

Recovering From an Eating Disorder – Undereating

If you would like additional help with creating a personalized nutrition program, you can sign up for our **One-on-One Online Coaching service**.

With that service Rob will work with you to create a nutrition program that matches your goals, needs, schedule, and preferences. The service includes unlimited Q&A to answer all of your questions and increase your nutrition knowledge.

To learn more about that service click on the “One-on-One Services” link on our website.

Supporting Podcast

- <https://www.podbean.com/ew/pb-yr62s-1467703>

*****PLEASE LISTEN TO THE PODCAST ABOVE BEFORE READING / USING THE NEXT SECTION*****

Outline of information presented within the podcast:

If you’ve struggled with under-eating and are now wanting to get into a healthy routine the information below can help!

Supplements that can help:

- Probiotics
 - Rebuilding your gut bacteria – helps reduce gas, bloating, and constipation / diarrhea.
 - Recommendation: [Garden of Life Raw Probiotics](#)
- Zyan
 - Helps with digestion of high fat meals.
 - Recommendation: [Zyan by Standard Process](#)

General Advice – Start Slow

- Track current intake, bring weekly average up ~100 calories per 2-4 weeks until within healthy range.
 - Determining Healthy Range: Use the [Create Your Own Nutrition Program](#) document on our website.
 - Track calories only at first, then add focus on protein.
 - Helpful Podcasts
 - [658 – Nutrition – Diet Tracking – Getting the Most from the Least](#)
 - [1745 – Nutrition – Tips to Improve Macro Consistency](#)
- Watch your fiber – try to avoid high fiber meals or huge jumps in fiber intake.
 - High fiber foods: vegetables, beans, popcorn, nuts – [link for more](#)
- Hydration Consistency – try to be consistent day to day to avoid water retention variance.
 - 0.5 – 1 ounce per pound body weight

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Visit www.brutalirongym.com for links to our daily podcast, social media channels, and other services!

What Foods are Best?

- Lower calorie meals
 - Helps reduce digestive stress side effects (lowers fat per meal, fiber per meal...)

Example Meals - ~1200-1400 calories with ~100g of protein

- Meal 1: Breakfast
 - 2 large eggs scrambled (14g protein)
 - 2 slices of low-fiber white bread (2g fiber)
 - 1 tablespoon of butter or margarine
 - 1 small apple (2g fiber)
 - 1 cup of low-fat milk (8g protein)

- Meal 1: Breakfast
 - 1 cup of cooked quinoa (8g protein, 2g fiber)
 - 1 tablespoon of almond butter
 - 1 small banana
 - 1 cup of unsweetened almond milk fortified with protein (approximately 8g protein)

- Meal 2: Snack
 - 1 container (6 ounces) of low-fat yogurt (10g protein)
 - 1 small banana (2g fiber)

- Meal 2: Snack
 - 2 ounces of turkey jerky (approximately 20g protein, minimal fiber)

- Meal 3: Lunch
 - 4 ounces of grilled chicken breast (35g protein)
 - 1 cup of white rice (1g fiber)
 - 1 cup of steamed broccoli (2g fiber)
 - 1 tablespoon of olive oil for cooking
 - 1 small orange (3g fiber)

- Meal 3: Lunch
 - 4 ounces of grilled chicken breast (approximately 35g protein)
 - 1 cup of white rice (1g fiber)
 - 1/2 cup of cooked carrots (2g fiber)
 - 1 tablespoon of olive oil for cooking

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- Meal 4: Snack
 - 1 ounce of almonds (6g protein)
 - 1 small carrot (1g fiber)
- Meal 4: Snack
 - 1 ounce of mixed nuts (approximately 6g protein, 2g fiber)
 - 1 small orange
- Meal 5: Dinner
 - 4 ounces of baked salmon (28g protein)
 - 1 medium-sized baked potato (4g fiber)
 - 1 cup of green beans (2g fiber)
 - 1 tablespoon of olive oil for cooking
 - 1 small pear (2g fiber)
- Meal 5: Dinner
 - 4 ounces of baked cod (approximately 25g protein)
 - 1 cup of steamed zucchini (1g fiber)
 - 1/2 cup of cooked quinoa (4g protein, 1g fiber)
 - 1 tablespoon of olive oil for cooking
- Meal 6: Evening Snack
 - 1 cup of low-fat cottage cheese (27g protein)
- Meal 6: Evening Snack
 - 1 cup of sliced cucumber (minimal protein and fiber)
 - 2 tablespoons of hummus (approximately 4g protein, minimal fiber)

Additional Helpful Podcasts

- 1021 – Nutrition – How Much Carbs & Fats Do I Need?
 - <https://www.podbean.com/ew/pb-ivgpw-108c4d2>
- 1368 – Nutrition – How to Choose the Right Foods
 - <https://www.podbean.com/ew/pb-sn52v-1271af9>
- 678 – Nutrition – Quick Meals & Easy Food Prep
 - <https://www.podbean.com/ew/pb-b932b-e3e52e>
- 1384 – Nutrition – My Most Recommended Supplements
 - <https://www.podbean.com/ew/pb-bj548-1285f76>