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NUTRITION

MEAL PLANNING GUIDE



WELCOME

Planning ahead can be one of the most important skills for you to develop to help you make and maintain lifestyle changes. We have found that people who plan what and how much they will eat in advance tend to have the greatest success following their nutrition plan. Meal planning is a skill that we want to help you develop and this guide will walk you through that process.

If planning ahead is so helpful, why don't we just give you a meal plan to follow? Well, It's because we want you to learn how to navigate your own personal food environment. You are and should be the expert at eating for your own life. This is an important skill for your long-term success. Meal plans teach you

how to eat what's on a meal plan. They do not teach you how to handle situations such as events, meals out or situations you can't prepare for in advance. Coach Jeb has put together an [excellent blog](#) on this topic that I think you might really enjoy reading.

However, we do know that some additional guidance beyond just your macronutrient numbers can be helpful especially when you are just starting out. We put together this Meal Planning Guide to give you general guidance on some ways to plan your day so you can figure out what works best for you. We encourage you to reach out to your coach for some more individualized assistance as well!

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HOW TO PLAN AHEAD

One of the main commonalities we see with our most successful members is that they plan their days out in advance. What exactly does that mean? It means they sit down the night before and plan out exactly what they will eat for all their meals the following day. This is important especially as you are getting used to the idea of macro counting and hitting your macronutrient goals. If you plan out a full day within a few grams of your macro goals, all you have to do is eat what you planned! It takes away the guesswork and stress that may come along with not being sure what you should eat next.

KEEP IT SIMPLE

There are many different approaches to planning so it will take some trial and error to see what works for you. Follow the four step process we recommend for planning your day of eating. Planning ahead will take less and less time as you continue to do this!

The most important thing at first is keeping it simple. Use dominant macro foods to start.

Do this for at least a few weeks. Eventually you may want to add in some recipes or treats but many people continue to eat this way most of the time or forever. It keeps things simple.

Here are two videos that show you examples of how to plan a day in MyFitnessPal.

[FEMALE EXAMPLE](#)

[MALE EXAMPLE](#)

WHAT'S A DOMINANT MACRO?

A food that is primarily one macro.

chicken: mostly protein

fruit: mostly carb

almonds: mostly fat



STEP 1

Choose tracking app
MyFitnessPal, MyMacros+, etc.

— and —

Choose meal pattern
(See pages 12-20)



STEP 2

Determine your 3-3-3
from Macro Selector
Food List on page 5
PROTEIN / CARB / FAT



STEP 3

Determine your meal
pattern and enter
1.) PROTEIN 2.) CARB 3.) FAT
for each meal



STEP 4

Adjust portion sizes
to get within 5g
of macro goals





HOW TO USE **MEAL PATTERNS**



*Plan out
meals in
advance*

Review the examples on pages 12-20 for different eating patterns to find one that is appealing to you.

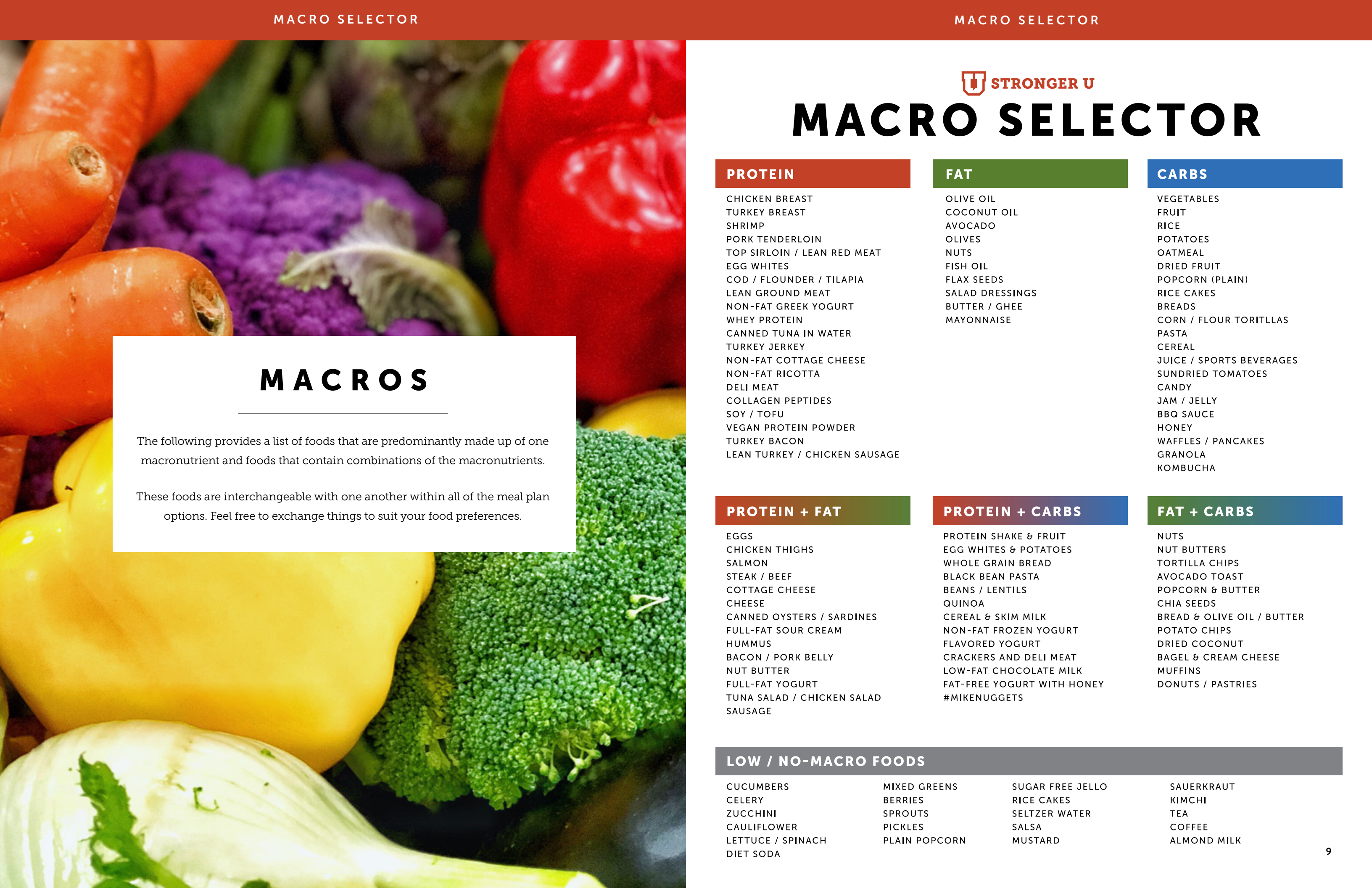
Use these meal patterns as a general guideline for your day. The amount you will eat of each food will depend on how much you need to eat of each food to hit the macro goals that have been provided by your coach. Remember — adjusting the portion sizes of a particular food up or down is all that's needed to nail those macro targets.

For all of the meal patterns, we have examples of specific meals and foods listed. However, you can exchange any protein, carb, or fat source for another one from the list as desired. This will help mold your plan to suit your food preferences.

Use the single Macro Selector Food List on the next page to find some examples of substitution options for each macronutrient.

Give one meal pattern a shot for a few days to see how it feels. If you don't enjoy it, try another one out! Be adventurous and experient with different eating patterns to see what you prefer. There is no one size fits all approach.





MACRO SELECTOR

MACROS

The following provides a list of foods that are predominantly made up of one macronutrient and foods that contain combinations of the macronutrients.

These foods are interchangeable with one another within all of the meal plan options. Feel free to exchange things to suit your food preferences.

PROTEIN

CHICKEN BREAST
TURKEY BREAST
SHRIMP
PORK TENDERLOIN
TOP SIRLOIN / LEAN RED MEAT
EGG WHITES
COD / FLOUNDER / TILAPIA
LEAN GROUND MEAT
NON-FAT GREEK YOGURT
WHEY PROTEIN
CANNED TUNA IN WATER
TURKEY JERKEY
NON-FAT COTTAGE CHEESE
NON-FAT RICOTTA
DELI MEAT
COLLAGEN PEPTIDES
SOY / TOFU
VEGAN PROTEIN POWDER
TURKEY BACON
LEAN TURKEY / CHICKEN SAUSAGE

FAT

OLIVE OIL
COCONUT OIL
AVOCADO
OLIVES
NUTS
FISH OIL
FLAX SEEDS
SALAD DRESSINGS
BUTTER / GHEE
MAYONNAISE

CARBS

VEGETABLES
FRUIT
RICE
POTATOES
OATMEAL
DRIED FRUIT
POPCORN (PLAIN)
RICE CAKES
BREADS
CORN / FLOUR TORITLLAS
PASTA
CEREAL
JUICE / SPORTS BEVERAGES
SUNDRIED TOMATOES
CANDY
JAM / JELLY
BBQ SAUCE
HONEY
WAFFLES / PANCAKES
GRANOLA
KOMBUCHA

PROTEIN + FAT

EGGS
CHICKEN THIGHS
SALMON
STEAK / BEEF
COTTAGE CHEESE
CHEESE
CANNED OYSTERS / SARDINES
FULL-FAT SOUR CREAM
HUMMUS
BACON / PORK BELLY
NUT BUTTER
FULL-FAT YOGURT
TUNA SALAD / CHICKEN SALAD
SAUSAGE

PROTEIN + CARBS

PROTEIN SHAKE & FRUIT
EGG WHITES & POTATOES
WHOLE GRAIN BREAD
BLACK BEAN PASTA
BEANS / LENTILS
QUINOA
CEREAL & SKIM MILK
NON-FAT FROZEN YOGURT
FLAVORED YOGURT
CRACKERS AND DELI MEAT
LOW-FAT CHOCOLATE MILK
FAT-FREE YOGURT WITH HONEY
#MIKENUGGETS

FAT + CARBS

NUTS
NUT BUTTERS
TORTILLA CHIPS
AVOCADO TOAST
POPCORN & BUTTER
CHIA SEEDS
BREAD & OLIVE OIL / BUTTER
POTATO CHIPS
DRIED COCONUT
BAGEL & CREAM CHEESE
MUFFINS
DONUTS / PASTRIES

LOW / NO-MACRO FOODS

CUCUMBERS	MIXED GREENS	SUGAR FREE JELLO	SAUERKRAUT
CELERY	BERRIES	RICE CAKES	KIMCHI
ZUCCHINI	SPROUTS	SELTZER WATER	TEA
CAULIFLOWER	PICKLES	SALSA	COFFEE
LETTUCE / SPINACH	PLAIN POPCORN	MUSTARD	ALMOND MILK
DIET SODA			

3

3

3

WHAT IS THE 3 - 3 - 3 METHOD

Keep things simple your first few weeks! Try the 3-3-3 Method. Choose 3 different protein sources, 3 fat sources, and 3 carb sources only (all veggies and fruit can count as one carb source each).

For each of the meal patterns on the following pages, the first column gives an example of planning a day using the 3-3-3 method. For each meal pattern we used the following 3 choices for each macro.



TRADITIONAL

3 MEALS / 2 SNACKS

While there are a large variety of ways in which people eat, the most typical eating pattern for adults in the US currently includes eating 3 meals per day with 2 snacks. This meal pattern tends to fit well with most people’s work and life schedules so is a great option.

	OPTION 1	OPTION 2	OPTION 3
MEAL 1 BREAKFAST	EGG WHITES VEGGIES BUTTER	PROTEIN SHAKE: PROTEIN POWDER MILK FROZEN FRUIT PEANUT/NUT BUTTER	GREEK YOGURT GRANOLA FRUIT
SNACK 1	CHEESE FRUIT	COTTAGE CHEESE FRUIT	LUNCHMEAT HUMMUS VEGGIE
MEAL 2 LUNCH	CHICKEN BREAST VEGGIE OLIVE OIL	CHICKEN BREAST SALAD DRESSING FRUIT	LEAN BURGER (BEEF, TURKEY, CHICKEN) BUN VEGGIE
MEAL 3 DINNER	CHICKEN BREAST VEGGIE RICE OLIVE OIL	FISH VEGGIE BUTTER	TURKEY MEATBALLS PASTA TOMATO SAUCE VEGGIE
SNACK 2	PLAIN GREEK YOGURT FRUIT	FRUIT WHIPPED CREAM	CHOCOLATE



NO SNACKING

There are a few reasons that some people may do better following a plan where they stick to 3 meals per day without any snacks. Some of the benefits of this type of eating pattern are:

It allows you to have 3 larger, more satiating meals.

You're exposed to food less often which means fewer opportunities to overeat.

By setting a hard NO on snacking, you give yourself guidelines that leave no room for interpretation. If it's not scheduled for you to eat in a meal, then you aren't eating it!

If you transition from tracking to mindful eating, breaking the habit of snacking can be helpful for maintaining your long term success. Snacks are usually higher in macros/calories and provide less satiety so it's easier to overeat them.

	OPTION 1	OPTION 2
MEAL 1 BREAKFAST	EGG WHITES VEGGIE CHEESE BUTTER FRUIT	PROTEIN PANCAKES: PROTEIN POWDER PANCAKE MIX SYRUP BUTTER FRUIT
MEAL 2 LUNCH	PLAIN GREEK YOGURT FRUIT CHICKEN BREAST VEGGIES OLIVE OIL	PASTA TOMATO SAUCE LEAN BEEF MEATBALLS VEGGIE BUTTER
MEAL 3 DINNER	CHICKEN BREAST RICE VEGGIE OLIVE OIL	TURKEY MEATLOAF VEGGIE MORE VEGGIES BUTTER

SMALL MEALS AND SNACKS

Some individuals find that their eating preference leans towards more frequent small meals and snacks throughout the day.

Some of the benefits of this type of eating pattern are:

- *You are never far away from a meal or snack so if you are feeling hungry, it may help you to handle it knowing that another meal or snack is coming soon.*
- *If you are feeling really full and struggle to get the amount of food that is recommended, eating smaller meals and snacks to spread the food out can help.*
- *If you are trying to gain weight, it may be tough to eat all the food you need to eat in only a few meals so it can be helpful to break that up more often throughout the day.*



	OPTION 1	OPTION 2
MEAL 1	EGG WHITES CHEESE	EGGS TOAST NUTS
SNACK 1	PLAIN GREEK YOGURT	PROTEIN SHAKE
MEAL 2	CHICKEN BREAST VEGGIES OLIVE OIL	TUNA MAYONNAISE WRAP ORANGE
SNACK 2	FRUIT CHEESE	PRETZEL HUMMUS
MEAL 3	CHICKEN BREAST RICE VEGGIE BUTTER	LOW FAT HOT DOG HOT DOG BUN VEGGIE
SNACK 3	PLAIN GREEK YOGURT	FUDGSICLE
SNACK 4	FRUIT	PROTEIN SHAKE



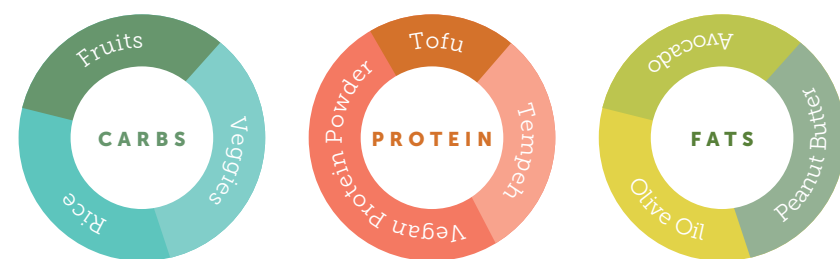
INTERMITTENT FASTING / SKIPPING BREAKFAST

There are many different methods of “intermittent fasting”. One of the most common includes selecting a set period of time where you will eat. For example, you will choose to eat all of your macros between 12 and 8pm. This may be helpful if you enjoy fewer but larger meals.

	OPTION 1	OPTION 2
MEAL 1	EGG WHITES VEGGIE CHEESE BUTTER FRUIT	TUNA MAYO BREAD SALAD DRESSING FRUIT GREEK YOGURT
MEAL 2	CHICKEN BREAST RICE VEGGIE BUTTER	PORK TENDERLOIN BAKED BEANS VEGGIE
SNACK	PLAIN GREEK YOGURT FRUIT	NUTS PROTEIN BAR



VEGETARIAN/VEGAN



Individuals following a vegetarian or vegan diet can use any of the other meal pattern options described within this guide to determine how many meals and snacks per day works best for them. Here’s an example of what vegan meals and snacks may look like when following a traditional 3 meals with 2 snacks eating pattern.

	OPTION 1	OPTION 2	OPTION 3
MEAL 1	TOFU VEGGIE OLIVE OIL	TEMPEH BACON VEGGIES TOAST	BREAD ALMOND BUTTER BERRIES
SNACK 1	VEGGIE AVOCADO	NUTS FRUIT	VEGGIE HUMMUS
MEAL 2	VEGAN PROTEIN POWDER PEANUT BUTTER FRUIT	LENTIL CHILI SALAD DRESSING	TOFU BREAD VEGGIE
MEAL 3	TEMPEH RICE VEGGIE OLIVE OIL	TOFU STIR-FRY VEGGIE RICE	BLACK BEANS TACO SHELLS VEGGIE
SNACK 2	FRUIT	COCONUT ICE CREAM	VEGAN CHOCOLATE

RESTAURANT MEAL OR EVENT

There are a few different techniques to approach eating on a day when you have a planned meal at a restaurant or an event with food.

If you know where you are going and what food options you have available, you can enter your best guesstimate for your meal into the tracking program and then plan the rest of your day around that meal.

However, if you are unsure of what will be served or available to you, you’ll want to

plan the rest of your day’s eating in a way that will leave you some wiggle room. The meal you will be served will generally be larger than what you typically consume and most likely will be higher in carbs and fat and lower in protein. You can always choose how much you eat of the foods you are served, even if you have no say on what you get; so you still have lots of control!

Aim to eat light overall and higher in protein during the day outside of the special meal.

	OPTION 1	OPTION 2
MEAL 1	EGG WHITES FRUIT	GREEK YOGURT FRUIT
MEAL 2	CHICKEN BREAST VEGGIE BUTTER	SALAD DRESSING SHRIMP
MEAL 3	RESTAURANT/EVENT MEAL	RESTAURANT/EVENT MEAL



"SCAVENGERS"

WHEN PLANNING AHEAD IS HARD

"SCAVENGERS"

WHEN PLANNING AHEAD IS HARD

We understand that while many people do their best by planning a full day of eating in advance, that just isn't going to work for every single one of you. In the case where planning ahead is not possible or just not what you prefer to do, here are some best practices to allow you to still hit your daily macro goals.

Keep things simple! Stick with the 3-3-3 method (choosing 3 carbs, 3 proteins and 3 fats and building all your meals from that).

Have single macro foods available in your house - preferably, prepped and ready to eat!



Prepare extra
protein on the grill



Have quick protein on hand:
canned tuna
frozen shrimp/fish
egg whites
protein powder



Roast lots of extra
veggies



Prep + wash + chop
fruits and veggies

Track before you eat. Even if you aren't planning your entire day out in advance, it's still important that you track your food before you eat it. This is extremely significant for everyone, especially scavengers! You don't want to eat something and then realize it puts you over your numbers!

You still need to plan ahead to have success as a scavenger but your planning method is to make sure you have food available that allows you to be flexible during the day and still hit your daily macronutrient goals.



PLANNING FOR ENDURANCE EVENTS

The specific fueling strategy for an endurance event will depend on the individual, their goals and the length of the event. Many other factors will be considered when your coach helps you come up with a plan for the weeks and days prior to an endurance event. However, there are some general guidelines that under most circumstances will be followed.

BEFORE EVENT

For many people, you'll want to increase carbohydrates for a day, a few days or weeks in advance of a long endurance event (your coach will help you determine which option is best for you). You don't want to add any new foods at this time, just simply eat MORE of what you are currently eating for your main carb sources. There is also no need to change your typical meal pattern. Eat the same number of meals and snacks that you usually eat and that works best for you.

MORNING OF EVENT

Since most endurance events have morning starts, what you eat the morning of your event is key. You want to find the right balance between not being too hungry or too full. For events as long as half marathons, many people find that they actually prefer to not eat anything beforehand. If you are following a program that has you consuming plenty of carbs to max out your glycogen (carbohydrate) stores, you have enough stored energy to get you through a 2-hour event; especially if you plan to consume some carbs during the event.

If you are someone who likes to eat beforehand or if you are participating in a longer event, it is best to eat something that is predominantly carbohydrate but includes just a little bit of fat and protein. You'll be able to digest that quickly so it's not sitting in your gut and you can use the energy from the food during the event. Don't forget your coffee too! A little caffeine may help you perform your best as well.

☐ INCREASE CARBS

☐ NO NEW FOODS

☐ EAT MORE OF USUAL
FOODS IN DIET

1 PB+J TOAST

2 BAGEL WITH
CREAM CHEESE

3 BANANA +
PEANUT BUTTER

4 YOGURT + GRANOLA



DURING EVENT

Depending on the length, you may or may not want to consume a source of carbohydrates during the event. Training/ races under 1-1.5 hours likely do not require the consumption of any fuel. Your body will have plenty of stored fuel you can rely on.

For events closer to 2 hours or longer, you will likely want to introduce some fuel sources during the event. It is important that you test these out during training and do not introduce anything new during a race. During most endurance activities you will want to consume a source of fuel that is exclusively carbohydrates.

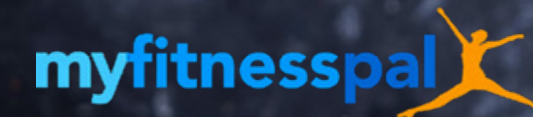
- 1 GATORADE (OR OTHER CARB+ELECTROLYTE BEVERAGE)
- 2 SPORT CHEWS
- 3 SPORT GELS
- 4 CRACKERS/PRETZELS
GRANOLA BARS

AFTER EVENT

For most endurance events, the best option for fuel after the event is a large meal or snack that is made up of predominantly carbohydrate and protein, with a small amount of fat. This provides your body with fuel to replace any carbohydrate stores that were used as well as make sure protein is available to begin the process of muscle building (and rebuilding) after the event. By keeping fat lower, it allows for the digestion of food to happen rapidly so the fuel is available to be used and replaced in your body more quickly.

- 1 Lean hamburger w/ baked potato
- 2 Pasta w/ meatballs
- 3 Tofu+veggie stir fry with rice
- 4 Protein shake (fruit, chocolate milk, & protein powder)

MEALS EXAMPLE DAYS





Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Bread, Dave's Thin Sliced - Bread, 1 slice	60	12	1	3	100	3	⊖
All Whites - 100% Egg Whites (Grams), 150 g	82	0	0	16	245	0	⊖
Butter (Salted) 100 Grams - Butter (Salted) 100 Grams, 11 Grams	79	0	9	0	63	0	⊖
Smuckers - Strawberry Jelly, 8 gram	20	5	0	0	0	5	⊖
Add Food Quick Tools	241	17	10	19	408	8	
Lunch							
Usda - Lettuce, Romaine, Raw, 200 gram	34	7	1	2	17	2	⊖
Organic Seasoned Premium Croutons Fresh Gourmet Grams - Organic Seasoned Premium Croutons Fresh Gourmet Grams, 14 g	60	8	2	2	130	0	⊖
Stronger U - Shrimp Cooked, 125 grams	124	0	0	30	0	0	⊖
Newmans Own - Balsamic Vinaigrette, 2 Tbsp (30g)	90	3	9	0	280	1	⊖
Add Food Quick Tools	308	18	12	34	427	3	
Dinner							
Stronger U - Chicken Breast, B/s, Cooked, 4 oz. cooked	189	0	4	35	0	0	⊖
Stronger U - Broccoli, 200 grams	68	12	1	5	0	0	⊖
Stronger U - Carrots, 100 grams	41	10	0	1	0	0	⊖
Butter (Salted) 100 Grams - Butter (Salted) 100 Grams, 16 Grams	115	0	13	0	92	0	⊖
Add Food Quick Tools	413	22	18	41	92	0	
Snacks							
Stronger U - Strawberries, 100 grams	32	8	0	1	0	0	⊖
Stronger U - Blueberries, 100 grams	57	15	0	1	0	0	⊖
Chobani Greek Yogurt - Strawberry, 1 Container (5.3oz/150g)	140	20	0	14	65	19	⊖
Add Food Quick Tools	229	43	0	16	65	19	
Totals	1,191	100	40	110	992	30	



Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Bread, Dave's Thin Sliced - Bread, 2 slice	120	24	2	6	200	6	⊖
Smuckers - Strawberry Jelly, 20 gram	50	13	0	0	0	12	⊖
Butter (Salted) 100 Grams - Butter (Salted) 100 Grams, 15 Grams	108	0	12	0	86	0	⊖
All Whites - 100% Egg Whites (Grams), 190 g	103	0	0	21	310	0	⊖
Add Food Quick Tools	381	37	14	27	596	18	
Lunch							
Usda - Lettuce, Romaine, Raw, 200 gram	34	7	1	2	17	2	⊖
Organic Seasoned Premium Croutons Fresh Gourmet Grams - Organic Seasoned Premium Croutons Fresh Gourmet Grams, 14 g	60	8	2	2	130	0	⊖
Stronger U - Shrimp Cooked, 125 grams	124	0	0	30	0	0	⊖
Newmans Own - Balsamic Vinaigrette, 2 Tbsp (30g)	90	3	9	0	280	1	⊖
Stronger U - Red Grapes, 120 grams	83	22	0	1	0	0	⊖
Add Food Quick Tools	391	40	12	35	427	3	
Dinner							
Stronger U - Chicken Breast, B/s, Cooked, 4 oz. cooked	189	0	4	35	0	0	⊖
Stronger U - Carrots, 200 grams	82	19	1	2	0	0	⊖
Butter (Salted) 100 Grams - Butter (Salted) 100 Grams, 22 Grams	158	0	18	0	127	0	⊖
Stronger U - Broccoli, 175 grams	60	11	1	5	0	0	⊖
Add Food Quick Tools	489	30	24	42	127	0	
Snacks							
Stronger U - Strawberries, 100 grams	32	8	0	1	0	0	⊖
Stronger U - Blueberries, 100 grams	57	15	0	1	0	0	⊖
Chobani Greek Yogurt - Strawberry, 1 Container (5.3oz/150g)	140	20	0	14	65	19	⊖
Add Food Quick Tools	229	43	0	16	65	19	
Totals	1,490	150	50	120	1,215	40	



200g

CARBS

60g

FAT

150g

PROTEIN

Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Thomas' - Everything Bagel, 1 bagel	280	51	4	11	410	7	⊖
Cheese, provolone, 1 oz	100	1	8	7	248	0	⊖
All Whites - 100% Egg Whites (Grams), 210 g	114	0	0	23	342	0	⊖
Add Food Quick Tools	494	52	12	41	1,000	7	

Lunch

Usda - Lettuce, Romaine, Raw, 200 gram	34	7	1	2	17	2	⊖
Organic Seasoned Premium Croutons Fresh Gourmet Grams - Organic Seasoned Premium Croutons Fresh Gourmet Grams, 14 g	60	8	2	2	130	0	⊖
Newmans Own - Balsamic Vinegarette, 2 Tbsp (30g)	90	3	9	0	280	1	⊖
Stronger U - Shrimp Cooked, 200 grams	198	0	1	48	0	0	⊖
Stronger U - Red Grapes, 190 grams	131	34	0	1	0	0	⊖
Add Food Quick Tools	513	52	13	53	427	3	

Dinner

Stronger U - Carrots, 200 grams	82	19	1	2	0	0	⊖
Butter (Salted) 100 Grams - Butter (Salted) 100 Grams, 22 Grams	158	0	18	0	127	0	⊖
Stronger U - Chicken Breast, B/s, Cooked, 5 oz. cooked	236	0	5	44	0	0	⊖
Stronger U - White Rice Cooked, 128 grams	166	36	0	3	0	0	⊖
Add Food Quick Tools	642	55	24	49	127	0	

Snacks

Stronger U - Strawberries, 100 grams	32	8	0	1	0	0	⊖
Stronger U - Blueberries, 100 grams	57	15	0	1	0	0	⊖
Rice Cake - Rice Cakes Chocolate Crunch, 1 rice cake	60	12	1	1	40	4	⊖
Jiff - Creamy Peanut Butter(grams), 16 g	95	4	8	4	68	2	⊖
Ready Whip - Original - Real Cream - Grams, 10 grams	30	2	2	0	0	2	⊖
Add Food Quick Tools	274	41	11	7	108	8	

Totals	1,923	200	60	150	1,662	18	
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