



A MORE balanced life IN 5 STEPS

A step-by-step guide
to implement into your
routine today and
achieve a healthier and
more balanced life.



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ABOUT

I am a Dietitian/Nutritionist registered by the Order of Nutritionists Portugal (5787). I work in integrative clinical nutrition, always committed to your physical and mental well-being through a holistic approach to nutrition.

Since my studies began in 2015, I have constantly sought to expand my knowledge through complementary training and enriching professional and academic experiences.

My passion is driven by my belief in nutrition's transformative power for both the individual and society.

I and the Beauty Concept Team are here to offer you nutritional support that goes beyond traditional recommendations, we'll guide you to achieve a positive relationship with food, and a healthier, balanced and fulfilling life.





DON'T GET FOOLED BY THE PACKAGING

Prioritise fresh, natural or minimally processed foods.

Regarding processed foods:

Read the list of ingredients, it is the main information about a product.

It will inform you what it is made of, described in descending order. Look for products where you understand the ingredients and avoid long lists of chemical additives.

100% can often be better than 0%. While 0% doesn't always mean it's the healthiest choice, when something is labelled as 100%, you can trust that it's made entirely of that ingredient—simple and clear.

In my Nutritional Consulting, I always guide my patients to the best available choices of their favourite foods. This makes going to the shops easier and faster because they know exactly what products to buy.

BALANCED PLATE



THE PERFECT NUTRITIONAL COMBO

When putting together a meal, always try to add:

- A source of animal and/or vegetable protein - fish, meat, poultry, pork, beans, tofu, soy, tempeh, edamame, lentils, peas.
- A source from the group of cereals or potatoes - quinoa, rice, couscous, potatoes, sweet potatoes, cassava, corn, wheat.
- A generous portion of vegetables.
- A source of good fat - the olive oil you use for cooking, nuts, seeds or avocado.

The great thing about a personalised nutritional plan is that it allows you to continue enjoying all your favourite foods, while meeting your specific nutritional needs.

MINDFUL EATING



BE PRESENT WHILE EATING YOUR MEALS

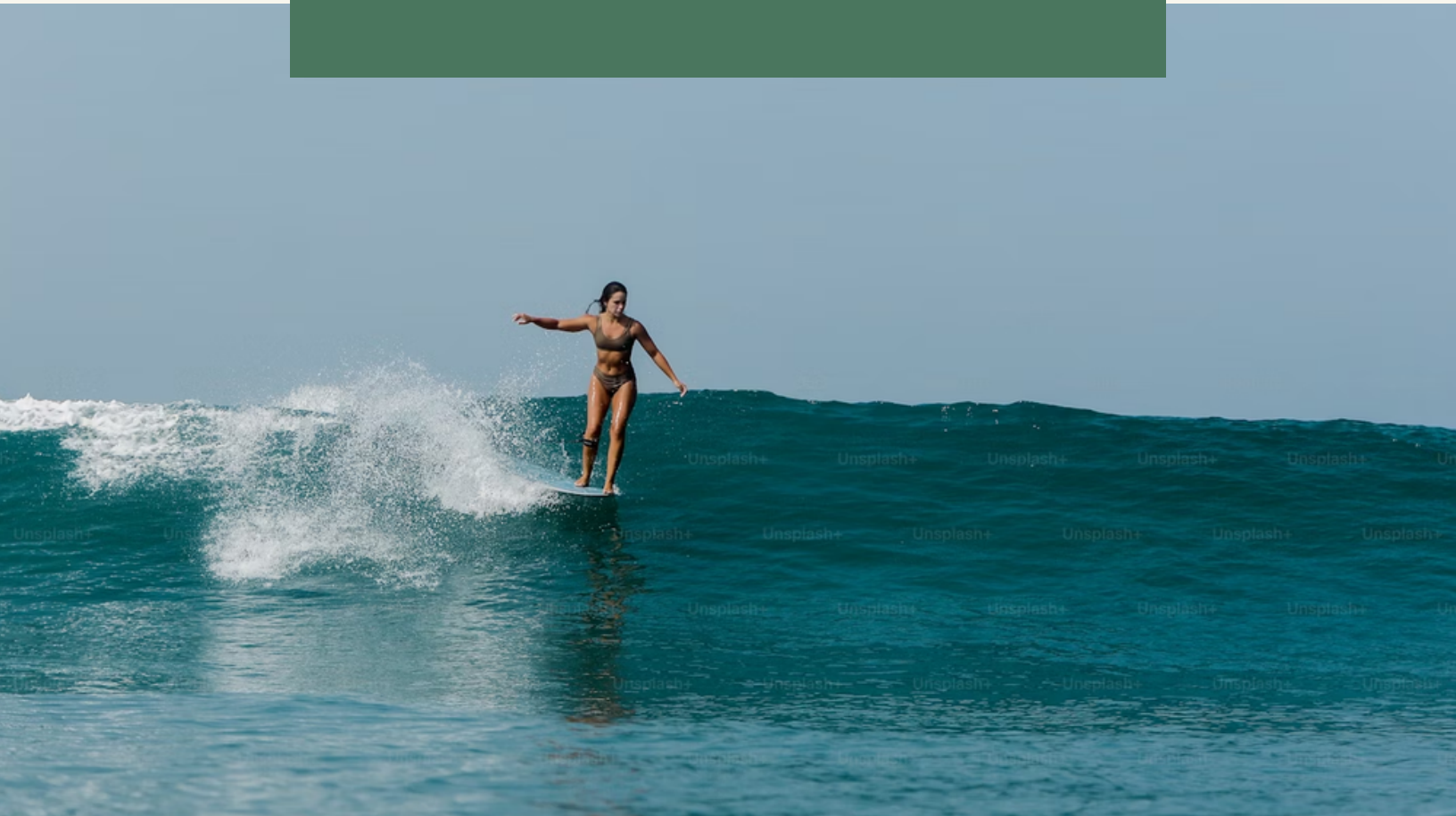
Mindfulness has been defined by Jon Kabat-Zinn as “paying attention in a particular way, on purpose, in the present moment, and without judgment.”

I always help my patients discover the important benefits of applying Mindful Eating. It means being present at the time of the meal, aware of your choices, the origin of your food, its purpose and its effect on your body and mind.

Enjoy your food, the flavour, textures, smells...

It's a wonderful process-oriented behaviour that makes your adaptation to a more balanced diet a more positive experience. This helps you stay with it in the long term.

MOVEMENT



STIMULATE YOUR BODY DAILY

Exercising is essential for a balanced life. It plays a crucial role in emotional and energetic well-being, strengthening the relationship between you and your body. Exercise can be present as a form of “calorie expenditure”, but it is unfair to limit it to just that.

Movement stimulates the mind, aligning it. When we exercise, our body releases neurotransmitters, such as dopamine and endorphins, which provide a feeling of well-being and motivate us to maintain healthy habits.

Have an exercise that brings you happiness, stimulation and satisfaction?

In your Nutritional Consultations, we will adapt your diet to your exercise routine, ensuring you achieve the best possible results!

SELF-CARE



SEEKING BALANCE IS SELF-CARE

Self-care is a journey of balance, leading to harmony in all areas of our lives. To cultivate this balance it is important to adopt practices that nourish our body. Take a few minutes every day to practice a form of reflection, such as meditation, reading, and journaling (writing daily about points of gratitude, goals to be achieved, or affirmations to let go of limiting beliefs).

Self-care is an ongoing commitment.

Knowing when to impose limits, trying to avoid overload and exhaustion, investing in yourself, evaluating your priorities and respecting your time and energy as you would respect that of others.

How can my Nutritional Consulting help you achieve this balance?

In my consultations I offer individualised and integrative nutritional support, always based on solid current clinical scientific evidence.

I apply positive psychology techniques and behavioural approaches, which will help you achieve your physical goals while also developing a healthier and more conscious relationship with your body and your diet.

Furthermore, my approach and support will provide you with a learning experience, enabling you to achieve autonomy, efficiency and fluidity in your eating decisions, so you can enjoy a balanced and rewarding life.

You will see food as an ally, achieving a sustainable and balanced transformation, while promoting positive and definitive changes in the long term.



kind words♡

"I'm loving the diet, the meal plan was one of the most complete I've ever received. The recipe tips are incredible and the plan is practical and easy to follow." B.M., Lisbon

"I see changes in my body, I feel much more bloated and lighter. I'm more excited about doing physical exercise than I could have imagined, something that seemed impossible to me before. The logic of adding, instead of restricting, has helped a lot. I would like Thank you for mending my difficult relationship with food and helping me regain my self-esteem <3" L.N., Lisbon

"I'm loving the support! I always thought that going to a nutritionist was synonymous with a difficult diet. I was very positively surprised! I never imagined that I would eat so much and feel healthier and more comfortable with my body. The eating plan is perfect! I'm feeling better! feeling confident, seeing results and feeling in balance with food" I.K., São Paulo

"Very happy to have found Amanda and started working on a lifestyle change plan together. A personalized and dedicated approach to not only my health goals, but also my individual preferences, lifestyle and specific needs, completely differentiated my experience from other professionals. She managed to open my mind to a new way of eating instead of the ready-made recipes I had experienced in the past. I highly recommend it to anyone who wants a definitive change in how to eat healthy without having a lot of restrictions or ready-made recipes." M.M., Vancouver

"I feel like I have a better relationship with food and more aware of how I eat. I loved my plan, I've been able to follow it very well and I think I've finally found the way of eating that works for me. I'm very happy" L.B., São Paulo

"Thanks to Amanda, I've discovered the power of a balanced diet. Not only have I lost weight and seen a reduction in my waistline, but I also kept all my muscle mass. Amanda's guidance has been invaluable in achieving my health goals." J.S., Sweden



WEEKLY PLAN

A gift to put into practice

According to a study by Dr Gail Matthews, people who wrote down their goals were 42% more likely to achieve them compared to those who simply thought about their goals.

At Nutritional Consulting I will give you all the support to achieve them.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES:

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HOW TO START

The Nutritional Consulting can be done Online and you can join from anywhere in the world, or also in person at the Beauty Concept Estoril Clinic.

You can contact me via WhatsApp and we will schedule your appointment on the closest date.

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