

WEEK 3 MACRO BALANCED MEAL PLAN

	M	T	W	Th	F
BREAKFAST	<p>Almond Butter French Toast w/Cinnamon Apple Yogurt Topping</p> <p>P: egg, use Greek yogurt, milk F: almond butter, milk or milk substitute C: whole wheat bread, apple, maple syrup</p> <p>280 calories, Protein:16g, Fat: 10g, Carb: 32g</p>	<p>Meal Prep Breakfast Sandwiches</p> <p>P: eggs, bacon, cheese F: dairy products C: English muffins, your choice of vegetables</p> <p>336 calories, Protein: 15g, Fat: 19g, Carb: 28g</p>	<p>Simple Cinnamon Pumpkin Pancakes</p> <p>P: egg, Greek yogurt F: olive oil, almond milk C: pumpkin puree, brown sugar, whole wheat flour</p> <p>420 calories, Protein: 15g, Fat: 15g, Carb 15g, Per 3 pancakes</p>	<p>Banana Bread Overnight Oats*</p> <p>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.</p> <p>338 calories, Protein: 11g, Fat: 6g, Carb: 63g</p>	<p>Simple Cinnamon Pumpkin Pancakes</p> <p>P: egg, Greek yogurt F: olive oil, almond milk C: pumpkin puree, brown sugar, whole wheat flour</p> <p>420 calories, Protein: 15g, Fat: 15g, Carb 15g, Per 3 pancakes</p>
LUNCH	<p>Tofu Sofritas Burrito Bowls*</p> <p>P: tofu, black beans F: olive oil, adobo sauce C: non-starchy vegetables, organic sugar/coconut sugar, rice, black beans</p> <p>249 calories, Protein: 13g, Fat: 11g, Carb: 21g</p>	<p>Black Bean, Feta + Quinoa Mess*</p> <p>P: quinoa, black beans, feta cheese F: Balsamic vinaigrette, feta cheese C: quinoa, black beans</p> <p>498 calories, Protein: 21g, Fat: 11g, Carb: 78g</p>	<p>Grilled Chicken and Quinoa Meal Prep Bowls</p> <p>P: chicken, feta cheese F: feta cheese, dressing C: quinoa, vegetables</p> <p>407 calories, Protein: 16g, Fat:11g, Carb: 61g</p>	<p>Honey Lime Chicken Salad w/Grilled Peach + Corn Salad</p> <p>P: chicken F: olive oil C: honey, peaches, corn, non-starchy vegetables</p> <p>528 calories, Protein: 31g, Fat: 26g, Carb: 49g</p>	<p>Super Quick Avocado Shrimp Salad</p> <p>P: shrimp F: avocado C: non-starchy vegetables, add more with crackers, rice cakes, tortillas, bread, chips</p> <p>211 calories, Protein: 30g, Fat: 12g, Carb: 12g</p>
DINNER	<p>15 Minute Egg Roll in a Bowl</p> <p>P: ground pork F: oil, ground pork C: non-starchy vegetables, add more carb by serving over rice</p> <p>446 calories, Protein: 28g, Fat: 22g, Carb: 34g</p>	<p>How to Make Trader Joe's Cauliflower Gnocchi*</p> <p>P: mozzarella cheese, add more protein with your choice of meat, fish or poultry F: cooking oil, mozzarella cheese C: cauliflower gnocchi, non-starchy vegetables</p> <p>364 calories, Protein: 10g, Fat: 24g, Carb: 27g</p>	<p>Easy Lentil Veggie Burgers*</p> <p>P: lentil, beans F: olive oil, flaxseed C: lentil, beans, brown rice, non-starchy vegetables</p> <p>165 calories, Protein:6g, Fat: 25g, Carb: 25g</p>	<p>5-Ingredient Turkey Zucchini Boats</p> <p>P: turkey F: parmesan cheese C: non-starchy vegetables</p> <p>396 calories, Protein: 58g, Fat: 38g, Carb: 8g</p>	<p>BBQ Chicken Pizza with Crispy Thin Crust</p> <p>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</p> <p>464 calories, Protein: 36g, Fat: 17g, Carb: 43g</p>
SNACK	<p>Peanut Butter and Jelly Smoothie</p> <p>*can be made vegan</p> <p>P: protein powder of choice F: peanut butter, nut/seed milk C: banana, blueberries</p> <p>711 calories, Protein: 41g, Fat: 24g, Carb: 86g</p>	<p>Honey Lime Chicken Salad w/Grilled Peach + Corn Salad</p> <p>P: chicken F: olive oil C: honey, peaches, corn, non-starchy vegetables</p> <p>528 calories, Protein: 31g, Fat: 26g, Carb: 49g</p>	<p>Peanut Butter and Jelly Smoothie</p> <p>*can be made vegan</p> <p>P: protein powder of choice F: peanut butter, nut/seed milk C: banana, blueberries</p> <p>711 calories, Protein: 41g, Fat: 24g, Carb: 86g</p>	<p>Asian-Style Vegan Bean Salad*</p> <p>P: kidney, garbanzo, and black beans F:sesame oil, peanut butter, sesame seeds C: kidney, garbanzo, and black beans, non-starchy vegetables</p> <p>356 calories, Protein: 24g, Fat: 1g, Carb: 65g</p>	<p>Meal Prep Breakfast Sandwiches</p> <p>P: eggs, bacon, cheese F: dairy products C: English muffins, your choice of vegetables</p> <p>336 calories, Protein: 15g, Fat: 19g, Carb: 28g</p>

LET'S TALK ABOUT THE TERM "MACRO BALANCED"

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 you to see the **major** protein, fat and carbohydrate components of the meal. 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!

**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 into your stir-fry at dinner. Mix it up! You might find gold in your experimentation.