

MAKING A MEAL PLAN IS AS EASY AS 1, 2, 3.


1

Circle your favorite foods in the food list and write them on the meal-planning worksheet.

PROTEIN & FAT	
SOURCE	
Beyond Meat (beyond burger, beyond beef, beyond sausage)	
Cheese, raw or natural	
Chicken sausage (No sugar added)	
Eggs	
Hemp seeds	
Kite Hill greek style (unsweetened, plain)	
Yogurt, plain greek (2% and above)	
Tempeh, unflavored (read label, some options contain gluten)	
Tofu, unflavored	
Turkey bacon (No sugar added)	
Turkey sausage (No sugar added)	
PROTEIN	
SOURCE	
Ahi tuna steak	
Beef, lean ground (90/10 or above)	
Broth (beef or chicken)	
Chicken breast	
Cottage cheese (low fat 2% or less)	
Deli meat (nitrate/nitrite free)	
Egg whites (1 large egg)	
Egg whites (pourable)	
Halibut	
Lamb	

2

Decide how many meals you want to eat each day. Then, write the number of meals and the macros on the top of your meal-planning worksheet.



FIT BODY

TRANSFORMATION




CHALLENGE

NAME:




MATT

PHASE 1.0




4 MEALS

	PROTEIN 	CARBS 	FAT 
Carb Meal	43	45	0
Carb Meal	43	45	0
Non-Carb Meal	43	0	27
Non-Carb Meal	43	0	27

5 MEALS

	PROTEIN 	CARBS 	FAT 
Carb Meal	34	45	0
Carb Meal	34	45	0
Non-Carb Meal	34	0	18
Non-Carb Meal	34	0	18
Non-Carb Meal	34	0	18

6 MEALS

	PROTEIN 	CARBS 	FAT 
Carb Meal	29	45	0
Carb Meal	29	45	0
Non-Carb Meal	29	0	14
Non-Carb Meal	29	0	14
Non-Carb Meal	29	0	14
Non-Carb Meal	29	0	14

3

Determine the portion sizes of your favorite foods.

To figure out your portion sizes, find where the food item and your macros intersect on the food list. For example, if you want to eat chicken and your protein macros are 43, find where chicken and 43 intersect. The number is 5.4. Chicken is measured in ounces, so you will write 5.4 ounces next to chicken on your meal plan worksheet.

PROTEIN																						
SOURCE			PROTEIN (G)	MEASUREMENT	GRAMS																	
					10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44
		Ahi tuna steak	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3
		Beef, lean ground (90/10 or above)	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3
		Broth (beef or chicken)	Read Label	1 Oz																		
		Chicken breast	8	1 Oz	1.3	1.5	1.6	2	2.3	2.5	2.8	3	3.3	3.5	3.8	4	4.3	4.5	4.8	5	5.3	5.5
		Cottage cheese (low fat 2% or less)	28	1 Cup	0.4	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9	1	1	1.1	1.2	1.3	1.3	1.4	1.5	1.5
		Deli meat (nitrate/nitrite free)	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3
		Egg whites (1 large egg)	4	1 Egg	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
		Egg whites (pourable)	27	1 Cup	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.9	0.9	1	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.6
		Halibut	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3
		Lamb	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3
		Pork tenderloin	6	1 Oz	1.7	2	2.3	2.7	3	3.3	3.7	4	4.3	4.7	5	5.3	5.7	6	6.3	6.7	7	7.3
		Salmon (safe catch/wild caught)	5	1 Oz	2	2.4	2.8	3.2	3.6	4	4.5	4.8	5.2	5.6	6	6.4	6.8	7.2	7.6	8	8.4	8.8
		Scallops	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3
		Shrimp	7	1 Oz	1.4	1.7	2	2.3	2.6	2.8	3.1	3.4	3.7	4	4.3	4.6	4.8	5.1	5.4	5.7	6	6.3

MEAL-PLAN WORKSHEET

MACROS PER MEAL



OF MEALS PER DAY

Write the foods you circled from the food list and determine the portion sizes based on the number of meals you plan to eat.

Remember, if a food is listed as a protein and carb; carb and fat; or protein and fat, count both macros. If something is labeled count everything - or, you eat something that isn't on the food list - count the protein, fat, and carb macros in that food.

 **PROTEIN**

Amount



CARB

Amount



FAT

Amount



FREE VEGGIES

Amount

Now that you know how much of each food to eat, it's time to make a week's worth of meals.

Assemble the foods into a meal. Remember to sandwich your workout between your carb meals.

























MACROS PER MEAL







OF MEALS PER DAY

	ITEM	AMOUNT
MEAL	 P	
	 C	
	 F	
	 V	
MEAL	 P	
	 C	
	 F	
	 V	
MEAL	 P	
	 C	
	 F	
	 V	
MEAL	 P	
	 C	
	 F	
	 V	
MEAL	 P	
	 C	
	 F	
	 V	
MEAL	 P	
	 C	
	 F	
	 V	