

THE
Aesthetics
Lounge and Spa

FOOD GUIDE



AN EVIDENCE BASED GUIDE TO
A SUSTAINABLE WEIGHTLOSS!

OVERVIEW

Welcome to the Weight Loss Program! At The Aesthetics Lounge and Spa, we are dedicated to supporting your wellness journey with evidence-based weight loss methods. We understand that achieving your goals requires commitment and dedication, and we're here to guide you every step of the way.

Our program is designed to empower you with the tools and knowledge necessary to achieve sustainable results. We prioritize evidence-based practices because your health and well-being are our top priorities. By focusing on scientifically proven methods, we aim to ensure that your weight loss journey is both effective and safe.

Our commitment to you is to provide unwavering support and guidance. This journey is about achieving sustainable results, not quick fixes. Trust our support and guidance as you embrace healthy habits. Remember, every step forward is a win.

We will help you adopt healthy habits, and embrace a positive mindset. Trust the process, stay committed, and know that every effort you make brings you closer to your desired results. We'll support you in achieving your wellness goals while promoting a positive and encouraging environment at The Aesthetics Lounge and Spa Raleigh.

Your journey towards a healthier you starts now!

- 1. Understand how to eat a sustained diet**
- 2. Exercise and move to promote health**
- 3. Protect your sleep**

EVIDENCE BASED NUTRITION

During this program we are going to focus on the evidence. Extreme diets are not sustainable and negatively impact your health. If you have weight to lose, you will have to burn more calories than you consume. Our bodies are awesome machines! However, in order to get the most nutrients in our diet, we need to eat lots of plants and nutrient dense foods.

During this program, you should track calories and protein daily. We tend to underestimate our portions and over estimate our exercise output. We blame age and hormones, but we lose muscle and decrease activity as we age. Protein helps keep us full and retain muscle as we lose weight.

Movement, or exercise, will increase your metabolism and promote health as well as better sleep. Strength training will make your body burn more fat naturally. Find an exercise you like, and focus on that.

PRIORITIZE SLEEP! By getting 7-8 hours of sleep per night, you will stop munching, sabotaging all of your hard work during the day. Whatever time you need to get up, count 7-8 hours backwards from that, and stop eating (unless refueling post workout) AND turn off your devices one hour before bed.

GETTING STARTED + PLANNING

1. Download a fitness tracking app (My Fitness Pal)
2. Purchase a food scale that has grams and ounces
3. Make sure you have measuring cups and spoons.
4. Set your goals for 35% protein, 20% fat and 45% carbohydrates. For example, if the app tells you to eat 1600 calories, this gives you about 140g of protein, 36g of fat, and 180g of carbohydrates.
5. Play with the app and input all food for at least your first 2 days. While you are doing this, it will also help you to plan meals and groceries.
6. Plan when you will exercise! Evidence recommendations are 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week. Find what you like, and plan for it. We highly recommend a combination of a cardiovascular activity you enjoy AND resistance training as this will increase your metabolism and prevent injury and disease long term. However, as you are getting started, focus on what you ENJOY the most. Do not make exercise a punishment to yourself.

TIPS TO REMEMBER

1. Remember, the first 30 days will be new and hard. While this plan is SIMPLE, that does not mean it is EASY. Just because this feels cumbersome NOW, does not mean it always will.
2. Do not overthink the macronutrients (protein, fat, and carbs). They are simply more tools to help you. By measuring fat portions, you will find you can eat more food. Fat has more calories per gram, so serving sizes are more difficult to manage. Protein will help you stay full. By limiting fat and promoting carbohydrates, you will be able to consume a lot of fruits and vegetables; this also keeps you full AND provides you with a ton of nutrients!
3. Plan as best you can for normal days so you have more flexibility on special occasions.
4. Find snacks that help curb your cravings!
5. Make water your first beverage of choice and if your urine is dark yellow, drink more!
6. If you feel you made "bad" choices one day, do not "punish" yourself the next day. Just get back to the foods that you know make you feel good. There are no "slip ups" or "punishments" during this program.
7. While some say breakfast is the most important meal of the day, many of us workout later in the evenings. I am giving you permission to eat a light breakfast. Eat more if you are still hungry though!



FOOD GUIDE

		Protein			
Carbs		Low/Non Fat Cheese Low/Non Fat Yogurt		Fats	
Breads	Fruit	Beans	Egg Whites	Whole Eggs	Oils
Rice	Vegetables	Quinoa	Turkey	Chicken Thighs	Nut Butter
Potatoes	Syrup	Yogurt	Deli	Chia Seeds	Butter
Noodles	Honey	Milk	Meat	Bacon	Fish oils
Corn		Ice cream	Flank Steak	Nuts	Egg yolks
English Muffins		Peas	Sirloin	Hamburger	Any oils
Pancakes			Canadian Bacon	Whole Fat Cheese	Lard/Ghee
Waffles			Chicken Breast	Whole Fat Yogurt	Olives
Oatmeal			Whey Protein	Salmon	Coconut
			Low/Non Fat Yogurt		Avocado
			Tuna		

USE THE ABOVE GUIDE TO UNDERSTAND WHAT FOODS WILL PROVIDE WHAT MACRONUTRIENTS. THIS WILL HELP YOU PLAN MEALS AND SNACKS. IN GENERAL, SHOOT FOR HALF OF YOUR PLATE TO BE VEGETABLES DURING MOST MEALS. YOU WILL FEEL FULL AND GET A TON OF FIBER AND VITAMINS!

1. If a meal is heavier on the fat side, that will have more calories.
2. If it is lower in protein, you may not stay full for long.
3. After a workout, you will need to refuel with fruit/protein.
4. Protein bars and shakes are very helpful when you are busy. Make a shake loaded with fruits and vegetables, along with a protein powder, this will help you consume a ton of nutrients.