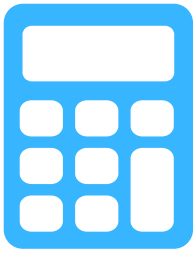
REVISED

Personalized Protein Plan

There was a typo in the BMR equation!
Sorry for any confusion this caused.
This version contains the correct numbers.

To make your calculations a breeze, ask for the **spreadsheet** I created that will:

- calculate your BMR
- adjust for your activity level
- calculate the caloric needs
- calculate your macros
- factor in a deficit if fat loss is desired



About Me

Hey there! I'm an experienced naturopathic doctor with over 15 years of experience. I practice in an evidence-based manner and understand the downfalls of alternative medicine. I experienced them firsthand, both as a patient and as a practitioner. Now that I know better, I am on a mission to separate science from "snake oil" – because when we know better, we can do better!

I have the luxury of time and space for important, educational conversations that empower individuals to take meaningful action and change the trajectory of their health. I am both an advocate for my patients and an ally to their family doctors and specialists. Welcome to integrative care with integrity. No woo, no wacky diets, and definitely no detoxes.

I am based in Collingwood, Ontario. My virtual practice makes my care accessible to people anywhere in the province.

Clinical focus:

- menopause
- mental health
- digestive disorders
- cardiometabolic health
- prevention and longevity

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Calculate Your Protein Requirements

To support optimal health, including muscle and bone preservation through menopause and beyond, it is recommended that women consume 1 gram of protein per **pound** of “ideal” body mass, per day.

If you are trying to gain or lose weight, it is important to calculate your nutritional requirements based upon your ideal body mass. If you are unsure of what this is, we recommend connecting 1:1 for a personalized assessment.

Protein requirement = _____ (ideal body mass in pounds) x 1 = _____

Reflection Questions:

How much protein do you think you consume most days?

How much more (or less) do you think you need to consume?

What are your favourite sources of protein right now?

When it comes to consuming enough protein, are there any challenges you can identify?

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Calculate Your Caloric Needs

If you are trying to reduce body fat, it is important to have a sense of the caloric requirements that will make this possible. Our goal is to achieve a *slight* caloric deficit that you can sustain for the long term while feeling energized and able to stay active and enjoy your life. Restricting by too much and under-fuelling for your workouts is counter productive and detrimental to your health.

Midlife women often consume more calories than they think. Quite often this is directly related to inadequate protein intake, which results in increased hunger. When we are hungry (or worse.. when we are HANGRY) we tend to reach for the easiest, tastiest options. Since these tend to be more processed and higher in carbohydrates and calories, while perhaps also being less nutrient dense and lower in protein, we end up feeling unsatisfied and hungry for more.

Calculate your Basal Metabolic Rate (BMR):

BMR = 447.593 + (9.247 × weight in kg) + (3.098 × height in cm) - (4.330 × age)

**To convert pounds to kg, divide by 2.2*
***This formula only applies to women*

BMR = **447.593 + (9.247 ×** _____ **kg) + (3.098 ×** _____ **cm) - (4.330 ×** _____**)**
weight height age

Your BMR = _____ calories/day

Your BMR is the bare minimum amount of energy needed to sustain life at rest. We need to add calories for exercise and activities of daily living:

- add about 200 calories on days when you Lift Heavy Sh*t
- add about 500 calories for endurance sports (cycling)
- what about activities of daily living?

Your BMR, adjusted for activity, is your Total Daily Energy Expenditure (TDEE):

Your TDEE = _____(BMR) + _____(for activity) = _____ calories/day

If fat loss is desired:

- subtract 200-300 calories, which is a sustainable caloric deficit
- do not create too much of a deficit, it is unsustainable and totally sucks

Target cal/day = _____ (TDEE) - _____ (caloric deficit) = _____ cal/day

Calculate Your Macros

Protein is just one macronutrient. What about fat and carbohydrates? Although we recommend focusing on protein first, as it makes it easier for carbs and fats to fall into place, you probably want to know the percentages that we consider optimal. Please note that the following are a rough guide and may need to be adjusted depending on individual needs:

- *Protein: 30% of total calories*
- *Fat: 30% of total calories*
- *Carbs: 40% of total calories*

Now let's calculate your macronutrients!

What is your target for calories to consume per day: _____

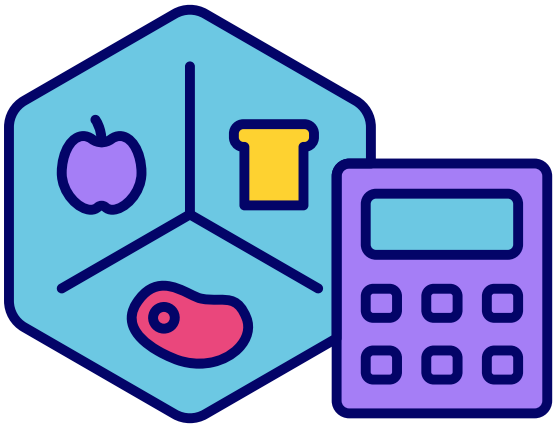
Next, calculate your macros in calories per day:

Protein = 0.3 x target = _____ calories from protein
Fat = 0.3 x target = _____ calories from fat
Carbs = 0.4 x target = _____ calories from carbs

Finally, divide the above calories as follows to obtain grams per day:

divide calories from protein by 4 = _____ g/day
divide calories from fat by 9 = _____ g/day
divide calories from carbs by 4 = _____ g/day

Remember to check out my spreadsheet, which will make all of these calculations a breeze.



Meeting Your Requirements

Now that you know your daily protein requirements, we are going to plan your meals to help you fit it all in. But first, a few things to consider:

- **Spread out your protein** and don't skimp on it at breakfast or lunch. You will enjoy more energy, stable blood sugar and better appetite regulation if you include protein throughout the day. This also makes it much easier to reach your requirements.
  - For example, if your protein requirement is 140 grams per day, include about 40 grams per meal plus a snack or two to reach your target.
  - Plan ahead so that you have sources of protein on hand for quick meals and snacks. Cook extra meat, poultry, fish or legumes at dinner and set it aside for the next day's breakfast or lunch. Keep your pantry stocked with canned salmon, tuna, mackerel and sardines. High protein dairy, like Greek yogurt, skyr and cottage cheese make excellent snacks.

- **Vegetarians and vegans** may find it more challenging to reach their protein requirements. Although protein is found in a variety of plant foods, meeting protein requirements with plant foods alone may put a person into a caloric excess due to the volume of food required.
  - check labels to determine your protein intake
  - use a protein powder in smoothies
  - consider expanding your diet to include more nutrient dense foods

- **What about fasting?** We do not recommend intermittent fasting for women! Fasting is trending, and although it may be of benefit for men in certain situations, fasting appears to have a detrimental impact on women and can actually exacerbate some of the symptoms we experience in perimenopause (PMS, perceived stress, anxiety, hunger, insomnia).

Personalized Protein Plan

	Day 1	Day 2	Day 3
Breakfast			
Morning Snack			
Lunch			
Afternoon Snack			
Dinner			

Pre-workout snacks

Post-workout snacks

Protein Content of Food

Poultry (per 4oz.)

- Chicken Breast: 35g
- Turkey Breast: 34g
- Duck Breast: 24g

4 oz. of animal protein is about the size of a deck of cards once it is cooked.

Red Meats (per 4oz.)

- Lean Ground Beef 33g
- Beef Sirloin: 34g
- Pork Tenderloin: 29g
- Pork Chop: 29g
- Lamb: 29g
- Bison: 33g
- Venison: 32g

Fish and Seafood (per 4oz.)

- Salmon: 29g
- Rainbow trout: 23g
- Arctic char: 23g
- Sardines: 28g
- Pickerel: 23g
- Mackerel: 23g
- Herring: 23g
- Tuna: 29g
- Cod: 25g
- Shrimp: 24g
- Mussels: 27g
- Oysters: 17g
- Clams: 22g
- Scallops: 20g
- Crab: 24g
- Squid: 19g
- Lobster: 21g
- Halibut: 22g
- Crab: 20g

Add plant proteins to meals containing animal proteins. Combining the two gives yo the best of both worlds and can help you save money too.

- plant foods contain fibre, which is important for digestion and preventing cardiovascular disease
- Plant proteins tend to cost a lot less than meat, which is helpful if you are on a budget

Protein Content of Food

Eggs

- 1 large egg contains 6 grams
- Three egg omelette contains 18 grams
- Eat other proteins with eggs, like beans, cheese, fish
- Choose whole grain bread for toast with your eggs
- Make a frittata with veggies, cheese and leftover proteins

Dairy

- Cow's milk (whole, 2%, 1%, skim): 8 grams per cup
- Water buffalo, goat and sheep milk is slightly higher in protein
- Greek yogurt: 16 grams per 3/4 cup
- Kefir: 9 grams per cup
- Whey protein isolate: about 25 grams per scoop
- Cottage cheese: 23 grams per cup
- Mozzarella cheese: 8 grams per 1 oz.
- Cheddar cheese: 7 grams per 1 oz.
- Gouda cheese: 7 grams per 1 oz.
- Feta cheese: 4 grams per oz.
- Halloumi cheese: 7 grams per oz.

Non-dairy Alternatives

- Soy milk: 8 grams per cup
- Almond, Coconut and Oat milks contain up to 1 gram per cup
- Opt for soy milk if you are lacking protein, it is much higher

Got thoughts on milk?

There is some misinformation about dairy we would love to debunk. Studies show it is a health promoting food for most women, except in a few situations. And assuming you like it. If dairy causes digestive issues, there are a few considerations to improve tolerance: lactose and casein. Let's discuss!

Protein Content of Food

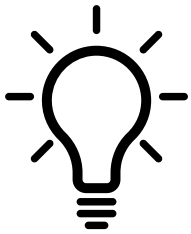
Legumes

- Peas (cooked): 8 grams per cup
- Lentils (cooked): 9 grams per 1/2 cup
- Beans (cooked): 7 grams per 1/2 cup
- Edamame: 17 grams per cup
- Tofu: 10 grams per 1/2 cup
- Tempeh: 15 grams per 1/2 cup

Grain Products

- Quinoa (cooked): 8 grams per cup
- Rice (cooked): 2 grams per 1/2 cup
- Oats (cooked): 6 grams per cup
- Whole wheat bread: 4 grams per slice
- Barley (cooked): 4 grams per cup
- Corn: 5 grams per cup

Are you soaking your legumes and grains? If you have a vegan or vegetarian diet that relies on them to meet your protein requirements, soaking is an important step to make nutrients easier to digest and absorb.



Nuts and Seeds

- Almonds: 1 ounce (about 23) 6 grams
- Walnuts: 1 ounce (about 14 halves) 4 grams
- Pistachios: 1 ounce (about 49 kernels) 6 grams
- Cashews: 1 ounce (about 18 nuts) 5 grams
- Peanuts: 1 ounce (about 28 peanuts) 7 grams
- Sunflower Seeds: 1 ounce (about 3 tablespoons) 5 grams
- Pumpkin Seeds: 1 ounce (about 85 seeds) 9 grams
- Chia Seeds: 1 ounce (about 2 tablespoons) 4 grams
- Flaxseeds: 1 ounce (about 3 tablespoons) 6 grams
- Sesame Seeds: 1 ounce (about 3 tablespoons) 5 grams
- Hemp Seeds: (about 3 Tablespoons) 10 grams
- Pecans: 1 ounce (about 19 halves) 3 grams
- Brazil Nuts: 1 ounce (about 6 nuts) 4 grams
- Macadamia Nuts: 1 ounce (about 10-12 nuts) 2 grams
- Pine Nuts: 1 ounce (about 167 nuts) 4 grams

Protein Content of Food

Vegetables and Fruit:

- Broccoli (cooked): 3 grams per cup
- Spinach (cooked): 6 grams per cup
- Brussels sprouts (cooked): 4 grams per cup
- Sweet potato (baked): 2 grams per 100 grams
- Cauliflower (cooked): 2 grams per cup
- Kale: 3 grams per cup
- Asparagus: 3 grams per cup
- Green Beans: 2 grams per cup
- Zucchini: 1 grams per cup
- Tomatoes: 1 grams per cup
- Potato: 3 grams per one medium
- Bell Peppers: 1 grams per cup
- Carrots: 1 grams per cup
- Cabbage: 1 grams per cup
- Eggplant: 1 grams per cup
- Radishes: 1 grams per cup
- Avocado: 3 grams per half avocado
- Banana: 1.3 grams per medium-sized banana
- Orange: 1 gram per medium-sized orange
- Apple: 0.5 grams per medium-sized apple
- Strawberries: 1 gram per cup

Fungi

- Mushrooms: 3 grams per cup

We can't rely on veggies and fruit to meet all of our protein requirements, but they are very important to include for the other nutrients they provide. Consume as much colour and as much variety as possible, on a daily basis. Please and thank you!

Protein Cheat Sheet

What does ~40 grams of protein look like?

- Chicken breast (6 oz.) + greens + goat cheese + pecans + berries
- Salmon & Lentil Salad: salmon (4 oz.) + lentils (1/4 cup) + mixed baby greens + dressing of choice
- Beef and Quinoa Stuffed Peppers: lean ground beef (6 oz.) + quinoa (1/2 cup) + bell pepper + tomato sauce + herbs and spices
- Chickpea and vegetable curry with quinoa
- Pork tenderloin + kale salad + pecans + apple slices
- Vegetarian Buddha Bowl: tempeh (6 oz.) + roasted sweet potatoes (1 cup) + quinoa (1/2 cup) + avocado slices + edamame + sunflower seeds + tahini dressing

What does ~20 grams of protein look like?

- Greek yogurt (3/4 cup) + nuts + berries
- Cottage cheese (1 cup) + Paprika + Salt + Pepper
- 3 eggs, cooked however you like them
- 2 eggs + on top of greens and rice + black beans + avocado + salsa
- Tofu stir-fry: firm tofu (8 oz.) + mixed vegetables + rice or quinoa

What does ~10 grams of protein look like?

- 1 cup of milk or soy milk
- 2 hardboiled eggs
- 1/2 cup of tofu
- 3 Tbsp hemp hearts
- 3 slices of prosciutto wrapped around cantaloup slices

Grocery LIST

WEEK

DATE

PRODUCE

greens

MEAT / FISH

GRAINS

LEGUMES / NUTS

DAIRY / EGGS

OTHER

extra virgin olive oil
protein powder

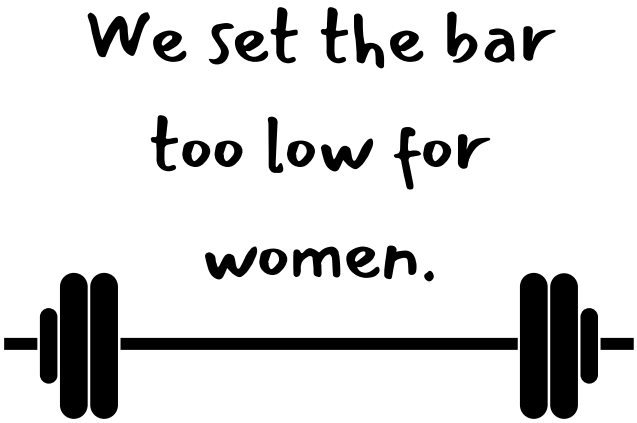
What About Iron?

Lack of protein is a major cause of fatigue. Iron deficiency often occurs with low protein diets since iron is typically found in higher protein foods. Although iron is found in both animal and plant foods, the iron in animal sources is a lot easier to absorb. Digestive issues can affect iron absorption as well, but diet and digestion are not the only factors.

Women who menstruate are at risk for iron deficiency. Irregular cycles and heavy bleeding, common in perimenopause, can deplete iron. We tend to under assess women for iron deficiency in general. Fatigue is often normalized and attributed to factors like the demands of parenting, taking care of aging parents, working long hours, sleep disturbances and trying to “do it all”.

Symptoms of iron deficiency

- fatigue
- poor exercise tolerance
- feeling easily cold
- pale appearance (inside the eyelids)
- changes to fingernails
- hair loss
- shortness of breath
- heart palpitations
- anxiousness
- depressed mood
- headaches



Blood tests:

- Complete blood count: if iron deficiency is severe, red blood cell production will be affected. This is called anemia. Iron deficiency can be present and cause symptoms even in the absence of anemia. This is called iron deficiency without anemia. If iron deficiency is suspected, we also need to test ferritin.
- Ferritin: this tells us about the amount of iron you have in storage. Most labs flag ferritin as being low if the level is below 30 (previously 15) but it is considered optimal for ferritin to be above 100.
- Serum iron, transferrin saturation and total iron binding capacity: if the blood count and ferritin level look normal but a person has symptoms of iron deficiency, these tests are important. Ferritin becomes elevated in the presence of inflammation and this will mask an iron deficiency.