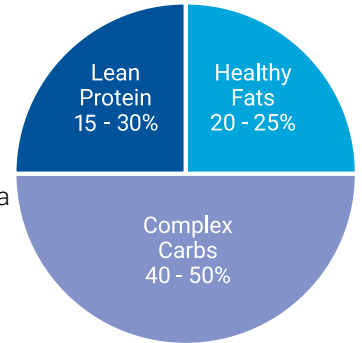




SUMMARY

What foods do you need to eat?

Your genotype suggests that you may have a better response to a weight-loss diet if daily calories come from the following proportions of fat, carbohydrates, and protein. You can monitor this with a diet log.



Based on your gender, age, height, current weight and current activity level, we recommend a diet of approximately **1,691 calories per day** to lose weight. This number was calculated estimating your total energy expenditure, or the number of calories your body needs each day. Since you are interested in losing weight, you will need to eat fewer calories than your total energy expenditure. We suggest a modest calorie reduction of 20 percent. We have calculated this reduction into our calorie recommendation for you, so if you eat around 1,691 calories per day, you can expect to lose weight. This is not a drastic calorie reduction, so you should not feel hungry or like you are denying yourself food if you eat this many calories.

The amount of exercise you get can change your energy requirements. Therefore, you may need to eat more calories than this is if you are performing 45 minutes or more of moderate-to-high intensity cardio exercise on a daily basis.

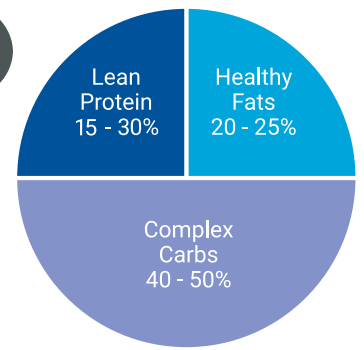
RECOMMENDATION	PERCENT	GRAMS	CALORIES
PROTEIN Choose a reduced-calorie diet that is between 15-30% protein. Get your protein from lean meats and plant food sources such as beans, legumes, nuts, seeds, whole grains and vegetables.	15% to 30%	63g to 127g	254 to 507
FAT Choose a diet low in fat and saturated fat. Get your fats mostly from plant foods, but avoid excess added oils.	20% to 25%	38g to 47g	338 to 423
CARBOHYDRATES Choose a plant-based diet that is high in complex carbs (veggies, beans, whole grains, etc.), and avoid simple or processed carbs (fries, chips, crackers, etc.).	40% to 50%	169g to 211g	676 to 846

The total number of calories or grams of each macronutrient shown represent a recommended amount to consume each day.



CUSTOM MEAL PLAN

A MEAL PLAN GENETICALLY DESIGNED JUST FOR YOU



The following custom meal plan was created by combining a variety of healthy recipes with the appropriate macronutrient percentages for your genetic profile. Due to the nature of recipe sizes, the total suggested calories for each day will have some variation above or below the specific number of calories recommended for your diet, but the average daily calories for the week will approximate your suggested daily caloric intake.

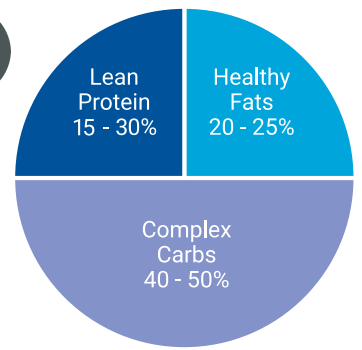
Day 1

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Spinach and mushroom breakfast scramble	2	serving	59g	11g	12g	384
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Zucchini with thyme	1	serving	2g	10g	5g	110
Tuna melt patties	2	patty	51g	12g	23g	397
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Garlic broccoli tofu	2	serving	26g	7g	32g	275
Steamed green beans	2	serving	4g	6g	16g	121
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Oranges	2	fruit	2g	310mg	31g	123
Apple	2	apple	950mg	620mg	50g	189
Banana	1	medium (7" to 7-7/8" long)	1g	390mg	27g	105
DAY 1 TOTALS			147g	48g	196g	1705



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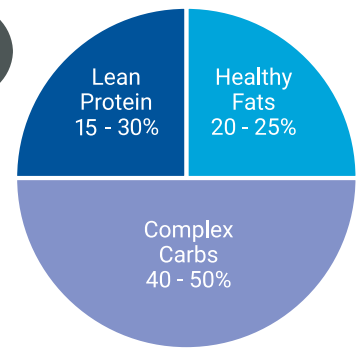
Day 2

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cinnamon apple oatmeal	1	serving	11g	7g	51g	296
Cinnamon vanilla breakfast protein bites	1	serving	12g	8g	19g	188
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Sweet potato, kale, and shrimp skillet	1	serving	19g	9g	23g	241
Balsamic maple roasted brussel sprouts	1	serving	6g	5g	15g	123
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Easy baked fish	1	serving	34g	11g	14g	302
Quinoa and brown rice	1	serving	5g	5g	32g	194
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Pears	2	medium	1g	500mg	54g	203
Oranges	2	fruit	2g	310mg	31g	123
DAY 2 TOTALS			91g	47g	240g	1670



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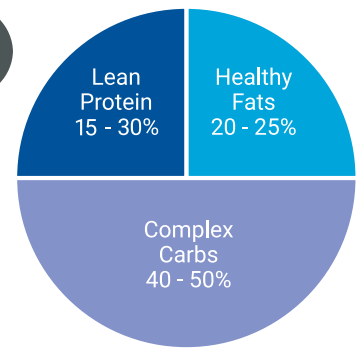
Day 3

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Quinoa superfood breakfast bowl	1	serving	11g	13g	65g	396
Apple	1	apple	470mg	310mg	25g	95
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Chicken burrito bowl	1	serving	37g	10g	42g	392
Baked and dressed zucchini	2	serving	6g	8g	15g	145
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Teriyaki garlic chicken	1	serving	29g	3g	9g	189
Lemon, pine nut, and quinoa salad	1	serving	12g	6g	56g	329
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Beverages, protein powder whey based	1/3	cup	25g	500mg	2g	113
Kiwi fruit	2	fruit (2" dia)	2g	720mg	20g	84
DAY 3 TOTALS			122g	42g	234g	1743



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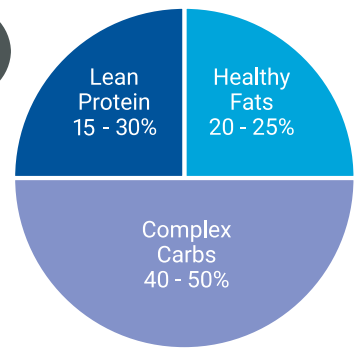
Day 4

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Microwave amaranth porridge	2/3	serving	18g	10g	105g	566
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Tuna melt patties	1	patty	25g	6g	11g	199
Zucchini with thyme	1/2	serving	800mg	5g	2g	55
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Turkey and quinoa meatloaf	2	servings	42g	18g	28g	442
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Pomegranates	1	pomegranate (4" dia)	5g	3g	53g	234
Banana	2	banana	3g	780mg	54g	210
DAY 4 TOTALS			93g	44g	253g	1706



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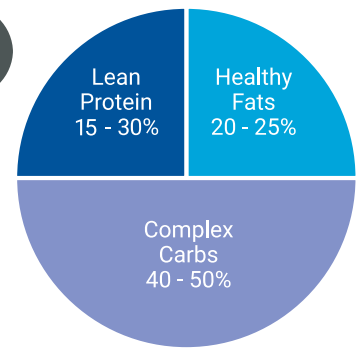
Day 5

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Paleo pancakes	2	serving	15g	10g	59g	366
Strawberries	1	cup	960mg	430mg	11g	46
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Sweet potato, kale, and shrimp skillet	2	serving	38g	17g	47g	483
Zucchini spears	2	serving	7g	2g	17g	92
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Maple salmon	1	servings	34g	7g	28g	313
Asparagus, peas, and basil (piselli con asparagi e basilico)	1	serving	6g	6g	14g	123
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Beverages, protein powder whey based	1/3	cup	25g	500mg	2g	113
Apple	2	apple	950mg	620mg	50g	189
DAY 5 TOTALS			127g	44g	227g	1725



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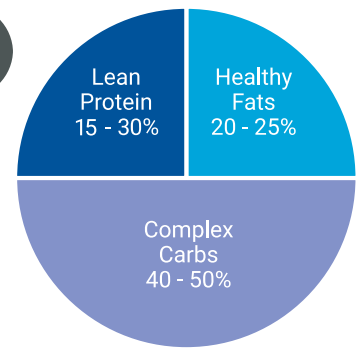
Day 6

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Apple cinnamon oatmeal frittata	1	serving	22g	11g	68g	433
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Roasted brussels sprouts	1 1/2	serving	6g	11g	15g	163
Black bean lentil salad with cumin lime dressing	1	serving	26g	11g	72g	473
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Simple rosemary chicken breast	1	breast	53g	13g	2g	351
Green beans	2	cup	4g	510mg	18g	94
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Pomegranates	1	pomegranate (4" dia)	5g	3g	53g	234
DAY 6 TOTALS			116g	49g	228g	1748



CUSTOM MEAL PLAN

A MEAL PLAN GENETICALLY DESIGNED JUST FOR YOU



Day 7

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Spinach and mushroom breakfast scramble	2	serving	59g	11g	12g	384
Strawberries	1 1/2	cup	1g	650mg	17g	69
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Tuna melt patties	2	patty	51g	12g	23g	397
Steamed broccoli	1/2	serving	2g	5g	6g	74
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Turkey and quinoa meatloaf	2	servings	42g	18g	28g	442
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Pears	1	medium	640mg	250mg	27g	101
Beverages, protein powder whey based	1/3	cup	25g	500mg	2g	113
DAY 7 TOTALS			181g	48g	115g	1580

Spinach and Mushroom Breakfast Scramble

The recipe below is for 1 serving(s).



Ingredients:

1 tsp Coconut oil (5g)

1 clove, minced Garlic (3g)

1 cup, pieces or slices Mushrooms (70g)

1 cup Egg white (243g)

1 cup Spinach (30g)

Directions:

1: Add coconut oil, garlic, and mushrooms to pan over medium heat.

2: Once mushrooms are slightly softened, add egg whites and mix well. When egg whites are almost cooked, add spinach and stir until spinach is wilted. Serve immediately and enjoy.

Zucchini with Thyme

The recipe below is for 4 serving(s).



Ingredients:

- 4 dash **Pepper** (400mg)
- 1/4 cup **Parsley** (15g)
- 2 tbsp **Olive oil** (27g)
- 1/4 cup, chopped **Onions** (40g)
- 1 tbsp **Butter** (14g)
- 1 tsp, ground **Thyme** (1g)
- 2 1/4 medium **Zucchini** (441g)
- 4 dash **Salt** (2g)

Directions:

- 1: Finely chop onion. Chop Parsley. Cut zucchini into 3-by-1/2-inch sticks.
- 2: In a large skillet, heat the olive oil and butter on medium heat. Add the onion and parsley, sprinkle with salt, and cook until soft, but not browned.
- 3: Add the zucchini sticks and thyme. Sprinkle with a little more salt and some black pepper. Gently stir to coat the zucchini. Cover and cook until tender, from 10 to 15 minutes, depending on how tender the the raw zucchini is to begin with, and how small you have sliced the pieces. Check and stir every few minutes. Be careful not to overcook.

Tuna Melt Patties

The recipe below is for 2 patty(s).



Ingredients:

6 oz Tuna (170g)

1/3 cup Oatmeal (27g)

2 tbsp chopped Onions (20g)

1/4 tsp Garlic powder (775mg)

28 grams Mozzarella cheese (28g)

1 extra large Egg (56g)

Directions:

1: Mix all ingredients except cheese together in a small bowl.

2: Heat a small non-stick frying pan over medium heat and spray with non-stick cooking spray.

3: Make patties by spooning equal amounts of tuna mixture into each side of the pan and lightly pressing with fork to flatten into a patty.

4: Cook until both sides are brown.

5: Top with cheese and serve.