

# 1500 calorie high protein diet

**1500 calorie high protein diet** is an effective nutritional approach designed to support weight management, muscle maintenance, and overall health by focusing on a calorie intake of 1,500 per day combined with a high protein consumption. This diet plan is particularly popular among individuals aiming to lose fat while preserving lean muscle mass. High protein intake promotes satiety, helps regulate appetite, and supports metabolic functions, making it an essential component of many weight loss and fitness strategies. This article explores the fundamentals of a 1500 calorie high protein diet, including its benefits, meal planning strategies, suitable food choices, and practical tips for success. Additionally, it covers potential challenges and ways to tailor the diet to individual needs for optimal results.

- Understanding the 1500 Calorie High Protein Diet
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- Planning Your 1500 Calorie High Protein Meals
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- Sample Meal Plan for a 1500 Calorie High Protein Diet
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## Understanding the 1500 Calorie High Protein Diet

The 1500 calorie high protein diet is a structured eating plan that limits daily caloric intake to 1,500 calories while emphasizing a higher proportion of calories derived from protein. Typically, protein intake ranges from 30% to 40% of total calories, which translates to approximately 112 to 150 grams of protein per day. The remaining calories come from healthy fats and carbohydrates. This balance supports fat loss, muscle preservation, and metabolic health.

Such a diet is often recommended for individuals seeking weight loss or improved body composition without sacrificing muscle mass. It requires careful planning to ensure nutrient adequacy and to maintain energy levels throughout the day.

## Caloric Deficit and Protein Needs

Consuming 1,500 calories per day generally creates a caloric deficit for most adults, which is essential for

weight loss. However, combining this deficit with high protein intake helps prevent muscle breakdown, which can occur during calorie restriction. Protein has a higher thermic effect of food (TEF) compared to fats and carbohydrates, meaning the body expends more energy digesting protein, aiding metabolism.

## **Who Can Benefit from This Diet?**

This diet is suitable for those who want to lose weight safely while maintaining muscle mass, including active individuals, older adults concerned about sarcopenia, and people aiming to improve body composition. However, it is important to consult a healthcare professional before beginning any new diet plan, especially if there are existing medical conditions.

## **Benefits of a High Protein Diet at 1500 Calories**

The 1500 calorie high protein diet provides multiple health and fitness benefits beyond simple weight loss. Adequate protein intake supports muscle repair and growth, enhances satiety, and can improve metabolic rate. These benefits contribute to sustained fat loss and improved body composition.

### **Improved Satiety and Reduced Hunger**

Protein-rich meals increase feelings of fullness more effectively than meals higher in fats or carbohydrates. This helps reduce overall calorie intake by controlling hunger and minimizing cravings, which is crucial when following a calorie-restricted diet such as 1,500 calories per day.

### **Preservation of Lean Muscle Mass**

During calorie restriction, the body may break down muscle tissue for energy if protein intake is insufficient. A high protein diet minimizes this risk by supplying amino acids necessary for muscle maintenance, thereby supporting strength and metabolic health.

### **Enhanced Metabolic Rate**

The thermic effect of protein is higher than that of carbohydrates and fats, which means the body burns more calories digesting protein. This can slightly increase daily calorie expenditure, aiding weight loss efforts.

# Planning Your 1500 Calorie High Protein Meals

Effective meal planning is essential to adhere to a 1500 calorie high protein diet. Balancing macronutrients while maintaining variety and nutrient density ensures dietary compliance and nutritional adequacy.

## Macronutrient Distribution

Typically, the macronutrient breakdown for this diet might look like:

- **Protein:** 30-40% of total calories (112-150 grams)
- **Fats:** 25-35% of total calories (42-58 grams)
- **Carbohydrates:** 25-40% of total calories (94-150 grams)

This distribution supports satiety, energy levels, and muscle maintenance.

## Meal Frequency and Timing

Distributing protein intake evenly across meals maximizes muscle protein synthesis. Ideally, protein should be included in every meal and snack to maintain steady amino acid availability. Eating 3-5 smaller meals or 3 meals with 1-2 snacks can help sustain energy and prevent excessive hunger.

## Best Foods for a 1500 Calorie High Protein Diet

Choosing nutrient-dense, high-protein foods is key to meeting protein goals within the calorie limit. Incorporating a variety of protein sources ensures adequate intake of essential amino acids and other important nutrients.

## Animal-Based Protein Sources

These sources typically provide complete proteins with all essential amino acids:

- Lean poultry (chicken breast, turkey)
- Fish and seafood (salmon, tuna, shrimp)
- Eggs and egg whites

- Low-fat dairy (Greek yogurt, cottage cheese, milk)
- Lean cuts of beef or pork

## **Plant-Based Protein Sources**

Plant proteins are important for variety and can complement animal proteins or be used exclusively in vegetarian or vegan diets:

- Legumes (lentils, chickpeas, black beans)
- Tofu and tempeh
- Quinoa and other whole grains
- Nuts and seeds (almonds, chia seeds, pumpkin seeds)
- Vegetables with higher protein content (spinach, broccoli)

## **Sample Meal Plan for a 1500 Calorie High Protein Diet**

A sample meal plan demonstrates how to structure daily meals to meet calorie and protein targets effectively. The following example includes balanced meals and snacks rich in protein and other essential nutrients.

### **Breakfast**

- 3 egg whites and 1 whole egg scrambled with spinach and tomatoes (approx. 25g protein)
- 1 slice of whole-grain toast
- 1 small apple

## **Lunch**

- Grilled chicken breast (4 oz) over mixed greens with cherry tomatoes, cucumbers, and olive oil vinaigrette (approx. 35g protein)
- Quinoa ( $\frac{1}{2}$  cup cooked)

## **Snack**

- Greek yogurt (6 oz) with a tablespoon of chia seeds (approx. 20g protein)

## **Dinner**

- Baked salmon (4 oz) with steamed broccoli and roasted sweet potatoes (approx. 35g protein)

## **Evening Snack**

- Cottage cheese ( $\frac{1}{2}$  cup) with a few almonds (approx. 15g protein)

## **Tips for Success and Common Challenges**

Adhering to a 1500 calorie high protein diet can present challenges, but with appropriate strategies, it is possible to maintain consistency and achieve desired outcomes.

## **Managing Hunger and Cravings**

High protein intake naturally reduces hunger, but incorporating fiber-rich vegetables and healthy fats can further enhance satiety. Drinking plenty of water and avoiding highly processed foods also support appetite control.

## **Meal Preparation and Convenience**

Batch cooking and meal prepping can simplify adherence to the diet by ensuring ready-to-eat high protein meals are available. Using portable protein snacks like protein bars or shakes can help during busy days.

## **Monitoring Progress and Adjustments**

Tracking food intake and body changes helps identify if the calorie or protein targets need adjustment. Some individuals may require more or fewer calories depending on activity level, age, and metabolic rate. Regular consultation with a nutrition professional can optimize results.

## **Frequently Asked Questions**

### **What is a 1500 calorie high protein diet?**

A 1500 calorie high protein diet is a meal plan that provides approximately 1500 calories per day with a focus on consuming high amounts of protein to support muscle maintenance, weight loss, or overall health.

### **What are the benefits of a 1500 calorie high protein diet?**

Benefits include improved muscle retention during weight loss, increased satiety leading to reduced calorie intake, enhanced metabolism, and better blood sugar control.

### **How much protein should I eat on a 1500 calorie high protein diet?**

Typically, a high protein diet includes 25-35% of total calories from protein, which translates to about 94-131 grams of protein per day on a 1500 calorie diet.

### **What foods are recommended for a 1500 calorie high protein diet?**

Recommended foods include lean meats (chicken, turkey), fish, eggs, dairy products, legumes, tofu, tempeh, nuts, seeds, and protein supplements like whey or plant-based protein powders.

### **Can a 1500 calorie high protein diet help with weight loss?**

Yes, a high protein diet can support weight loss by increasing feelings of fullness, preserving muscle mass, and boosting metabolism, which helps burn more calories.

## Is a 1500 calorie high protein diet suitable for everyone?

It may not be suitable for everyone, especially people with kidney conditions, certain metabolic disorders, or those requiring higher caloric intake. It's best to consult a healthcare professional before starting.

## How can I structure my meals on a 1500 calorie high protein diet?

Distribute protein intake evenly across meals and snacks, aiming for 25-35 grams of protein per meal, combined with healthy fats and complex carbohydrates for balanced nutrition.

## Are there any risks associated with a 1500 calorie high protein diet?

Potential risks include kidney strain in susceptible individuals, nutrient imbalances if not properly planned, and possible digestive issues like constipation if fiber intake is low.

## Can I combine a 1500 calorie high protein diet with exercise?

Yes, combining this diet with regular exercise, especially resistance training, can enhance muscle preservation, improve strength, and support overall fitness goals.

## Additional Resources

### 1. *The 1500-Calorie High-Protein Plan: Fuel Your Body and Burn Fat*

This book offers a comprehensive guide to structuring a 1500-calorie daily diet with a focus on high protein intake. It includes meal plans, recipes, and tips for balancing macronutrients to maximize fat loss and muscle gain. Readers will learn how to maintain energy levels while adhering to calorie goals.

### 2. *Protein-Powered: 1500 Calories for Optimal Health and Weight Loss*

Designed for those seeking effective weight management, this book emphasizes the role of protein in a 1500-calorie diet. It provides practical advice on portion control, timing meals, and selecting nutrient-dense protein sources. The book also features success stories and motivational tips.

### 3. *Lean and Strong: The 1500 Calorie High-Protein Diet Guide*

This guide focuses on building lean muscle and losing fat through a controlled 1500-calorie intake rich in protein. It breaks down the science behind protein metabolism and offers easy-to-follow meal plans. Readers will find recipes tailored to various dietary preferences.

### 4. *1500 Calories, High Protein: The Ultimate Meal Prep Handbook*

Perfect for busy individuals, this handbook simplifies meal prepping with a 1500-calorie high-protein framework. It includes step-by-step instructions for preparing meals in advance, saving time while ensuring nutritional goals are met. The book also discusses how to stay consistent on the diet.

#### 5. *High Protein, Low Calorie: 1500 Calorie Diet for Weight Loss and Muscle Gain*

This book explores the benefits of a high-protein, low-calorie diet specifically set at 1500 calories per day. It offers detailed nutritional information and practical recipes to help readers achieve weight loss without sacrificing muscle mass. The author also covers supplementation options.

#### 6. *The Science of a 1500 Calorie High-Protein Diet*

Delving into the research behind dietary protein and calorie restriction, this book explains how a 1500-calorie high-protein diet can optimize metabolism and body composition. It provides evidence-based guidelines and debunks common diet myths. Ideal for readers interested in the science of nutrition.

#### 7. *1500 Calories of Protein: Delicious Recipes for Every Meal*

Focusing on flavor and variety, this cookbook offers a collection of delicious recipes designed to fit within a 1500-calorie high-protein diet. It caters to different tastes and dietary restrictions, making it easier to stick to the plan. Nutritional breakdowns accompany each recipe.

#### 8. *Balanced Nutrition: 1500 Calorie High-Protein Diet for Busy Professionals*

This book targets busy professionals who want to maintain a healthy lifestyle through a 1500-calorie high-protein diet. It provides quick meal ideas, snack options, and tips for eating out without breaking calorie or protein goals. Time-saving strategies are a key focus.

#### 9. *Transform Your Body: 1500 Calorie High-Protein Diet for Sustainable Results*

Emphasizing long-term success, this book guides readers through adopting a 1500-calorie high-protein diet that supports sustainable weight loss and muscle maintenance. It includes mindset coaching, goal setting, and strategies to overcome common challenges. The approach is holistic and practical.

## **1500 Calorie High Protein Diet**

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**1500 calorie high protein diet:** High Protein Diets William Martin, AI, 2025-03-14 High Protein Diets offers a science-based exploration into the world of high protein diets, revealing how they can be leveraged for sustainable weight management. The book delves into the physiological responses and biochemical mechanisms associated with increased protein intake, answering key questions about its influence on weight loss and long-term health implications. You'll discover how protein plays a vital role in satiety, thermogenesis, and muscle preservation, supported by clinical trials and peer-reviewed research. This book breaks down complex nutritional concepts, starting with the fundamentals of protein digestion and absorption before moving into an evaluation of evidence supporting high-protein diets for weight loss. It provides valuable context by tracing the evolution of dietary recommendations, highlighting the shift toward protein-focused approaches.



Readers will gain insights into the potential effects on kidney function, bone density, and cardiovascular health, equipping them with the knowledge to make informed dietary choices. The book's unique value lies in its balanced and objective assessment, offering practical guidelines for implementing high-protein diets safely and effectively. It examines the intersection of nutrition, metabolism, and exercise physiology, emphasizing individual physiological factors and adherence to evidence-based guidelines. By presenting a nuanced understanding of protein metabolism, this book empowers readers to optimize their weight loss outcomes and mitigate potential risks, setting it apart from fad-diet books.

**1500 calorie high protein diet: R3 Diet** Joy Brown, 2011-04-15 Reverse Psychology & Sickness Retrain Mind & Taste buds Rebuild Body & Cells As you stare at the back of this book wondering, What is this about? and Does this really work?, I am wondering, Are you really ready to commit? & thinking, If you only could see yourself in the future after being on the R3 diet for 1 Month, 1 year or 10 years, you would quickly rush to check out & devour the book in record time! You will become elated as you discover: o Why you can't reach and maintain your perfect body size o Why you remain tired and de-motivated o The power of a cleansing detox o Time saving tools and techniques o How to go from binge eating to fulfillment eating o The psychological component ingrained in this diet that makes you want to follow it willingly & happily o The easiest way to retrain your taste buds & mindset on foods o How to quit craving high fat, high salt, high sugar & processed foods o Learn the benefits of specific vitamins & minerals contained in health giving foods o A simple plan to quickly & safely rebuild your desired body & health o After the fat-burning phase your body will maintain your naturally sculpted & defined physique o Youthful appearance emerge as aging signs fade o Most importantly, how the 4-pillar system of food, fitness, supplements & mindset are broken down & explained as the main structure that all other entities fall within o Joy Brown (pictured front) is known for helping clients all over the world get their dream body in the fastest and safest way possible. She has a no-nonsense approach and frequently asks, Are you a winner or a whiner? She took the same passion that she used as a Certified Personal Trainer and Fitness Nutrition Coach & used it as fuel, along with research & testing to write her 1st book, R3 Diet. She and her husband Sarge own R3Fit World Gyms & Retreat and she plans to help as many people with fitness & eating as there are stars in the sky. Phil 4:13

**1500 calorie high protein diet: The Cardiac Care Unit Survival Guide** Eyal Herzog, 2012-10-18 This book is geared toward cardiologists, trainees, and housestaff --anyone who rotates or practices in the CCU--who must grasp the subtleties when treating patients in a cardiac care unit. It is organized in a way to help you understand the simplified pathophysiology of the disease, the diagnosis modalities, the initial critical care management in the CCU, the clinical care in a step down unit and plan for discharge therapy. Dr. Herzog has developed unified pathways for the management of patients presenting with acute chest pain or its equivalent, acute heart failure, atrial fibrillation and flutter, syncope, cardiac arrest, hypertension and hyperglycemia. Algorithms and pathways for management are provided in each chapter for easy implementation in any health care system. In addition, because specialized units are frightening to the patients and their families, there is a section in each chapter on what the patient and family need to know, that encompasses a capsulated explanation of the condition and treatment management. A companion website accompanies the text that includes fully searchable text and patient information.

**1500 calorie high protein diet: Eat Right for Life** Dr. Raymond A. Schep, 2010-09-22 It's Never Wrong to Eat Right! Eat Right for Life is full of healthy, natural alternatives to today's manufactured, chemically-charged and processed food. Improve your health and waistline with an organic lifestyle. It's easy with more than 100 food options, dozens of recipes and other life-changing natural solutions that help provide a balanced life. Inside you'll find: • Dietary therapies for cancer, arthritis, allergies and more • Tips on healthy weight loss • Advice on eating sweets, exercise and eating raw foods

**1500 calorie high protein diet: Technical Manual** United States. War Department, 1951

**1500 calorie high protein diet: Diet Manual** Veterans Administration Hospital (Hines, Ill.),

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**1500 calorie high protein diet: Technical Manual** United States Department of the Army, 1982

**1500 calorie high protein diet: Foods that Harm, Foods that Heal** Editors at Reader's Digest, 2018-04-10 An updated edition of the groundbreaking, best-selling guide to the vital link between food and health—now featuring more than 50 recipes for good health. The first edition of Foods That Harm, Foods That Heal changed the way we view food and its impact on our bodies. More than 7 million copies of the book have been sold worldwide since then, and interest in food as medicine has only grown as researchers have continued to discover the crucial connections between diet and chronic conditions such as heart disease, cancer, diabetes, and other serious illnesses, as well as the impact of food on stress, insomnia, and other common complaints. In this newly updated edition, you'll find: \*More than 100 health condition entries from arthritis to insomnia to heart disease, with quick tips on what to eat to prevent or treat each ailment naturally \*More than 170 food entries from apples to zucchini, plus simple ways to eat, cook, and store each food to maximize its healing potential \*More than 50 delicious and easy-to-make recipes featuring the healing foods \*Special features on the potential dangers of pesticides, food additives, and genetically modified crops; the many benefits of vitamin D; the real deal on high-fructose corn syrup; the dangers of mixing food and medicine; and much more

**1500 calorie high protein diet: The New Rules of Lifting for Women** Lou Schuler, Cassandra Forsythe, PhD, RD, Alwyn Cosgrove, 2008-12-26 In The New Rules of Lifting for Women, authors Lou Schuler, Cassandra Forsythe and Alwyn Cosgrove present a comprehensive strength, conditioning and nutrition plan destined to revolutionize the way women work out. All the latest studies prove that strength training, not aerobics, provides the key to losing fat and building a fit, strong body. This book refutes the misconception that women will bulk up if they lift heavy weights. Nonsense! It's tough enough for men to pack on muscle, and they have much more of the hormone necessary to build muscle: natural testosterone. Muscles need to be strengthened to achieve a lean, healthy look. Properly conditioned muscles increase metabolism and promote weight loss -- it's that simple. The program demands that women put down the Barbie weights, step away from the treadmill and begin a strength and conditioning regime for the natural athlete in every woman. The New Rules of Lifting for Women will change the way women see fitness, nutrition and their own bodies.

**1500 calorie high protein diet: How to Lose Weight Fast: A Round-Up of Ways to Slim Down** The Anonymous Writers Group, 2015-02-20 Losing weight is actually easier than most people think ... if you are on the right diet. A Round-Up of Ways to Slim Down helps you choose the perfect diet to lose weight fast. With over 50 reviews of popular (and not so famous) diets, you will know exactly what to expect before you try. From the Alkaline to the Zone, find out more about fast weight loss diets without spending hours scouring the web. In addition to helping you lose those extra pounds, we are proud to donate 50% of all book sales to feeding programs around the world. This way, you can lose weight and save the world all in a day. You're welcome.

**1500 calorie high protein diet: Nutritional Intervention in the Aging Process** H.J. Armbricht, J.M. Prendergast, R.M. Coe, 2012-12-06 There has been much popular and scientific interest in the fields of nutrition and aging in recent years. As the importance of proper nutrition in children and young adults becomes more fully understood, it is natural to wonder if proper nutrition could play a similar role in later life. Recent research has indicated that nutrition can potentially intervene in the aging process in at least two ways. First, studies in animals and humans have shown that nutrition can be used to improve functional status, which, in turn, is related to perceived quality of life. Second, nutritional manipulation has been used to extend maximal life span in laboratory animals. How these interesting findings apply to the human situation remains to be explored. The purpose of this book is twofold. The first is to present recent advances in our basic knowledge of how nutrition and aging interact with each other. The second is to discuss some

applications of this knowledge to the care of the elderly patient. The interaction between aging and nutrition is complex because each may act on the other in either a synergistic or antagonistic fashion. Aging may alter the nutritional status of the elderly by affecting the way nutrients are absorbed and utilized by the body. Aging may also influence food intake and, therefore, nutritional status by decreasing the palatability of food. The environment of the elderly may change so they are less likely to eat well-balanced meals.

**1500 calorie high protein diet:** Health and Disease Role of Micronutrients and Trace Elements R. Nath, Ravindra Nath, 2000

**1500 calorie high protein diet:** The Thyroid Solution Diet Ridha Arem, 2013-01-08 Rebalance your hormones with food, learn how to control cravings, drop pounds with the ... eating and exercise plan--Dust jacket.

**1500 calorie high protein diet:** Food Nutrition and Health Fergus M. Clydesdale, Frederick J. Francis, 2012-12-06 Dramatic cultural changes have occurred in the areas of food, nutrition, and health in the United States. Today, the clarion call is for fitness with trim-muscular in and skinny-pale out. The me generation has turned into a robust health seeking generation, with emphasis on group participation in an ever-increasing array of health clubs. Combined with this renewed interest in fitness is an increasing acceptance of technology, which has resulted in the expectation of a high quality of life through the use of technology rather than through its banishment as was the case in the late 1960s and 1970s. Thus, we see the use of individualized computer programs for diet, exercise, and improvement of athletic performance through motion analysis of the event. Aging has become an accepted phenomenon and the long fruitless search for perpetual youth seems over. Old is beautiful as long as it is associated with the trim and robust look of other age groups. This is due to the changing demographics of the United States, as well as recognition of the simple fact that age is not a drawback in achievement levels in most areas of our society. These changes, which are in many respects the antithesis of the beliefs of the 1970s have led us to write this book. We are going to attempt to use the same style of communication we used in our previous book, Food, Nutrition, and You but the focus and content is quite different.

**1500 calorie high protein diet:** ICD-9-CM Inpatient Coding Reference and Study Guide Ba Kobayashi, 2010-07 If you need to have a strong understanding of how ICD-9-CM diagnosis and procedure codes are determined, then you have chosen the right book, ICD-9-CM Inpatient Coding Reference and Study Guide. The author designed a book that goes beyond the fundamentals, that gets into the details of ICD-9-CM diagnosis and procedure code assignment as would be experienced on the job. This user-friendly reference teaches coders how to handle many coding situations, while also being comprehensive enough to teach someone with a basic knowledge of medical coding how to move to the next level of advanced inpatient coding. Updated every year to reflect the annual ICD-9-CM coding changes, the text enables HIM professionals to master the concepts of medical coding while also gaining critical knowledge to pass the CCS exam administered by AHIMA and the CPC-H exam from the AAPC. The book also serves as an excellent desk reference and resource for coders who need to refresh their ICD-9-CM coding skills. Among the topics covered in Volume 1 are inpatient coding guidelines, coding conventions, coding tables, and a drug reference. However, the heart of this manual is the body system analysis, based on chapters 1 - 17 of the Tabular list in Volume I of the ICD-9-CM Official Coding Guidelines. The chapters are categorized by body system such as respiratory, digestive, et al. The chapters in this study guide follow the same sequence as the Official Coding Guidelines. All chapters, in addition to highlighting basic coding guidelines, contain situation-based coding tips and coding examples. A quiz follows each chapter reinforcing concepts in a rigorous manner that applies directly to the professional coding environment. The book also contains a selective discussion of invasive procedures that the coder will most likely encounter on the job and on the exam. At the end of ICD-9-CM Inpatient Coding Reference and Study Guide are 15 case studies, providing the reader with an opportunity to assess their ICD-9-CM coding skill set and speed at coding inpatient medical records. Each record contains a face sheet, history & physical, progress notes, and answer sheet. Some of the case studies contain ER reports,

consultations, as well as operative and pathology reports. The answer key at the end of this study guide contains a rationale for all code assignments. 456 short answer questions 116 multiple choice questions 15 full medical record case studies Each question is highly relevant and reflects a coding situation most hospital-based inpatient coders will face. The text strives to ensure the reader understands every diagnosis and procedure discussed: thorough discussion of symptoms, standard treatment protocols, and medications. Coding examples and quizzes help clarify the information presented. Linda Kobayashi, BA, RHIT, CCS, has been a coder and coding manager for almost 20 years. Since 1998, Ms. Kobayashi has owned and operated Codebusters, Inc., a nationwide coding consulting company. Widely regarded as a medical coding and auditing expert, she has conducted workshops on a variety of coding topics, including CCS Exam preparation workshops. Throughout her career the author has remained professionally active, as an AHIMA member as well as a member of her state association, CHIA (California Health Information Association). Her formal training includes a teaching credential from California State University Los Angeles, a B.A. degree in English Literature from University of California Los Angeles, an RHIT from AHIMA after completing the RHIT program at East Los Angeles College, and a CCS certificate from AHIMA. Extensive experience as a hands-on coder, auditor and educator, and has given the author the expertise to help coders prepare for the professional coding environment.

**1500 calorie high protein diet: What Are You Waiting For?** Trey Boyer, 2010-07 One of the biggest concerns on the minds of people today is health care. In a society where the well being of individuals has become a hot button issue, more and more people are yearning to get healthy and stay that way. In his holistic look at personal health, author Trey Boyer explains the personal mindset required to achieve true mastery in your life. You will be shown how to lead a balanced life with techniques that will focus on mental, spiritual and physical health. Trey presents a true blueprint for success that is enjoyable, easy to grasp, and produces extraordinary results. In his aptly named Genesis Program, Trey explains his revolutionary nutrition and physical fitness program. The Genesis Program has been compiled over the last two decades by incorporating the most recent medical and scientific breakthroughs. The results-oriented program has been designed around the principles of time efficiency and having the knowledge to achieve a healthy lifestyle. With these useful tips and tactics at your disposal, the only question left is What Are You Waiting For?

**1500 calorie high protein diet: Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, David Heber, 2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions, providing a reference guide for many of the issues on health and well being that are affected by nutrition. Completely revised, the third edition contains 20 new chapters, 50 percent new figures. A comprehensive resource, this book is a reference guide for many of the issues on health and well being that are affected by nutrition. Divided into five parts, the sections cover food, including its composition, constituents, labeling, and analysis; nutrition as a science, covering basic terminology, nutritional biochemistry, nutrition and genetics, food intake regulation, and micronutrients; nutrient needs throughout the human life cycle; assessment of nutrient intake adequacy; and clinical nutrition, from assessments to a wide variety of disease and health topics.

**1500 calorie high protein diet: The New Harvard Guide to Women's Health** Karen J. Carlson M.D., Stephanie A. Eisenstat M.D., Terra Ziporyn Ph.D., 2004-04-06 This exhaustive resource offers information on everything from adolescent acne to menopause in the belief that better-informed women can have better partnerships with their physicians.

**1500 calorie high protein diet: Saunders Essentials of Medical Assisting - E-Book** Diane M. Klieger, 2013-08-09 Saunders Essentials of Medical Assisting, 2nd Edition, is designed to give you just the right amount of the essential information you need to prepare for your career as a medical assistant. It covers all of the need-to-know information in an organized, approachable format. The condensed information is perfect for shorter programs of study and as a review tool for certification or re-certification for practicing medical assistants. Full-color and visually oriented, this text presents information in manageable segments that give you all the relevant facts, without being

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