



2025-08-04

Personalized Nutrition Program

Klient Psychodietetyczny



LEAD DIETITIAN

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LOCATION

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Cooperation objectives

1. Dealing with emotional eating

Working on identifying and understanding mechanisms behind emotional eating, recognizing moments when emotions influence food choices. We will also focus on learning alternative strategies for coping with emotions and stress that minimize the risk of turning to food.

Benefits: Understanding mechanisms behind behaviors triggered by emotional tension will help build greater self-confidence and a sense of agency in the process of changing eating habits.

2. Mindful eating training

Learning to be aware of your reactions, sensations and thoughts related to food. Mindfulness training will help focus on fully experiencing food – from the moment of choosing food, through the act of eating itself, to the sensations after meal.

Benefits: Increased awareness around eating will help control the amount of food consumed and better recognize hunger and satiety signals, which can lead to natural weight loss. Mindfulness also improves the relationship with food, eliminating feelings of guilt or stress related to eating.

3. Building healthy eating habits

Gradual implementation of healthy eating habits such as regular meals, choosing high-nutrient foods, meal planning and proper hydration. The goal is to develop habits that become a natural part of life, not just a temporary change.

Benefits: Improved quality of life, energy and well-being. Reduced risk of diet-related chronic diseases and support in maintaining stable body weight.

4. Nutrition education and nutrient awareness

Working together to understand which nutrients are essential for proper functioning of the body, how to read food labels correctly and what the differences are between processed and wholesome foods.

Benefits: Knowledge about how diet affects health will support making conscious food




choices. This, in turn, will improve well-being, support better weight management and reduce the temptation to reach for unhealthy snacks.

5. Weight loss while preserving mental health

The goal is to achieve healthy body weight in a sustainable and long-term way, taking into account psychological and emotional aspects. Instead of focusing on restrictions, we will work on gradual weight loss through small changes in diet and lifestyle that are easy to maintain.

Benefits: Joint work on healthy weight loss that considers the impact of emotions and beliefs about food will help avoid the so-called “yo-yo effect” and allow for lasting lifestyle change. In addition, achieving goals in this way will positively influence self-esteem and motivation to continue caring for one’s health.

Meals lists

 Codziennie  mon. tue. wed. thu. fr. sat. sun.  2000 kcal | P: 100 g - F: 83 g - C: 213 g

3 meals + snack | simple

Breakfast 08:00



Toasts with mozzarella

 489 kcal | P: 22 g - F: 28 g - C: 39 g

 Calcium: 416.55 mg Iron: 3.18 mg

PREPARATION

1. Finely slice or grate the cheese.
2. Brush the bread with olive oil, top with cheese and bake (optionally, you can use a toaster).
3. Serve with basil leaves.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Mozzarella cheese	224	75 g	5	slice
Wholemeal sourdough rye bread	174	80 g	2	slice
Olive oil	88	10 g	1	tbsp
Basil fresh	2	10 g	1	handful



Toasts baked with avocado and cheddar cheese

 488 kcal | P: 18 g - F: 28 g - C: 46 g

 Calcium: 351.87 mg Iron: 3.19 mg

PREPARATION

1. Heat the oven with grill function for medium power or with top heating function.
2. Grate cheese and avocado on a coarse-meshed grater, mix and season.
3. Spread on bread, place in the oven and bake briefly (about 2 minutes) until the cheese is melted and a little browned.
4. Serve with greens.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Wholemeal sourdough rye bread	174	80 g	2	slice
Cheddar cheese	164	40 g	2	slice
Avocado	144	90 g	6	slice
Salt	0	1 g	1	pinch
Pepper black	3	1 g	1	pinch
Arugula	4	20 g	1	handful

INGREDIENTS FOR THE WHOLE RECIPE



Sandwiches with zucchini paste and mozzarella

 492 kcal | P: 23 g - F: 21 g - C: 52 g

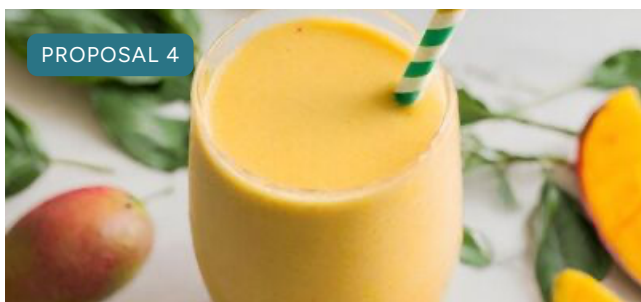
 Calcium: 346.1 mg Iron: 2.23 mg

PREPARATION

1. Spread paste on bread slices.
2. Top with mozzarella slices and vegetable.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Wheat-rye bread	203	90 g	3	slice
Paste with grilled zucchini and curry (Wawrzyniec)	82	40 g	2	tbsp
Mozzarella cheese	179	60 g	4	slice
Red tomato	31	170 g	1	piece



Cocktail with mango

 520 kcal | P: 5 g - F: 37 g - C: 46 g

 Calcium: 55.9 mg Iron: 1.69 mg

PREPARATION

1. Dice mango.
2. Put it in blender with rest of ingredients and blend until smooth.


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Mango	108	180 g	4	slice
Coconut milk canned 19%	263	140 g	14	tbsp
Olive oil	88	10 g	1	tbsp
Carrot juice	60	150 g	150	ml



Sandwich with chicken fillet and smoothie (Żabka)

 523 kcal | P: 17 g - F: 15 g - C: 79 g

 Calcium: 7.8 mg Iron: 0.36 mg

PREPARATION

1. Eat sandwiches with sliced peppers.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Triangle sandwich with chicken fillet (Tomcio Paluch)	342	200 g	1	packaging
Pepper red	16	60 g	0.5	medium piece
Smoothie beauty (Foodini)	165	250 g	1	bottle

2. Drink the smoothie.



PROPOSAL 6

Graham roll with hummus and turkey ham 518 kcal | P: 31 g - F: 20 g - C: 59 g Calcium: 76.35 mg Iron: 6.21 mg**PREPARATION**

1. Spread hummus on the bun, top with lettuce, ham slices, and sprinkle with pumpkin seeds.
2. Eat with sliced peppers.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Graham bread roll	236	90 g	1	large piece
Hummus	95	40 g	2	tbsp
Lettuce butterhead	4	30 g	1	handful
Turkey ham	57	45 g	3	slice
Pumpkin seeds	113	20 g	2	tbsp
Pepper red	21	80 g	0.5	large piece



PROPOSAL 7

Roll with cheese, orange juice 463 kcal | P: 13 g - F: 19 g - C: 62 g Calcium: 214.26 mg Iron: 3.45 mg**PREPARATION**

1. Butter the roll, put cheese and vegetables.
2. Dilute the juice with 200 ml of water.

INGREDIENTS FOR THE WHOLE RECIPE



Product	Kcal	Weight	Measure	
Kaiser roll	176	60 g	1	piece
Butter	100	14 g	1	tbsp
Royal cheese	53	15 g	1	slice
Lettuce butterhead	4	30 g	1	handful
Red tomato	22	120 g	1	medium piece
Orange juice	108	240 g	240	ml

Lunch 15:00

PROPOSAL 1

Pasta with basil pesto and mozzarella**INGREDIENTS FOR THE WHOLE RECIPE**

Product	Kcal	Weight	Measure	
Whole wheat noodles pasta	317	90 g	1	glass
Basil pesto	149	40 g	2	tbsp
Garlic	6	4 g	1	clove
Mozzarella cheese light 9%	187	105 g	7	slice
Sunflower seeds	59	10 g	1	tbsp



 718 kcal P: 42 g - F: 32 g - C: 72 g
 Calcium: 735.29 mg Iron: 4.35 mg

PREPARATION

1. Cook pasta, mix with pesto, chopped garlic, chopped mozzarella and sunflower seeds.



Gnocchi with tomatoes and burrata

 708 kcal P: 18 g - F: 35 g - C: 79 g
 Calcium: 620.83 mg Iron: 0.6 mg

PREPARATION



1. Fry pressed garlic in half of the oil, add tomatoes cut in half, stew for 3-5 minutes.
2. Add another teaspoon of olive oil, throw in cooked gnocchi, spices, simmer covered for 5 minutes.
3. Transfer to a plate, place burrata on top.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Garlic	6	4 g	1	clove
Olive oil	133	15 g	3	tsp
Tomatoes cherry	18	100 g	1	handful
Gnocchi (GustoBello)	336	200 g	200	g
Burrata cheese	215	83 g	0.5	piece



Groats with white beans, feta and pesto

 669 kcal P: 26 g - F: 30 g - C: 79 g
 Calcium: 421.61 mg Iron: 4.05 mg

PREPARATION

1. Cook semolina according to the instructions on the package.
2. Mix porridge and beans, add chopped vegetables and cheese.
3. Season.
4. Pour whole thing with pesto

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Buckwheat unroasted	242	70 g	7	tbsp
Kidney beans canned	101	120 g	0.5	can
Tomatoes cherry	18	100 g	1	handful
Feta cheese	159	60 g	3	slice
Basil pesto	149	40 g	2	tbsp

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
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PROPOSAL 4

Tortilla with cream cheese and salmon

 689 kcal | P: 36 g - F: 42 g - C: 41 g

 Calcium: 240.17 mg Iron: 2.91 mg

PREPARATION

1. Toast tortilla in a dry pan.
2. Spread pancakes with cheese, lay out the salmon slices and sliced cucumber and avocado one by one.
3. Season whole thing. Wrap into a tight roll.
4. Again toast tortilla on a frying pan or in a toaster oven.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Tortilla whole wheat flour	186	60 g	1	piece
Cream cheese	188	75 g	3	tbsp
Salmon smoked	158	100 g	4	slice
Cucumber	14	90 g	0.5	piece
Avocado	144	90 g	6	slice



PROPOSAL 5

Indian style curry (Biedronka) with mozzarella and graham roll

 667 kcal | P: 46 g - F: 19 g - C: 72 g

 Calcium: 645.75 mg Iron: 1.78 mg

PREPARATION

1. Buy a dish and heat it up.
2. Serve with mozzarella and roll.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Indian style curry (Biedronka)	296	380 g	1	packaging
Mozzarella cheese light 9%	187	105 g	7	slice
Graham roll (Biedronka)	183	70 g	1	piece



PROPOSAL 6

Tagliatelle with chicken in spinach sauce (Żabka)

 684 kcal | P: 36 g - F: 18 g - C: 93 g

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Tagliatelle with chicken in spinach sauce (Szamamm)	484	400 g	1	packaging
Tomatoes cherry	18	100 g	1	handful
Sunflower seeds	47	8 g	2	tsp
Smoothie mango-apple-banana-passionfruit (Vital Fresh)	135	250 g	1	glass

 Calcium: 13.67 mg Iron: 0.58 mg

PREPARATION

1. Heat the prepared dish and add tomatoes. Sprinkle with seeds.
2. Drink the smoothie.



Beans with tofu, mozzarella and graham roll (Biedronka)

 699 kcal | P: 56 g - F: 20 g - C: 68 g Calcium: 781.71 mg Iron: 2.48 mg

PREPARATION

1. Heat the contents of the package for a few minutes (about 2 minutes in the microwave).
2. Transfer to a plate. Add cheese. Sprinkle with greens.
3. Eat with bread.



INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Bean soup with tofu (Go Vege)	289	380 g	1	packaging
Mozzarella cheese light 9%	223	125 g	1	piece
Parsley leaves	4	12 g	1	tbsp
Graham roll (Biedronka)	183	70 g	1	piece

Snack 17:00



Dobra Kaloria bar, skyr

 295 kcal | P: 18 g - F: 6 g - C: 42 g Calcium: 183.7 mg Iron: 0.67 mg

PREPARATION

1. Eat the skyr yoghurt with a bar and nuts.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Skyr vanilla (Piątnica)	123	150 g	1	packaging
Apple and cinnamon bar (Dobra Kaloria)	116	35 g	1	piece
Cashews	55	10 g	5	piece


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Pear	107	160 g	1	small piece



Pear, walnuts

 303 kcal | P: 5 g - F: 20 g - C: 30 g

 Calcium: 45.4 mg Iron: 0.78 mg

PREPARATION


1. Eat a fruit with nuts as a snack.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Walnuts	196	30 g	1	handful



Grapes, skyr

 305 kcal | P: 26 g - F: 6 g - C: 38 g

 Calcium: 349.6 mg Iron: 0.41 mg

PREPARATION

1. Eat fruits and drink yogurt.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Grapes	94	140 g	2	handful
Skyr drinkable yogurt natural (Piątnica)	211	330 g	1	packaging



Juice and nuts (Żabka)

 271 kcal | P: 7 g - F: 14 g - C: 30 g

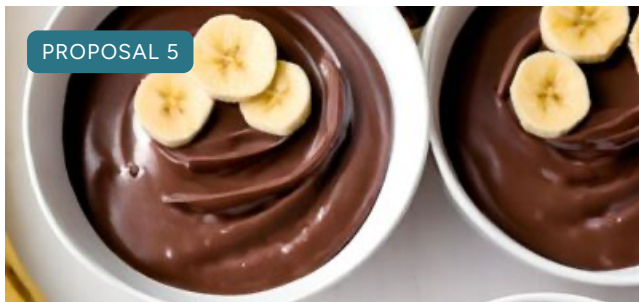
PREPARATION

1. Drink the juice and eat the nuts.

INGREDIENTS FOR THE WHOLE RECIPE


Product	Kcal	Weight	Measure	
Grapefruit juice (Wycisk)	95	250 g	1	glass
Roasted and salted pistachios (Haps)	176	30 g	1	packaging

INGREDIENTS FOR THE WHOLE RECIPE



Protein pudding, banana (Biedronka)

 287 kcal | P: 22 g - F: 3 g - C: 45 g

 Calcium: 7 mg Iron: 0.35 mg

PREPARATION

1. Eat pudding with fruit.


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Protein pudding Chocolate (Go Active)	162	200 g	1	packaging
Banana	125	140 g	1	large piece



Skyr with fruit

 308 kcal | P: 22 g - F: 5 g - C: 44 g

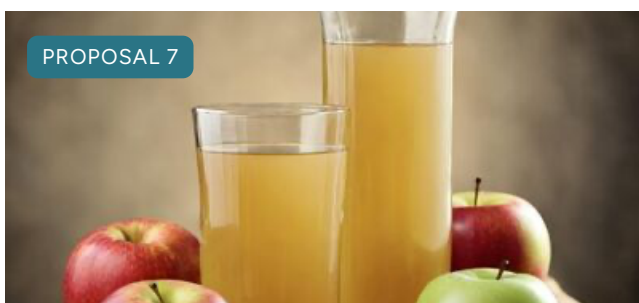
 Calcium: 336.6 mg Iron: 0.55 mg

PREPARATION


1. Drink yoghurt.
2. Eat fruit.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Skyr drinkable yogurt blueberry (Piątnica)	257	330 g	1	packaging
Plums	51	110 g	2	piece



Apple juice, walnuts

 311 kcal | P: 5 g - F: 20 g - C: 32 g

 Calcium: 197.4 mg Iron: 0.85 mg

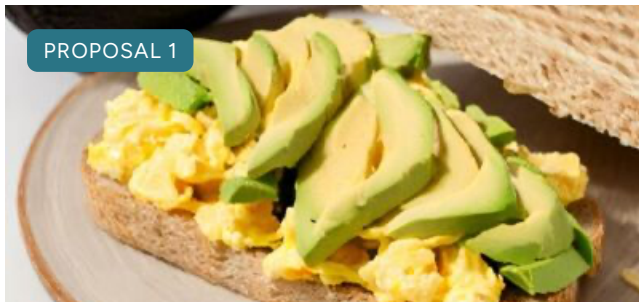
PREPARATION

1. Drink juice, eat walnuts.

INGREDIENTS FOR THE WHOLE RECIPE



Product	Kcal	Weight	Measure	
Apple juice	115	240 g	1	glass
Walnuts	196	30 g	1	handful

Dinner 20:00



PROPOSAL 1

Sandwich with avocado egg paste

 500 kcal | P: 21 g - F: 26 g - C: 50 g Calcium: 101.45 mg Iron: 5.7 mg

PREPARATION

1. Boil eggs (put them in hot water and boil for 5 and 1/2 minutes after the water boils, then quickly pour cold water over them and cool).
2. Peel from shells, chop into cubes and put in a bowl.
3. Dice avocado, mix together with oil.
4. Transfer to eggs, mix and season.
5. Spread sandwiches and add tomato slices.


INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Egg	140	100 g	2	medium piece
Avocado	112	70 g	0.5	piece
Olive oil	44	5 g	1	tsp
Wholemeal sourdough rye bread	174	80 g	2	slice
Red tomato	31	170 g	1	piece



PROPOSAL 2

Sandwich with ham, egg and vegetables

 491 kcal | P: 30 g - F: 16 g - C: 59 g Calcium: 110.39 mg Iron: 6.02 mg

PREPARATION

1. Cook an egg.
2. Spread cream cheese on bread, put on slices of ham, egg and cucumber.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Egg	140	100 g	2	medium piece
Cream cheese	50	20 g	2	tsp
Wholemeal sourdough rye bread	260	120 g	3	slice
Turkey ham	38	30 g	2	slice
Cucumber	8	50 g	0.3	piece



PROPOSAL 3

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Graham bread roll	236	90 g	1	large piece
Hummus	142	60 g	3	tbsp
Royal cheese	107	30 g	2	slice

Bun with hummus and cheese

 505 kcal | P: 22 g - F: 21 g - C: 58 g

 Calcium: 303.5 mg Iron: 4.22 mg

PREPARATION

1. Split the bun in half and spread hummus on it, add cheese.
2. Arrange the vegetables on top.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Arugula	4	20 g	1	handful
Red tomato	16	90 g	1	small piece



Scrambled eggs in ghee with avocado

 487 kcal | P: 24 g - F: 32 g - C: 29 g

 Calcium: 111.18 mg Iron: 5.23 mg

PREPARATION

1. Heat butter in a frying pan, crack in eggs and fry.
2. Add diced avocado.
3. Serve with tomato and cucumber.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Clarified butter (ghee)	63	7 g	1	tsp
Egg	210	150 g	3	medium piece
Avocado	112	70 g	0.5	piece
Wholemeal sourdough rye bread	87	40 g	1	slice
Red tomato	15	85 g	0.5	piece



Bagel with hummus, camembert and pepper

 490 kcal | P: 28 g - F: 16 g - C: 61 g

 Calcium: 442.26 mg Iron: 4.86 mg

PREPARATION

1. Spread hummus on bagel.
2. Top cheese slices and vegetables.
3. Season.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Bagel whole wheat	251	100 g	1	piece
Hummus	95	40 g	2	tbsp
Camembert light 12%	118	60 g	0.5	packaging
Pepper red	22	85 g	0.5	large piece
Arugula	4	20 g	1	handful

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
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Sandwiches with cream cheese and salmon

 509 kcal | P: 34 g - F: 15 g - C: 60 g

 Calcium: 91.23 mg Iron: 4.3 mg

PREPARATION

1. spread bread with cheese mixed with chopped dill and spices.
2. arrange salmon slices on top.
3. serve with a vegetable.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Wholemeal sourdough rye bread	260	120 g	3	slice
Cream cheese	75	30 g	3	tsp
Dill fresh	2	5 g	1	tsp
Salmon smoked	158	100 g	1	packaging
Cucumber	14	90 g	0.5	piece



Whole wheat toast with mozzarella and ham

 491 kcal | P: 33 g - F: 17 g - C: 56 g

 Calcium: 409.34 mg Iron: 2.4 mg

PREPARATION

1. Slice bread, spread with cream cheese, slices of ham and mozzarella.
2. Preheat toaster oven, put the sandwiches in and toast closed for about 2 minutes, until the bread becomes brown.
3. Remove toasts from the toaster, cut into triangles and serve with sliced peppers.

INGREDIENTS FOR THE WHOLE RECIPE

Product	Kcal	Weight	Measure	
Toast bread whole grain	254	92 g	4	slice
Cream cheese	75	30 g	3	tsp
Turkey ham	38	30 g	2	slice
Mozzarella cheese light 9%	107	60 g	0.5	piece
Pepper red	22	85 g	0.5	large piece

Physical hunger vs emotional hunger

Eating can satisfy two types of hunger:

PHYSICAL HUNGER

- it is accompanied by physiological sensations that urge us to eat, such as:
 - feeling of emptiness in the stomach,
 - so-called stomach rumbling,
 - decreased concentration,
 - irritability if the meal is delayed
- it usually appears a few hours after eating a wholesome meal and intensifies over time
- to satisfy it, you can reach for various food groups according to your preferences and satiety is felt some time after eating
- it does not need to be satisfied immediately, it can be postponed and guilt after eating is unlikely

EMOTIONAL HUNGER

- it is usually felt around the chest and mouth, not in the stomach
- it can be defined as a desire to eat something in response to emotional events
- it comes suddenly, unexpectedly and you usually reach for a specific type of food and eat it until the craving is satisfied
- it is often accompanied by feelings of guilt



How to tell which type of hunger you are feeling?

Ask yourself the following questions:

- When did you last eat?
- Has it been less than 4 hours?
- Have you eaten enough in the past two days?
- Is there a specific food you have an irresistible craving for?

Rate your hunger/fullness on a scale::

1. **Ravenous** – you feel indifferent to what you eat. There is a high risk you can not control your hunger.
2. **Very hungry** - you feel like you must eat something immediately.
3. **Hungry** – you want to eat, but you can wait a little.
4. **A bit hungry** – first thoughts about food appear.
5. **Satisfied** – you feel neither hunger nor fullness; food is not on your mind.
6. **Full** – you feel meal in your stomach, you are satiated.
7. **Very full** – you feel discomfort from the amount eaten, your stomach feels “stretched,” drowsiness may follow.
8. **Overfull** – your stomach is very full; you feel you overate.
9. **Stuffed** – digestive discomfort appears, such as abdominal pain.
10. **Nauseated** – you feel sick, there may be a desire to compensate (vomiting, using laxatives, excessive exercise). You experience a range of negative emotions – guilt, anger at yourself, etc.

If your meals have been irregular, random, based on low□nutrient convenience foods and you usually rate your hunger at 1–2 on the scale, you are likely experiencing physical hunger. It will be satisfied when you ensure a well□balanced diet.

Consider your eating pattern – amount of food, quality of products, meal timing and how much time you spend on meals. Meeting dietary guidelines at 80% consistency should protect you from frequent physical hunger. Remember – healthy relationship with food does not require perfection, as it is the result of dietary decisions made over time and occasional deviations will not break it.

If you maintain balanced diet, but you OFTEN find yourself eating until you reach level 7 or higher on the scale, it may indicate that your hunger is triggered by another, more psychological factor (although, of course, SOMETIMES something can be so tasty that you eat despite feeling full).

How to cope depending on the type of hunger?

If you feel physical hunger:

- Think about what you want to eat. Something warm or cold, sweet or spicy?
- Prepare what you decided to eat. Plan the meal so that you eat slowly (preferably at a table).
- Try to enjoy what you chose. Notice how it smells, tastes – practice mindful eating, celebrate the meal.
- If you often experience this type of hunger, reflect and note what could be changed in your diet to minimize such situations and what you need, considering your life situation (work nature, responsibilities), to regulate your eating more easily. Share insights with your dietitian and work together on the best solution.

If you feel emotional hunger:

- Take 5 minutes to reflect on your current matters.
- Write down your observations in a journal – what happened before you started eating, what you think about yourself when you overeat, what role food plays at that moment and whether you notice any patterns. Talk about it with trusted person or consider support of psycho-dietitian.
- Think about what else besides food you can do in this situation. Make a list of alternative activities.
- If nothing but food helps, think about what you will reach for (you can try composing a meal from products with high satiety index).