

Meal Builder Guide

When you look at your dinner plate, can you accurately identify the protein, carb, and fat based foods? Can you estimate the calories and be close to the mark? A large part of successful dieting is having the knowledge to make the right decisions when it comes to food, and having the consistency to stick with it.

With a lot of our clients we find that understanding how to build meals that are congruent with your goals brings results a lot easier!

This guide will teach you how to build high quality meals to help you get the most out of your training program and maximize your results. You will learn how to look at a plate of food and judge whether or not each component of that meal is conducive to achieving your goals.

This guide is designed for fat loss, but can be adjusted for weight gain or body recomposition.

Adjustments for other goals can be found later on in this guide. The foods you consume will depend on whether you have strength trained that day. The amount of food you eat is based on your current bodyweight. A specific day-to-day menu will not be prescribed, but instead you will learn to design it yourself, based on your body's needs.

The data tables will provide:

- The best food choices for lean protein, fatty protein, fibrous carbs, starches, fats, and fruits.
- The appropriate serving sizes for each type of food and how to estimate their portion sizes.
- The amount of servings appropriate for your current bodyweight based on 4 meals a day.
- How to modify meals to promote weight/muscle gain.
- How to adjust food intake, based on whether you are training that day or not.

To begin:

1. Find your body weight in the top row of the Menu table.
2. Determine if it's an off day or a training day. **Training days are only days that include STRENGTH TRAINING.** Metabolic conditioning or other forms of cardio will not count as a "training day".
3. Build meals using the portions that are recommended for your body weight. Refer to the Food Selection Table to determine what a single serving size is for each food group and measure accordingly.

For example: If you are a 200lb male- on a training day, you need 1.5 servings of lean protein at each meal. If you choose to eat chicken breast as your lean protein, you will need to eat a 6 oz. portion or a portion roughly the size of one and a half deck of cards, because one serving is 4 ounces, about the size of a deck of cards.

4. **The Menu Tables represent a single meal. This diet is based on 4 meals a day, so be sure to eat 4 meals that follow the guidelines for your body weight.**

What happens if you miss a meal or miss a specific food group?

If you miss a meal or a food group that is part of a meal, simply eat whatever you missed in another meal that day. E.g., if you didn't eat any fibrous carbs during your breakfast, add the appropriate portion to a different meal or as a snack that same day.

Training Day Menu

Body Weight	100	125	150	175	200	225	250
Lean Protein (servings)	1	1	1.25	1.25	1.5	1.5	1.75
Fattier Protein (servings)	-	-	-	-	-	-	-
Fibrous Carbs (servings)	1	1	1	1	1	1	1
Starch (servings)	1	1	1	1.25	1.25	1.5	1.5
Fat (servings)	.75	.75	.75	.75	1	1	1
Total Calories Per Meal	368	368	400	433	500	537	562
Total Calories Per Day	1450	1450	1600	1750	2000	2150	2250

Off Day Menu Option #1 (Fattier Meats)

Body Weight	100	125	150	175	200	225	250
Lean Protein (servings)	-	-	-	-	-	-	-
Fattier Protein (servings)	1	1	1.25	1.25	1.5	1.5	1.75
Fibrous Carbs (servings)	1	1	1	1	1	1	1
Starch(servings)	-	-	-	-	-	-	-
Fat (servings)	.5	.5	.5	.75	.75	1	1
Fruit (servings)	.5	.5	.5	.5	.5	.5	.5
Total Calories Per Meal	300	300	337	375	412	450	487
Total Calories Per Day	1200	1200	1350	1500	1650	1800	1950

Off Day Menu Option #2 (Lean Meats)

Body Weight	100	125	150	175	200	225	250
Lean Protein (servings)	1	1	1.25	1.25	1.5	1.5	1.75
Fattier Protein (servings)	-	-	-	-	-	-	-
Fibrous Carbs (servings)	1	1	1	1	1	1	1
Starch (servings)	-	-	-	-	-	-	-
Fat (servings)	1	1	1.25	1.5	1.75	2	2
Fruit (servings)	.5	.5	.5	.5	.5	.5	.5
Total Calories Per Meal	300	300	337	375	400	450	500
Total Calories Per Day	1200	1200	1350	1500	1600	1800	2000

Food Selection Table

Lean Protein (LP)	Fattier Protein (FP)	Fibrous Carbs (FC)	Starch(S)	Fats (F)
Chicken Breast Turkey Breast Canned Tuna Mahi Mahi Scallops Shrimp Whey Protein Casein Protein Egg Whites Pork Tenderloin Eye Round Steak Low Fat Greek Yogurt	Whole Eggs Salmon >93% Ground Meats Fattier cuts of beef	Spinach Romaine Mixed Greens Asparagus Brussels Sprouts Broccoli Kale Cauliflower Peppers Cucumber Onion Most Vegetales	White Potato Sweet Potato White Rice Brown Rice Oatmeal (dry) Quinoa Beans Lentils Granola (low fat) Cereal	Extra Virgin Coconut Oil Extra Virgin Olive Oil Macadamia Nut Oil Red Palm Oil Avocado Oil Butter Canola Oil Whole Nuts Nut Butters Avocados
One Serving: ~4 ounces 1 Palm size 1 Deck of cards 1 Scoop protein 1 Cup (egg whites and greek yogurt)	One Serving: ~3 ounces ~1 Palm size ~1 Deck of cards 4 whole eggs	One Serving: 1 Cup 1 Fist size 1 Cupped hand	One Serving: 1 Cup 1 Fist size 1 Cupped hand	One Serving: 1 Tbsp oil 2 Tbsp nut butters 1 Thumb size (knuckle up) 1 ounce of whole nuts
~25g of protein	~10g of fat ~22g of protein	~6g of carbs	~40g of carbs	~16g of fat

Fruit	One Serving
Apple Strawberry Blueberry Blackberry Raspberry Peach Nectarine Melon	Cupped hand Tennis ball size ~15-20g of carbs

Diet Adjustments

What if I want to gain weight or build muscle?

Use the table below to add the recommended servings of food to each meal.

What if I am not losing/gaining weight at my desired rate?

No one has the same metabolism and yours might not even match the layout in the tables shown above. If you aren't getting closer to your goal, whether it's weight loss, weight gain or weight maintenance, then you will have to make the appropriate adjustments to your diet. You should see a loss/gain of 1-2 pounds a week. If you are not getting these results **after 2 weeks** of consistently following the meal layout above, use the modifier tables below to adjust your meals. The table is for both weight loss and weight gain. If your goal is weight loss, subtract these portions from all four meals. If your goal is weight gain, add these portions to all four meals. As you gain or lose weight, make sure to adjust your intake for your new bodyweight.

Training Day Menu

Body Weight	100	125	150	175	200	225	250
Lean Protein (servings)	-	-	-	-	-	-	-
Fattier Protein (servings)	-	-	-	-	-	-	-
Fibrous Carbs (servings)	-	-	-	-	-	-	-
Starch (servings)	± .25	± .25	± .25	± .5	± .5	± .5	± .75
Fat (servings)	-	-	-	-	-	-	-
Total Calories Per Meal	± 40	± 40	± 40	± 80	± 80	± 80	± 120
Total Calories Per Day	± 160	± 160	± 160	± 320	± 320	± 320	± 460

Off Day Menu

Body Weight	100	125	150	175	200	225	250
Lean Protein (servings)	-	-	-	-	-	-	-
Fattier Protein (servings)	-	-	-	-	-	-	-
Fibrous Carbs (servings)	-	-	-	-	-	-	-
Starch (servings)	-	-	-	-	-	-	-
Fat (servings)	± .25	± .25	± .25	± .5	± .5	± .5	± .75
Total Calories Per Meal	± 37.5	± 37.5	± 37.5	± 75	± 75	± 75	± 112.5
Total Calories Per Day	± 150	± 150	± 150	± 300	± 300	± 300	± 450

Sample Menus

200 lb Male Training Day Menu

Breakfast - 1.5 cups egg whites, 1 hand full of spinach, 1 cup (dry measure) old fashioned oatmeal, 2 tbsp almond butter

Lunch - 6 oz chicken cooked, 1 cup broccoli, 1 cup cooked brown rice, 1 tbsp olive oil

Post workout meal - 1.5 scoops protein, 1 cup chex cereal, 2 tbsp peanut butter

Dinner - 6 oz (palm and a half) grilled Mahi Mahi, 2 cups spinach, 1 cup cooked brown rice, 1 tbsp olive oil

200 lb Male OFF Day Menu

Breakfast - 6 eggs, 1 cup diced peppers and onions, ½ tbsp coconut oil

Lunch - 6 oz chicken cooked, 1 cup of spinach, 1 ½ tbsp olive oil, 1 medium apple

Mid afternoon snack- 1.5 scoops protein, 1 oz almonds, 1 cupped hand of raspberries

Dinner - 6 oz 90% lean ground beef, 1 cup of broccoli, ¾ tbsp grass fed butter

125 lb Female Training Day Menu

Breakfast - 1 cup low fat greek yogurt, 1 cupped hand low fat granola, ¾ oz almonds

Lunch - 4 oz. (deck of cards) pork tenderloin, 1 fist size portion of brown rice, 2 cups of asparagus, ¾ tbsp grass-fed butter

Post workout meal - 1 scoop whey protein, 1 cup oatmeal, ¾ oz cashews

Dinner - 4 oz. (deck of cards) turkey breast, 1 fist size sweet potato, 2 cups green beans, ¾ oz almonds

125 lb Female OFF Day Menu

Breakfast - Smoothie with 1 scoop chocolate casein protein, 1 cup spinach, 2 ½ tbsp cashew butter, 1 small apple

Lunch - 4 oz. salmon, 1 cup romaine lettuce, ½ tbsp olive oil, 1 tbsp red wine vinegar

Mid afternoon snack - 1 cup low fat greek yogurt, 1 ¼ oz almonds, 1 cupped hand portion of blueberries

Dinner - 4 oz. ribeye steak, 2 cups broccoli, ½ tbsp grass-fed butter