

ABOUT FACE - FOR OPTIMAL NUTRITION GOALS

Here is some basic nutritional information needed daily for optimal nutrition goals and weight loss. (Note: Ask Suri to help figure your kilograms!)

Protein: Weight in kilograms X 1.2 daily.

Example: If you weigh 150 pounds, your weight in kilograms is 68. Multiply by 1.2 to get approximately 82 grams as recommended amount.

Fiber - Minimum of 25-35 grams per day

Water - Minimum of 48 ounces per day

Foods High in Protein

Eggs	Chicken
Dairy (low or no fat)	Turkey
Fish / Seafood	Tofu

High Protein Vegetables (Benefit of fiber as well)

Green Peas	Brussel Sprouts
Spinach / Kale	Mushrooms
Artichokes	Kale
Corn	Potatoes
Avocados	Broccoli
Asparagus	Cauliflower

High Fiber Foods

Beans (any type)	Apples
Blackberries	Green Peas
Pears	Wheat Pasta
Oats	Orange
Broccoli	Cauliflower

**Natural Fibers & Proteins sources (from fruits, vegetables, meats, etc) are more beneficial than artificial sources (protein and fiber bars, protein powder, etc)

