



# Optimizing Your Lifestyle

**Lee Hyrkas, RD, CDE, NASM-CPT**

**Registered Dietitian  
Performance Nutrition Specialist**

# Lee Hyrkas, RD, CDCES, Performance Nutrition Specialist

---

## Credentials:

- Registered Dietitian (RD)
- Certified Diabetes Educator
- Certified Personal Trainer (CPT)
  - National Academy of Sports Medicine

## Education:

- University Wisconsin Green Bay (UWGB)
  - Bachelor of Science in Human Biology
  - Emphasis: Nutritional Science/Dietetics



## Contact Info:

- Lee.Hyrkas@bellin.org or 920-430-4728

# Planning Exercise

---

## **Choose a time that works best for you.**

- Early morning, afternoon, evenings, lunch breaks, etc.

## **Plan exercise dates and times.**

- Smart phone, calendars, weekly planners, etc.

## **Track weekly minutes of exercise.**

- 150 minutes or greater



## **Set a 2 day rule.**

- No more than 2 days between sessions

# Tips to Increase Your Steps 😊

---

- Keep moving between weight training sets
- Walk or move while talking or making calls
- Use the steps, if possible
- Aim for more steps on non-work days
  - Parks, zoo, trails, beaches, national parks, etc.
- Walk or bike errands, if possible



# Additional Tips

---

- Take an extra lap or two around the store
- Walk the cart back to the store
- Move while listening to podcasts or audiobooks
- Schedule a family walk in the evening



# Cardio Equipment

## (30 minutes most days)

---

### Rowing Machine

- Low impact, full-body workout

### Schwinn Airdyne Bike

- Low impact, full-body workout

### Stair-Stepper or Stairs

- Cardio and strength workout

### Elliptical With Moving Arms

- Low impact, full-body workout

### Spin Bike

### Treadmill



# Fun Movement

- **Punching bag**
- **Dancing**
- **Swimming or Pool Walking**
- **Fitness Classes**
- **Snowshoeing**
- **Kayak or Paddle Board**





# Pre-Workout Snacking (~1-2 hours prior)

---

**Carbohydrates: ~20-30 grams**

**Protein: ~10-20 grams**

## Sample Snacks:

- Banana
- Greek yogurt cup with 2-3 Tbsp. granola
- 2 graham crackers or rice cakes with nut butter, glass of milk
- 1/2 English muffin with peanut butter
- 1 packet oatmeal with powdered peanut butter
- Small bowl of cereal with Fairlife® milk or bottled protein drink
- Cottage cheese cup with fruit
- 3-4 dates, string cheese





# Post Workout Snacking

---

**Protein: ~20-30 grams**

**Carbohydrates: ~30-60 grams**

## Sample Snacks:

- 2 hardboiled eggs, string cheese
- Greek yogurt cup with 2-3 Tbsp. granola, piece of fruit
- Protein drink (Premier, Fairlife, etc.), piece of fruit
- Eggs with English muffin and avocado
- Homemade smoothie (fruit, milk or yogurt, protein powder)
- Bowl of cottage cheese, fruit
- Chobani drinkable yogurt or Kefir, 1/4 cup pepitas or sunflower seeds
- Protein bar



# Consume Enough Protein

---

## Tips:

**Incorporate plant based options.**

**Space your intake.**

**Choose lean animal products.**

- Loin, tenderloin, round, skinless, etc.




# Daily Protein Guidelines

Conditions	Recommended Amount	Example
Highly Active	<b>0.7 – 1.0 g/lb./day</b>	150 lbs. x 0.7 – 1 = <b>~105 - 150 g protein</b>
Weight Loss or Experienced	<b>0.5 – 0.7 g/lb./day</b>	150 lbs. x 0.5 – 0.7 = <b>~75 - 105 g protein</b>
Inactive Maintenance	<b>0.4 g/lb./day</b>	150 lbs. x 0.4 = <b>~60 g protein</b>

Sources: Bauer, Jürgen et al. Evidence-Based Recommendations for Optimal Dietary Protein Intake in Older People: A Position Paper From the PROT-AGE Study Group. Journal of the American Medical Directors Association , Volume 14 , Issue 8 , 542 – 559

**bellinhealth**

 Official Healthcare Partner of  
the Green Bay Packers

# Quality Tested Protein Supplements

---

- Optimum Nutrition® Gold Standard Whey Protein
- Ascent® Whey
- Muscle Milk® 100% Whey Protein
- Dymatize® 100% Whey Protein
- Vega Sport® or Orgain® Protein
- Tera's Whey
- PB2 Protein Powder
- Quest or Premier Protein Powder



# Protein Bar Better Bites

---

- Quest® Bar
- gomacro® Bar
- RXBar®
- Built® Bar
- Kirkland® Protein Bar
- think!® Protein Bar
- Perfect® Bar



# High Protein Snacks

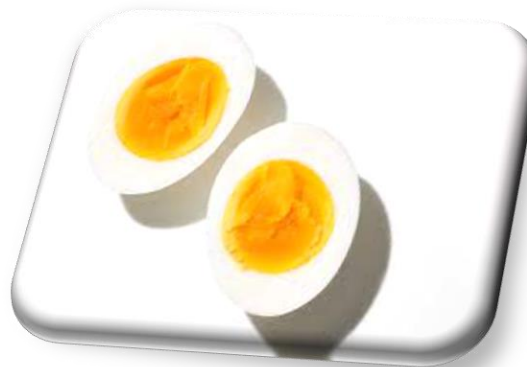
## Snack 1:

- 1 cup cottage cheese
- 2-3 Tbsp. sunflower seeds



## Snack 2:

- 1 string cheese
- 1 stick lean jerky
- 20-30 pistachios



## Snack 3:

- 1 hardboiled egg
- 1/3 cup dry roasted edamame

## Snack 4: (Avocado Boat)

- 1/2 large avocado
- 1 tuna packet mixed with salsa – Add to the pitted avocado.



## Snack 5:

- Bottled protein drink
- Piece of fruit or small dish of berries

# Foods for Better Health

---

## **Incorporate 1 cup of berries or cherries most days.**

- Add to smoothies, salads or yogurt
- Pair with nuts or seeds for a snack
- Use as a jam alternative on toast

## **Add a 1/4 cup of nuts and seeds daily.**

- Use in grain bowls, salads or trail mix
- Add into oatmeal or hot cereals

## **Experiment with fermented foods.**

- Sauerkraut, Kefir, yogurt, kombucha, kimchi, tempeh, miso soup

## **Trial more fish and seafood weekly.**

- Sheet pan meals
- Tuna or salmon packets for quick meals
- Sardines 😊





# Foods That Promote Fullness

---

- Whole potatoes (all types)
- Fish
- Oatmeal
- Apples
- Oranges
- Grapes
- Lentils
- Cheese
- Eggs
- Lean beef
- Popcorn
- Brown rice
- Whole meal breads
- Greek yogurt

# Food Volume Swaps

---

- X Chips
- X French fries
- X Dried fruit or juice
- X Sweets
- X Taco
- X Crackers
- X Butter
- X Flavored yogurt
- X Cereal
- X White rice
- X Noodles
- X Cream soup
- X Bacon

- ✓ Popcorn, puffed snacks
- ✓ Whole potatoes
- ✓ Whole fruit
- ✓ Berries
- ✓ Taco salad
- ✓ Cucumber slices
- ✓ Avocado
- ✓ Plain Greek yogurt
- ✓ Oatmeal, puffed cereal, amaranth
- ✓ Riced veggies
- ✓ Heart of palm noodles (Palmini)
- ✓ Hearty vegetable or bean soup
- ✓ Canadian bacon



# Simple Shopping List

## Lean Protein:

- Chicken breast
- Fish, tuna packets
- Eggs, egg whites
- Natural peanut butter
- Greek yogurt, cottage cheese cups
- Tofu, tempeh, TVP
- Beans (black, kidney, pinto, etc.)
- Nut & seed pouches
- Kefir, drinkable yogurt
- Dairy free milk or milk



## Quality Carbs:

- Sprouted grain bread
- Wraps (Tumaro's)
- Oatmeal
- Sweet potatoes, squash
- Teff, amaranth, quinoa
- Canned beans (black, kidney, etc.)
- Palmini noodles
- Kodiak pancake mix
- Bean pastas (Banza, lentil)
- Brown rice, wild rice



## Produce:

- Fruits (berries, apples, citrus, grapes)
- Fresh vegetables (cucumbers, peppers)
- Steam bag vegetables
- Canned beans (black, pinto, etc.)
- Frozen fruit
- Sauerkraut

## Healthy Fats:

- Nuts & seeds
- Avocados (fresh or frozen)
- Salad dressing (yogurt based)
- Hummus or guacamole
- Eggs
- Natural nut butters

# Plant Forward Meal Plan

---

**Plant-based foods are main components of meals/snacks.**

**Does not eliminate animal products.**

## **Highlights:**

- Fruits
- Vegetables
- Beans, edamame
- Nuts, seeds, nut butters
- Whole grains, sprouted grains
- Dairy or dairy alternatives
- Tofu, tempeh, TVP
- Fish
- Wild game meats
- Moderate chicken intake
- Reduced red meat intake



# Plant Forward Breakfast Ideas

## Idea 1:

- 6-8 oz. nut milk or Kefir
- 1 whole wheat mini bagel
- 1-2 Tbsp. nut butter
- 1 small banana sliced



## Idea 2:

- 1 cup cooked oatmeal
- 3/4 cup berries – oatmeal topping
- 1/4 cup walnuts – oatmeal topping
- Dash of cinnamon – oatmeal topping



## Idea 3:

- 1-2 slices sprouted grain toast or English muffin
- 1/2 avocado
- 8 oz. nut milk or 5.3 oz. Greek yogurt



# Quick & Easy Smoothies

---

- **PB & J Smoothie:** (~340 calories, 30 g carbohydrates, 34 g protein)

- 1/2 cup milk or vanilla almond milk
- 1/2 cup water
- 1 scoop vanilla protein
- 1 Tbsp. chia seeds
- 1-2 Tbsp. peanut butter or powdered peanut butter
- 1 cup frozen strawberries or raspberries
- 1 small handful baby spinach



- **Watermelon Smoothie:** (~400 calories, 45 g carbohydrates)

- 1 cup nut milk or cow's milk
- 1/2 or 1 scoop vanilla protein
- 1 cup strawberries
- 1 cup watermelon
- 1 Tbsp. chia seeds





# Plant Forward Snacks

## Idea 1:

- 1/2 banana
- 1 low carb wrap
- 1 tbsp. nut butter



## Idea 2:

- 1/3 cup dry roasted bean snacks
- 3-5 cups popcorn



## Idea 3:

- 1/3 cup freeze dried fruit
- 1/4 cup pepitas or sunflower seeds

## Idea 4:

- 1 cup raw vegetables (peppers, carrots, etc.)
- 3-4 Tbsp. yogurt based salad dressing





# Sample Plant Forward Day

## Breakfast:

- 1-2 slices sprouted grain toast
- 1-2 Tbsp. almond butter or peanut butter
- 1 cup berries or cherries
- 1 cup Kefir or plain yogurt



## Lunch: (Bean, Veggie & Grain Bowl)

- 1 cup cooked quinoa
- 3/4 cup beans
- 1/2 avocado
- 1 cup roasted or stir-fry vegetables



## Dinner:

- Salmon burger on a whole grain bun or thin bun
- Side salad
- 1-2 slices watermelon



# Mediterranean Meal Plan

Meal plan to reduce heart disease and diabetes risk.

Plentiful amounts of foods rich in fiber, potassium, unsaturated fats, lean protein.

## Highlights:

- 2-3 servings fruit daily
- 2-3 servings vegetables daily
- 6-7 servings whole grains daily
- 2 servings fermented dairy daily
- 4 oz. of meat or less daily
- 2-3 servings of fish weekly
- 2-3 servings of beans weekly
- 4-5 oz. of nuts/seeds weekly
- 6-7 whole eggs weekly
- Limited amount of sweets weekly
- Moderate red wine consumption
  - 5 oz. women, 10 oz. men daily



[oldwayspt.org](http://oldwayspt.org)

# Quality Fats

---

## Nuts & Seeds

- Almonds, walnuts, pistachios
- SunButter, almond butter
- Flax, chia, sunflower seeds



## Oils

- Extra virgin olive oil, avocado oil, peanut oil, grapeseed oil, canola oil, flax seed

## Others

- Avocado, fish, olives, grass fed butter or ghee, medium chain triglycerides (MCT)

# Mediterranean Food Swaps

---

X **Reined Grains (White Grains)**

X **Red Meat**

X **Milk & Cheese**

X **Sweets**

X **Vegetable Oil**

X **Chips**

X **Butter**

X **Chip or Vegetable Dips**

X **Alcohol (Mixed Drinks)**

X **Soft Drinks**

X **Fast Food**

X **Refried Beans**

X **Cold Cereal**

✓ **Whole Grains (Brown Grains)**

✓ **Fish, Seafood or Poultry**

✓ **Fermented Dairy (Yogurt, Kefir)**

✓ **Berries (All Types), Lily's chocolate**

✓ **Olive Oil**

✓ **Nuts/Seeds**

✓ **Avocados**

✓ **Hummus or Guacamole**

✓ **Wine**

✓ **Infused Water or Sparkling Water**

✓ **Home Cooked Meals**

✓ **Whole Beans (Black, Kidney, Pinto, etc.)**

✓ **Oatmeal, Quinoa or Amaranth**



# Quality Carbs

- **Fruit (all types)**
- **Whole grain bagels**
- **Kodiak pancakes or Birch Benders pancakes**
- **Whole wheat pasta or bean pasta**
- **Red potatoes or sweet potatoes**
- **Sprouted grain breads or rye breads**
- **Oatmeal or cream of wheat**
- **Quinoa, teff or amaranth**
- **Brown rice or wild rice**
- **Whole grain crackers**
- **Beans or lentils**





# Strategic Carbs

## (Tasty and easy to digest, but low in nutrients.)

---

- Soda, sport drinks, gels, chews, etc.
- White carbs (bread, bagels, pasta, etc.)
- Sugared cereal
- Ramen noodles
- Candy (gummy bears, skittles, etc.)
- Cookies, cinnamon rolls, etc.
- Cakes, brownies, pies, etc.
- Jell-O®
- Baked chips
- Graham crackers or animal crackers



# Lower Carb Swaps

---

- |                           |   |
|---------------------------|---|
| X Soda                    | ✓ Sparkling water, Bubblr, or Protein2O     |
| X Fruit juice             | ✓ Berries or 5 calorie juices               |
| X Chips                   | ✓ Mini popcorn bag, Quest chips, pork rinds |
| X King-size candy bar     | ✓ Protein bar (Quest, Built, RX, etc.)      |
| X Flavored coffee creamer | ✓ Protein drink (Fairlife, Premier, etc.)   |
| X Ice cream bar           | ✓ Frozen grapes or Halo Top                 |
| X Bread                   | ✓ Keto bread, Tumaro wrap, lettuce wrap     |
| X Bagel                   | ✓ Bagel Thins or mini bagels                |
| X Cereal                  | ✓ Kashi GO, Catalina Crunch, Magic Spoon    |
| X Rice                    | ✓ Riced veggies or Right Rice               |
| X Noodles                 | ✓ Veggie noodles or bean pasta              |
| X Potatoes                | ✓ Mashed cauliflower, parsnips or squash    |
| X Crackers                | ✓ Rice cakes, Whisps® or cucumber slices    |
| X Flavored yogurt cups    | ✓ Two Good, Oikos Triple Zero, Light & Fit  |
| X Fries                   | ✓ Jicama or zucchini fries                  |



# Lower Carb Beverages

---

True Lemon® drink packets

LaCroix® water

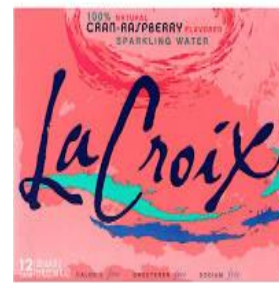
Good Earth® tea

Stur® water enhancer

bubly® flavored water

bia®

BUBBL'R®



# Mediterranean Meals

---

## Breakfast:

- 1 cup yogurt or Kefir
- 1 cup berries
- 1 slice sprouted grain toast
- 1/4 – 1/2 avocado sliced

## Lunch:

- 1 large mixed salad (lettuce, peppers, tomatoes, etc.)
- Salad toppings (olives, 1/4 cup chickpeas, low-fat feta cheese, 1 oz. nuts, diced strawberries)
- 2 Tbsp. Olive oil & vinegar based dressing
- Pita bread
- Drinkable yogurt or Kefir

## Dinner:

- 4 oz. grilled filled (salmon, tuna, trout, etc.)
- Sweet potato
- 1 cup cooked mixed vegetables – broccoli, cauliflower, green beans
- 1/4 sliced avocado
- 5 oz. red wine



# Mediterranean Snacking

---

## Snack 1:

- 1 oz. nuts (almonds, walnuts, pistachios, etc...)
- 1 string cheese

## Snack 2:

- 1 cup Greek yogurt
- 3/4 cup berries

## Snack 3:

- 1 single serving guacamole or hummus cup
- 1 cup raw vegetables (Carrots, peppers, cucumbers, etc...)



## Snack 4: (Homemade Snack Mix)

- 1/3 cup dry roasted edamame or dry roasted broad beans
- 2-3 Tbsp. pepitas
- 2 Tbsp. Lily's chocolate chips

## Snack 5:

- Cucumber salad tossed in balsamic vinegar and olive oil

# Practical Tips

---

- Swap butter for olive oil or avocado oil.
- Replace salt with herbs and spices.
- Use nut butters instead of butter on bread.
- Try guacamole or hummus as a sandwich spread.
- Choose fruit more often for dessert and snacks.
- Replace 1-2 red meat meals with fish/seafood weekly.



# Chrononutrition

---

**Timing of food appears to influence health.**

**Stop eating at a consistent time each night.**

- 8 PM, etc.
- Brush and mouthwash after your final meal/snack.

**Be mindful of food choices at night.**

- Beta cell production better in the AM
- Food thermogenesis lower at night



# Shift Your Food Intake

---

**Heaviest meals at breakfast and lunch.**

**Focus on protein and produce at the evening meal.**



# Sample Day

---

## Breakfast:

- \*Greek yogurt cup
- \*English muffin with PB
- \*Banana

## Lunch:

- \*Bowl chili
- \*5-10 crackers
- \*Side salad
- \*Apple

## Snack:

- \*Small bag raw veggies
- \*single serve hummus cup

## Supper:

- \*4 oz. pork tenderloin
- \*2 cups roasted veggies
- \* Small bowl of berries



# Recipe Websites

---

- [Fitmencook.com](http://Fitmencook.com)
- [Skinnytaste.com](http://Skinnytaste.com)
- [Minimalistbaker.com](http://Minimalistbaker.com)
- [Theproteinchef.co](http://Theproteinchef.co)
- [Budgetbytes.com](http://Budgetbytes.com)



# Practical Takeaways

---

## **Focus on food patterns.**

- Whole foods, adequate protein, quality fats
- Food swaps

**Timing of food intake likely impacts our health.**

**Don't overlook the importance of extra steps.**

**Schedule exercise into your weekly routine.**

# References

---

- Almoosawi S, Vingeliene S, Gachon F, et al. Chronotype: Implications for Epidemiologic Studies on Chrono-Nutrition and Cardiometabolic Health. *Adv Nutr*. 2019;10(1):30-42. doi:10.1093/advances/nmy070
- Israetel, M., DR., Davis, M., DR., Case, J., DR., & Hoffmann, J., DR. (n.d.). The Renaissance Diet 2.0.
- <https://examine.com/nutrition/the-low-down-on-intermittent-fasting/>
- <https://www.strongerbyscience.com/chrononutrition/>