

FRESH IS HEALTHY NUTRITION PLANNING

In the following pages, you'll find templates for creating nutrition plans for yourself.

Match the numbers below with those on the templates for explanations.

- 1 Metrics:** These examples are based on a 130-pound female or 200-pound male both with moderate activity levels; however, the entire template is easily adaptable to any numbers. You can calculate BMI and approximate body fat percentage by starting at: calculator.net/BMI
- 2 Calories:** Basal metabolic rate is the approximate number of calories a person burns at rest. Daily calorie needs are the calories a person needs to maintain their present weight and are based on a person's activity level. In order to lose weight, you must be at a daily caloric deficit. Get a crude BMR estimate by multiplying weight in pounds by 10 or go to: calculator.net/BMR
- 3 Macros:** Daily calories should come from 50% carbohydrates (4cal/g), 25% protein (4cal/g), and 25% fat (9cal/gram). The example shows target macro calories and grams per day.
- 4 Longevity:** American Heart Association recommends these limits: Cholesterol <300mg/day (<200mg/day for heart disease); Sodium 2.5g/day (1.5g/day for HTN); and Fiber 25-35g/day. There are numerous studies which recommend varying amounts of the other micronutrients.
- 5 Meal Plan:** This nutrition plan offers a daily intake of 3 meals, 1 snack, and 0-4 protein shakes. Portions can be adjusted for caloric need. Macros are spread relatively evenly throughout.
- 6 Budgeting:** A common barrier people express toward healthy eating is that cost is too high. Here, you can show this meal plan costs less than \$100/week for men and less for women.
- 7 Daily Totals:** This compiles the totals in order of meal item for the female and male plans. Columns are calories, grams of carbs + protein + fat, milligrams of cholesterol + sodium, fiber.

Never discourage anyone who continually makes progress no matter how slow. ~ Plato

OPTIMAL DAILY NUTRITION + EXAMPLE MEAL PLAN

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1	METRICS	FEM	MALE
	WEIGHT (pounds)	130	200
	BODY MASS INDEX	21	25
	BODY FAT %	25	20

Breakfast	Cal	C	P	F	Ch	So
Egg Whites 4	80	0	16	0	0	275*
Oatmeal 2	300	60	8	4	0	200
Pineapple 1c	80	20	0	0	0	0

2	CALORIES	FEM	MALE
	BASAL MET RATE	1,300	2,000
	DAY CALORIE GOAL	2,000	2,500

Lunch	Cal	C	P	F	Ch	So
Chicken 6oz	180	0	36	4	100	225**
Broccoli 1c	50	10	4	0.5	0	275*
Ranch Salad 1c	140	8	3	11	15	220
Beans ¾c	180	33	12	0	0	195

3	MACROS	FEM	MALE
	CARBS (calories)	1,000	1,250
	PROTEINS (calories)	500	625
	FATS (calories)	500	625
	CARBS (grams)	215	315
	PROTEINS (grams)	125	155
	FATS (grams)	55	70

Snack	Cal	C	P	F	Ch	So
Yogurt 1c	175	22	20	0	15	75
Granola	140	20	3	5	0	65
Banana	120	30	2	0	0	0

4	LONGEVITY	FEM	MALE
	CHOLESTEROL	<250mg	<300mg
	SODIUM	2,250mg	2,500mg
	B12	500 mcg	
	CALCIUM	1 gram	
	FIBER	35 mg	
	OMEGA-3 FATTY ACID	500 mg	
	VITAMIN-D	2,000 iU	

Dinner	Cal	C	P	F	Ch	So
Salmon 6oz	210	0	35	8	75	85***
Asparagus 1c	25	5	2	0	0	275*
Kale Salad 1c	180	15	3	13	0	170
Sweet Potato 1	115	25	2	0	0	75

Protein	Cal	C	P	F	Ch	So
Each Shake	130	4	25	1.5	25	90

PROOF THAT YOU CAN EAT HEALTHY FOR LESS THAN \$100/WEEK

FOOD	PRODUCT	\$ ea.	Days	\$ wk
Egg White	www.amazon.com/Amazon-Brand-Happy-Belly-Large/dp/Bo7ZS7B3VM/	3.69	4.5	5.75
*Salt	www.amazon.com/365-Whole-Foods-Market-Seasoning/dp/Bo8CRZ4TWQ/	3.99	64	0.44
Oatmeal	www.amazon.com/365-Everyday-Value-Organic-Variety/dp/Bo7NSYSVK1/	3.69	4	6.50
Pineapple	www.amazon.com/produce-aisle-05319-Pineapple-Medium/dp/Bo0oP6L3V4/	2.99	4.5	4.65
Chicken	www.amazon.com/365-Everyday-Value-Boneless-Skinless/dp/Bo787Y555X/	13.97	6	16.30
**Season	www.amazon.com/Badia-Fajita-Seasoning-21-Ounce/dp/Boo3L8PD0U/	11.67	330	0.25
Broccoli	www.amazon.com/Broccoli-Crowns-Conventional-1-Each/dp/Bo7887CXXC/	3.45	7	3.45
*Salt	www.amazon.com/365-Whole-Foods-Market-Seasoning/dp/Bo8CRZ4TWQ/	3.99	64	0.44
Beans	www.amazon.com/Amazon-Brand-Happy-Belly-Black/dp/Bo7VHCQBRG/	0.8	2	2.80
Ranch Salad	www.amazon.com/Taylor-Farms-Chopped-Avocado-Conventional/dp/Bo7GL1G4KM/	4.99	4.5	9.98
Yogurt	www.amazon.com/Amazon-Brand-Non-Fat-Vanilla-Yogurt/dp/Bo7W5TC5N9/	1.79	5	2.50
Granola	www.amazon.com/Natures-Path-Organic-Gluten-Granola/dp/BooAPD3TBE/	4.48	10	3.14
Banana	www.amazon.com/Banana-Conventional/dp/Bo787Y5CZ4/	0.20	1	1.40
Salmon	www.amazon.com/Fresh-Brand-Caught-Skinless-Portions/dp/Bo7ZS3D7WB/	9.99	4	17.50
***Season	www.amazon.com/Shaker-Bottle-Seafood-Seasoning-2-62/dp/BooI9VB51U/	2.59	123	0.15
Asparagus	www.amazon.com/produce-aisle-176899-Asparagus-bunch/dp/Bo78ZG3THS/	3.59	3	8.38
*Salt	www.amazon.com/365-Whole-Foods-Market-Seasoning/dp/Bo8CRZ4TWQ/	3.99	64	0.44
Kale Salad	www.amazon.com/365-Everyday-Value-Sweet-Chopped/dp/Bo7FWCVZTY/	3.99	3	9.3
Sweet Potato	www.amazon.com/Organic-Yams-Yellow-Orange-Flesh/dp/Bo0oP6L4B8/	3.33	4	5.83
WEEKLY COST OF PLAN		Subtotal (before tax)	\$99	

- Female: 2 protein shakes, 3 eggs + 1 oatmeal packet, 4oz chicken, 4oz salmon
- Male: 4 protein shakes (1 between each meal, 1 before bed), follow rest of meal plan as written
- *Garlic Salt (eggs + broccoli + asparagus): ¼ teaspoon (1.4g)
- **Fajita Seasoning (chicken): ½ teaspoon (2g)
- ***Seafood Seasoning (salmon): ½ teaspoon (1.5g)
- Asparagus: 1 cup = About 8 medium-sized spears
- Sweet potato (yam): 2 cup = About ½ of 1 item

SUPPLEMENTS FOR LONGEVITY

SUPPLEMENT	PRODUCT	\$ ea.	Days	\$ wk
Multivitamin (w/ B12 + D)	https://www.amazon.com/Andrew-Lessman-Essential-1-Multivitamin-Zeaxanthin/dp/B07THS5LB2/	27.90	60	3
Calcium	www.amazon.com/21st-Century-Calcium-Supplement-Count/dp/BooM5TZ1F8/	13.16	400	.23
Omega-3 FA	www.amazon.com/Solgar-Omega-3-Fish-Concentrate-Softgels/dp/Boo3CW9W8E/	19.30	240	.56
WEEKLY COST OF SUPPLEMENTS		Subtotal (before tax)		\$3.79

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ALL NUTRIENT DATA FOR ENTIRE DAY

FEMALE	Cal	C	P	F	Ch	So	Fib	MALE	Cal	C	P	F	Ch	So	Fib
Egg White	60	0	12	0	0	275	0	Egg White	80	0	16	0	0	275	0
Oatmeal	150	30	4	3	0	100	3	Oatmeal	300	60	8	4	0	200	6
Pineapple	80	20	0	0	0	0	2	Pineapple	80	20	0	0	0	0	2
Chicken	150	0	30	3	100	200	0	Chicken	180	0	36	4	100	225	0
Broccoli	50	10	4	0.5	0	275	3	Broccoli	50	10	4	0.5	0	275	3
Beans	140	8	3	11	15	220	2	Beans	140	8	3	11	15	220	2
Ranch Salad	180	33	12	0	0	195	13	Ranch Salad	180	33	12	0	0	195	13
Yogurt	175	22	20	0	15	75	0	Yogurt	175	22	20	0	15	75	0
Granola	140	20	3	5	0	65	2	Granola	140	20	3	5	0	65	2
Banana	120	30	2	0	0	0	3	Banana	120	30	2	0	0	0	3
Salmon	140	0	23	5	50	85	0	Salmon	210	0	35	8	75	85	0
Asparagus	25	5	2	0	0	275	1	Asparagus	25	5	2	0	0	275	1
Kale Salad	180	15	3	13	0	170	3	Kale Salad	180	15	3	13	0	170	3
Sweet Potato	115	25	2	0	0	75	4	Sweet Potato	115	25	2	0	0	75	4
2 Protein Shake	260	6	50	3	50	180	0	4 Protein Shakes	520	12	100	6	100	360	0
TOTAL	1965	224	170	43.5	230	2190	36	TOTAL	2495	260	246	51.5	305	2495	39