

I'm Worth It!

NUTRITION GUIDE

BY DR. THEODORA PRECUP



I'm Worth It

NUTRITION GUIDE

disclaimer

- ALWAYS **SEEK MEDICAL ADVICE** FROM YOUR **PHYSICIAN** OR **HEALTH PROVIDER** FOR ANY QUESTIONS YOU MAY HAVE REGARDING THE INFORMATION PROVIDED IN THIS EBOOK.
- METHODS USED IN THIS PROGRAM MAY BE PROVEN TO BE UNSAFE. ANY ACTION YOU TAKE UPON THE INFORMATION PROVIDED IN THIS EBOOK IS **AT YOUR OWN RISK**.
- IF YOU THINK THAT YOU ARE HAVING A **MEDICAL EMERGENCY**, PLEASE **CONTACT YOUR PHYSICIAN** OR **CALL 911** IMMEDIATELY.
- IN NO EVENT SHALL THEODORA PRECUP/OMEN WELLNESS BE LIABLE FOR ANY SPECIAL, DIRECT, INDIRECT, CONSEQUENTIAL, INCIDENTAL DAMAGES OR OTHER KINDS OF DAMAGES.

 @OMENWELLNESS

 @THEAPRECUP

 [WWW.YOUTUBE.COM/](http://WWW.YOUTUBE.COM/@THEAPRECUP)
@THEAPRECUP

Hey Fam!

Congratulations on wanting to level up your nutrition habits!

Good nutrition is so important for our overall health and well-being. It provides us with the nutrients our bodies need to keep us alive. Many people can function with nutritional imbalances (they are very common actually), but wouldn't it be better if they were addressed so that optimal function could be restored? Wouldn't it be nice to feel more energetic, happy, and like you are more easily able to achieve your fitness goals? With proper nutrition, you can do just that!

I created this free nutrition guide to help you get started on your journey to feeling amazing. I wanted to share tips and examples of balanced meals in an effort to help you avoid nutritional deficiencies. When we cut out or limit any of the nutrients for a prolonged period of time, a variety of ill effects can occur ranging from low energy, depression, anxiety, brain fog, to anemia, osteoporosis, and irregular heart beats, and hormonal problems.

Remember, there is no one "perfect" way to eat, and it's important to find what works for you and your circumstances. I hope this guide will help you understand basic nutrition concepts more clearly and empower you to make better food choices.

Let's stop surviving and start thriving!

XoXo, Thea

It's time to start thriving!



About Me & My Services

Who am I?

I am Dr. Theodora Precup, but you can call me Thea for short. I am a doctor of pharmacy, personal trainer, and holistic wellness coach specializing in functional medicine. My coaching business is called Omen Wellness.

What do I do?

I help people optimize their health through functional medicine lab testing and holistic wellness coaching so that they can feel their best and reach new levels of success.

What is my mission?

My mission is to provide services that help people identify, obtain, and understand functional medicine lab test results in an effort to optimize their health through holistic measures, such as mindset work, nutrition, resistance training and other lifestyle changes, and high-quality supplementation when needed.

What is my vision?

My vision for the people I serve is that they are able to rise above their circumstances and self-limiting beliefs, to create and enjoy a fulfilling life in which they will continue to learn, grow, and evolve into the best-feeling version of themselves always.

What do I offer?

My programs are centered around improving metabolic, gut, epigenetic, and hormone health so that you can feel better mentally and energetically and start enjoying life. Omen Wellness programs are a hybrid of community teachings and one-on-one support. The Good Omens community and the private coaching sessions will be a safe space for you to be heard and seen. Everyone in the group is ultimately here for the same purpose —because they want to feel better and to be able to enjoy life. Each group program comes with a customized plan created for each individual.

Mindset Work

Love-based thinking

I am going to the gym today because I love myself. I deserve to feel energetic and strong and capable of handling whatever today brings.

Eating balanced, nutritious meals helps me maintain my energy levels and mood throughout the day. I want to be in a good mood and enjoy my day. When I feel my best, I am able to show up as my best self to the important people and events in my life.

Because of this my relationships thrive and I am able to reach my goals and live a fulfilling life.

Vs.

Fear-based thinking

I am going to the gym today because I really don't love myself. I hate the way my body looks.

I am so fat that I am going to skip breakfast today because I don't deserve to eat. Maybe I will just eat an apple for lunch. By the afternoon, I feel so low in energy and I am cranky. The people around me are negatively impacted by my negative energy. I need a pick-me-up so I grab some sugary caffeinated drink and maybe a donut from the break room to keep me going. It's just one donut after all and I haven't eaten anything else today. By dinner time, my energy levels have crashed again and my mind and body feel exhausted. I do not have the energy for cooking a healthy meal tonight. I go through the nearest drive-thru to grab something fast and delicious and then I regret it and then I punish myself mentally. The cycle continues tomorrow and I never get ahead in life.

Love yourself first!



 @OMENWELLNESS

 @THEAPRECUP

 [WWW.YOUTUBE.COM/
@THEAPRECUP](http://WWW.YOUTUBE.COM/@THEAPRECUP)

Start with your why

ASK YOURSELF **FIVE TIMES** "WHY DO I WANT TO START EATING BETTER"?

REASON 1:

REASON 2:

REASON 3:

REASON 4:

REASON 5:

DID YOU KNOW THAT ASKING YOURSELF WHY 5 TIMES CAN HELP IDENTIFY A CLEAR SENSE OF PURPOSE? WHEN PEOPLE FEEL A CLEAR SENSE OF PURPOSE, THEY ARE MORE LIKELY TO PUSH FORWARD WITH THEIR COMMITMENTS REGARDLESS OF OBSTACLES. BY PARTICIPATING IN THIS EXERCISE, YOU CAN EMPOWER YOURSELF TO ACHIEVE YOUR DESIRED RESULTS.

HERE ARE SOME

FAQ's

Why should I eat more nutritiously balanced meals?

- More energy!
- Improves cognitive abilities! (think more clearly)
- Improves mental health (fights against depression)
- Improves strength & endurance
- Boosts your metabolism
- Better blood glucose control
- Better immune system
- Promotes strong bones
- Prevent mineral imbalances
- Prevent vitamin deficiencies
- Improve the function of your joints
- Makes walking long distances easier (more stamina)
- Easier to achieve your fitness goals (fat loss, muscle building)
- Improves athletic performance (i.e. run faster, jump higher, cycle harder)
- Reduce pain (headaches, joint aches, & more)
- Improve the look of your hair, skin, and nails.
- **And SO MUCH MORE!**



What you need to know

There seems to be a million different diets out there. How do you know which one is best for you? In general, it is best to make a habit of regularly consuming nutritionally balanced meals, ideally 3-4 per day.

What does a nutritionally balanced meal look like? A balanced meal contains all of the nutrients: protein, carbs, fats, micronutrients (like vitamins and minerals), and fiber.



If a diet recommends that you avoid any of these nutrients, then that is a diet that is likely to lead to nutrient deficiencies and ill effects in your body over time.



"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease." - Thomas Edison



What you need to know

- Adequate amounts of **protein** are essential for strength.
- Adequate amounts of **carbohydrates** are important for energy.
- Adequate amounts of **fats** are essential for brain, hormone, and reproductive system function.
- Adequate amounts of **fiber** are essential for gut health.
- Adequate amounts of **micronutrients** are important for metabolic and immune system health.



Healthy oils include unrefined coconut oil, extra virgin olive oil, and avocado oil.



What you need to know

One tip I would suggest for eating a balanced meal is dividing your plate so that **half of your plate contains vegetables**, a **quarter of your plate contains protein**, and the **remaining quarter contains unprocessed (or minimally processed) carbohydrates**.

It is important to get healthy **fats** as well; however, I generally do not create a separate section on my plate for fats. Fats are more dense in calories than the other macronutrients and you do not need as much volume of them. I often will cook my vegetables in -or top off my salad with- a healthy oil. You can also throw in some avocados, olives, nuts or seeds.





What you need to know

One of my favorite go-to balanced meals is from a Greek restaurant. The dish is called the “Chicken Feast” and here is a list of the basic ingredients and which nutrient requirements they satisfy.

Grilled chicken (about a quarter plate) - protein
Greek salad (at least half the plate) - micronutrients (greens), fiber (greens), fats (both whole olives and olive oil in the dressing, feta cheese), carbohydrates (vegetables)
Roasted potatoes (no more than a quarter plate) - carbohydrates



Eating more balanced meals, such as those like the “Chicken Feast” can help you feel amazing! The balance of nutrients will help fight against depression and improve your mood, give you lots of energy, leave you feeling more satiated, help you avoid sugar crashes where low energy and irritability take over, reduce your cravings for sweets, keep your digestive system regular, help you maintain a healthy weight, and aid in the prevention, control and even sometimes the reversal of diabetes.



Have you ever heard someone say "eat the rainbow"?

The different colors in plants represent a variety of phytonutrients. Eating a variety of phytonutrients promotes the growth of good bacteria and helps inhibit the growth of bad bacteria in your gut.



How many calories should I eat?

How many calories you should eat varies from person to person based upon activity level, age, weight, sex, height and individual goals.

A great way to get a ballpark estimate of how many calories you should be consuming daily is to google "calorie calculator." One of the first websites that come up in the search is for a calorie calculator by Calculator.net. Enter your age, sex, height, weight, and activity level.

For example, I plugged in my age (37), my sex (F), my height (5 feet 7 inches), my weight (130 lb), and my activity level of moderate exercise 4-5 times/week. To maintain my weight, the calculator has estimated that I need to consume 1,915 calories per day. This is just an estimation and what happens in real life is going to be a science experiment. I recommend you eat at your estimated caloric maintenance for about 4 weeks and see what happens to the scale. If the scale is trending up at 1,915 calories, then I am actually eating in a caloric surplus. If the scale is trending down, then that means 1,915 calories is a caloric deficit for me at this time. If the scale is staying about the same, then I am eating at maintenance.

In general, if you have specific goals to gain muscle it is best to eat in a caloric surplus. Conversely, if your primary goal is to lose body fat, then it is best to eat in a caloric deficit.

WHAT IS YOUR ESTIMATED CALORIC
MAINTENANCE GOAL?

BEING PROACTIVE ABOUT
YOUR HEALTH IS A GOOD OMEN!



Calories In versus Calories Out?

By the way, "calories in versus calories out" is an oversimplification because it doesn't take into account the quality of your food or any underlying health issues that you may be struggling with.

You already know that you can schedule an appointment with me if you are interested in addressing underlying health issues. Let's also discuss the quality of your food.

There are a lot of factors when considering the quality of your food and that is a complex and lengthy conversation. In general, your diet should incorporate as many whole foods as possible as they are much more nutritious than processed foods. Avoid highly processed foods and oils (most of the packaged goods that are in the center of the grocery store).

If you eat meat (and I strongly recommend you eat meat), consider the diet of the animal you are consuming. For example, grass-fed and finished beef is preferable to the standard beef we find in our typical grocery stores. Organic doesn't mean something is pesticide free, but usually, fewer of the dangerous chemicals are used. Either way, make sure you wash your produce well prior to consuming. Soaking your produce in some water with baking soda for 15 minutes can help remove pesticides.

CALORIES IN VERSUS CALORIES OUT
IS AN OVERSIMPLIFICATION



How much protein should I eat?

Protein needs may vary depending on the individual, but in general for most active adults I recommend eating 0.8 grams of protein per pound per day (I am going to refer to this as your every day target). People who are starting or increasing their weight training intensity may want to aim for a higher target of 1 gram of protein per pound per day (I am going to refer to this as your fitness target). For the fitness target, use the target that makes the most sense for you (**you may need to use ideal bodyweight instead of actual bodyweight**).

For example, my current every day protein target is $0.8 \times 130 \text{ lbs} = 104$ grams daily. If I decided I wanted to really push myself physically toward a particular fitness goal for a certain period of time, then I may want to eat $1 \times 130 \text{ lb} = 130$ grams of protein per day during that period of time where I'm targeting muscle growth.



WHAT ARE YOUR PROTEIN TARGETS?

EVERY DAY TARGET:
 $(0.8 \times \text{YOUR WEIGHT IN LBS}) =$

FITNESS TARGET:
 $(1 \times \text{YOUR WEIGHT IN LBS}) =$

These are estimations. Having a smart scale to help you track your muscle mass over time can also be a helpful tool in determining if you are consuming enough protein. If you keep losing muscle mass over time you may want to try increasing your protein intake. If that doesn't work, schedule an appointment with me so we can use functional medicine labs to get to the root cause.



For those of you who use the metric system:

- Everyday target = $1.77 \times$ your weight in Kg
- Fitness target = $2.2 \times$ your weight in Kg

Should I measure macros?

Measuring macros can be an effective method for reaching your fitness goals. Although it is not necessary, it can be a helpful tool.



Most people aren't going to want to measure everything that goes into their mouth forever. It is not a realistically sustainable method, and it also can take away from your intuitive eating abilities. **However, I do think that everyone could benefit from tracking their food every day for 1-3 months.** It is a great educational tool. This will give you major awareness of what a serving of each food looks like and will help you better gauge portions. Eventually, you will get better at assessing how much protein, carbs, and fat should be on your plate for your goals. Foods which are very calorie dense, such as oils, butter, and seed/nut butters are much more difficult to gauge and these are foods you may wish to continue weighing going forward. Fair warning: the first time you weigh out one serving of peanut butter you will be very disappointed.

Having a food scale will still come in handy even when you aren't on a fitness program. It is a great tool to have in the kitchen when you are measuring ingredients for a recipe.



Should I measure macros?

A food scale and a free calorie tracking app, such as MyFitnessPal, will be your best friends during this time to help you plan and keep track of your daily nutrition.



If you decide to track macros for an extended time period to help you with a particular fitness goal, do it wisely. Some people who track macros do not care about where their macros come from. They could eat McDonald's every day and be hitting their macros and think that is OK.

Remember that micronutrients and fiber are extremely important in your overall health, too. Although you may be making progress physically by only tracking macros, you want to avoid health issues in the long term as well. Make sure the majority of what you consume is whole foods based and that you are regularly consuming balanced meals so that you can hopefully avoid nutritional deficiencies and the health concerns in the long term.

"All disease begins in the gut" - Hippocrates



What about the amount of the other nutrients? (Carbs, fats, fiber, etc)

In general, **at least 20% of your calories should come from protein**, and the rest can be split up among every thing else. I like to eat intuitively. Some days my body may be craving carbohydrate-rich foods so maybe 50% of my calories come from carbs that day. Conversely, some days my body may be craving more fat-rich foods, and maybe 50% of my calories come from fats that day. But by the end of the week, I've consumed enough protein, I've eaten a ton of veggies, and there is some kind of balance there between the fats and the carbs. Learn to listen to what your body is craving from a nutritional standpoint. This may be tricky at first because food companies know how to high-jack your tastebuds. You may be craving potato chips and donuts. However, the more frequently you incorporate nutritious foods, the more frequently your body will start to crave them. Consistency is key... don't give up!

Carbs - Most Americans have no trouble consuming loads of carbs daily. Carbs are important for energy, however, the quality of what you consume is important. Highly processed carbohydrates, such as croissants, cookies, chips, and most other packaged goods in the center of the grocery store lack good nutrition and cause blood sugar imbalances. Avoid the center of the grocery store in general. Avoid very sugary beverages such as sodas, fruit juices, and coffees as well.



Artificial sweeteners such as aspartame, saccharin, sucralose AKA Splenda and erythritol are terrible for your gut health! These are in many "diet" foods and beverages. Chill out on the energy drinks, zero-calorie sweeteners, and many flavored fitness products like pre-workouts and protein powders.



What about the amount of the other nutrients? (Carbs, fats, fiber, etc)

Fats - Most Americans do not have any trouble consuming an excess of calories from fats; however, most of the fats we consume as a society are highly processed and inflammatory. I challenge you to get fats from healthy sources, such as from wild caught seafood, grass-fed beef, organic meats, healthy oils (i.e. unrefined coconut oil, extra virgin olive oil, green avocado oil), nuts and seeds, olives, and avocados. In addition to consuming wild-caught fish/seafood 3 times per week, I recommend adding a quality fish oil supplement (tested for mercury). Increasing your levels of omega-3 fatty acids can reduce inflammation in your body. In general, women need more fats than men. I personally often eat around 40% of my calories from healthy fats, but this is not set in stone. What works best for you now may not be what always works best for you. Conditions change. Working with a functional health coach can help you determine what's best for you in your current condition and with your current goals.



Fiber - If you are usually eating half your plate in veggies, then you are likely consuming enough fiber. Most people are not doing this. Currently, dietary fiber intakes among adults in the United States average about 15 grams a day. Total dietary fiber intake should be 25 to 30 grams or more per day from food, not supplements.



USE HEALTHY OILS SUCH AS UNREFINED COCONUT OIL, EXTRA VIRGIN OLIVE OIL, & AVOCADO OIL.



I want more...

If you are struggling to eat intuitively and would like to track macros for some time period to get a better feel for them, but you need more guidance, I can help you decide on macronutrient targets to put into MyFitnessPal. Send me an email at info@omenwellness.com to inquire about fitness coaching and/or macro assignments. I can assign your workouts in the app (Trainerize) and/or assign your caloric and macronutrient targets.

For the fitness coaching plus macro assignments, you will need a food scale and a smart scale (see [this link](#) for recommendations). You will need to be committed to spending the time to weigh and track your food and get in your workouts.

These services are included with my one-on-one 6 month functional coaching program!

**INTERESTED IN FITNESS OR
FUNCTIONAL HEALTH COACHING?
SEND ME AN EMAIL!
INFO@OMENWELLNESS.COM**



How should I track my progress?

A single number on the scale doesn't tell you much about your progress -neither does a single photo. They can be useful ways to track your progress, but they are not the end-all-be-all.

When weigh-ins and progress photos are taken in a consistent manner, they can be helpful tools in tracking your fitness goals.

For example, I could be 130 lbs and look "fat" or I could be 130 lbs and look muscular. Body composition can change without much evidence of change on the scale. How you feel is more important than how you look. Progress photos may be an additional way to track your progress over time.

Weight is a fickle thing. It can vary based on numerous factors (i.e. when you last ate, when you last went to the bathroom, how much sodium you've consumed, how much sleep you've had lately, how much water you are holding onto, your hormones, etc). Your weight will also vary depending on which scale you use. For example, you may weigh 5LBS heavier on the scale at your doctor's office than on your home scale. For this reason, it is important to track the trend of your weight over time, the trend of your body composition over time, and to be as consistent as possible when checking your weight.

Regardless of whether your goal is to lose weight or to gain weight, your progress will not be linear. Here is an example chart of my weight over time during a weight loss phase.



Tracking Graphs



How do I weigh myself?

To have the most accurate results, I recommend being as consistent with your weigh-ins as possible. I recommend choosing the same day of the week to weigh yourself, in the morning as soon as you wake up, before you eat/drink anything, after you use the bathroom, on the same scale, and wearing the same thing (i.e. your birthday suit if possible). This process will help reduce the number of confounding variables when it comes to your weight and body composition. For example, when I was on my fitness journey, I used to always weigh myself on Friday mornings.

CHOOSE A CONSISTENT DAY OF THE WEEK YOU WILL WEIGH YOURSELF & DOCUMENT YOUR WEIGHT (AND BODYFAT IF POSSIBLE) WEEKLY FOR THE NEXT 12 WEEKS.

I WILL WEIGH MYSELF WEEKLY ON _____
(day of the week)

	Weight	BodyFat%		Weight	BodyFat%
Week 1			Week 7		
Week 2			Week 8		
Week 3			Week 9		
Week 4			Week 10		
Week 5			Week 11		
Week 6			Week 12		



A SINGLE NUMBER ON THE SCALE MEANS NOTHING

I'm trying to lose weight, but can't... what should I do?

If after 3 months of consistent effort you are still not noticing a significant change in the scale, it may be a sign that something metabolic is wrong. Check-in with your doctor. Sometimes they won't pick up on anything if the disturbance isn't far enough along.

If you are interested in picking up metabolic issues before they become big enough to show up on your primary care provider's labs, schedule an appointment with me at omenwellness.com. We can discuss my process with functional medicine and how it can help you catch metabolic disturbances early and help improve your body's ability to burn fuel efficiently.

I can help you check for things that your normal doctor would not test for, such as micronutrients, heavy metals, gut health (stool test), genetic issues (MTHFR gene variants), and more. If you have a suspicion that something is wrong with your health, **be your own advocate** and follow up on that. The scope of this nutrition guide is to focus on the basics of nutrition, but it would be unfair not to mention that reaching your fitness goals is not always as simple as "calories in versus calories out." Just don't let an underlying health issue be an excuse for you to not show up for yourself. If anything, it should be the reason you show up for yourself even more. Be consistent with your new good exercise and nutrition habits. It can only help you in the long run.



BE YOUR OWN HEALTH CARE
ADVOCATE



What you need to know

It is **important to understand and practice the basics of good nutrition.** Once you've established these fundamentals and are **ready for more,** **Omen Wellness** can create custom nutrition and supplement recommendations based on **functional medicine lab tests.** Wouldn't it be cool to see if the diet you're currently eating is providing you with the correct balance of minerals? A **simple hair test,** for example, can reveal a lot about your nutritional status. Gut tests with or without food sensitivity tests are also available to dive even deeper into your unique needs.

To discover more about these services, go to **omenwellness.com** to schedule a free health audit!



 @OMENWELLNESS

@THEAPRECUP

 WWW.YOUTUBE.COM/
@THEAPRECUP

I'm so proud of you!

It takes a lot of courage to decide to change your habits. Saying yes to your new habits means you have to start saying no to your old habits. You may receive criticism from loved ones or lose friends in the process of bettering yourself. When you continue to honor the commitments to yourself, however, you will feel a new level of self-respect and confidence emerge. Keep going! The Good Omens community is here to support you!

Xoxo, Thea

Omen Wellness

IF YOU'RE FOLLOWING ANY TIPS FROM THIS NUTRITION GUIDE, MAKE SURE TO TAG ME ON **INSTAGRAM (@OMENWELLNESS)** AND USE THE HASHTAG **#GOODOMENSTRIBE** SO WE CAN **INSPIRE OTHERS** TO DO THE SAME!