

## MEAL PLANNING

# How to eat the right amount for your goals

How much you should eat depends on many factors, but here's a simple way to start. To come up with your custom designed starter template, I've also factored in:

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**YOUR ACTIVITY LEVEL**

Lightly active

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**MAIN GOAL**

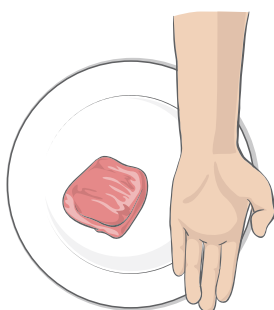
Lose weight

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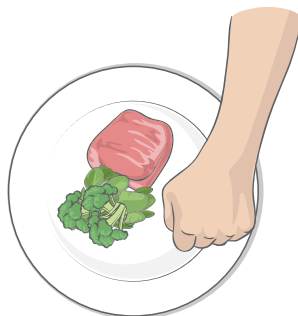
## The basics of portion sizing

**You don't need to count calories to get the right portions for your goals. Instead, just use your hand to measure.** This keeps meal times simple and easy.

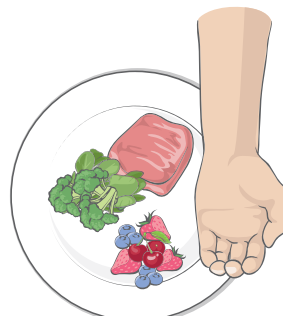
As you go through your coaching program, you'll learn more about specific foods and nutrients. For now, just get the general idea.



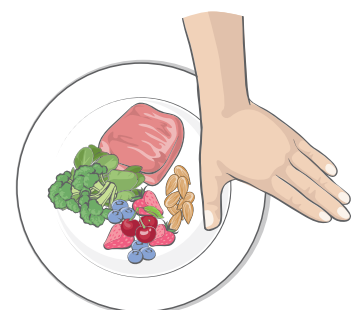
A portion of protein  
= 1 palm



A portion of  
vegetables = 1 fist



A portion of carbs =  
1 cupped hand



A portion of fats = 1  
thumb

Start planning your meals with this basic template that's customized for you. You can always individualize further as you go along. For ideas, see the shopping list.

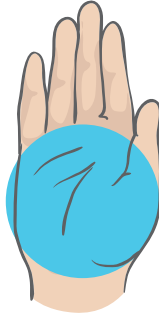
For your needs and goals, Mitch, I suggest:

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## 2 palm-sized portions of **protein**

at any meal.

*This should add up to 6 total portions per day.*



### FOR EXAMPLE:

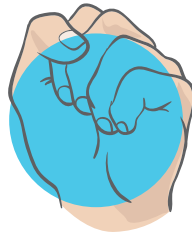
- Beef
- Eggs
- Cottage cheese
- Protein powders

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## 2 or 3 fist-sized portions of **veggies**

at any meal.

*This should add up to 6-8 total portions per day.*



### FOR EXAMPLE:

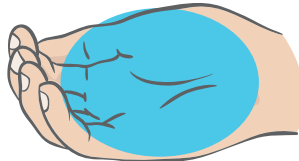
- Tomatoes
- Onions
- Green peas
- Broccoli

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## 1 or 2 cupped handfuls of **carbohydrates**

at any meal.

*This should add up to 4 total portions per day.*



### FOR EXAMPLE:

- Mangoes
- Orange
- Berries
- Apples

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## 1 thumb of **healthy fats**

at any meal.

*This should add up to 3 total portions per day.*



### FOR EXAMPLE:

- Hazelnuts
- Peanut butter
- Pecans
- Peanuts

Aim to eat like this 3 times a day. This is approximately 1650-1900 calories.

If you'd like to eat less / more often, adjust portions up / down.

**CONFIDENTIAL**

## MAKING IT HAPPEN

# How to shop for what you need and like

Shopping can feel complicated, or like a pain in the butt — if you don't have a clear system and structure.

It doesn't have to be like that.

**With a shopping list full of foods that you like and will eat, you can hit the grocery store, get in and out quickly, and leave knowing you've bought all the things you need to make your meal plan happen.**

On the next page, you'll see a list of options for each type of food. We've included every food category, including ones you might not eat so you can use this resource if you're ever preparing food for people with different food restrictions.

So here's what to do:

1. Check off what you'd like to buy this week.
2. Take this list to the grocery store with you.
3. Plan meals based on your custom meal template, knowing you'll have all that you need.

**If you'd like help with recipes or specific meal planning tips, just ask me. I'm here to help!**

## Lean protein

### MEAT

- ☐ Lean/extra-lean cuts of beef
- ☐ Lamb
- ☐ Lean pork (e.g. pork tenderloin)
- ☐ Wild game (e.g. venison, elk)

### POULTRY

- ☐ Chicken
- ☐ Turkey
- ☐ Duck
- ☐ Eggs & egg whites

### FISH

- ☐ Tuna
- ☐ Salmon
- ☐ Tilapia
- ☐ Cod
- ☐ Haddock
- ☐ Trout
- ☐ Sardines or mackerel

### SEAFOOD & SHELLFISH

- ☐ Shrimp (fresh or plain frozen)
- ☐ Mussels, clams, scallops
- ☐ Crab, lobster
- ☐ Squid (calamari) or octopus

### DAIRY

- ☐ Milk
- ☐ Cottage cheese
- ☐ Plain yogurt / Greek yogurt
- ☐ Protein powders (e.g. whey protein)

### PLANT BASED

- ☐ Lentils
- ☐ Beans
- ☐ Peas (chickpeas, pigeon peas, etc.)
- ☐ Hummus
- ☐ Tofu, tempeh
- ☐ Vegetarian protein powders (e.g. hemp protein)

## Vegetables

- ☐ Bean sprouts
- ☐ Beets
- ☐ Broccoli
- ☐ Brussel sprouts
- ☐ Cabbage (e.g. Napa, purple, etc.)
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber

- ☐ Eggplant / aubergine
- ☐ Fennel / anise
- ☐ Fresh herbs (e.g. parsley, basil)
- ☐ Garlic
- ☐ Green beans
- ☐ Green peas
- ☐ Green peppers
- ☐ Kale
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions, leeks, shallots

- ☐ Turnip greens
- ☐ Collard greens
- ☐ Radishes
- ☐ Rapini (broccoli rabe)
- ☐ Red lettuce, radicchio
- ☐ Red peppers
- ☐ Rhubarb stems
- ☐ Spinach
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Winter squash & pumpkin
- ☐ Zucchini / courgette

## Smart carbohydrates

*Look for whole food carbohydrates that pack lots of nutrition and fiber, such as the options below.*

### WHOLE GRAINS

- ☐ Oats
- ☐ Buckwheat
- ☐ Barley
- ☐ Brown, red, or wild rice
- ☐ Amaranth
- ☐ Sorghum
- ☐ Quinoa
- ☐ Spelt
- ☐ Kamut
- ☐ Teff
- ☐ Wheat berries (whole wheat kernels)

- ☐ Sprouted grains or breads
- ☐ Whole grain pasta

### STARCHY TUBERS

- ☐ Purple, red, or gold potatoes
- ☐ Sweet potatoes / yams
- ☐ Yuca / cassava

### LEGUMES

- ☐ Lentils & beans
- ☐ Bean / lentil pasta

### FRUITS

- ☐ Apples
- ☐ Apricots
- ☐ Banana

- ☐ Berries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Cranberries (fresh)
- ☐ Currants (fresh)
- ☐ Grapefruit
- ☐ Grapes
- ☐ Guava
- ☐ Lemons, limes
- ☐ Mangoes
- ☐ Melons
- ☐ Oranges
- ☐ Peaches, nectarines
- ☐ Persimmons
- ☐ Pineapple
- ☐ Plantains
- ☐ Plums
- ☐ Pomegranates
- ☐ Strawberries
- ☐ Watermelon

## Healthy fats

*Look for less-processed and/or "whole food" fat sources.*

### COLD-PRESSED OILS

- ☐ Extra-virgin olive oil
- ☐ Walnut oil
- ☐ Hemp seed oil
- ☐ Pumpkin seed oil
- ☐ Avocado seed oil
- ☐ Flax seed oil
- ☐ Extra-virgin coconut oil
- ☐ Fish oil or algae oil

- ☐ Butter (look for grass-fed / organic if possible)
- ☐ Fresh avocado or fresh guacamole

### NUTS & SEEDS

- ☐ Raw, unflavored, unsalted nuts (e.g. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.)

- ☐ Raw, unflavored, unsalted seeds (e.g. pumpkin seeds, sunflower seeds, hemp seeds, etc.)
- ☐ Ground flax seeds
- ☐ Coconut (including fresh coconut or coconut milk)
- ☐ Natural peanut butter
- ☐ Natural nut or seed butters (e.g. almond butter, tahini, etc.)

**FUELING YOUR EXERCISE**

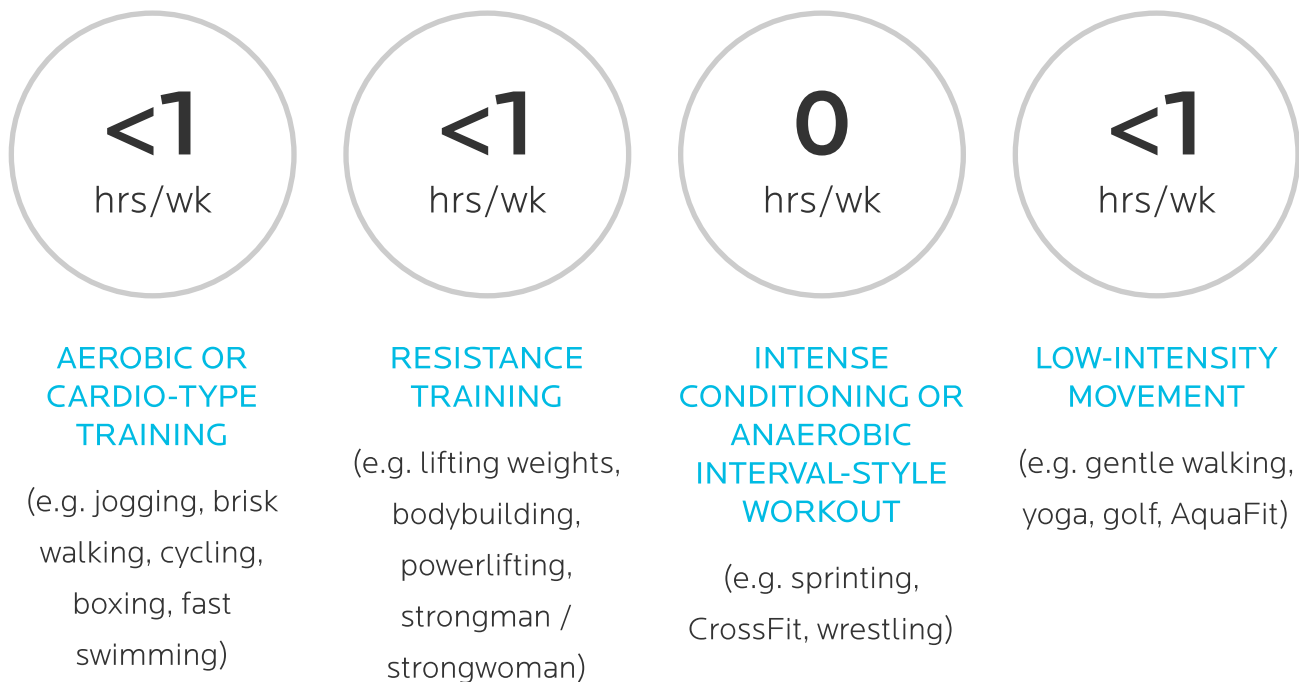
# How to get the most from your workouts

A great workout starts with solid nutrition. Help yourself fuel up, stay energized, and recover properly by matching your unique needs to your exercise nutrition plan.

Here are some specific suggestions for your individual activities, goals, and requirements.

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## WHAT YOU TOLD ME ABOUT YOUR ACTIVITY

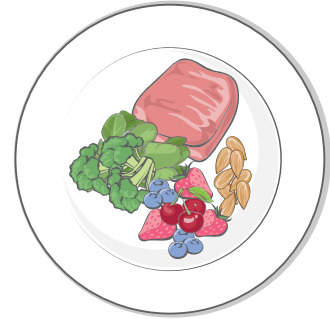


## Workout Nutrition Guidelines

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### BEFORE YOUR WORKOUT

Eat 1-2 hours beforehand, as outlined in your meal planning section above



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### DURING YOUR WORKOUT

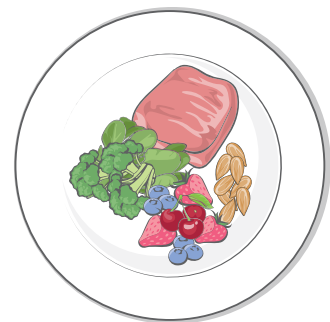
Drink water



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### AFTER YOUR WORKOUT

Eat within 1-2 hours after, as outlined in your meal planning section above



## PUTTING IT INTO PRACTICE

# Making meal prep happen

### Everything is better with a clear plan.

As you go along, you'll learn more about what works for you, and how to make healthy eating part of your regular routine.

You'll practice **planning, preparation and having strategies** for when you're busy, traveling, and/or eating at restaurants — or for anything else that life throws at you. This will help you feel **confident and in control of your choices**, and help you stay on the path towards the goals you want to achieve.

### Routine and “rituals” can help you.

Over time, you'll build a “meal prep ritual” of your own: something you like, find easy, and can do reliably.

For now, here are some of our favorite routines to get you started.

## On the weekend

Prep one-pot meals and versatile ingredients like grilled chicken and roasted veggies.



### STEP 1

Look ahead



Which busy days in the coming week will you need pre-prepped meals?



### STEP 2

Make a menu

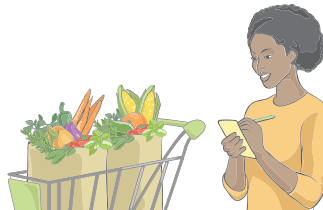


Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.



### STEP 3

Shop for ingredients



Buy the ingredients for your pre-prepped meals.



### STEP 4

Cook for the week

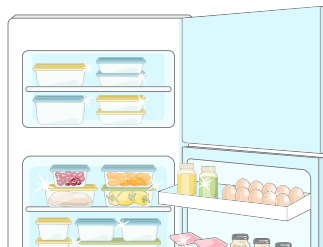


Cook time-consuming meal components: chicken, veggies, potatoes, etc.



### STEP 5

Store it conveniently

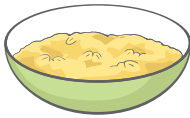


Pack your prepped food in stackable clear containers and make them accessible in the fridge.

# The night before

Soak hearty foods like whole grains, beans, and oats to save up to an hour of cooking time.

## Grains



1. Dump slow-cooking whole grains (like spelt, barley, or wheat berries) into a large bowl.



2. Cover them with a couple inches of water.



3. Leave them on the counter overnight.



4. Discard soaking water. Pour soaked grains into pot; cover with two inches of fresh water and boil until tender, 15-60 mins.

## Oatmeal



1. In a jar, combine equal parts rolled oats, milk, and plain yogurt (generally 1/3 - 1/2 cup each).



2. Mix in healthy toppings like fresh or dried fruit, nuts, seeds, spices and/or protein powder.

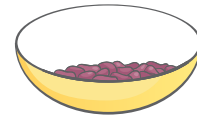


3. Cover and store in the fridge overnight.

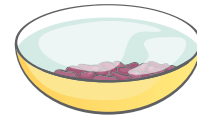


4. Enjoy for breakfast warm or cold.

## Beans



1. Pour 1 part beans into a large bowl.



2. Cover with 4 parts water.



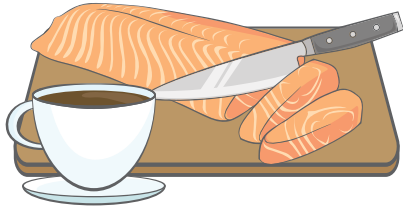
3. Leave them on the counter overnight.



4. Discard soaking water. Pour 1 part soaked beans into pot; cover with 3 parts fresh water and boil until tender, 45-60 mins.

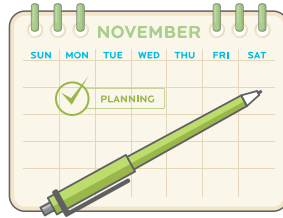
## In the morning

Do quicker prep tasks like washing, chopping, boiling, and toasting.



### 1 WORK WITH YOUR ROUTINE

Pair food prep with a daily activity like your morning coffee, making lunches, or watching the news.



### 2 PUT IT ON THE CALENDAR

So you won't forget — and you can reschedule if the unexpected comes up. 15 minutes should do the trick.

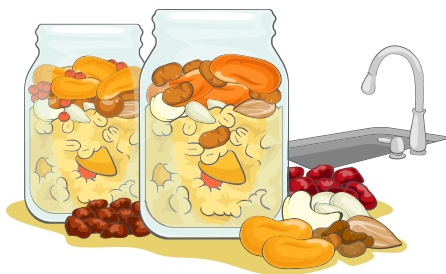


### 3 PREP IN BULK

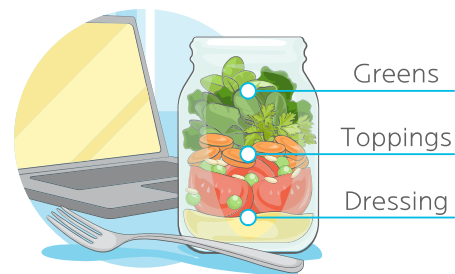
Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.

## In a jar

Keep these pre-mixed meals handy at home or work for instant breakfasts and lunches.



In a large jar, combine uncooked oats with toppings like nuts, seeds, dried fruit, and spices. At breakfast time, simply scoop a serving into a pot, add water, and cook.



Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.

## FINAL THOUGHTS

# Go towards your goals

A healthy, fit body isn't just about food and exercise (though that's important).

**It's also about how you think and feel, and what's important to you.**

## Imagine your Perfect Day.

Imagine you've succeeded, and you've gotten everything you wanted. What's happening? What are you doing? What's around you? What's better?

## Now, see if you can do a tiny piece of your Perfect Day, today.

This could be as simple as spending 30 seconds doing a little extra to work towards your goals. Or tacking up a picture of what your Perfect Day might look like.

Or pretending, *if only for a moment*, that you've *already* become that person you want to be. That you already live the way you want to live, and feel how you want to feel.

The more you can imagine yourself living your goals, the more real they get.

Don't worry about being stuck with what you don't want. You've already started taking steps towards change.

**Focus on moving toward what you do want.**

Reward yourself for every small victory. Everything counts, no matter how little.

**As always, if you need help with ideas on how to move forward, I'm here to help.**

- Todd Lowder