



Jennifer Lin Treatment Plan #2

This treatment plan is for the next 2 weeks.

Treatment Goals:

1. Create a long-term diet that suits shift work and provides adequate nutrients.
2. Increase energy from a 5/10 to 7/10 using food to fuel body.

Diet

1. **Follow 2wk meal plan provided.** This meal plan provides you with the correct Macronutrients, as well as adequate Micronutrients for optimal term health. I have focused on optimal intake of fibre, Omega-3 fatty acids, antioxidants, and iron. These are nutrients important for your long term health as well current symptoms.
Link to meal plan: <https://app.thatcleanlife.com/shares/bf2aac9d-2950-418f-9da8-74cacaee9083>
2. **Eating majority of food/caloric intake during your wake** hours to help metabolic health and circadian cycle. Don't consume food too close to bedtime as well, sleep is for repair of the body and the gut cannot repair if it is digesting.
3. **Consume your coffee after a meal/snack.** Over time this will reduce the pressure/stress on the adrenal glands and increase overall energy levels. Things like the Mocha Smoothie are a good transitional option or alternative for some days you require a coffee with breaky.

Lifestyle

4. **Continue to exercise (gym and dance)** as you have been. This will help get your body into a new schedule, will help maintain energy levels and great for mental clarity and function.
5. Over the next couple of weeks, **start to think about your optimal "Eating Window"** for your shifts. This means the times you are consuming food during your wake hours, to help regulate your circadian clock. The feeding and repair functions are naturally linked with your body's natural circadian cycle, therefore when we eat has an impact on our sleeping/wake cycle.
6. **Optimise your sleep/wake routines.** This takes time to create your optimal routines. Find things that you love and look forward to doing before going to bed or first thing in the morning. Making sure you have little to no light prior and during sleep, then as much light during your wake hours (ideally as much light) help regulate your internal clock. This will be important during those transitional phases from shifts.