



**STRONGER U**  
NUTRITION

# MEAL PLANNING GUIDE





# WELCOME

We have found that people who practice some level of planning ahead with their food intake tend to have the greatest success in achieving and maintaining their goals. Therefore, this is a skill that we want to help you develop!

We put together this Meal Planning Guide to give you general guidance on some ways to plan your day and week so you can figure out what works best for you. We encourage you to reach out to your coach for some more individualized assistance, as well!



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*Disclaimer: Nothing in this guide should be interpreted as medical advice or a specific meal plan to follow. We are giving guidance on what eating may look like during a day. Please talk to a medical provider if you want a specific plan for exactly what to eat to ensure it meets your medical needs.*

# HOW TO PLAN AHEAD

Meal planning means sitting down in advance and making some plans for your week of eating. For some people this may mean planning out exactly what you eat at each meal and snack, and for others it might mean making a list of foods to purchase, prep and have available at home to make it easy to throw together meals and snacks. It takes away the guesswork and stress that may come along with not being sure what you should eat next.

## WHAT ARE SINGLE MACRO FOODS?

A food that is primarily one macro.

- chicken: mostly protein*
- fruit: mostly carb*
- almonds: mostly fat*



# STEPS TO MEAL PLANNING

There are many different approaches to planning, so it will take some trial and error to see what works for you. Follow the steps below as a guide. Planning ahead will take less and less time as you continue to do this!

### STEP 1

Review your schedule and how many people you will be cooking for. This is important so you buy enough food for all the mouths you need to feed!

### STEP 5

Make a grocery list of everything you need to make those meals and snacks happen. Check your pantry for anything you may already have on hand.

### STEP 2

If you want to use our simple 3-3-3 eating recommendation, now's the time to pick which 3 food options you'll be using from each macro category (pick 3 protein options, 3 carbs and 3 fats) using the Macro Selector found on [page 9](#).

### STEP 6

Plan when you will grocery shop. Consider using an online grocery service. There's a couple of different benefits to this: one being that it reduces the buying of things not on your list, and the other benefit being that you'll have your items saved in your grocery app for future purchases.

Pro Tip: Great examples of meal patterns on [page 11](#).

### STEP 3

Determine how many meals and snacks you want to prepare that week. Now's the time to plan out what recipes you'll prepare or what foods you want to have on hand to build simple meals.

### STEP 7

Plan when you will prep and cook, being as specific as possible. Choose a time when you will have energy and space in your schedule. For example, Sunday at 10am and Wednesday at 7pm.

### STEP 4

Consider having the same meal more than once and choose meal options that can last and freeze easily. This saves on prep time, cooking, and washing dishes. Some people find that having the same breakfast, lunch and/or snacks every day for a week can be helpful.

### STEP 8

Enjoy a relaxing week of eating that you earned based on all your hard work and preparation in advance!



## HOW TO USE **MEAL PATTERNS**

*Plan out  
meals in  
advance*

Review the examples on pages 12-20 for different eating patterns to find one that is appealing to you.

Use these meal patterns as a general guideline for your day. The amount you will eat of each food will depend on how much you need to eat of each food to hit the macro goals that have been provided by your coach. Remember – adjusting the portion sizes of a particular food up or down is all that’s needed to nail those macro targets.

For all of the meal patterns, we have examples of specific meals and foods listed. However, you can exchange any protein, carb, or fat source for another one from the list as desired. This will help mold your plan to suit your food preferences.

Use the single Macro Selector Food List on the next page to find some examples of substitution options for each macronutrient.

Give one meal pattern a shot for a few days to see how it feels. If you don’t enjoy it, try another one out! Be adventurous and experient with different eating patterns to see what you prefer. There is no one size fits all approach.





# MACRO SELECTOR

## MACROS

The following provides a list of foods that are predominantly made up of one macronutrient and foods that contain combinations of the macronutrients.

These foods are interchangeable with one another within all of the meal options. Feel free to exchange things to suit your food preferences.

### PROTEIN

- CHICKEN BREAST
- TURKEY BREAST
- SHRIMP
- PORK TENDERLOIN
- TOP SIRLOIN / LEAN RED MEAT
- EGG WHITES
- COD / FLOUNDER / TILAPIA
- LEAN GROUND MEAT
- NON-FAT GREEK YOGURT
- WHEY PROTEIN
- CANNED TUNA IN WATER
- TURKEY JERKEY
- NON-FAT COTTAGE CHEESE
- NON-FAT RICOTTA
- DELI MEAT
- COLLAGEN PEPTIDES
- SOY / TOFU
- VEGAN PROTEIN POWDER
- TURKEY BACON
- LEAN TURKEY / CHICKEN SAUSAGE

### FAT

- OLIVE OIL
- COCONUT OIL
- AVOCADO
- OLIVES
- NUTS
- FISH OIL
- FLAX SEEDS
- SALAD DRESSINGS
- BUTTER / GHEE
- MAYONNAISE

### CARBS

- VEGETABLES
- FRUIT
- RICE
- POTATOES
- OATMEAL
- DRIED FRUIT
- POPCORN (PLAIN)
- RICE CAKES
- BREADS
- CORN / FLOUR TORITLLAS
- PASTA
- CEREAL
- JUICE / SPORTS BEVERAGES
- SUNDRIED TOMATOES
- CANDY
- JAM / JELLY
- BBQ SAUCE
- HONEY
- WAFFLES / PANCAKES
- GRANOLA
- KOMBUCHA

### PROTEIN + FAT

- EGGS
- CHICKEN THIGHS
- SALMON
- STEAK / BEEF
- COTTAGE CHEESE
- CHEESE
- CANNED OYSTERS / SARDINES
- FULL-FAT SOUR CREAM
- HUMMUS
- BACON / PORK BELLY
- NUT BUTTER
- FULL-FAT YOGURT
- TUNA SALAD / CHICKEN SALAD
- SAUSAGE

### PROTEIN + CARBS

- PROTEIN SHAKE & FRUIT
- EGG WHITES & POTATOES
- WHOLE GRAIN BREAD
- BLACK BEAN PASTA
- BEANS / LENTILS
- QUINOA
- CEREAL & SKIM MILK
- NON-FAT FROZEN YOGURT
- FLAVORED YOGURT
- CRACKERS AND DELI MEAT
- LOW-FAT CHOCOLATE MILK
- FAT-FREE YOGURT WITH HONEY
- #MIKENUGGETS

### FAT + CARBS

- NUTS
- NUT BUTTERS
- TORTILLA CHIPS
- AVOCADO TOAST
- POPCORN & BUTTER
- CHIA SEEDS
- BREAD & OLIVE OIL / BUTTER
- POTATO CHIPS
- DRIED COCONUT
- BAGEL & CREAM CHEESE
- MUFFINS
- DONUTS / PASTRIES

### LOW / NO-MACRO FOODS

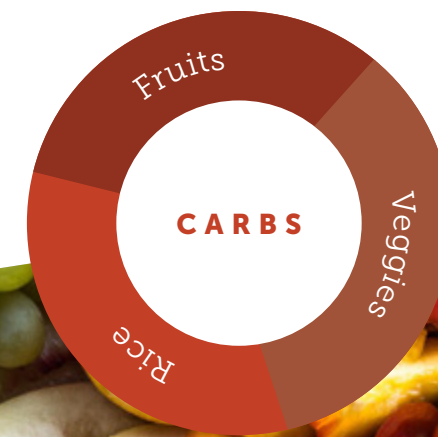
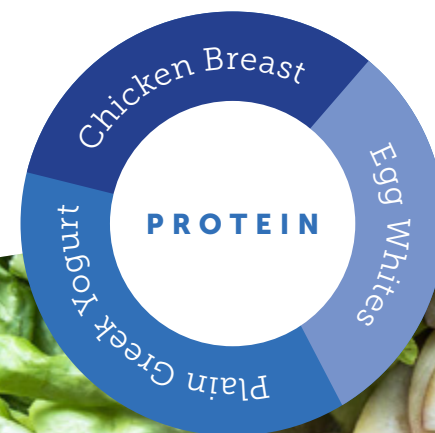
- |                   |               |                  |             |
|-------------------|---------------|------------------|-------------|
| CUCUMBERS         | MIXED GREENS  | SUGAR FREE JELLO | SAUERKRAUT  |
| CELERY            | BERRIES       | RICE CAKES       | KIMCHI      |
| ZUCCHINI          | SPROUTS       | SELTZER WATER    | TEA         |
| CAULIFLOWER       | PICKLES       | SALSA            | COFFEE      |
| LETTUCE / SPINACH | PLAIN POPCORN | MUSTARD          | ALMOND MILK |
| DIET SODA         |               |                  |             |



# WHAT IS THE 3-3-3 METHOD

Keep things simple your first few weeks! Try the 3-3-3 Method. Choose 3 different protein sources, 3 fat sources, and 3 carb sources only (all veggies and fruit can count as one carb source each).

For each of the meal patterns on the following pages, the first column gives an example of planning a day using the 3-3-3 method. For each meal pattern we used the following 3 choices for each macro.



# TRADITIONAL

## 3 MEALS / 2 SNACKS

While there are a large variety of ways in which people eat, the most typical eating pattern for adults in the US currently includes eating 3 meals per day with 2 snacks. This meal pattern tends to fit well with most people's work and life schedules so is a great option.

	OPTION 1	OPTION 2	OPTION 3
MEAL 1   BREAKFAST	EGG WHITES VEGGIES BUTTER	PROTEIN SHAKE: PROTEIN POWDER MILK FROZEN FRUIT PEANUT/NUT BUTTER	GREEK YOGURT GRANOLA FRUIT
SNACK 1	CHEESE FRUIT	COTTAGE CHEESE FRUIT	LUNCHMEAT HUMMUS VEGGIE
MEAL 2   LUNCH	CHICKEN BREAST VEGGIE OLIVE OIL	CHICKEN BREAST SALAD DRESSING FRUIT	LEAN BURGER (BEEF, TURKEY, CHICKEN) BUN VEGGIE
MEAL 3   DINNER	CHICKEN BREAST VEGGIE RICE OLIVE OIL	FISH VEGGIE BUTTER	TURKEY MEATBALLS PASTA TOMATO SAUCE VEGGIE
SNACK 2	PLAIN GREEK YOGURT FRUIT	FRUIT WHIPPED CREAM	CHOCOLATE



# NO SNACKING

There are a few reasons that some people may do better following a plan where they stick to 3 meals per day without any snacks. Some of the benefits of this type of eating pattern are:

*It allows you to have 3 larger, more satiating meals.*

*You're exposed to food less often which means fewer opportunities to overeat.*

*By setting a hard NO on snacking, you give yourself guidelines that leave no room for interpretation. If it's not scheduled for you to eat in a meal, then you aren't eating it!*

*If you transition from tracking to mindful eating, breaking the habit of snacking can be helpful for maintaining your long term success. Snacks are usually higher in macros/calories and provide less satiety so it's easier to overeat them.*

	OPTION 1	OPTION 2
MEAL 1   BREAKFAST	EGG WHITES VEGGIE CHEESE BUTTER FRUIT	PROTEIN PANCAKES: PROTEIN POWDER PANCAKE MIX SYRUP BUTTER FRUIT
MEAL 2   LUNCH	PLAIN GREEK YOGURT FRUIT CHICKEN BREAST VEGGIES OLIVE OIL	PASTA TOMATO SAUCE LEAN BEEF MEATBALLS VEGGIE BUTTER
MEAL 3   DINNER	CHICKEN BREAST RICE VEGGIE OLIVE OIL	TURKEY MEATLOAF VEGGIE MORE VEGGIES BUTTER

# SMALL MEALS AND SNACKS

Some individuals find that their eating preference leans towards more frequent small meals and snacks throughout the day.

Some of the benefits of this type of eating pattern are:

- *You are never far away from a meal or snack so if you are feeling hungry, it may help you to handle it knowing that another meal or snack is coming soon.*
- *If you are feeling really full and struggle to get the amount of food that is recommended, eating smaller meals and snacks to spread the food out can help.*
- *If you are trying to gain weight, it may be tough to eat all the food you need to eat in only a few meals so it can be helpful to break that up more often throughout the day.*





	OPTION 1	OPTION 2
MEAL 1	EGG WHITES CHEESE	EGGS TOAST NUTS
SNACK 1	PLAIN GREEK YOGURT	PROTEIN SHAKE
MEAL 2	CHICKEN BREAST VEGGIES OLIVE OIL	TUNA MAYONNAISE WRAP ORANGE
SNACK 2	FRUIT CHEESE	PRETZEL HUMMUS
MEAL 3	CHICKEN BREAST RICE VEGGIE BUTTER	LOW FAT HOT DOG HOT DOG BUN VEGGIE
SNACK 3	PLAIN GREEK YOGURT	FUDGSICLE
SNACK 4	FRUIT	PROTEIN SHAKE



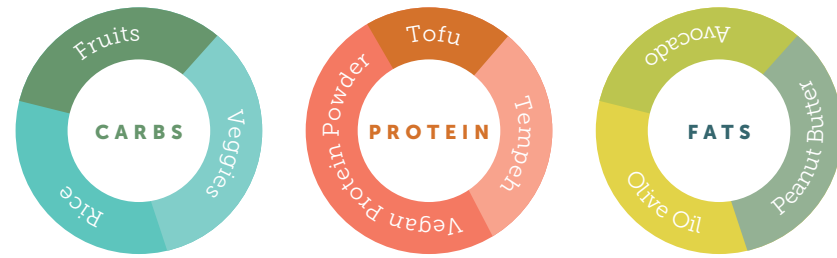
# INTERMITTENT FASTING / SKIPPING BREAKFAST

There are many different methods of "intermittent fasting". One of the most common includes selecting a set period of time where you will eat. For example, you will choose to eat all of your macros between 12 and 8pm. This may be helpful if you enjoy fewer but larger meals.

	OPTION 1	OPTION 2
MEAL 1	EGG WHITES VEGGIE CHEESE BUTTER FRUIT	TUNA MAYO BREAD SALAD DRESSING FRUIT GREEK YOGURT
MEAL 2	CHICKEN BREAST RICE VEGGIE BUTTER	PORK TENDERLOIN BAKED BEANS VEGGIE
SNACK	PLAIN GREEK YOGURT FRUIT	NUTS PROTEIN BAR



# VEGETARIAN/VEGAN



Individuals following a vegetarian or vegan diet can use any of the other meal pattern options described within this guide to determine how many meals and snacks per day works best for them. Here's an example of what vegan meals and snacks may look like when following a traditional 3 meals with 2 snacks eating pattern.

	OPTION 1	OPTION 2	OPTION 3
MEAL 1	TOFU VEGGIE OLIVE OIL	TEMPEH BACON VEGGIES TOAST	BREAD ALMOND BUTTER BERRIES
SNACK 1	VEGGIE AVOCADO	NUTS FRUIT	VEGGIE HUMMUS
MEAL 2	VEGAN PROTEIN POWDER PEANUT BUTTER FRUIT	LENTIL CHILI SALAD DRESSING	TOFU BREAD VEGGIE
MEAL 3	TEMPEH RICE VEGGIE OLIVE OIL	TOFU STIR-FRY VEGGIE RICE	BLACK BEANS TACO SHELLS VEGGIE
SNACK 2	FRUIT	COCONUT ICE CREAM	VEGAN CHOCOLATE

# RESTAURANT MEAL OR EVENT

There are a few different techniques to approach eating on a day when you have a planned meal at a restaurant or an event with food.

If you know where you are going and what food options you have available, you can enter your best guesstimate for your meal into the tracking program and then plan the rest of your day around that meal.

However, if you are unsure of what will be served or available to you, you'll want to

plan the rest of your day's eating in a way that will leave you some wiggle room. The meal you will be served will generally be larger than what you typically consume and most likely will be higher in carbs and fat and lower in protein. You can always choose how much you eat of the foods you are served, even if you have no say on what you get; so you still have lots of control!

Aim to eat light overall and higher in protein during the day outside of the special meal.

	OPTION 1	OPTION 2
MEAL 1	EGG WHITES FRUIT	GREEK YOGURT FRUIT
MEAL 2	CHICKEN BREAST VEGGIE BUTTER	SALAD DRESSING SHRIMP
MEAL 3	RESTAURANT/EVENT MEAL	RESTAURANT/EVENT MEAL



## "SCAVENGERS"

WHEN PLANNING AHEAD IS HARD

## "SCAVENGERS"

WHEN PLANNING AHEAD IS HARD

We understand that while many people do their best by planning a full day of eating in advance, that just isn't going to work for every single one of you. In the case where planning ahead is not possible or just not what you prefer to do, here are some best practices to allow you to still hit your daily macro goals.

Keep things simple! Stick with the 3-3-3 method (choosing 3 carbs, 3 proteins and 3 fats and building all your meals from that).

Have single macro foods available in your house - preferably, prepped and ready to eat!

Prepare extra protein on the grill

Have quick protein on hand:  
canned tuna  
frozen shrimp/fish  
egg whites  
protein powder

Roast lots of extra veggies

Prep + wash + chop fruits and veggies

**Track before you eat. Even if you aren't planning your entire day out in advance, it's still important that you track your food before you eat it. This is extremely significant for everyone, especially scavengers! You don't want to eat something and then realize it puts you over your numbers!**

You still need to plan ahead to have success as a scavenger but your planning method is to make sure you have food available that allows you to be flexible during the day and still hit your daily macronutrient goals.



# MEALS EXAMPLE DAYS



## EXAMPLE DAYS

100g

CARBS

40g

FAT

110g

PROTEIN

	CALORIES	CARBS	FAT	PROTEIN	
<b>BREAKFAST</b>	THIN SLICED BREAD, 1 SLICE	60	12	1	3
	100% EGG WHITES, 150G	82	0	0	16
	BUTTER (SALTED), 11G	79	0	9	0
	STRAWBERRY JELLY, 8G	20	5	0	0
	<b>TOTAL</b>	<b>241</b>	<b>17</b>	<b>10</b>	<b>19</b>
<b>LUNCH</b>	LETTUCE, ROMAINE, RAW, 200G	34	7	1	2
	CROUTONS, 14G	60	8	2	2
	SHRIMP, COOKED, 125G	124	0	0	30
	BALSAMIC VINGARETTE, 30G	90	3	9	0
	<b>TOTAL</b>	<b>308</b>	<b>18</b>	<b>12</b>	<b>34</b>
<b>DINNER</b>	CHICKEN BREAST, COOKED, 4OZ	189	0	4	35
	BROCCOLLI, 200G	68	12	1	5
	CARROTS, 100G	41	10	0	1
	BUTTER (SALTED), 16G	115	0	13	0
	<b>TOTAL</b>	<b>413</b>	<b>22</b>	<b>18</b>	<b>41</b>
<b>SNACKS</b>	STRAWBERRIES, 100G	32	8	0	0
	BLUEBERRIES, 100G	57	15	0	0
	STRAWBERRY GREEK YOGURT, 150G	140	20	0	65
	<b>TOTAL</b>	<b>229</b>	<b>43</b>	<b>0</b>	<b>16</b>
<b>DAILY TOTAL</b>	<b>1,191</b>	<b>100</b>	<b>40</b>	<b>110</b>	

EXAMPLE DAYS



	CALORIES	CARBS	FAT	PROTEIN	
<b>BREAKFAST</b>	THIN SLICED BREAD, 2 SLICE	120	24	2	6
	STRAWBERRY JELLY, 20G	50	13	0	0
	BUTTER (SALTED), 15G	108	0	12	0
	100% EGG WHITES, 190G	103	0	0	21
	<b>TOTAL</b>	<b>381</b>	<b>37</b>	<b>14</b>	<b>27</b>
<b>LUNCH</b>	LETTUCE, ROMAINE, RAW, 200G	34	7	1	2
	CROUTONS, 14G	60	8	2	2
	SHRIMP, COOKED, 125G	124	0	0	30
	BALSAMIC VINGARETTE, 30G	90	3	9	0
	RED GRAPES, 120G	83	22	0	1
<b>TOTAL</b>	<b>391</b>	<b>40</b>	<b>12</b>	<b>35</b>	
<b>DINNER</b>	CHICKEN BREAST, COOKED, 4OZ	189	0	4	35
	CARROTS, 200G	82	19	1	2
	BUTTER (SALTED), 22G	158	0	18	0
	BROCCOLLI, 175G	60	11	1	5
<b>TOTAL</b>	<b>489</b>	<b>30</b>	<b>24</b>	<b>42</b>	
<b>SNACKS</b>	STRAWBERRIES, 100G	32	8	0	1
	BLUEBERRIES, 100G	57	15	0	1
	STRAWBERRY GREEK YOGURT, 150G	140	20	0	14
	<b>TOTAL</b>	<b>229</b>	<b>43</b>	<b>0</b>	<b>16</b>
<b>DAILY TOTAL</b>	<b>1,490</b>	<b>150</b>	<b>50</b>	<b>120</b>	

EXAMPLE DAYS



	CALORIES	CARBS	FAT	PROTEIN	
<b>BREAKFAST</b>	EVERYTHING BAGEL, 1 BAGEL	280	51	4	11
	CHEESE, PROVOLONE, 1OZ	100	1	8	7
	100% EGG WHITES, 210G	114	0	0	23
	<b>TOTAL</b>	<b>494</b>	<b>52</b>	<b>12</b>	<b>41</b>
<b>LUNCH</b>	LETTUCE, ROMAINE, RAW, 200G	34	7	1	2
	CROUTONS, 14G	60	8	2	2
	SHRIMP, COOKED, 200G	194	0	1	48
	BALSAMIC VINGARETTE, 30G	90	3	9	0
	RED GRAPES, 190G	131	34	0	1
<b>TOTAL</b>	<b>513</b>	<b>52</b>	<b>13</b>	<b>53</b>	
<b>DINNER</b>	CHICKEN BREAST, COOKED, 5OZ	236	0	5	44
	CARROTS, 200G	82	19	1	2
	BUTTER (SALTED), 22G	158	0	18	0
	WHITE RICE, COOKED, 128G	166	36	0	3
<b>TOTAL</b>	<b>642</b>	<b>55</b>	<b>24</b>	<b>49</b>	
<b>SNACKS</b>	STRAWBERRIES, 100G	32	8	0	1
	BLUEBERRIES, 100G	57	15	0	1
	CHOCOLATE CRUNCH RICE CAKE	60	12	1	1
	PEANUT BUTTER, 16G	95	4	8	4
	READY WHIP, 10G	30	2	2	0
<b>TOTAL</b>	<b>274</b>	<b>41</b>	<b>11</b>	<b>7</b>	
<b>DAILY TOTAL</b>	<b>1,923</b>	<b>200</b>	<b>60</b>	<b>150</b>	



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