

# Energy & Desire Reboot

Your personalized plan

Created for [REDACTED]

(Date)

## Overview

In general, your diet is very good. You focus on nutritious foods and limit processed foods, which is great. However, based on the information from your survey, we can make a few tweaks to help you attain your goals.

Your weight is borderline overweight, yet your average caloric intake appears slightly low for your activity level. It is likely that your metabolism has slowed due to your recent injury and, potentially, hormonal changes related to age. Our goal is to get you eating the right amount of food while choosing options that are known to boost metabolism.

In this report, you'll find suggested foods to support your needs based on your personal taste and the restriction that you avoid most animal protein.

Since you are still recovering from an injury, maintaining an anti-inflammatory diet is crucial. The changes recommended below will support your recovery while also enhancing your libido.

As you review your personalized recommendations, remember that you have one week of email-based support to help you get started. Please don't hesitate to email any questions to [info@lifeofreiley.com](mailto:info@lifeofreiley.com)

# Key Recommendations

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## 1. Protein Intake

Your target protein intake is about **52g per day** based on the National Academy of Medicine's recommendation (0.8g per kg of body weight). According to your journal, you're currently eating up to 15g less than this each day. Given that adequate protein is critical for recovery, you may need to increase it even further. Consult your doctor to see if a temporary boost is appropriate.

### Vegetarian High-Protein Foods & Protein Content:

- **Eggs** (6g per large egg)
- **Black Beans** (15.2g per cup)
- **Lentils** (18g per cup)
- **Chickpeas** (14.5g per cup)
- **Soybeans** (31g per cup)
- **Tofu** (10g per ½ cup)
- **Mushrooms** (3g per cup raw, button variety)
- **Nuts** (4-7g per ounce, varies by type)
- **Sesame, Flax and Pumpkin Seeds** (approximately 5g per ounce)
- **Quinoa** (8g per cup, cooked)
- **Bulgur** (5g per cup, cooked)
- **Oatmeal** (5.9g per cup, cooked)
- **Nut milks** (1-2g per cup, varies by brand)
- **Soy milk** (8g per cup, varies by brand)
- **Nutritional yeast** (5g per 2 tablespoons)
- **Bragg's Liquid Aminos** (1g per teaspoon)

Note: Many nutrition experts recommend keeping daily soy protein consumption under 50g.

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## Recommendations continued

<b>2. Iron Intake</b>	<p>Iron is essential for tissue repair, energy levels and mood regulation. Your current diet may lack sufficient iron. The DV for women under 50 is 18mg.</p> <p><b>Iron-Rich Foods:</b></p> <ul style="list-style-type: none"><li>● <b>Asparagus</b> (2.9mg per cup)</li><li>● <b>Legumes</b> (2-7mg per cup)</li><li>● <b>Dark leafy greens</b> (2-6mg per cup)</li><li>● <b>Whole grains</b> (varies; quinoa has 2.8mg per cup cooked)</li><li>● <b>Seeds</b> (Pumpkin seeds: 2mg per ¼ cup)</li><li>● <b>Nuts</b> (Cashews: 1.9mg per ounce, Almonds: 1.1mg per ounces)</li><li>● <b>Dark chocolate (70%+ cacao)</b> (3.3mg per ounce–varies by bar)</li></ul>
<b>3. Carbohydrate Choices</b>	<p>When possible, swap low-nutrient, processed carbs for nutrient-dense alternatives:</p> <ul style="list-style-type: none"><li>● <b>Instead of:</b> Dumpling skins, white rice, white pasta</li><li>● <b>Try:</b> Whole wheat pasta, bulgur pilaf, farro risotto, potatoes, sweet potatoes<ul style="list-style-type: none"><li>○ <b>Why?</b> Sweet potatoes support anti-inflammatory goals and boost women’s sexual health.</li></ul></li></ul>
<b>4. Fruit &amp; Vegetable Intake</b>	<p>Aim for <b>1-2 additional servings</b> of fruits and vegetables daily.</p> <p><b>Great Choices for you:</b></p> <ul style="list-style-type: none"><li>● <b>Dark, leafy greens</b> (Spinach, arugula, kale, chard, watercress)</li><li>● <b>Berries</b> (Rich in antioxidants and support circulation)</li><li>● <b>Continue eating a variety of fruits &amp; vegetables daily</b></li></ul>
<b>5. Dark Chocolate for Iron &amp; Sexual Health</b>	<p>Enjoy <b>70%+ cacao dark chocolate</b> regularly.</p> <p><b>Benefits:</b> Good source of iron, dark chocolate also contains fiber and magnesium. It may potentially support vaginal pH balance. There is also some evidence that cacao can benefit your metabolism.</p>

## Recommendations continued

<b>6. Omega-3 Fatty Acid Consideration</b>	<ul style="list-style-type: none"><li>● As a vegetarian, you may lack <b>DHA &amp; EPA</b>, which are important for <b>heart, brain, bone, and sexual health</b>.</li><li>● You are getting <b>ALA</b> from flax, avocado, spinach, and soybeans. However, <b>ALA</b> conversion to <b>DHA/EPA</b> is inefficient.</li><li>● <b>Consider:</b> Omega-3-enriched eggs or adding fish oil to your diet.</li></ul>
<b>7. Spicy Foods to Boost Metabolism</b>	<p><b>Fresh and dried chilies</b> may help boost metabolism and offer antioxidants. When your digestive system can tolerate it, incorporate spice into your meals.</p>
<b>8. Lycopene Consideration</b>	<p>You are intolerant to <b>watermelon and tomatoes</b>, which are primary sources of <b>lycopene</b>—a nutrient beneficial for women during and after menopause.</p> <p><b>Alternative Lycopene Sources:</b></p> <ul style="list-style-type: none"><li>● Pink grapefruit</li><li>● Apricots</li><li>● Papaya</li><li>● Guava</li><li>● Carrots</li><li>● Red bell peppers</li><li>● Rose hips</li></ul> <p>If you experience menopausal symptoms, you may want to consult your doctor about lycopene intake.</p>

# Getting Started: Next Steps

<b>1. Track Your Diet for Another Week to Measure Your Success</b>	<ul style="list-style-type: none"><li>● Use the tracker provided or try an app like <b>MyFitnessPal</b>.</li><li>● If full tracking feels overwhelming, focus on <b>protein intake</b> or <b>fruit &amp; vegetable intake</b>.</li></ul>
<b>2. Monitor Fluid Intake</b>	<ul style="list-style-type: none"><li>● Hydration supports <b>sexual health, metabolism and inflammation reduction</b>. This is always important but especially during recovery.</li><li>● <b>Double check if you're getting enough based on weight and activity level wth this calculation tool:</b> <a href="#">How Much Water You Should Drink</a></li><li>● Keep in mind <b>20% of hydration comes from food</b>.</li><li>● <b>Non-caffeinated fluids count:</b> Herbal teas, nut milks, soft drinks and juices (watch sugar)</li><li>● If you don't think you're getting sufficient hydration, talk to your doctor about a more personalized calculation.</li></ul>
<b>3. Be Strategic about Special Occasion Meals</b>	<ul style="list-style-type: none"><li>● You already have a healthy approach to special meals. But keep in mind that if you have a <b>low-nutrition special meal</b>, aim to <b>prioritize nutrient-dense foods for the rest of the day</b>.</li><li>● Ensure you are getting <b>enough protein, fiber, and essential vitamins</b> before and after indulgent meals. That way, you can enjoy an indulgent meal without worry or guilt.</li></ul> <p>This approach helps maintain <b>overall nutritional balance</b> while allowing flexibility.</p>

# Suggested Additions & Food Swaps Based on Your Journal

Here are some ideas of what your revised meals could look like to help you get the nutrition you need to support your goals:

- When having avocado toast, **add a poached egg** on top or **scrambled egg** on the side.
- Try **roasting a sweet potato** and topping it with hummus and sesame seeds instead of eating hummus on white flour crackers.
- Instead of **five pot stickers**, try **two pot stickers with a side of Asian slaw** topped with chopped cashews and soybeans or cubed tofu with a dressing made with Bragg's Liquid Aminos.
- **Double the amount of roasted mushrooms** you eat with beans and tortillas and **add arugula or spinach** tossed in avocado oil or olive oil.
- Add a **protein to snacks**, such as:
  - Sunflower butter with an apple or celery sticks
  - Hummus with carrots and bell peppers
  - Salted edamame
  - ¼ cup of nuts
  - Cacao nibs
  - Homemade trail mix with nuts, pumpkin seeds and dark chocolate chips.

## Final Thoughts

These small, strategic dietary adjustments will support your recovery, boost metabolism, and enhance your sexual health. Start by **focusing on protein intake and nutrient-dense food swaps** and track progress to see what works best for you. Keep up your great work!

For recipes and additional information on nutrition for sexual health, visit *Amy Reiley's Eat Something Sexy* [www.eatsomethingsexy.com](http://www.eatsomethingsexy.com).