



# WEEK 1 MACRO BALANCED MEAL PLAN

BREAKFAST

M

Greek Yogurt Oatmeal*
P: Greek Yogurt F: your choice of toppings such as nuts, seeds, nut/seed butter, unsweetened coconut flakes C: oats, banana or your choice of fruit.
247 calories, Protein: 11g, Fat: 3g, Carb: 46g

T

Meal Prep Breakfast Sandwiches
P: eggs, bacon, cheese F: dairy products C: English muffins, your choice of vegetables
336 calories, Protein: 15g, Fat: 19g, Carb: 28g

W

Simple Cinnamon Pumpkin Pancakes
P: eggs, Greek yogurt F: olive oil, almond milk C: pumpkin puree, brown sugar, whole wheat flour
420 calories, Protein: 15g, Fat: 15g, Carb: 15g Per 3 pancakes

Th

Sweet Potato Hash - Paleo + Whole30
P: turkey/chicken/veggie breakfast sausage, egg F: egg, avocado oil, pecans, sausage C: sweet potato, maple syrup, vegetables
356 calories, Protein: 13g, Fat: 26g, Carb: 21g

F

Banana Bread Overnight Oats*
P: Greek yogurt F: almond milk, walnuts, your choice of toppings such as nuts, seeds, nut/seed butter, unsweetened coconut flakes C: bananas, old fashioned oats, maple syrup or your choice of fruit.
338 calories, Protein: 11g, Fat: 6g, Carb: 63g

LUNCH

Super Quick Avocado Shrimp Salad
P: shrimp F: avocado C: non-starchy vegetables, add more with crackers, rice cakes, tortillas, bread, chips
211 calories, Protein: 30g, Fat: 12g, Carb: 12g

Grilled Chicken and Quinoa Meal Prep Bowls
P: chicken, feta cheese F: feta cheese, dressing C: quinoa, vegetables
407 calories, Protein: 16g, Fat: 11g, Carb: 61g

Smoky Chicken Salad Lettuce Boats
P: chicken F: mayonnaise C: non-starchy vegetables, add more with crackers, rice cakes, tortillas bread, chips
414 calories, Protein: 37g, Fat: 12g, Carb: 35g

Cheesy Avocado Tuna Sandwich
P: tuna F: cheese, avocado C: pita, vegetables
390 calories, Protein: 27g, Fat: 14g, Carb: 43g

Kale + Quinoa Salad with Soft Boiled Eggs*
P: eggs, cheese, quinoa F: egg, cheese, dressing C: quinoa, vegetables
576 calories, Protein: 25g, Fat: 23g, Carb: 68g

DINNER

BBQ Chicken Pizza with Crispy Thin Crust
P: chicken, cheese F: cheese, cooking oils C: BBQ sauce, grain-free or whole wheat tortilla of your choice, non-starchy vegetables, your choice of dressing
464 calories, Protein: 36g, Fat: 17g, Carb: 43g

Easy Crockpot Carnitas
P: pork shoulder F: pork shoulder, optional avocado C: orange juice, beer, tortilla, your choice of non-starchy vegetables
161 calories, Protein: 10g, Fat: 11g, Carb: 4g, *we suggest 2 servings

Beef + Broccoli Stir-Fry
P: steak F: cooking oil, sesame seeds C: rice, broccoli
293 calories, Protein: 25g, Fat: 20g, Carb: 3g

One Pot Vegan Mushroom Stroganoff*
P: lentil pasta F: olive oil, coconut milk C: lentil rotini pasta, non-starchy vegetables
571 calories, Protein: 12g, Fat: 33g, Carb: 64g

5-Ingredient Turkey Zucchini Boats
P: ground turkey F: parmesan cheese C: non-starchy vegetables
396 calories, Protein: 58g, Fat: 38g, Carb: 8g

SNACK

5 Minute Vegan Yogurt*
P: tofu F: cashews C: peaches
467 calories, Protein: 24g, Fat: 33g, Carb: 28g

Autumn Glow Milkshake*
P: protein powder, almond butter F: almond butter, almond milk C: sweet potato, honey, non-starchy vegetables
467 calories, Protein: 24g, Fat: 15g, Carb: 59g

High Protein Cottage Cheese Oatmeal*
P: cottage cheese F: cottage cheese, optional nut milk C: oats, banana
247 calories, Protein: 12g, Fat: 3g, Carb: 46g

5-Minute Soft Boiled Eggs
P: eggs F: eggs C: none, but these are great on toast
68 calories, Protein: 6g, Fat: 5g, Carb: 0; have 2 to 3

Peanut Butter Chocolate Protein Bars*
Could be made vegan P: protein powder, peanuts F: peanuts, chocolate C: dates
300 calories, Protein: 13g, Fat: 9g, Carb: 13g

# WHAT DOES “MACRO BALANCED” MEAN?

First, “macro” refers to “macronutrients” which are the large nutrients in our food that contribute to the overall energy (read: calories). The macronutrients are proteins, fats and carbohydrates - which I often group and abbreviate as “PFC”. We all need a certain amount of proteins, fats and carbohydrates to feel vibrant, energized, and to support a healthy metabolism.

Your body is counting macronutrients whether or not you are. By emphasizing more of one macro and less of another you can influence how you look, feel and perform. For example, by eating a meal that is dominantly made of carbohydrates, you might feel an immediate sugar high, but be hungry just a few short hours later. Alternatively, by pairing those carbohydrates with a substantial amount of protein or fat containing foods, the meal has more staying power. You'll feel full, more satisfied and energized for longer.

## THE SUMMER SHAPE UP MACRO BALANCED MEAL PLAN SHOW YOU HOW TO SHAPE MEALS THAT ARE BALANCED WITH ALL THREE MACRONUTRIENTS.

The calorie counts and macronutrient counts are listed not only for those of you who are tracking your food, but for anyone to see the **major** protein, fat and carbohydrate components. Understanding which foods contain protein, fat and carbohydrates is basic nutrition education and can help you better associate fluctuations in energy, mood, cravings, and more with what and how much food you eat. Pretty neat, right?

## Step 1.

### START WITH A HEARTY SERVING OF PROTEIN

By eating protein at each meal you stand to feel fuller and more satiated throughout the day. You'll better support lean muscle gains and recovery from strength training exercise if you dose protein throughout the day, across all your meals. Start your day with at least 20-30 grams of protein - that's two eggs and breakfast sausage, a heaping cup of full-fat Greek yogurt, a large palm-sized portion of chicken or fish on your salad at lunch, or 1 cup of beans or lentils with dinner.

If you're not paying attention, your meals and snacks are bound to be lacking in protein and abundant in carbohydrates - from granola bars, to fat-free yogurts, to skimpy salads, to low calorie wraps, to "skinny" shakes and more. This steady dose of carbohydrates sets you up for a blood sugar roller coaster complete with peaks and valleys.

If you find yourself chasing chocolate, coffee or nap time by 2-3 PM, it's time to look at the macro balance of your meals and bump up the protein portion where you can! of Ireland, including the accounting

LEARN MORE  
ABOUT MACRO  
BALANCED  
EATING - AND SEE  
EXAMPLES OF  
BALANCED MEALS  
MADE WITH REAL  
WHOLE FOOD BY  
CLICKING HERE!

## Step 2.

### ADD HEALTHY FAT

Healthy fat is essential for SO many body processes from making essential hormones to keeping the brain healthy. It's a crying shame that as a country, we've banned fat from nearly every food group and have largely become fat-phobic. Eating fat in our meals buffers the absorption of carbohydrates into the bloodstream after digestion and absorption. This leads to less dramatic spikes in blood sugar and therefore, stable, level energy for a longer period of time.

By emphasizing more fat in your meals, you might experience fewer cravings for sugar and carbohydrates overall. Instead of relying so heavily on willpower to avoid the vending machine at work during your "munchie time" - you will avoid feeling the craving at all! Consider eating full-fat yogurt, avocados, or whole eggs with the yolks on a regular basis. You could even start today by adding grass-fed butter or heavy cream to foods and drinks you already enjoy.

## Step 3.

### LOAD UP ON DEEPLY COLORED FRUITS OR VEGETABLES

Robust health from the inside out is not attainable without an abundance of fruits and vegetables in your diet. Period. Research consistently shows that the number ONE indicator of health and longevity is in the micronutrients and phytonutrients - the magic sauce, if you will - of whole fruits and vegetables. Try adding leafy greens to your bacon pan during the last few minutes of cook time at breakfast, add dark colored mixed berries to your yogurt or smoothie, or throw additional vegetables int with your stir-fry at dinner. Mix it up! You might find gold in your experimentation.