

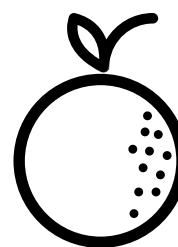
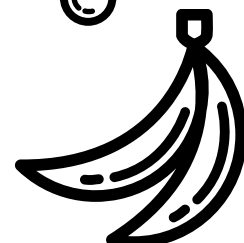
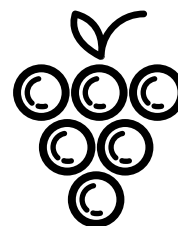
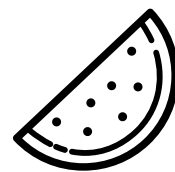
# DIETITIAN NOTES

[www.bbdiet.com.au](http://www.bbdiet.com.au)

## NUTRITION CARE PLAN

Your dietitian:

Date:



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# WELCOME TO BBDIET

[www.bbdiet.com.au](http://www.bbdiet.com.au)

## 1. Nutrition resources & food diary templates

You can **download** directly from the website <https://www.bbdiet.com.au/nutrition-resources>



Weekly Food Diary

PDF Doc



Food Diary & Blood Sugar Record

PDF Doc



Food & Symptom Diary

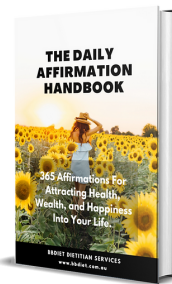
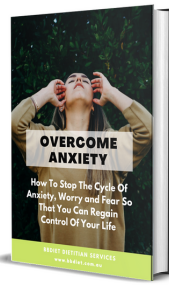
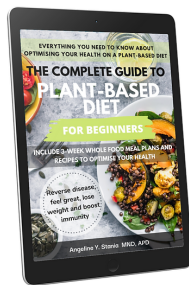
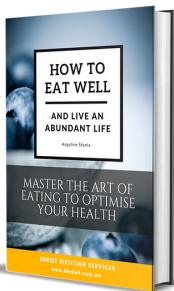
PDF Doc



## 2. BBDiet Ebook

Learn back to basic diet and lifestyle principles from BBDiet quick start guide.

<https://www.bbdiet.com.au/ebooks>



Get this book free from your dietitian

## 3. Supermarket Tour

Making healthy food choices and understanding food labels can be a challenge. Attending a shopping tour can help you to make sense of food labels and enhance your health with confidence. Join us for an exciting and informative supermarket tour that is specially designed to build your confidence to be a smarter and healthier shopper! (Online/In Person available)

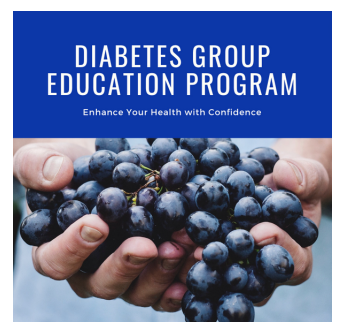
Go to <https://www.bbdiet.com.au/supermarket-tour>



## 4. Diabetes Group Education Program

The program is facilitated by our BBDiet Dietitian, diabetes educator and exercise physiotherapist to ensure a well-rounded program for our clients. Our Diabetes Group Education Program is designed to equip our patients with the knowledge, confidence and tools to help manage their diabetes. Our program is open to all people diagnosed with Type 2 Diabetes and pre-Diabetes. Please kindly register your interest with your dietitian/diabetes educator for the upcoming sessions or email us at [angeline@bbdiet.com.au](mailto:angeline@bbdiet.com.au) (Online/In Person available)

For more details, go to <https://www.bbdiet.com.au/diabetes-group-education-program>



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## 5. The Supercharged Smoothie Lifestyle

Discover Delicious, Nourishing Supercharged Smoothie Lifestyle Program For Optimal Health, Increased Energy, Improved Blood Sugar and Sustainable Weight Loss.

For more details, go to <https://www.bbdiel.com.au/supercharged-smoothie-lifestyle-program>



## 6. Connect with us

To get free nutrition advice and tips from BBDiet dietitian, **JOIN:**

Facebook group **"EAT MORE TO LOSE WEIGHT";**

Facebook group **"ASK THE DIETITIAN - BBDIET COMMUNITY"**.

Note: You're required to answer specific questions to be approved for joining.

For more nutrition tips, Click LIKE and follow us on

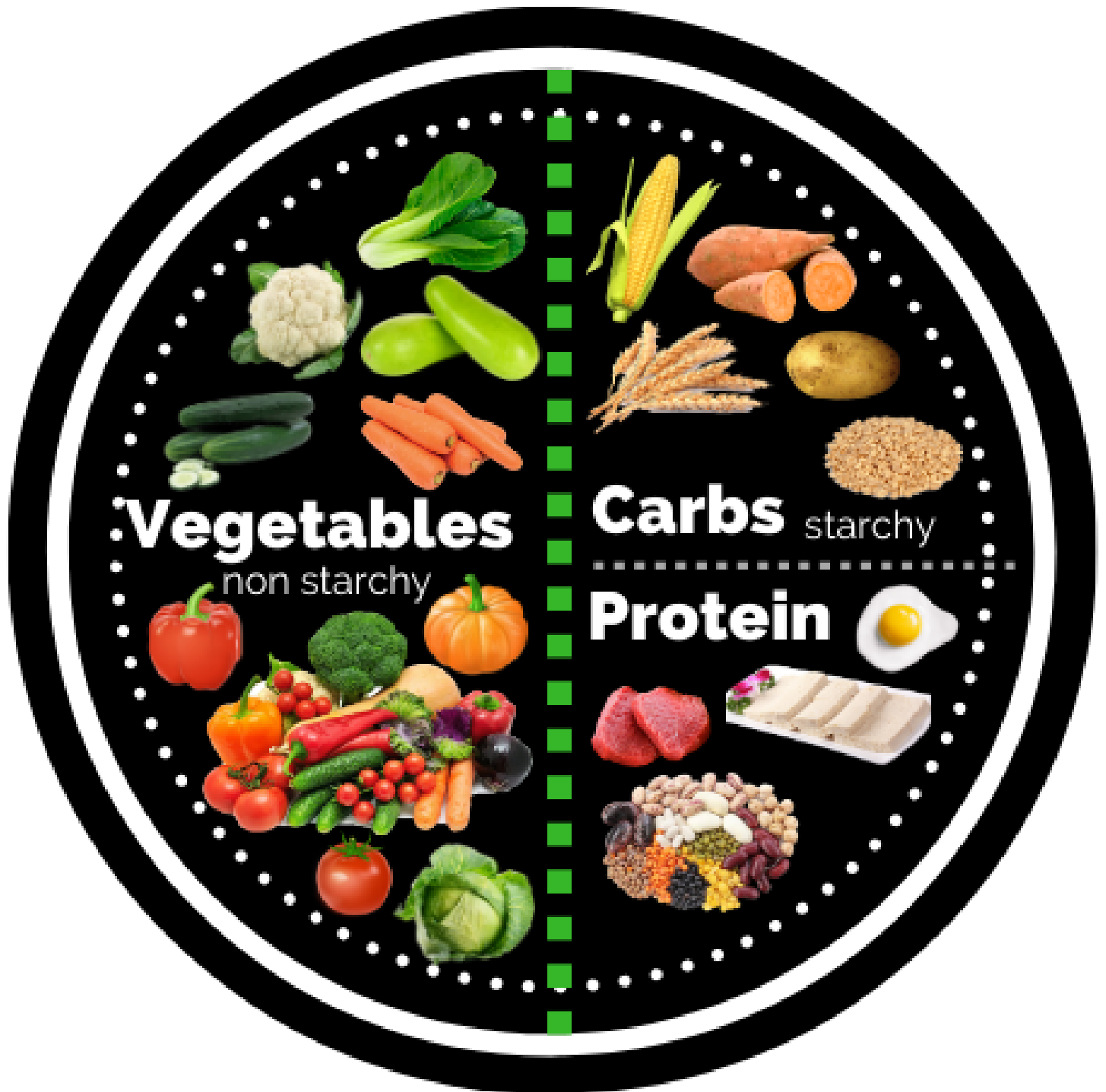
Instagram: [@bbdiel\\_dietitian](https://www.instagram.com/bbdiel_dietitian)

Facebook page: [BBDiet - Back To Basics Dietetics](https://www.facebook.com/BBDiet-Back-To-Basics-Dietetics)



# BBDIET PLATE MODEL

Increase Nutrient-Dense Foods On Your Plate Using  
The Power Of Proportion



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# Complete Guide to Plant-Based Diet for Beginners



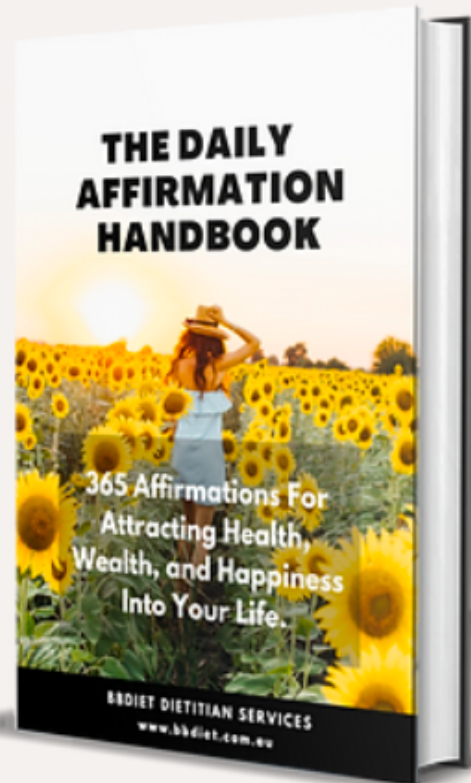
Scan the QR code above to download this e-book or visit <https://www.bbdiet.com.au/ebooks>

- Changing your diet and lifestyle can be an overwhelming adventure.
- With this step-by-step guide to transitioning, the process will feel doable and even enjoyable.
- We focus on consistency over perfection so you can take small steps for long-term success.
- It also covers getting your kitchen ready, meal prep basics and how to stock your pantry
- A complete guide for anyone who has a desire to learn more about plant-based nutrition in just 3 weeks or less.
- Learn how to optimise your health by incorporating minimally processed whole foods that are packed with phytonutrients and highly anti-inflammatory.

# The Daily Affirmation Handbook

- Our minds are incredibly powerful and capable of changing.
- With the help of positive affirmations, anyone can improve their mindset and start manifesting their desires and being living a life they've always dreamed of.
- Enjoy an increase in your overall confidence for your abilities to get what you want.
- Become aware of your thoughts, which helps to reduce negative feelings.
- Enjoy increased energy levels and face your days without fear of challenges.
- Program your subconscious mind to develop positive actions to help you reach your goals.

**Purchase today to  
receive this  
BONUS content FREE!**



**"Finally! A Comprehensive Guide for Attracting Health, Wealth, and Happiness Into Your Life"**



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# Overcome Anxiety

- Are you constantly worried, afraid, or nervous?
- Do you find that you have trouble falling or staying asleep?
- Do you often wonder why you can't stop worrying and why you're always so fearful?
- Do you wish you could overcome your anxious thoughts so that you can take control of your life and start to live the life you've always wanted?

**Purchase today  
and get these  
BONUS e-books FREE!**



**"Unlock the Secrets and Learn How to Stop the Cycle of Anxiety, Worry, and Fear So You Can Regain Control of Your Life"**

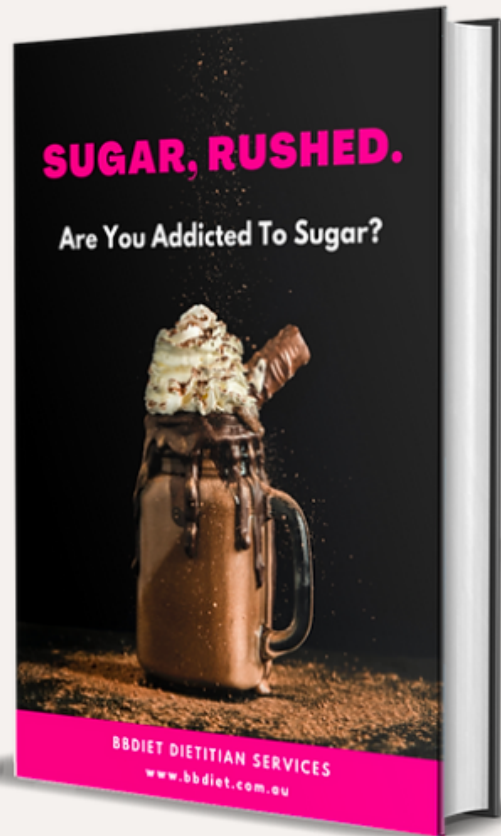


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# Are You Addicted To Sugar?

- Overcoming sugar addiction could mean the difference between finally being able to lose weight, eating a healthy diet, feeling full of natural energy or...
- Continuing to struggle with perpetual weight-gain, yo-yo dieting, daily energy crashes, and the frustration that comes with a dependence on eating sugary foods
- Let's face it – Addiction isn't something that's formed on easy terms. Sometimes our circumstances such as our genetics, family background and social environments drive us into addiction as a form of coping mechanism.
- And once we spiral into a maze of negativity, it can be very hard to get out of our disempowering ways of behaviour.
- But here's the Good News! Addiction is something that CAN be cured! You just need to have the right tools and strategies for breaking it!
- So, if you've been trapped by sugar cravings for many months or even years, then GET THIS GUIDE NOW to start taking charge of your health



Scan the QR code above to download this e-book or visit <https://www.bbdiel.com.au/ebooks>