

Webinar 10 Handout:
PERFECT DAY & SAMPLE CLIENT JOURNALS

Below is a sample “ideal” day and some typical journals you may see. Clients come with all different histories and nutrition information, and you may be quick to label the breakfast-skipper or fat-phobe, but it may be more challenging to identify what is keeping a client from following your meal plan with confidence and consistency. When reviewing a food journal, take a few minutes to really look at what has been documented. Make observations, such as “it looks like you missed a bunch of morning snacks this week” or “I notice that on Wednesday you didn’t get any fat in” to initiate a dialogue and give you insight into their (lack of) compliance. Here is where your client really has an opportunity to discuss how his/her thoughts, perceptions and lifestyle are impacting his/her ability to meet his/her goals through food. It gives you a better understanding of what may be derailing him/her, and make better suggestions to get the client reliably on track. For example, you may say “Why did you eat the lasagna?” The response may be, “I had a huge salad and a really controlled portion of the lasagna. I felt great. The old me would have only eaten the salad, felt deprived and then gone home and binged on carbs the rest of the evening...” Or, you may get a response like this: “I had a really stressful day and already ate a cookie that I didn’t want in the afternoon, so I just gave up on the day and ate the whole piece of lasagna. It wasn’t even delicious...” You would handle both of these client responses differently!

<u>Sample "Perfect" Day</u>	<u>Client #1:</u>	<u>Client #2:</u>	<u>Client #3</u>
Breakfast 1 cup blueberries 6 oz plain Greek yogurt 2 Tbsp flax meal Water w/ lemon & coffee w/ a splash of milk Snack 3 stalks celery 2 tsp almond butter Water Lunch Arugula salad: tomatoes, cucumbers, peppers, artichokes 4 oz grilled salmon ½ avocado Balsamic vinegar and lemon Seltzer with lemon Snack Carrots, snap peas and jicama 2 Tbsp hummus Green tea Dinner 5 oz broiled turkey tenderloin with herbs Roasted broccoli ¾ cup roasted butternut squash Kale salad with 1 Tbsp shredded parmesan cheese 1 Tbsp vinaigrette Conscious Indulgence 1/2 oz 70% dark chocolate Peppermint tea	Breakfast Small chopped green apple 6 oz nonfat Greek honey yogurt Coffee with skim milk Snack Cherry tomatoes, baby carrots, peppers & salsa Water Lunch Spinach salad with mushrooms, tomatoes, peppers, onions 4 oz grilled chicken 1 oz fat free feta 1 Tbsp nonfat balsamic dressing Seltzer with lemon Snack Air popped popcorn (a lot) Skim latte Dinner Stir fry with zucchini, water chestnuts, broccoli and garlic 4 oz Tofu ½ cup brown rice Seltzer Treat 2 Skinny Cow ice cream sandwiches 15 gummy bears <i>This client is doing pretty good work, but missing the healthful fats in her diet. And, as a result is trying to gain satisfaction</i>	Breakfast Coffee w/ cream and sugar Snack Coffee w/ cream and sugar Lunch 2 slices whole wheat bread 4 slices turkey 1 slice swiss cheese lettuce, tomato, onion, mustard 1 oz chips small apple Water Snack Coffee w/ cream and sugar Dinner 2 oz cheese 8 crackers 2 chicken nuggets from kids' plate handful baby carrots 6 small meatballs 1 cup pasta ½ cup marinara Spinach Green salad with balsamic 2 glasses wine Treat 3 cookies 1 scoop ice cream <i>This client is clearly not taking the time to plan and eat healthfully. Busy parents often feel there isn't time to do so. Question this. This client has a</i>	Breakfast ½ cup sliced strawberries 2 Tbsp plain Greek yogurt sprinkle of sugar Coffee, black Snack 8 almonds Tea Lunch Side salad 1 oz shredded cheese 1 Tbsp balsamic vinaigrette Water Snack ½ grapefruit celery water Dinner Steamed mixed vegetables 5 pc. Shrimp cocktail Soy sauce water Treat ½ Banana with a drizzle of chocolate syrup <i>This client is restricting so much that her metabolism has no choice but to slow down. She is also eating too much fruit and not enough calories, protein or fat. This is unsustainable and can lead to rebound weight gain. Add just a few challenges to her day -- show her that a</i>

	<p><i>through sugar. She is putting in all of this hard effort and spinning her wheels. Reinforce the good and build on it with “safe” fats (it appears she may “fear” them), which may be nuts or avocado. Build up to the olive oil if that feels especially intimidating to her. At the same time, explain that the desire for sweets may decrease as she is more satisfied. Ask questions to gain an understanding of why the lack of fat. This will help you educate and motivate specific to her.</i></p>	<p><i>great pantry and plans meals for the kids, so point that out. Can she plan breakfast for herself as well? Was this a typical day or was she leaving on a biz trip? Remind her that it doesn’t take more time to make a tupperware lunch with dinner leftovers when doing the dishes. Come up with one solid ‘go-to’ breakfast and a couple of simple non-perishable snacks to keep on hand (in a desk drawer!) to bring the whole day together. She also may come home and eat out of stress as she is preparing dinner. Ask about her mood here to gather more info.</i></p>	<p><i>hardboiled egg with lunch and some peanut butter on her celery will not cause her to gain weight, but will give her more energy immediately! Challenge her to get the flax meal into her yogurt and even a 1/2 cup of brown rice with dinner. She will be amazed that she will not gain weight from these additions and will have more energy and focus.</i></p>
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These are just a few examples of food journals you may see. You may find grazers, bingers, people who restrict all week and then let loose on the weekend. Some clients won’t eat after 7 PM and some will not drink at the same time they eat. There really are hundreds of reasons why people eat what and how they do. Keep your clients’ past experiences in mind when guiding them to follow your meal plans more closely and helping them to break old habits. Your clients will be amazed that adding fat or snacks to their days doesn’t make them heavier; in fact, it kick starts weight loss (among all the other benefits!). Eating at 9 PM may be entirely appropriate for some of your clients and not for others. Make sure to read food journals with an open mind and ask the appropriate questions to get the most comprehensive answers. There are no sets of rules that apply to every individual who comes to see you. Remind your clients that in general, the balance of whole and minimally processed foods, mixed with proper portions and proportions and good food timing will help them meet their goals most effectively!