



## **This is how both male and female nutrition breakdowns and templates open**

One of the single biggest factors in your ability to shed body fat!

**Think about it like this..**

Would you buy a new Ferrari and fill it with low grade gas, or no gas at all?? NO, YOU WOULDN'T!

Well.. YOUR BODY IS THE FERRARI!

You can't expect A+ performance from your body if you're not fueling it right.

So making sure you're taking in enough calories, eating the proper food sources, and staying well hydrated is ESSENTIAL in building the body you desire!

Below you'll find a meal plan template to follow based on your current stats, goals and energy expenditure throughout the day.

Follow this consistently, and you'll start to reap the rewards!

Since your goal is shedding body fat while maintaining lean muscle mass, we're going to start off by putting you in a calculated caloric deficit (taking in less calories than you are expending in a day).

However as you progress your body will adapt to your new calorie intake, and you will need proper adjustments to keep progressing.

In order to do this you will need to be aware of your macronutrient intake which entails carbs, proteins, and fat amounts.

These are the nutrients you need to pay close attention to as they are the building blocks to the physique you desire.



By having well balanced meals including all 3 macronutrients, and following the appropriate meal plan template and recommendations below, you'll ensure you're taking in the proper amount of calories and macros to get to your goals as optimally as possible.

Some may find they are eating more than they were previously, but if you are not taking in enough nutrients in a day your body is starving for them and stores what it can (as fat). If your eating too much it has the same result, what is not used through your bodies energy expenditure is stored.

That's why it is so imperative to stay consistent with your nutrition!

### **Recommendations**

Pick up a food scale from your local grocery store.

This will ensure your portion sizes are on point. (Visually estimating your servings leaves a lot of room for error, and messing up your calorie intake)

Be sure to weigh all carbs and proteins **COOKED!**

Raw and cooked weights will vary, and the above meal plan template is calculated using cooked portions

Sauces and seasonings are fantastic for adding extra flavor to your meals, and are more than ok to use (in moderation of course). J

ust be sure to track these in your food log as they will count towards your daily calories and macros.

### **YOU ARE NOT RESTRICTED TO THE MEALS PROVIDED ON YOUR TEMPLATE**

I've given different options for protein, carbs and fats on your layout only to show they are easily interchangeable.

Lean meats like chicken, lean turkey, and lean beef offer the same macronutrient value so they can be swapped with ease.



If you're to eat fattier meats (such as salmon and other fatty fishes, or steak) than you will need to compensate by taking fats out of another part of your day.

Same goes for vegetables, they don't offer much macronutrient value but they provide lots of fiber, so they are easily interchangeable as well.

All of your meals found on your appropriate meal plan template are very close to the same amounts in calorie and macro nutrient values.

This will help give you a better understanding of portion sizes, and what types of meals will work for you.

When you create your own meals to fit your meal plan, keep the portion sizes of proteins, carbs and fats the same as the meals on your template

For ease of staying dedicated to this plan I recommend prepping 3 - 4 days worth of meals at a time.

This way you'll always have food ready to go and no reason to stray from achieving your goals.

Also for ease of cooking stick to one protein, one carb, and one vegetable per meal prep. Or if you'd prefer switch it up more often, whatever better suits your schedule

Breakfast is the most important meal of the day!

You have been fasting all night upon waking and the first thing your body needs is fuel.

Skipping breakfast causes you to enter a catabolic state (the break down of complex molecules such as muscle tissue).

Eating upon rising promotes an anabolic state (the build up of complex molecules such as muscle tissue)

Try to stick to more complex carbohydrates such as oatmeal, whole grains (such as whole wheat pasta and bread), vegetables, quinoa, couscous, and brown rice. As



opposed to simple carbohydrates such as enriched flours like white bread, pasta, and sugary foods.

Reason being simple carbs are digested faster and provide a shorter duration of energy, whereas complex carbs are digested slower and provide a longer duration of energy, as well as provide fiber.

Eat your pre workout meal 2-3 hours before your training session, and your post workout meal within 2 hours of training.

### **Have a serving of veggies with each meal..**

Eat plenty of colorful veggies and leafy greens, along with whole grains, and fruits such as bananas, apples, oranges, mangoes, strawberries and raspberries to help ensure you're getting enough fiber in your diet.

This will ensure proper digestion and gut health.

Drink plenty of water throughout the day, hydration is key for energy levels, overall function, and performance.

### **Aim for ~4 liters a day!**

If you're currently far off of this work your way up in increments, increasing your intake every few days until you've reached ~4 liters consistently.

Stick to a 80/20 split between healthy nutrient dense foods/ "junk foods".

This will give you the flexibility to enjoy treats, and social outings while still adhering to your meal plan, as well as ensure you're getting in enough micronutrients (vitamins and minerals) from healthy sources.



## Carbohydrates

Breads  
Rice  
Couscous  
Cereals  
Bran  
Potatoes  
Pasta  
Oats  
Cream of Wheat  
Corn  
English Muffins  
Pancakes  
Whole Wheat/  
Whole Grains  
Vegetables  
Squash  
Pumpkin  
Berries  
Fruits  
Sugars

## Macro Cheat Sheet

## Proteins

Beans  
Sprouted  
Grains  
Quinoa  
Most Yogurts  
Skim Milk  
Peas  
Chicken  
Turkey  
Egg Whites  
Fish  
Buffalo  
Bison  
Whey Protein  
Turkey Bacon  
Lean Beef  
Low/Non-fat  
cottage  
cheese  
Low/Non-fat  
greek yogurt

Eggs  
Salmon  
Bacon  
Chia Seeds  
Cottage  
Cheese  
Whole Fat  
Milk  
Duck  
Whole-Fat  
Yogurt

Avocado  
Nut Butters  
Egg Yolks  
Nuts  
Oils  
Olives  
Flaxseed

## Fats



## **Female templates**

### **100-130 lbs 1800 Cals**

#### **Macros:**

Carbs: 180 Grams

Fats: 53 Grams

Protein: 151 Grams

### **Cheat Meal Under 500 Calories on Booty Day**

#### **Meal 1:**

2 Eggs

1 Handful of chopped and sauteed Kale

1 cup of chopped green peppers

(spray can with cooking spray and Saute)

1 Slice of the Big 16 Silver Hills Bread

2 Tablespoons of Salsa

#### **Meal 2:**

2 Ounces of Turkey Breast

2 Handfuls of Spinach

1 Tablespoon of Hemp Seeds

1/8 Cup of Dried Cranberries

1 Tsp of Olive Oil

1 Tbsp Balsamic Vin

#### **Meal 3:**

3 Ounces of Steak

125 Grams of Sweet Potato

6 Spears of Asparagus

#### **Meal 4:**

120 Grams of Chicken Breast

130 Grams of Sweet Potato

1/2 of a Large Zucchini

#### **Snack**

1 Quest Bar



### **Post-Workout Shake on Training Days Only**

1 Scoop of Magnum Quattro mixed with water  
1 Banana

### **131-175 lbs 2000 Cals**

#### **Macros:**

Carbs: 196 Grams  
Fats: 64 Grams  
Protein: 163 Grams

### **Cheat Meal Under 500 Calories on Booty Day**

#### **Meal 1:**

1/3 Cup of Egg Whites and 2 Eggs  
1 Handful of chopped and sauteed Kale  
1 cup of chopped green peppers  
(spray can with cooking spray and Saute)  
1 Slice of the Big 16 Silver Hills Bread  
2 Tablespoons of Salsa

#### **Meal 2:**

3 Ounces of Turkey Breast  
2 Handfuls of Spinach  
1 Tablespoon of Hemp Seeds  
1/8 Cup of Dried Cranberries  
1/2 Tablespoon of Olive Oil  
2 Tbsp Balsamic Vin

#### **Meal 3:**

3 Ounces of Steak  
150 Grams of Sweet Potato  
6 Spears of Asparagus

#### **Meal 4:**



120 Grams of Chicken Breast  
150 Grams of Sweet Potato  
1/2 of a Large Zucchini  
1.5 Tsp of Olive Oil

**Snack**

1 Quest Bar

**Post-Workout Shake on Training Days Only**

1 Scoop of Magnum Quattro mixed with water and 1 Banana

**175-200lbs + 2300 Cals**

**Macros:**

Carbs: 227 Grams  
Fats: 77 Grams  
Protein: 178 Grams

**Cheat Meal Under 500 Calories on Booty Day**

**Meal 1:**

1/3 Cup of Egg Whites and 2 Eggs  
1 Handful of chopped and sauteed Kale  
1 cup of chopped green peppers  
(spray can with cooking spray and Saute)  
1 Slice of the Big 16 Silver Hills Bread  
2 Tablespoons of Salsa

**Meal 2:**

3 Ounces of Turkey Breast  
2 Handfuls of Spinach  
1 Tablespoon of Hemp Seeds  
1/4 Cup of Dried Cranberries  
1/2 Tablespoon of Olive Oil  
2 Tbsp Balsamic Vin



**Meal 3:**

5 Ounces of Steak  
150 Grams of Sweet Potato  
6 Spears of Asparagus

**Meal 4:**

135 Grams of Chicken Breast  
150 Grams of Sweet Potato  
1/2 of a Large Zucchini  
2 Tsp of Olive Oil

**Snack**

1 Quest Bar  
Apple Sauce Unsweetened, 1 container

**Post-Workout Shake on Training Days Only**

1 Scoop of Magnum Quattro mixed with water  
1 Banana  
1 Tbsp Honey

**Male Templates****Up to 175 Lbs 2150 Cals****Macros:**

Protein 35% 188 g  
Fats 30% 71 g  
Carbs 35% 188 g

**Breakfast**

2 tsp of light margarine to grease the pan  
157 g of liquid egg whites  
88 g of banana  
3/4 scoop of whey protein powder (blend everything above together for the pancake batter)



1 tbsp of peanut butter  
3 tbsp of light syrup

### **Lunch #1**

½ tbsp of sesame oil to grease the pan  
4 oz of cooked flank steak (marinate beef in brown sugar, low sodium soy sauce and water)  
2 cloves of garlic  
50 g of bell pepper  
1 tbsp of green onion to garnish  
75 g of cooked brown rice

### **Lunch #2**

½ tbsp of sesame oil to grease the pan  
4 oz of cooked flank steak (marinate beef in brown sugar, low sodium soy sauce and water)  
2 cloves of garlic  
50 g of bell pepper  
1 tbsp of green onion to garnish  
75 g of cooked brown rice

### **Dinner**

10 g of olive oil to grease the pan  
4 oz of cooked chicken breast  
1 tbsp of teriyaki sauce to coat chicken  
¼ cup of snow peas  
¼ cup of onion  
¼ cup of bell peppers  
100 g of cooked brown rice

### **Snack**

175 g of non-fat plain Greek yogurt  
15 g of chocolate chips  
¾ scoop of whey protein powder (mix in with melted chocolate chips for a delicious high protein snack)  
⅝ cup of blueberries  
15 g of cinnamon toast crunch



## **176-220 lbs 2500 Cals**

### **Macros:**

Protein 35% 218 g

Fats 33% 92 g

Carbs 32% 200 g

### **Breakfast**

2 tsp of light margarine to grease the pan

157 g of liquid egg whites

1 whole egg

118 g of banana

3/4 scoop of whey protein powder (blend everything above together for the pancake batter)

1 tbsp of peanut butter

3 tbsp of light syrup

### **Lunch #1**

½ tbsp of sesame oil to grease the pan

5 oz of cooked flank steak (marinate beef in brown sugar, low sodium soy sauce and water)

2 cloves of garlic

50 g of bell pepper

1 tbsp of green onion to garnish

100 g of cooked brown rice

### **Lunch #2**

½ tbsp of sesame oil to grease the pan

5 oz of cooked flank steak (marinate beef in brown sugar, low sodium soy sauce and water)

2 cloves of garlic

50 g of bell pepper

1 tbsp of green onion to garnish

100 g of cooked brown rice

### **Dinner**

15 g of olive oil to grease the pan

4 oz of cooked chicken breast

1 tbsp of teriyaki sauce to coat chicken



¼ cup of snow peas  
¼ cup of onion  
¼ cup of bell peppers  
125 g of cooked brown rice

### **Snack**

175 g of non-fat plain Greek yogurt  
15 g of chocolate chips  
15 g of peanut butter  
¾ scoop of whey protein powder (mix in with melted chocolate chips and peanut butter for a delicious high protein snack)  
⅝ cup of blueberries

### **221-240+ Lbs 2850 Cals**

#### **Macros:**

Protein 35% 249 g  
Fats 35% 110 g  
Carbs 30% 215 g

### **Breakfast**

2 tsp of light margarine to grease the pan  
252 g of liquid egg whites  
1 whole egg  
118 g of banana  
¾ scoop of whey protein powder (blend everything above together for the pancake batter)  
1 tbsp of peanut butter  
7 g of chocolate chips  
3 tbsp of light syrup

### **Lunch #1**

½ tbsp of sesame oil to grease the pan  
5 oz of cooked flank steak (marinate beef in brown sugar, low sodium soy sauce and water)  
2 cloves of garlic  
50 g of bell pepper  
1 tbsp of green onion and 1 tbsp of sesame seeds to garnish



100 g of cooked brown rice

### **Lunch #2**

½ tbsp of sesame oil to grease the pan

5 oz of cooked flank steak (marinate beef in brown sugar, low sodium soy sauce and water)

2 cloves of garlic

50 g of bell pepper

1 tbsp of green onion and 1 tbsp of sesame seeds to garnish

100 g of cooked brown rice

### **Dinner**

20 g of olive oil to grease the pan

5 oz of cooked chicken breast

1 tbsp of teriyaki sauce to coat chicken

¼ cup of snow peas

¼ cup of onion

¼ cup of bell peppers

125 g of cooked brown rice

### **Snack**

218 g of non-fat plain Greek yogurt

15 g of chocolate chips

15 g of peanut butter

1 scoop of whey protein powder

(mix in with melted chocolate chips and peanut butter for a delicious high protein snack)

⅝ cup of blueberries