

# wellness & lifestyle

essential guide for adults  
living with **non-alcoholic**  
**fatty liver disease**

 **meijer**  
specialty pharmacy

 **HEALTHIER**  
**YOU**







# non-alcoholic fatty liver disease

**Nonalcoholic fatty liver disease (NAFLD) is a condition in which fat builds up in your liver. Nonalcoholic steatohepatitis (NASH) is a type of NAFLD. If you have NASH, you have inflammation and liver cell damage, along with fat in your liver.**

Usually NAFLD and NASH cause few or no symptoms. Certain health conditions, including obesity, metabolic syndrome, and type 2 diabetes, make you more likely to develop NAFLD and NASH.

If you've recently been diagnosed with NAFLD or NASH, you're not alone. The National Institute of Diabetes and Digestive and Kidney Diseases estimates that about 12 to 25% of people in the United States have NAFLD, while NASH affects between 2 and 12%.<sup>1</sup>

**At Meijer Specialty Pharmacy we believe that lifestyle changes, including diet and exercise, are key components of overall health and managing NAFLD and NASH.** Get ready to feel more confident as you pursue your wellness goals, because this booklet is your resource to helping you balance your dietary needs with the demands of real life.

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1. "Nonalcoholic Fatty Liver Disease & NASH." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, [www.niddk.nih.gov/health-information/liver-disease/naflid-nash](http://www.niddk.nih.gov/health-information/liver-disease/naflid-nash).

# achieving a healthy weight

**It's no secret that being at a healthy weight can make you feel better and improve your overall well-being.**

Maintaining or achieving a healthy weight is even more important for people living with NAFLD and NASH, as sustained weight loss is the most effective treatment. Even a 5-7% weight loss can lead to major health benefits.<sup>2</sup>

**Take a look at these helpful tips to reach a healthier weight:**

## **Build Awareness**

Keep a food journal and write down the amount you eat and drink.

## **Step on the Scale**

Weigh yourself at least once a week to help you stay on track.

## **Keep Moving**

Try to do a little (or a lot!) more activity than your body is used to. Aim for 30 minutes of moderate physical activity most days of the week along with two days of resistance/weight training. Talk with your doctor before starting any exercise plan.

## **Drink More Water**

Try to consume half of your body weight in ounces of water per day (ex: 200 lbs. = 100 oz of water). Carry a reusable water bottle with you throughout the day to easily reach your goal.

## **Use a Hunger Scale**

Rate your hunger on a 1-10 scale. Eat when you're at a 3-4 and stop when you're at a 7-8. This can help you from becoming too hungry or too full. It also gives you a moment to pause to see if you're truly hungry or if you're eating for other reasons.

2. McCarthy, Erin. "Nonalcoholic Fatty Liver Disease." Today's Dietitian, 2014; 16(1): 48-54.

### **Choose Whole Foods**

Whole foods are foods that have had little to no processing, including fruits, vegetables, whole grains, lean protein foods, and low-fat dairy products.

### **Increase Your Fiber**

Fiber can help you to feel full. Choose fiber-rich foods like fruits and vegetables, beans, and whole grains, like oatmeal or whole wheat bread.

### **Eat Less Sugar**

Sugary foods add a lot of calories to your diet without adding many nutrients.

### **Make a Meal Plan and Shop With a List**

You're much less likely to toss unhealthy foods into your cart if they're not on your shopping list. And never shop hungry!

### **Read Labels**

Carefully read food labels and pay attention to serving size.

### **Slow Down!**

It takes about 15 minutes for our stomach to tell our brain that we have had enough to eat. Give your brain time to receive the message by slowing down.

Some techniques include:

- Eating with your non-dominant hand
- Putting your fork down between each bite
- Sipping water between bites
- Chewing each bite of food more thoroughly
- Eating with chopsticks

### **Eat Breakfast**

Eating a healthy breakfast can help prevent overeating later in the day.

### **Sleep**

Too little sleep can disrupt metabolism and contribute to weight gain. Aim for 7-9 hours of sleep each night.

### **Stay on Schedule**

Eat regularly throughout the day, including 3 meals and 1-2 snacks.

### **Portion Control**

Keep serving sizes in check. Use measuring cups and spoons to help you learn what an appropriate portion looks like.

# what is sugar?

**You may think of sugar as the white stuff you add to your coffee or to your cookies when baking, but there is so much more to it. In a nutshell, sugar is a sweet-tasting type of carbohydrate.**

Sugars naturally occur in most foods, with some types of sugar having more complex chemical structures than others. It's important to remember not all sugars do the same things in our bodies.

## learning about sugar

For those with NAFLD/NASH, it's important to limit the amount of added sugar you eat, particularly a type of sugar called fructose.<sup>3</sup> Keep reading for more information about added sugars, where you'll find them, and how to eat less.

## what is fructose?

At a very basic level, most sugars we eat are eventually broken down into glucose and fructose. Glucose can be used for energy by almost every cell in the body. Fructose, on the other hand, must be broken down almost entirely by the liver. When we eat too much fructose from foods high in added sugars, like high-fructose corn syrup, our livers can't break it down and the fructose is converted to fat and stored in the liver. This contributes NAFLD and, eventually, NASH. The fructose naturally found in fruits and vegetables is processed more slowly due to the fiber in these foods and doesn't overstress the liver.

3. "Eating, Diet, & Nutrition for NAFLD & NASH." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, 1 Nov. 2016. [www.niddk.nih.gov/health-information/liver-disease/naflc-nash/eating-diet-nutrition](http://www.niddk.nih.gov/health-information/liver-disease/naflc-nash/eating-diet-nutrition).

## added sugars

Added sugars are just that, sugar that isn't naturally found in a food, but has been added in.

**Sources of added sugars include:**



### Processed Foods

Sugar and syrups added to processed foods like soft drinks, fruit drinks, cookies, cakes, candies, pastries, and cereals. Even some “healthy” foods may have added sugars, including yogurt and granola bars.



### The Sugar We Add Ourselves

Another source of added sugar in our diets come from the sugar we add ourselves, like the sugar in your coffee or tea, or the sugar you add on top of your cereal or oatmeal.



### Condiments & Sauces

Added sugar can also be found in foods you may not expect, like barbeque sauce, ketchup, crackers, and tomato sauce.



### Naturally Occurring Sugars

Sugar is also found in fruits, vegetables, dairy products and grain foods. These types of sugar are not added sugars because they are naturally found in these foods.

**Most of the added sugars in our diets come from sugar- sweetened beverages, including soda, sports drinks, fruit drinks, and other sweetened beverages.**



# your sugar intake

You may be wondering, “how much sugar should I be eating?” Your sugar intake not only depends on the type of sugar you include in your diet, but also on your total calorie intake.

The 2015-2020 Dietary Guidelines for Americans recommends eating no more than 10% of your total calories from added sugars per day. That’s about 200 calories or about 48 grams (12 tsp) of added sugar for those eating a 2,000-calorie diet.<sup>4</sup> The American Heart Association (AHA) provides stricter guidelines. The AHA suggests men should consume 9 tsp (36g) or less of added sugar per day, while women should consume 6 tsp (25g) or less.<sup>5</sup>

## Nutrition Facts

about 6 servings per container

Serving size 1 cup (140g)

Amount per serving  
**Calories 170**

% Daily Value\*

**Total Fat 8g 10%**

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

**Total Carbohydrate 22g 8%**

Dietary Fiber 2g 7%

Total Sugars 16g 10%

**Includes 8g Added Sugars**

**Protein 2g**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 240mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**To determine the number of tsp of added sugar in a food product see the following equation:**

# of grams of added sugar / 4 = # of tsp of added sugar

**Ex:** 10g added sugar / 4 = 2.5 tsp of added sugar

## sugar swaps

### What can I do to decrease my sugar intake?

- Swap sugary drinks for water, unsweetened iced tea or naturally flavored sparkling water.
- Choose naturally sweet fruit for dessert instead of cookies, cakes, pie, pastries, or ice cream.
- Snack on nuts, veggies and dip, or air popped popcorn instead of candy or cookies.
- Check the food label on condiments and sauces and choose the one with least amount of added sugar.

## artificial sweeteners

### Should I be using artificial sweeteners?

Though artificial sweeteners, like aspartame, sucralose, and saccharin don't provide calories, they may not be great for our health. Use artificial sweeteners in moderation.

## Be a sugar sleuth

There are over 60 different names for sugar you may find on an ingredient list. Look for words like syrup, nectar, malt, juice, or the suffix “-ose”. These are all indicators of types of sugar. Products with sugars listed at the beginning of the ingredient list contain higher amounts of added sugars. See the table below for common names for sugar:

Common Names for Sugar		
Honey	Molasses	Brown Sugar
High-Fructose Corn Syrup	Corn Syrup	Agave Nectar
Cane Juice	Barley Malt	Brown Rice Syrup
Caramel	Confectioners' Sugar	Maple Syrup

4. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. <https://health.gov/dietaryguidelines/2015/guidelines/>.

5. Johnson, Rachel. “Dietary Sugars Intake and Cardiovascular Health.” *Circulation*, 2009; 120: 1011–1020.

# grocery shopping

To make grocery shopping easier, fill your cart with these grocery shopping list suggestions.

Try to pick a variety of items within each category to ensure a balanced diet rich in fiber and nutrients.

Vegetables	
Artichoke	Jicama
Asparagus	Lettuce
Avocado	Mushrooms
Beans	Okra
Beets	Onion
Bell Peppers	Parsnips
Bok Choy	Pattypan Squash
Broccoli	Peas
Broccoli Rabe	Peppers
Brussels Sprouts	Potatoes
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallion
Cucumber	Spinach
Corn	Summer Squash
Eggplant	Sugar Snap Peas
Garlic	Spaghetti Squash
Green Beans	Tomato
Hominy	Zucchini

Fruit	
Apples	Mangoes
Bananas	Nectarines
Blackberries	Oranges
Blueberries	Peaches
Cantaloupes	Pears
Cherries	Pineapple
Dates	Plums
Figs	Pomegranates
Grapes	Raspberries
Honeydew Melon	Strawberries
Jackfruit	Watermelon
Kiwi	

Lean Protein
Beans
Eggs
Fish: Salmon, Tuna, Mackerel
Shellfish: Shrimp, Scallops
White Meat Poultry (Turkey, Chicken)
Tofu

Grains & Starches
Barley
Bean-Based Pasta (Example Banza®)
Brown Rice
Old-Fashioned Oatmeal
Quinoa
Sprouted Breads (Example Ezekiel®)
Wheat Berries
Whole Grain Bread
Whole Grain Pasta

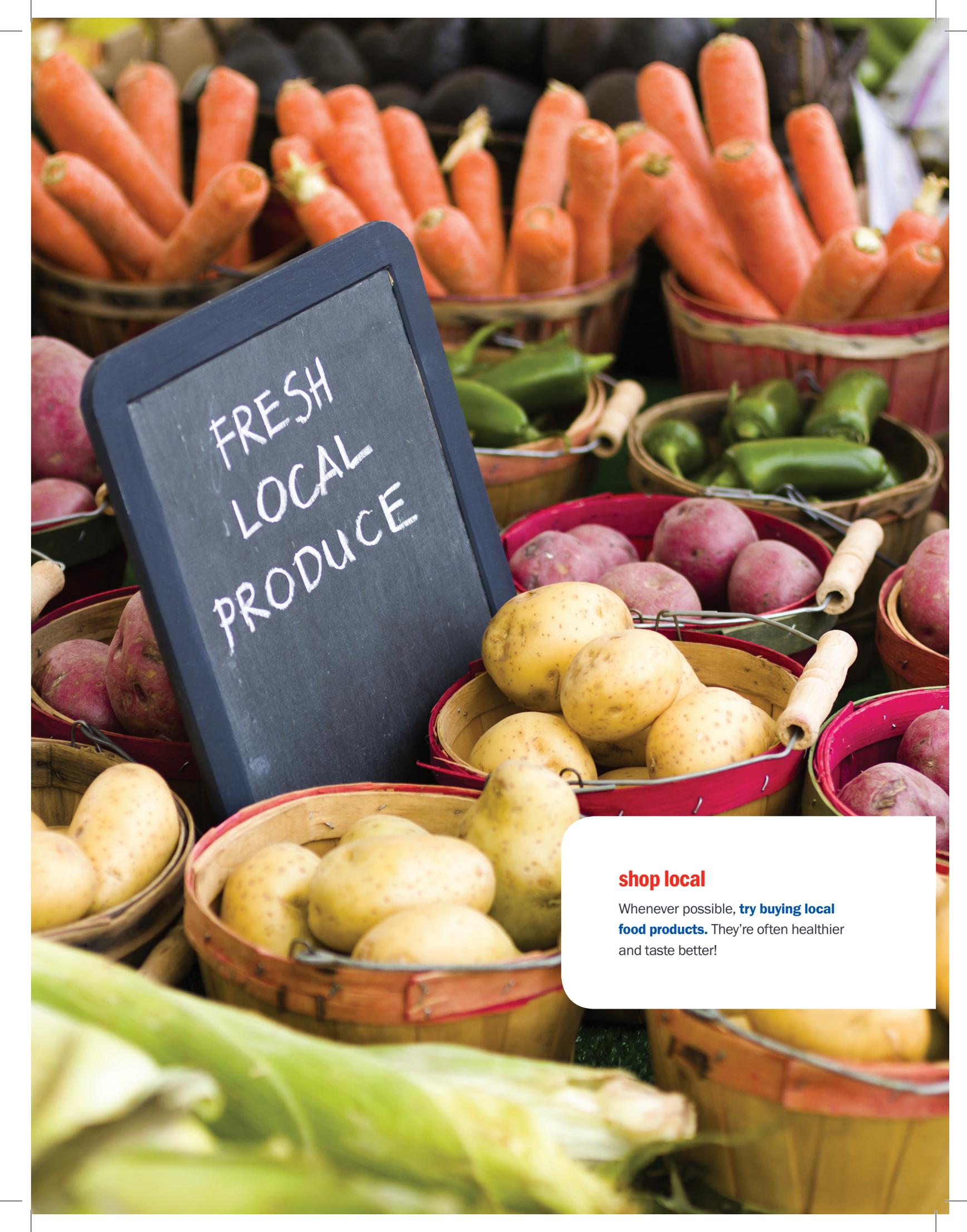
Dairy
Low-Fat Milk (1% or Skim)
Low-Fat Cheese (1% or Skim)
Low-Fat Yogurt (1% or Skim)
Kefir
Plant-Based Milk (Nut Varieties, Soy, Rice)
Plant-Based Yogurt (Almond, Coconut, Soy)
Plant-Based Cheese (Almond, Soy)
Plant-Based Kefir

Nuts, Oils, & Seeds
Almonds
Avocado Oil
Brazil Nuts
Canola Oil
Cashews
Chia Seeds
Extra-Virgin Olive Oil
Flax Seeds
Hemp Seeds
Nut Butters
Peanuts
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Butter
Sunflower Seeds
Walnuts

Canned Goods
Canned Beans
Canned Fruit (Packed In Water)
Canned Salmon
Canned Tuna
Canned Vegetables (No Added Salt)

Frozen Foods
Frozen Fruit (No Added Sugar)
Frozen Vegetables (No Added Sauce, Seasoning, or Salt)
Frozen, Ready-To-Eat Grains

Beverages
Coffee
Kombucha (Fermented Beverage)
Unsweetened Tea
Water



FRESH  
LOCAL  
PRODUCE

### **shop local**

Whenever possible, **try buying local food products**. They're often healthier and taste better!

# eat this, not that.

**When it comes to managing your NAFLD (nonalcoholic fatty liver disease), one of the main ways to treat it is through your diet.**

Just as there are many foods you should include in your diet, there are also those you should avoid. Reference the table below for a list of foods to include, and not to include in your diet.<sup>6</sup>

Group	Eat This	Not That
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Canned fruit packed in water</li> <li>• Dried fruit, no sugar added</li> <li>• Fresh fruit</li> <li>• Frozen fruit, no sugar added</li> </ul>	<ul style="list-style-type: none"> <li>• Canned or frozen fruit packed in syrup</li> <li>• Dried fruit with sugar added</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Beans, lentils and peas</li> <li>• Cruciferous vegetables (broccoli, brussels sprouts, cauliflower, etc.)</li> <li>• Dark leafy green vegetables</li> <li>• Fresh herbs</li> <li>• Fresh salsa</li> <li>• Frozen vegetables without added butter or sauces</li> <li>• Low-sodium canned vegetables</li> <li>• Other (celery, cucumber, green beans, peppers, mushrooms, onions, squash, zucchini, etc.)</li> <li>• Red and orange vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Deep fried vegetables</li> <li>• Frozen vegetables with added butter or sauces</li> <li>• Full-sodium canned vegetables</li> </ul>

6. "NASH Patients: Add These Foods to Your Diet." Mayo Clinic, Mayo Foundation for Medical Education and Research, 3 Nov. 2016, [www.connect.mayoclinic.org/page/transplant/newsfeed/nash-patients-add-these-foods-to-your-diet/](http://www.connect.mayoclinic.org/page/transplant/newsfeed/nash-patients-add-these-foods-to-your-diet/).

Group	Eat This	Not That
<p><b>Grains/Starches</b></p>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley</li> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Old fashioned oatmeal</li> <li>• Quinoa</li> <li>• Sorghum</li> <li>• Wheat berries</li> <li>• Whole grain bread</li> <li>• Whole grain pasta</li> <li>• Whole grain, high-fiber cereals</li> <li>• Wild rice</li> </ul>	<ul style="list-style-type: none"> <li>• White rice</li> <li>• Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta</li> </ul>
<p><b>Protein</b></p>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Eggs</li> <li>• Fish</li> <li>• Poultry</li> <li>• Shellfish</li> <li>• Tempeh</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Processed and smoked meats (deli meats, jerky, hotdogs, sausages, and bratwurst)</li> <li>• Fried meats</li> <li>• High-fat meats, particularly red meat</li> </ul>
<p><b>Dairy</b></p>	<ul style="list-style-type: none"> <li>• Low-fat dairy (milk, yogurt, cheese, kefir)</li> <li>• Low-fat cottage cheese</li> <li>• Plant-based milks (almond, cashew, coconut, soy)</li> <li>• Plant-based milk alternative yogurts (almond, soy, coconut)</li> </ul>	<ul style="list-style-type: none"> <li>• Full-fat dairy (cream, half and half, sour cream, ice cream)</li> <li>• Butter</li> </ul>
<p><b>Nuts, Seeds, Oils</b></p>	<ul style="list-style-type: none"> <li>• Canola oil</li> <li>• Extra-virgin olive oil</li> <li>• Plain seeds</li> <li>• Plain, whole nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Corn oil</li> <li>• Salted or sugar-coated nuts and seeds</li> <li>• Soybean oil</li> <li>• Sunflower oil</li> </ul>
<p><b>Beverages</b></p>	<ul style="list-style-type: none"> <li>• Coffee</li> <li>• Kombucha (fermented tea)</li> <li>• Naturally flavored sparkling water</li> <li>• Tea</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Fruit drinks</li> <li>• Sports drinks</li> <li>• Sugar-sweetened beverages</li> </ul>

# foods to stock

**Losing weight or maintaining a healthy weight is important for those with NAFLD/NASH.**

Set yourself up for success by stocking your pantry with nutritious, shelf-stable foods.

Fruit
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers
Fruit Cups (packed in 100% juice or water)
Unsweetened Applesauce

Vegetables
Canned Tomato Products (sauce, paste, crushed, whole, sun-dried, etc.)
Canned, Reduced-Sodium Vegetables
Dehydrated Vegetable Snacks
Roasted Red Peppers

Dry Herbs and Spices	
Basil	Italian Seasoning
Bay Leaves	Onion
Chili Pepper	Oregano
Cinnamon	Parsley
Cumin	Rosemary
Garlic	Thyme
Ginger	Turmeric

Grains & Starches	
Barley	
Bean-Based Pastas	
Brown Rice	
Dried Beans, Peas, Lentils	
Millet	
Old-Fashioned Oatmeal	
Quinoa	
Wheat Berries	
Whole Grain Bread	
Whole Grain Breakfast Cereals (Cherrios, Kashi® cereals, Quaker Oats®, Cascadian Farms® cereals)	
Whole Grain Crackers	
Whole Grain Pastas	
Whole Wheat Couscous	

Liquids/Beverages
Coffee
Low-Sodium Broth (chicken, vegetable, beef)
Low-Sodium Vegetable Juice
Plain or Naturally Flavored Sparkling Water
Shelf Stable Milk or Milk Alternatives
Tea
Water

Vinegars/Oils
Avocado Oil
Canola Oil
Extra-Virgin Olive Oil
Grape Seed Oil
Vinegar

Protein	
Canned Beans	Nuts
Chicken (canned or pouches)	Fish (cans or pouches)
Seeds	Nut and Seed Butters





# recipes to suit your lifestyle

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**Cinnamon Apple Overnight Oats**

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**Fall Harvest Soup**

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**Pan-Seared Cod with Basil Sauce**

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# Cinnamon Apple Overnight Oats

Flavors of cinnamon and apple blend together to create a rich smelling breakfast treat!

**5 Mins**  
Prep Time

**8 Hrs**  
Cook Time

**1**  
Serving



☰ 260 Calories 5g Fat 51g Carbs 7g Protein ⓘ Allergens: Dairy, Nuts

**Allergen Swap: Dairy:** Dairy-Free Yogurt (soy, coconut, nut milk) • **Nut:** Omit the almond milk; substitute for soy, rice, or cow's milk

## ingredients

½ Cup Old-Fashioned Oats 

½ Cup Vanilla Almond Milk, unsweetened

¼ Cup Vanilla, Non-fat Yogurt

½ Cup Apple, peeled and chopped 

⅛ Tsp Ground Cinnamon 

1 Tsp Honey

## what you'll need

Measuring Cups

Measuring Spoons

Spoon

Small Serving Bowl or Container

## instructions

### 1. Combine Ingredients

Add all ingredients except the apple and yogurt to a bowl or container of choice. Stir, cover and place in the fridge.

### 2. Chill & Enjoy!

Several hours later, or in the morning, stir in the chopped apple and yogurt. Enjoy!

Recipe credited from [quakeroats.com](https://www.quakeroats.com)

### Nourishment Note!



#### Oats

Old fashioned oats are an excellent source of cholesterol-lowering soluble fiber.



#### Apples

Apples provide healthy, soluble fiber important for gut health and satiety.



#### Cinnamon

Cinnamon may be beneficial for lowering inflammation in the body.

# Fall Harvest Soup

A perfect autumn soup, low in fat and  
brimming with bountiful fall vegetables.

**20 Mins**  
Prep Time

**35 Mins**  
Cook Time

**4**  
Servings



☰ **151** Calories **3g** Fat **25g** Carbs **8g** Protein **🚫 Allergens: Dairy**

**Allergen Swap: Dairy:** Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome

## ingredients

- 1 Tbsp** Olive Oil

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- 1** Yellow Onion, finely chopped

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- 2** Cloves of Garlic, minced

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- 1** Red Bell Pepper, seeded and chopped

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- 1 Tbsp** Fresh Rosemary, minced

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- ¼ Tsp** Red Pepper Flakes

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- 1 Bag (10 oz)** Frozen Butternut Squash

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- 4 Cups** Low-Sodium Chicken Broth

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- 1 Can (15 oz)** Cannellini Beans, rinsed & drained 

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- 1 Bunch** Lacinato Kale, washed and chopped 

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- 1** Parmesan Cheese Rind (optional)

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- Salt and Pepper to taste

## what you'll need

- |                         |                       |                       |
|-------------------------|-----------------------|-----------------------|
| <b>Knife</b>            | <b>Cutting Board</b>  | <b>Measuring Cups</b> |
| <b>Measuring Spoons</b> | <b>Large Saucepan</b> | <b>Spoon</b>          |
| <b>Ladle</b>            | <b>Can Opener</b>     |                       |

## instructions

### 1. Sauté Vegetables

Add oil to a large saucepan over medium heat. When oil is hot, add the onion, garlic, red pepper, rosemary, and red pepper flakes. Sauté until the onion and red pepper are tender, about 8 minutes.

### 2. Add Squash

Add the squash and season with salt and pepper. (If using fresh squash, cook, stirring occasionally, until the squash begins to soften, about two minutes.)

### 3. Boil & Simmer

Add the chicken broth, beans and parmesan cheese rind. Bring to a boil, then reduce the heat to medium-low and simmer, stirring occasionally, for 20-25 minutes.

### 4. Add Kale

Add the kale and simmer until wilted, about 2 minutes.

### 5. Serve & Enjoy!

Salt and pepper, to taste. Thin with more broth if desired.

Recipe credited from [williams-sonoma.com](https://williams-sonoma.com)

### Nourishment Note!



#### **Cannellini Beans**

Cannellini beans are rich in fiber. Soluble fiber is important for weight control because it helps you feel full for a longer period.



#### **Kale**

Kale can help to lower cholesterol and also contains antioxidants, which help to protect cells and may be anti-inflammatory, an important quality for those with NASH.

# Pan-Seared Cod with Basil Sauce

A delightfully easy and fresh dish that's low in fat and high in protein.

**15 Mins**  
Prep Time

**10 Mins**  
Cook Time

**4**  
Servings



☰ **200 Calories** **6.5g Fat** **1g Carbs** **32g Protein** ⓘ **Allergens: Fish, Dairy**

**Allergen Swap: Fish:** Chicken breast, Tofu • **Dairy:** Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome

## ingredients

**¼ Cup** Fresh Basil, minced

**¼ Cup** Chicken Broth

**2 Tbsp** Fresh Parmesan cheese, grated

**4 Tsp** Olive Oil

**1 Tsp** Salt, divided

**½ Tsp** Garlic Powder

**1 Tbsp** Capers

**Juice from ½** Lemon

**(4) 6 Oz** Cod Fillets 

**¼ Tsp** Black Pepper

### Nourishment Note!



#### Cod

Cod is low in fat and provides important nutrients like B-12, phosphorus and niacin. It is also a great protein source.

## what you'll need

**Liquid Measuring Cup**

**Measuring Spoons**

**Whisk**

**Skillet**

**Tongs**

**Mixing Bowl**

**Spoon**

**Cooking Spray**

## instructions

### 1. Prepare Basil Sauce

Whisk together basil, chicken broth, Parmesan cheese, olive oil, ½ tsp salt, garlic powder, capers, and lemon juice in a small bowl.

### 2. Season Fish & Prepare Skillet

Sprinkle fish fillets with remaining salt and pepper. Heat a large, nonstick skillet over medium-high heat and coat with cooking spray.

### 3. Sauté Fish

Add the fish to the hot skillet and sauté for five minutes on each side, or until fish is flaky and cooked through.

### 4. Serve & Enjoy

Plate fish and spoon basil sauce on top.

Recipe credited from [cookinglight.com](https://www.cookinglight.com)

# chart your course

**On the next pages you'll find an exercise plan and activity charts designed to help you track your progress and reach your goals.**

We encourage you to keep your own journal and continue to track your progress even after you've completed these charts. Keep going, you can do it!

## **6-Week Exercise Plan**

Exercising can help you lose weight and brighten your mood. Find an activity that you enjoy. If you like an exercise or group program, you'll be more likely to stick to the plan and reach your goals. Choose the level that's right for your ability and stress level. Always consult your doctor before starting an exercise plan.

## **Food Tracker**

Tracking the food and drinks you consume will help increase your awareness about the amount you're actually taking in. Most people underestimate the amount of food they eat.

## **Activity Chart**

Adding steps to your daily routine can help burn calories.

## **Sleep Chart**

Sleep is so important for your health. Make sure you're making sleep a priority.

## **Water Intake Chart**

Staying well hydrated will help you feel better and also may be beneficial for weight loss.

## 6-week exercise plan

Before you begin any exercise routine, you and your health care team need to determine your current fitness level:

**Level 1:** Begin here if you're just getting started, you haven't been active for some time, or aren't able to perform 30 minutes of continuous exercise. • **Level 2:** Start here if you're able to do 30 minutes of continuous exercise at least three times per week and perform strength training exercises at least once per week. • **Level 3:** Start at level 3 if you're doing 30 minutes of continuous exercise at least 4 times a week and performing strength training exercises at least twice per week.

Level 1					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Cardio: 3x/Week</b> 10–20 Minutes	<b>Cardio: 3x/Week</b> 15–25 Minutes	<b>Cardio: 3x/Week</b> 20–30 Minutes	<b>Cardio: 3x/Week</b> 20–30 Minutes	<b>Cardio: 3x/Week</b> 25–30 Minutes	<b>Cardio: 3x/Week</b> 30 Minutes
<b>Strength: 1x/Week</b> Focus on all major muscle groups	<b>Strength: 1x/Week</b> Focus on all major muscle groups	<b>Strength: 1x/Week</b> Focus on all major muscle groups	<b>Strength: 2x/Week</b> 1x/wk - focus on upper body 1x/wk - focus on lower body	<b>Strength: 2x/Week</b> 1x/wk - focus on upper body 1x/wk - focus on lower body	<b>Strength: 2x/Week</b> 1x/wk - focus on upper body 1x/wk - focus on lower body
Level 2					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Cardio: 3x/Week</b> 30 Minutes	<b>Cardio: 3x/Week</b> 30 Minutes Add 20 min. session 1x/wk	<b>Cardio: 4x/Week</b> 30 Minutes	<b>Cardio: 4x/Week</b> 30 Minutes	<b>Cardio: 4x/Week</b> 30 Minutes Add 20 min. session 1x/wk	<b>Cardio: 5x/Week</b> 30 Minutes
<b>Strength: 2x/Week</b> Focus on all major muscle groups	<b>Strength: 2x/Week</b> Focus on all major muscle groups	<b>Strength: 2x/Week</b> Increase intensity by adding resistance or repetitions	<b>Strength: 2x/Week</b> Focus on all major muscle groups	<b>Strength: 2x/Week</b> Focus on all major muscle groups	<b>Strength: 2x/Week</b> Focus on all major muscle groups
Level 3					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Cardio: 5x/Week</b> 30 Minutes Include higher intensity intervals 1x/wk	<b>Cardio:</b> 40 Minutes / 5x Week OR 30 Minutes / 6x Week - Include higher intensity intervals 1x/wk	<b>Cardio:</b> 40 Minutes / 5x Week OR 30 Minutes / 6x Week - Include higher intensity intervals 2x/wk	<b>Cardio:</b> 45 Minutes / 5x Week OR 35 Minutes / 6x Week - Include higher intensity intervals 2x/wk	<b>Cardio:</b> 50 Minutes / 5x Week OR 40 Minutes / 6x Week - Include higher intensity intervals 2x/wk	<b>Cardio:</b> 60 Minutes / 5x Week OR 50 Minutes / 6x Week - Include higher intensity intervals 2x/wk
<b>Strength: 2x/Week</b> Add Tabata* 1x/week	<b>Strength: 2x/Week</b> Add Tabata* 1x/week	<b>Strength: 2x/Week</b> Add Tabata* 1x/week	<b>Strength: 2x/Week</b> Add Tabata* 1x/week	<b>Strength: 2x/Week</b> Add Tabata* 1x/week	<b>Strength: 2x/Week</b> Add Tabata* 2x/week

**Tabata is a great way to add a higher-intensity workout in a short amount of time.**

**1) Pick an exercise.** Examples include push-ups, jumping rope, squats, mountain climbers, etc.

**2) Set a stopwatch.** A Tabata training session is 20 seconds of work and 10 seconds of rest for a total of 4 minutes.

**3) Perform.** When the clock starts, perform the chosen exercise for 20 seconds, as quickly as possible while staying in control.

Rest for 10 seconds. Repeat this 8 times during the 4-minute period.







## water intake: 30-day water challenge

Mark each 8 oz glass of water.

**Day 1** 

**Day 2** 

**Day 3** 

**Day 4** 

**Day 5** 

**Day 6** 

**Day 7** 

**Day 8** 

**Day 9** 

**Day 10** 

**Day 11** 

**Day 12** 

**Day 13** 

**Day 14** 

**Day 15** 

**Day 16** 

**Day 17** 

**Day 18** 

**Day 19** 

**Day 20** 

**Day 21** 

**Day 22** 

**Day 23** 

**Day 24** 

**Day 25** 

**Day 26** 

**Day 27** 

**Day 28** 

**Day 29** 

**Day 30** 

# we're here for you.

If you have questions regarding NAFLD/NASH,  
please email our registered dietitians at:

[MSP.Dietitians@Meijer.com](mailto:MSP.Dietitians@Meijer.com)



[MeijerSpecialtyPharmacy.com](http://MeijerSpecialtyPharmacy.com)

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