

# The Balanced Bite

## MACRONUTRIENT BALANCED MEALS FOR WEIGHT LOSS

### Learn how to use macronutrients to balance your meals:

- ✓ The Balanced Bite principles & guidelines
- ✓ Learn why balanced meals are essential for blood sugar levels, satiety and weight management
- ✓ Nutrition tips and tricks
- ✓ Answers to most asked questions
- ✓ Macronutrient blocks and appropriate serving sizes for weight loss



#### Scientifically proven strategies

to reduce dietary induced inflammation leading to sustainable weight loss, increased energy, improved mental health and physical performance.

# Getting Balanced

The Balanced Bite is based on the popular Zone Diet created by Dr Barry Sears and has been shown to help prevent chronic diseases such as heart disease and diabetes, as well as improve athletic performance and overall health. However, as with any diet, it is important to consult a healthcare professional before making any significant changes to your diet or lifestyle.

The Balanced Bite involves consuming meals that contain the right proportion of macronutrients to help regulate the body's metabolic pathways. The diet is based on the principle of balancing the intake of carbohydrates, protein, and fat to optimize nutritional intake, assist with hormonal balance and control inflammation.

**The goal is to maintain a balance of 40% carbohydrates, 30% protein, and 30% fat in every meal or snack.**

Balancing your meals with the right amount of macronutrients helps to regulate insulin levels and maintain stable blood sugar levels, which can reduce cravings, improve energy levels, and support weight loss. The program involves eating small, frequent meals throughout the day, and emphasizes lean protein sources, low glycemic carbohydrates, and healthy fats.

## Removing Inflammatory Foods

Reducing inflammation in the body by limiting certain foods that may contribute to inflammation has many health benefits including facilitating weight loss. Some of the inflammatory foods that are removed or restricted on The Balanced Bite include:

1. **Gluten and dairy:** non-celiac gluten sensitivity, wheat and cow milk protein allergies are commonly undiagnosed due to the lack of genetic testing available to screen and diagnose these intolerances. From my experience working with genetics, about 95% of clients screened for gluten/ wheat sensitivity and cow milk allergies were confirmed. This is why I have specifically chosen to remove these foods from the food list as they promote inflammatory responses in the body. If you suspect you are intolerant, speak with Renae Cinanni about what you can do.
2. **Processed foods:** Processed foods are often high in sugar, refined carbohydrates, and unhealthy fats, leading to inflammation. The Balanced Bite recommends avoiding processed foods as much as possible.
3. **High-glycemic carbohydrates:** Foods that are high in carbohydrates and have a high glycemic index, such as white bread, pasta, pastries and sugary drinks etc, can cause rapid spikes in blood sugar and insulin levels contributing to inflammation.
4. **Saturated and trans fats:** Saturated and trans fats found in fried foods, fatty meats, and processed snacks can increase inflammation in the body. The Balanced Bite recommends choosing healthy fats such as those found in extra virgin olive oil, fish, nuts, seeds and avocados.
5. **Alcohol:** Excessive alcohol consumption can contribute to inflammation in the body, so the Balanced Bite recommends limiting alcohol intake.
6. **Processed vegetable oils:** Processed vegetable oils such as corn, soybean, and canola oil are high in omega-6 fatty acids, which can increase inflammation. The Balanced Bite recommends using healthy oils such as olive oil and avocado oil instead.

# Getting Balanced

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## How Many "Blocks" Of Food Can I Have Per Day?

The number of blocks (or serves) can vary from person to person depending on their weight loss goals. Physical activity levels are also considered when calculating your blocks, however below is a general guide of where to start.

Women	Men
11 blocks	14 blocks

You may be required to have more blocks per day depending on your physical activity levels.

## Water intake

Water intake is important when following The Balanced Bite for several reasons:

- **Promotes hydration:** Drinking enough water helps to keep the body hydrated, which is important for maintaining healthy bodily functions and overall health.
- **Aids digestion:** Water plays a crucial role in digestion by helping to break down food and transport nutrients throughout the body. It also helps to prevent constipation and other digestive issues.
- **Reduces inflammation:** Staying hydrated can help to reduce inflammation in the body. Inflammation can contribute to a variety of health issues, including heart disease, diabetes, and autoimmune disorders.
- **Supports weight loss:** Drinking water can help to reduce appetite and promote feelings of fullness, which may aid in weight loss efforts. Additionally, water has no calories and can be a healthy alternative to sugary drinks or juices.

Overall, staying hydrated by drinking enough water can support overall health and weight loss efforts. The recommended daily intake of water varies based on factors such as age, gender, weight, and activity level, but a general guideline is to aim for at least 8 glasses of water per day.

# Nutrition & Eating Out

## Eating Out Guidelines

<b>Plan ahead:</b>	Look up the menu and nutrition information online before going out to eat to make healthier choices.
<b>Choose grilled or baked options instead of fried:</b>	Grilled or baked dishes are generally lower in calories and fat compared to fried options.
<b>Opt for lean protein:</b>	Choose lean protein sources such as chicken, fish, turkey, or tofu to get a healthy dose of protein without excessive fat and calories.
<b>Request dressings and sauces on the side:</b>	This allows you to control the amount of added fats and calories in your meal.
<b>Ask for substitutions:</b>	Substitute high-calorie sides like french fries with a side salad or steamed vegetables.
<b>Be mindful of portion sizes:</b>	Restaurant portions are often larger than necessary, so consider sharing an entree with a friend or taking leftovers home.
<b>Choose whole-grain options:</b>	Gluten-free bread, pasta, and rice can provide extra fiber and nutrients compared to refined options.
<b>Watch out for hidden sugars:</b>	Some sauces, dressings, and drinks may contain added sugars, which can contribute to excess calories and negatively impact health.
<b>Be cautious of alcohol intake</b>	Alcoholic drinks can be high in calories and may also contribute to dehydration, so drink in moderation and opt for lower-calorie options like wine or light beer.
<b>Don't skip meals beforehand</b>	Skipping meals before going out to eat can lead to overeating, so be sure to eat a balanced meal or snack beforehand to prevent excessive hunger.

# Meal Prepping Tips

## How to meal prep like a boss

<b>Plan your meals ahead of time</b>	Choose one day out of your week (people like setting aside their Sunday to meal prep) to create a meal plan for the week and stick to it to ensure you are getting the correct amount of macronutrient blocks per day.
<b>Batch cook your proteins</b>	Cook a large batch of lean protein, such as chicken or turkey, at the beginning of the week and use it throughout the week in different meals.
<b>Prep your vegetables ahead of time</b>	Wash, chop, and prepare your vegetables at the beginning of the week to save time and make it easier to add them to meals.
<b>Make your own sauces and dressings</b>	Making your own sauces and dressings allows you to control the ingredients and ensure they are Zone Diet-friendly.
<b>Use a food scale &amp; measuring cups</b>	Weighing your food can help you accurately measure portion sizes and ensure you are getting the correct ratios of macronutrients whilst following the zone diet.
<b>Invest in a good set of containers</b>	Having good-quality containers that are easy to transport and keep food fresh can make meal-prepping much easier.
<b>Cook in bulk</b>	Make large batches of meals, such as chili or stir-fry, that can be stored in the freezer for easy reheating later in the week.
<b>Don't be afraid to repeat meals</b>	Repeating meals can make meal prepping easier and more efficient, as well as ensure you are sticking to your macros.
<b>Stay organized:</b>	Label your meals and keep them organized in the fridge or freezer to make it easier to grab and go when you need them.

# Lifestyle Hacks

## Lifestyle hacks to create healthy habits

<b>Exercise regularly</b>	Regular exercise can help improve overall health and aid in weight loss or maintenance. Aim for 30 minutes daily and choose something you enjoy.
<b>Get enough sleep</b>	Sleep is important for overall health and can help regulate hormones that control hunger and metabolism, aiding in weight loss. Aim for 7 - 8 hours per night.
<b>Manage stress</b>	Stress can disrupt metabolism and lead to overeating, so finding ways to manage stress is important for the success of any dietary and lifestyle changes.
<b>Stay consistent</b>	Consistency is key, so sticking to the correct macronutrient ratios and eating habits every day is important. If you fall off the bandwagon, remember it is okay! Start again in your next meal and go easy on yourself.
<b>Keep healthy snacks on hand</b>	Having healthy snacks, such as cut-up vegetables or nuts, on hand can help prevent overeating or reaching for unhealthy options.
<b>Stay hydrated</b>	Drinking plenty of water is important on the Zone Diet to help regulate metabolism and keep the body functioning properly.
<b>Cook at home</b>	Cooking meals at home allows you to control the ingredients and ensure you are sticking to the correct macronutrient ratios.
<b>Eat slowly and mindfully</b>	Eating slowly and mindfully can help prevent overeating and allow you to better enjoy your food.
<b>Find enjoyment in the process</b>	The Balanced Bite is a lifestyle change, so finding enjoyment in the process and focusing on the health benefits can help make it a sustainable long-term option.
<b>Surround yourself with support:</b>	Having a support system, such as friends or family members who are also following The Balanced Bite can help keep you stay motivated and accountable.

# Free Foods

**"Free" foods are foods very low in calories and do not significantly affect blood sugar levels or insulin response. Check them out below:**

<b>Leafy greens</b>	Leafy greens, such as spinach and kale, are very low in calories and carbohydrates, making them a great free food option.
<b>Cucumbers</b>	Cucumbers are very low in calories and carbohydrates, making them a great snack option.
<b>Capsicum</b>	Capsicums are low in calories and carbohydrates, and can be eaten raw or cooked as a side dish.
<b>Zucchini</b>	Zucchini is a low-carbohydrate vegetable that can be spiralized or used as a side dish.
<b>Broccoli</b>	Broccoli is a low-carbohydrate vegetable that can be eaten raw or cooked as a side dish.
<b>Cauliflower</b>	Cauliflower is a low-carbohydrate vegetable that can be roasted, mashed, or used in place of rice or potatoes.
<b>Tomatoes</b>	Tomatoes are low in calories and carbohydrates and can be eaten raw or cooked in a variety of dishes.
<b>Mushrooms</b>	Mushrooms are low in calories and carbohydrates and can be sautéed or added to salads or soups.
<b>Herbs &amp; Spices</b>	Fresh herbs such as oregano, rosemary and parsley can be used to add flavour and variety to meals without any added calories.
<b>Condiments</b>	Apple cider vinegar, mustard, salsa, hot sauce, crushed ginger, garlic and turmeric, horseradish, lemon juice, lime juice, olive oil, balsamic vinegar, gluten free soy sauce/ tamari,

# Your Questions Answered

## **What is The Balanced Bite, and how does it work?**

The Balanced Bite is a low-glycemic diet that emphasizes balanced meals with a specific ratio of macronutrients (**40% carbohydrates, 30% protein, and 30% fat**) to reduce inflammation in the body and improve overall health.

## **How many blocks should I eat per day?**

Men and women require different zones or "blocks" of macronutrients per day. The general guide is 11 blocks for women and 14 blocks for men. You may be required to consume extra blocks depending on your physical activity levels.

## **What are some examples of foods that are allowed on The Balanced Bite?**

The Balanced Bite allows for a wide variety of nutrient-dense foods, including lean proteins, low-glycemic carbohydrates, healthy fats, and fruits and vegetables.

## **Do I have to eliminate gluten and dairy from my diet?**

The Balanced Bite does not require the elimination of gluten or dairy, but individuals with gluten or dairy sensitivities may choose to avoid these foods. These foods however have been eliminated from the program due to a 95% positive genetic screening rate, indicating intolerances are more common than they are diagnosed. They also contribute to high inflammation in the body.

## **Can I still eat out at restaurants?**

Yes, it is possible to eat out at restaurants by making smart food choices and asking for substitutions or modifications as needed.

## **Can I drink alcohol?**

Alcohol can be consumed in moderation, but it is important to limit the intake and choose lower-sugar options such as wine or spirits mixed with water or soda water.

## **Can I still exercise and how will it affect my block requirements?**

Exercise is encouraged, and block requirements may need to be adjusted based on the intensity and duration of physical activity. Speak to your nutritionist about your block requirements.

## **How quickly can I expect to see results, and what kind of results can I expect?**

Results on The Balanced Bite can vary depending on an individual's starting weight and health status, but weight loss, improved body composition, and better overall health are common outcomes of the program.

## **Is The Balanced Bite suitable for everyone, or are there certain populations who should avoid it?**

The Balanced Bite may not be suitable for everyone, and individuals with certain health conditions or nutritional needs should consult with a healthcare professional before starting the diet. Pregnant or breastfeeding women, individuals with kidney disease, and those with a history of disordered eating may need to modify or avoid The Balanced Bite program.



# How to balance your meals using BLOCKS

Balancing meals with protein, carbohydrates, and fats and eating 3 - 4 hours is important for several reasons:

1. **Provides essential nutrients:** Each of these macronutrients provides essential nutrients that the body needs for optimal functioning. Protein is important for building and repairing tissues, carbohydrates are a primary source of energy for the body, and fats help the body absorb certain vitamins and minerals.
2. **Helps regulate blood sugar:** Eating a balanced meal with protein, carbohydrates, and fats can help regulate blood sugar levels. Carbohydrates break down into glucose, which raises blood sugar levels, but when eaten with protein and fat, the body is able to slow down the release of glucose into the bloodstream, preventing a sudden spike in blood sugar.
3. **Promotes satiety:** Eating a balanced meal with all three macronutrients can help promote satiety, which means feeling full and satisfied after a meal. Protein and fat take longer to digest than carbohydrates, so including these in a meal can help prevent overeating and snacking between meals.
4. **Supports weight management:** Balancing meals with protein, carbohydrates, and fats can support weight management by promoting satiety and helping regulate blood sugar levels. Eating a balanced meal can also help prevent overeating and mindless snacking, which can contribute to weight gain.

Overall, including a balance of protein, carbohydrates, and fats in meals is important for providing essential nutrients, regulating blood sugar, promoting satiety, and supporting weight management.

1

**Pick 1 block each** from Protein, Carbohydrates and Fats to create a balanced meal.  
1 block of Protein is **1P**, 1 block of Carbohydrate is **1C** and 1 block of Fat is **1F**

2

**For a 1 block meal** choose 1 from each of the Proteins, Carbohydrates and Fats to get  
1P, 1C, 1F

3

**For a 2 block meal** choose 2 from each of the Proteins, Carbohydrates and Fats to get  
2P, 2C, 2F

4

**For a 3 block meal** choose 2 from each of the Proteins, Carbohydrates and Fats to get  
3P, 3C, 3F

## Example of how a 1 block meal should look like:

30g raw chicken (1P), 3 cups of Mixed salad (1C) and 1 tbsp of hummus (1F)

# How to balance your meals using BLOCKS

## Block Prescription Based on Sex and Body Type

Breakfast	Lunch	Snack	Dinner	Snack	Total Blocks	Body Type
2	2	2	2	2	10	Small female
3	3	1	3	1	11	Medium female
3	3	2	3	2	13	Large female
4	4	1	4	1	14	Athletic, well-muscled female
4	4	2	4	2	16	Small male
5	5	1	5	1	17	Medium male
5	5	2	5	2	19	Large male
4	4	4	4	4	20	Extra-large male
5	5	3	5	3	21	Hard gainer
5	5	4	5	4	23	Large hard gainer
5	5	5	5	5	25	Athletic, well-muscled male

# How to balance your meals using BLOCKS

## Blocks for Women: 11

A typical day will look like this:

### Breakfast 7am

- 2 block protein
- 2 block carbohydrates
- 2 block fats

### Mid Morning Snack 10am

- 1 block protein
- 1 block carbohydrate
- 1 block fat

### Lunch 1pm

- 2 block protein
- 2 block carbohydrate
- 2 block fat

### Afternoon Snack 4pm

- 1 block protein
- 1 block carbohydrate
- 1 block fat

### Dinner 7pm

- 2 block protein
- 2 block carbohydrate
- 2 block fat

### Bed time snack 10pm

- 1 block protein
- 1 block carbohydrate
- 1 block fat

## Blocks for Men: 14 - 16

A typical 14 block day will look like this:

### Breakfast 7am

- 4 block protein
- 4 block carbohydrates
- 4 block fats

### Mid Morning Snack 10am

- 1 block protein
- 1 block carbohydrate
- 1 block fat

### Lunch 1pm

- 4 block protein
- 4 block carbohydrate
- 4 block fat

### Afternoon Snack 4pm

- 1 block protein
- 1 block carbohydrate
- 1 block fat

### Dinner 7pm

- 3 block protein
- 3 block carbohydrate
- 3 block fat

### Bed time snack 10pm

- 1 block protein
- 1 block carbohydrate
- 1 block fat

# Reading Nutrition Panels & Food Labels

## When eating food from a packet:

Stick to the **Serving Size** and follow the below guidelines for proteins, fats & carbohydrates.

### Protein:

Check for at least 7g per serve

### Fats:

Check for less than 3g per serve.

### Carbohydrates:

Check for at least 9g per serve

### Total Sugars:

Check for less than 5g per serve

Nutrition Information		
Servings per package – 16 Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%, sugar, rice, malt extract, honey, salt, vitamins.		

### Ingredients:

Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in salt, fat or added sugar