

@THECOACHINGPAIGE

Building a meal plan



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Myth Busting

For many years, society overall has been made to believe that achieving the ultimate physique involves some degree of struggle. Whether the struggle is from excluding food groups, going on high fat, no fat or low carb diets or doing ridiculous amounts of cardio sessions over the week, the same theme remains.

But in reality, this isn't true and you don't need to over complicate it!



Here are my favorite nutritional myths to bust:

- ✗ You must restrict entire food groups to get results
- ✗ You need to go on a no carb diet to see a transformation
- ✗ You must eat low or no fat to achieve the body you want
- ✗ You can never eat the foods you love again!



Things you should know

- ✓ You can't diet forever, at some stage you need to take a break in order to restore key functions and prime the body for fat loss.
- ✓ If you can't see yourself doing it 3 months from now, you won't be. I encourage you to be flexible. And there will be trial and error in the process.
- ✓ Carbohydrates are a key fuel source for muscle growth! So learn to embrace them!
- ✓ Our bodies take time to adjust, so be patient! Stay consistent and the results will come!
- ✓ Change is not linear. You will see the scale go up and down. Do not panic and make unnecessary changes in your diet!
- ✓ You do have to be in a calorie deficit to lose fat, however, the goal should be to "build" your calories up strategically, so when it is time to cut, you are able to be in a deficit at a much higher caloric intake.
- ✓ Healthy and sustainable weight loss is about 1-1.5lbs per week. And some weeks, you may not lose any! That doesn't mean it's not working. Be patient and stay consistent.
- ✓ This book is about nutrition, but you should also note that working out, daily steps, stress, sleep, etc will all play a huge role in hitting your goals!

Goal Setting

Choose your goal. Commit to it. And the results will come!

Decide. Commit. Succeed

When choosing a goal, set a period of time and really commit to your goal the ENTIRE time! Don't freak out after 2 weeks if the scale goes up a pound or two. That is normal and may happen! That does not mean anything is wrong and you need to quit and start a new plan! On the flip side, it's not the end of the world if you have a week or two when scale weight plateaus. Again, it's normal and we can plan for it accordingly.

Just know, there will be great days and bad days. Some days you will love how you look, the next day you think you're the worst thing in the world. Some days you will be on track and committed 100%, other days you will feel like a failure for eating a cookie. Again, trust me, whether you are a newbie in the gym or a bikini world champion, you will all have days of insecurity. That is just part of being a human!



Cut or Bulk?

As with most things in the health and fitness world, it depends.



My suggestion is if you are 10-15 pounds over your “goal” bodyweight, then start with a cut. Generally, the leaner you are, the easier your body can adapt to building muscle. And yes, it IS possible to still be adding muscle while in a deficit, just not as much and at a slower pace than if you were in a surplus.



But with that said, do not be afraid to build calories back up and get into a surplus! This is where you need to take full advantage of eating all that food and put on muscle tissue! Don't be afraid to gain a little bodyfat during this time. Remember, short term pain for long term gain!

Macros

mac-ro-nu-tri-ent

[ˌmakrō'nōotrēənt]

NOUN

1. a type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet.



protein

- 4kcal/gram
- Building blocks of body functions
- Needed for building muscle
- Daily Intake: 1g/lb of bodyweight

Protein Examples

- Beef
- Chicken
- Fish
- Eggs
- Milk
- Yogurt
- Almonds
- Peanuts
- Peanut Butter
- Pork
- Turkey
- Cheese
- Protein Powder
- Cashews



carbs

- 4kcal/gram
- Main energy source
- Needed for building muscle
- Can aid in sleep
- Less readily stored as fat

Carb Examples

- Fruit
- Wheat Bread
- Peanut Butter
- Sweet Potatoes
- White Potatoes
- White Rice
- Brown Rice
- Sports Drinks
- Juices
- Bagels
- Cereal
- Quinoa
- Oats
- Pasta





fats

- 9kcal/gram
- Help absorb fat-soluble vitamins A, D, E, and K.
- Make meals more palatable and filling
- Saturated fats are used for energy or stored as bodyfat
- Needed for hormone synthesis

Fat Examples

- | | |
|---------------|-----------------|
| • Nuts | • Beef |
| • Seeds | • Peanut Butter |
| • Avocado | • Margarine |
| • Olive oil | • Salami |
| • Coconut oil | • Cheese |
| • Butter | • Vegetable oil |



Vitamins & Minerals

Vitamins are micronutrients required in the diet for maintenance of good health, normal metabolic functioning, tissue and bone growth, recovery, immunity, athletic performance, and much more.

Organic compounds that are essential for human growth, function, and development, and are required in the diet as they are not made in the body at all or are made in inadequate amounts.



The fat-soluble vitamins include vitamins A, D, E, and K. Digestion and absorption of the fat-soluble vitamins requires adequate fat in the diet. Individuals on low-fat and low-calorie diets must be aware of the potential for deficiency due to absorption issues.

Water-soluble vitamins include vitamin C and the B vitamins. These vitamins are not stored in the body in significant amounts because they dissolve in water and are excreted in urine. Regular daily intake is required to avoid deficiency and interference with normal metabolic functions. The B vitamins are involved in the metabolism of fats, proteins, and carbohydrates.

Vitamin C is an antioxidant and boosts the immune system.



Minerals have long been regarded as essential nutrients for proper health. Minerals are inorganic elements that are required for various physiological functions and are commonly categorized as major minerals (or macrominerals), minor minerals (or trace minerals), and electrolytes.

Major minerals are required in relatively larger amounts, while minor minerals require a lower daily intake.

Electrolytes are a classification of minerals with the specific ability to carry an electric charge.

All minerals and the electrolytes are considered micronutrients on a larger nutritional scale.

Examples

- Calcium
- Phosphorus
- Magnesium
- Sulfur
- Iron
- Zinc
- Iodine



Diet Structure

How many calories should you be eating? How much protein, fats and carbs do you need? How often should you adjust?



Here is where we finally get into the nitty gritty of how to build your own meal plan!

1 First things first, you need to find your BMR

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

BMR (basal metabolic rate): The amount of calories you burn just to function and stay alive

2 Then you have to find you activity level

(The number at the end of each will come in handy for step #3)

Sedentary - little or no exercise - 1.2

Lightly Active - light exercise (1-3 days/week) - 1.375

Moderately active - moderate exercise (3-5 days/week) - 1.55

Very Active - hard exercise (6-7 days/week) - 1.725

3 Now take your BMR x Activity Number

THIS IS YOUR MAINTENANCE CALORIES!



4 Next, you need to decide what your goal is. Cut, build or maintain.

Cut: Subtract 100-200 calories from your maintenance calories to begin. You can subtract 100-200 calories every 1-2 weeks depending on how your body is responding.

Build: Add 100-200 calories from your maintenance calories to begin. You can add 100-200 calories every 1-2 weeks depending on how your body is responding.

Maintain: Stay at your maintenance calories as long as your body is responding well with this amount.

5 Don't forget to refer back to the "things you should know" page! These are helpful tips when deciding your goal and what to expect!

6 Setting Your Macros

My advice would be set your protein at 1g/lb body weight, then set your fats at around 25% of your total caloric intake, and fill the rest with carbs.



Nutrition Hierarchy



1. Adherence and sustainability
2. Calories
3. Protein, Fat, Carbs
4. Food sources/micronutrients
5. Supplements

*Lower item should not violate higher item





Example

A stay at home mom who wants to lose weight but can't seem to make the scale budge! She is eating low calories (1,000-1,200 per day) and eating healthy foods, but still not seeing the weight come off!

She doesn't get to the gym as often as she would like, but she is active. She goes on walks/runs regularly with the kids and is constantly moving around doing things during her busy days. "Resting" isn't in her vocabulary!

So let's figure out her maintenance calories using the instructions in this guide:

$$\text{BMR} = 655 + (4.35 \times 150) + (4.7 \times 65) - (4.7 \times 35) = 1448.5$$

$$\text{Activity Level: Light Active} = 1.375$$

$$\text{Maintenance Calories} = 1448.5 \times 1.375 = 1991.69$$

Her body burns 1,448.5 calories just to keep her alive, plus the movement she is doing during the day is burning more calories than that, therefore she needs to be at 1,991 calories to maintain where she is now. So why is she not losing weight if she is only eating 1,000-1,200 calories a day?!



Before I answer that question, let's go over some symptoms she is experiencing...

- Fatigue
- Bloating
- Digestive issues
- Headaches
- High anxiety
- Stress
- Sleep issues

Sound familiar?

Let me explain...

If her body needs 1,448 calories just to function properly to keep her alive, what happens when her body isn't getting those calories? Plus, she is burning more by moving all day! (Remember, she is only eating 1,000-1,200 calories a day) Her body is going to feel “threatened” and start slowing or shutting down systems. Digestive system, nervous system, immune system, hormone production, etc. That is where a lot of these “symptoms” are actually coming from! This is when your body starts “holding” onto fat JUST IN CASE the threat is real! So many of us are scared to eat more food because we don't want to gain weight but your body NEEDS that food to function properly so it can LOSE the weight!



Yes, if you are eating 1,000 calories a day and start adding in calories, your body may take time to adjust, and you may see the scale go up. **DON'T PANIC!** You have to give your body time to adjust and make **SLOW** changes. That is why I suggest only adding/dropping calories 100-200 every 1-2 weeks!

It takes time to heal! But once you are past the healing stages, your body will be so much happier and all your systems will be able to function properly! Fueling your body is **KEY** to sustainable weightless.





Tracking Progress

Tracking progress seems simple enough, however most “everyday” healthy people don’t do it. If you don’t track, you cannot make educated decisions about what to do next. Tracking progress is an important part of the process, so you can analyze whether you need more, or less, or simply keep going with what you are currently doing. MyFitnessPal is great for starting out with tracking food.

Here are a few things to track (other than weight):



Photos



Sleep



Strength



Energy



Measurements



Meals

Why are photos important?

Photos, to me, are the most crucial measurement of progress. When you are at the beach, or on stage, no one knows or cares how much you weigh. You care how you LOOK, which is why photos are key.

Always take photos when you begin your journey. These are imperative! To be able to know where you started is always a powerful reminder in the never-ending journey of building your physique.



Conclusion

Hopefully this guide has given you some insight on creating your own meal plan and setting your goals!

Don't forget, there are MANY factors other than what is listed here that will affect your caloric intake needs and your results. But these are the basics and should get you started!

If you follow this guide and are not seeing the results you want, there may be more going on with your body.

Should you run into any issues, questions or just decide to take your health and physique to the next level, you can always reach out for some guidance!



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If you are looking for a custom meal plan from us, please set up a free coaching consultation using the “book a call” tab or visit www.mefirst-coaching.com