



Nicole Zapoli's

PHASE 1: NUTRITION SUMMARY



PHASE 1 First Steps In A Nutshell:

- Protein - 1g/#bwt/day
- Water - 0.5oz/#bwt/day
- Do not drink a lot of water within 20-30 min of meals
- Food Quality - Improvements can be small changes that make a big impact
- Food prep/planning
- Do not create emotion around being 100% compliant
- Food profile of 90/10 creates resiliency to foods and reminder of why high food quality

Example: rice cracker, almond butter, organic chicken vs. white bread, peanut butter, deli chicken

- Emotion - There will be changes in energy and emotion based on food changes, and awareness of those changes
- Tracking food profile creates higher compliance to the prescription by creating awareness
- It is your responsibility to make the changes and own it with food profile tracking
- The goal is long term approach in which small change creates large change over time