

Meal Plan

Fiber and protein are high priority to remember when planning your meal. Shooting for 25-35 grams of protein, moderate carbohydrates and 8+ grams of fiber per meal

A good frame of reference to use is a plate analogy. $\frac{1}{2}$ plate is made from vegetables, $\frac{1}{4}$ plate grain, and $\frac{1}{4}$ plate protein. Incorporate fruit into vegetable portion while remembering to make vegetables the main focus of that section of your plate.

50% - Pick a vegetable or vegetable/fruit variety from below

25% - Pick a Grain from below

25% - Pick a Protein from below

- When choosing carbohydrates, choose those that are high in fiber, vitamins and minerals
- When choosing a protein, choose a protein source that fits the meal. If there is fat added to the meal already, you can choose a lean cut of meat. If you are eating a low fat meal, then you should include a fattier cut of meat.
- Vital nutrient for cell function and brain health. Assist in absorption of certain vitamins. Specifically A, D, E, and K

Vegetables

- Artichoke
- Asparagus
- Green beans
- Beets
- Broccoli
- Brussels sprouts
- Kale
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Spinach
- Squash
- Tomatoes

Fruits - avoid fruit juices

- Berries such as raspberries, strawberries and blueberries
- Cherries
- Pears
- Peaches
- Apples

Grains/Starches

- Whole wheat breads and pastas
- Brown rice
- Wild rice
- Farro
- Quinoa
- Beans
- Oatmeal
- Dry (no sugar added) cereal

Proteins

- Full fat greek yogurt
- Beef grass fed preferably
- Chicken
- Eggs
- Pork
- Fish
- Lamb
- Milk

Fats

- Nuts and seeds
- Butter
- Avocado
- Olive oil
- Animal fat from meat

Meal examples - Calories and Macronutrient count is an estimate

Breakfast

2 eggs, 1 pieces of whole wheat toast, 1 cup of berries, 8 oz whole fat milk

- 460 calories
- 47 grams of carbohydrates
- 26 grams of protein
- 20 grams of fat
- 11 grams of fiber

1 cup of plain whole fat Greek Yogurt, ½ cup of oats, 1 cup berries

- 410 calories
- 52 grams of carbohydrates
- 26 grams of protein
- 13 grams of fat
- 12 grams of fiber

Lunch

Salad - 2 cups of mixed greens, ¼ cup broccoli, ¼ cup peppers, 1 chicken breast, orange/apple,
2 Tbsp vinaigrette

- 480 calories
- 34 grams carbohydrates
- 35 grams protein
- 21 grams fat
- 12 grams fiber

Sandwich - 2 pieces of whole wheat bread, 3 oz lean meat, ½ avocado, 2 slices of tomato,
romaine lettuce, orange/apple

- 540 calories
- 57 grams carbohydrates
- 35 grams protein
- 19 grams fat
- 10 grams fiber

Dinner

6 oz steak, 1 cup rice, 1 cup Brussel sprouts or green beans

- 570 calories
- 50 grams carbohydrates
- 42 grams protein
- 20 grams fat
- 7 grams fiber

6 oz salmon, 1 cup Farro, 2 cups mixed greens salad with cucumbers, tomatoes and 2 tbsp
vinaigrette

- 750 calories
- 64 grams carbohydrates
- 45 grams protein
- 35 grams fat
- 10 grams fiber

Snacks - can be broken up throughout the day into 2 snacks. Morning/afternoon,
afternoon/evening, morning/evening.

- ¼ cup of nuts

- 1 cup or piece of Fruit
- Boiled egg
- Peapods, carrots, broccoli and greek yogurt based dip

These will end up being around 200 calories each, but the macronutrients will vary based on choice.

Foods to Avoid

Fruits

Grapes, bananas, mangos, raisins, canned fruit, fruit juice

Vegetables

Canned vegetables, pre packaged vegetable juices, fried vegetables, carrots, pumpkin

Starches

White bread/pasta/rice, corn, potatoes, processed (refined) grains, canned beans

Condiments

Sweetened condiments

Fats

Margarine, processed oils, mayo

Sweeteners

Refined sugar, syrup, high fructose corn syrup