by paying close attention to responses to each meal and then determining which foods make you feel good and energized and which foods leave you feeling hungry, fatigued, cranky, or craving more. Finding the right balance of proteins, carbohydrates, and fats is the key to losing weight, feeling great, and achieving optimal health.

"Must Do's" for Mixed Types: Try starting your meal with a high quality protein and fat together with your vegetable or complex carb to follow. For example, aim for equal portions of protein (meat) and vegetables with a quarter of your meal from fat. Don't snack on fruit. Use fruit as a dessert. Always include a protein source for your breakfast. A heavy carbohydrate breakfast is not a good way to start the day for mixed types. Beware of gluten. Mixed types have a higher tendency to not metabolize gluten well.

Questions? Coach Chat Message in your Patient Portal

[illegible]

Focus Food List - MIXED TYPE

PROTEINS			CARBOHYDRATES			FATS	
Meat	Seafood	Dairy	Grains	Vegetables	Fruits	Nut/Seeds	Oil/Fats
Light meats Chicken breast Cornish hen Turkey breast Lean pork Ham 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>	Light Fish Catfish Cod Flounder Haddock Halibut Perch Sole Trout Tuna, white High Purine Anchovy Herring Sardine Caviar / Roe Mussels Medium Purine Mackerel Rainbow Trout Salmon Clam Crab Crayfish Lobster Oyster Scallops Shrimp <i>*Wild Caught is high preferred over farm raised</i>	Cheese Cottage Cheese Cream Cheese Eggs Ghee Kefir Sour Cream Yogurt <i>*Organic, pastured (grassfed) , raw and cultured is best</i>	Whole Grains Amaranth Barley Brown Rice Buckwheat Corn Couscous *Kamut Millet Oat (gluten free kind) Quinoa Rice *Rye *Spelt *Wheat <i>*Limit Gluten containing grains. SPROUTED grains highly preferred.</i>	Low Glycemic: Broccoli Brussel Sprouts Cabbage Chard Collard greens Garlic Kale Leafy Greens Onion Parsely Peppers Scallions Sprouts Tomato Watercress Moderate Glycemic: Carrots Artichoke hearts Peas Beet Corn Okra Parsnip Radish Summer Squash Turnip Zucchini High Glycemic: White potato Sweet potato/ Yam	Low Glycemic Apple Berries Cherry Dried Apricot Grape Grapefruit Kiwi Muscadine Oranges Peach Plum Legumes Use Sparingly Dried beans Dried peas Lentils <i>*Make sure to soak and rinse legumes</i>	Almond Brazil Cashew Chestnut Coconut Hickory Macadamia Peanut Pecan Pistachio Walnut Pumpkin Sunflower Sesame <i>*Soaking nuts & seeds in sea salt water then roasting them helps with digestion</i>	*Coconut Butter Ghee Olive Sesame Sunflower Avocado Walnut Flax Seed <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 - MIXED TYPE

Sunday

Breakfast

P - 2 Turkey Sausage links and a Boiled Egg

C - Tomato slices & baby spinach

F - Olive oil drizzled over with sea salt and herbs

Lunch

P - Turkey Burger served with

C - Apple slices, and topped with Lettuce, tomato, red onion, sauteed mushrooms and

F - Raw milk cheese & avocado

Dinner

P - 4 oz. Baked Wild Caught Salmon with herbs

C - Baked Acorn Squash with orange juice and cinnamon

F - Butter melted over fish and squash

Monday

Breakfast

P - 3 Egg Omelet

C - Veggies

F - Raw milk or organic cheese, bacon

Lunch

P - Organic roast beef or turkey or ham slices

C - Romaine Lettuce pieces filled with meat and sliced tomatoes, mushrooms, onions + Pear Slices

F - Cheese, olives and avocados

Dinner

P - Grass fed burgers (med rare)

C - Steamed broccoli & cauliflower

F - Avocado and cheese butter used to top Broccoli & Cauliflower

Snack

Tuesday

Breakfast

P - 2 Boiled Eggs and 3 oz. leftover Salmon

C - Topped with sauteed mushrooms and green onions. Cantaloupe slices or fresh fruit in season

F - Topped with olives and feta cheese crumbles

Lunch

P - Turkey slices

C - Spinach salad with cucumber, tomatoes + Apples

F - Olive oil, vinegar dressing

Dinner

P - Cornish Hen roasted

C - Wild Rice and Steamed Asparagus + Salad

F - Butter, and Olive oil vinegar salad dressing

Wednesday

Breakfast

P - 2 Turkey Sausage links

C - Gluten free sprouted Oatmeal

F - Topped with coconut oil, walnuts + cinnamon

Lunch

P - *Chicken Tortilla Soup

C - Veggies in soup + Pear or Apple slices

F - Cultured Sour Cream to top soup and Raw Milk Cheese

Dinner

LEFTOVERS

Snack

Cultured Cottage Cheese + Fresh pineapple

Thursday

Breakfast

P - *Protein shake

C - Berries + Banana +Spinach

F - Frozen avocado pieces + ground Flax/Chia seeds

Lunch

P - Turkey slices

C - Sprouted or Gluten free bread + Salad

F - Olive oil dressing, Cheese Slices

Dinner

P - Broiled Halibut steaks

C - Roasted seasonal vegetables

F - Olive oil and butter

Snack

Nuts + Raisins

Friday

Breakfast

P - 3 Egg Omelet

C - Veggies

F - Raw milk or organic cheese, bacon

Lunch

P - *Chicken Tortilla Soup

C - Veggies in soup + Pear or Apple slices

F - Cultured Sour Cream to top soup and Raw Milk Cheese

Dinner

P -

C - Roasted herbed fingerling potatoes

F - Butter

Snack

Greek Yogurt + Frozen Berries

Saturday

Breakfast

P - 3 slices of Uncured Nitrite, Nitrate free Bacon

C - Gluten free or Sprouted toast + ½ Grapefruit

F - Top toast with Almond Butter

Lunch

P - *Chicken Salad

C - Butter Lettuce, Tomato served with Pear Slices

F - Avocado Mayo, Cultured sour cream, Bacon

Dinner

OUT TO EAT!!

Snack

Carrots + Hummus

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>40</u> % Strength (<u>24</u> min / 60 min) <u>40</u> % Endurance (<u>24</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: Mixed	Daily Portions: P 7 C 5 F 5 W 8	Supplement Type GI	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: