

IIFYM Meal Plan Set-Up Templates and Structure

In general, below I'm giving you a 6 meal plan set up. **You do NOT have to stick to this to the letter.**

If you are used to eating a bit less (let's say 4 to 5 meals a day), that's fine. Simply make sure to then follow Meals 1 to 4 (or 5) as structured below.

Most importantly, you must still meet the caloric levels and macros as determined for you by your coach.

This may require your meals to be a bit larger than if you spread them out over 6 per day, but make it work for you.

As far as time between meals, you can eat anywhere from 2 to 4 hours apart. Adjust this to your schedule accordingly, and try not to go any longer than 4 hours of time between your meals.

As a final side note, I know that some of you might like to do stuff like juice, and make smoothies for meal replacements. That's totally fine! You can easily do that on either the Plan 1 or the Plan 2. If you do it on a Plan 2 Day, I suggest you replace any of the starchy carbs with 1 serving of fruit, if you wish to include fruit in your juice or smoothie.

Keep in mind that you **MUST** track what you put in, and it all must meet your macros and calories for the day.

Plan 1 Days Explained: Plan 1 structure in our approach is a higher carb day. So this is going to be best used for days in which you train with weights or have a super high level of physical activity assigned. The body's need for glycogen is higher, and thus we are considering that. On this day, we will also have you add post workout carbs to your meal plan as well.

Plan 2 Days Explained: Plan 2 structure in our approach is a lower carb day. How low the carbs are will be spelled out via your assigned macros. This is going to be best used for days in which you do either metabolic circuits as your assigned strength training, days where you have **ONLY** cardio and no strength training, or off days when you are not training. The reason for this is that the body's glycogen requirement is definitely lower, so we can push down the carbs. Insulin is also lower on this day (due to lowered carbs), so this can help to aid in fat loss a little more as well.

The days that you will be following which plan is spelled out on your personal training schedule.

Plan 1 Days: Weight Training Day - High Carb

<p>Meal 1 Extra Lean Protein Starchy Carbs 1 Serving of Fruit</p>	<p>Meal 4 3-6 oz Lean Protein 1-2 Cups Fibrous Veggies Starchy Carbs</p>
<p>Meal 2 3-6 oz Extra Lean Protein Starchy Carbs 1-2 Cups of Fibrous Veggies</p>	<p>Meal 5 3-6 oz Lean Protein 1-2 Cups Fibrous Veggies Healthy Fat</p>
<p>Meal 3 - Post Workout Meal Protein Shake (See Below) 1 Serving of Fruit and/or Post Workout Carbs as assigned.</p>	<p>Meal 6 Protein Shake (See Below) 1 Serving of Fruit</p>

****Post workout meals should occur up to 2 hours after your WEIGHT TRAINING WORKOUTS.***

You can move this meal wherever your workout occurs regardless of time. So meal 3 might be eaten out of order - and that's fine.

The amount of carbs assigned to your for your post workout MUST be factored into the entire day's worth of carbs.

If you split your cardio and strength training into two different sessions, have the post workout meal after the WEIGHT TRAINING workout.

If you train in the morning before meal 1, then have this meal AFTER your workout.

You can then have your breakfast meal about an hour or two later.

Plan 2 Days: Metabolic Circuit/Cardio Days - Off Days - Low Carb

Meal 1 Extra Lean Protein Starchy Carbs Healthy Fat	Meal 4 3-6 oz Lean Protein 1-2 Cups Fibrous Veggies Healthy Fat
Meal 2 3-6 oz Extra Lean Protein (Optional) Starchy Carbs 1-2 Cups of Fibrous Veggies	Meal 5 3-6 oz Lean Protein 1-2 Cups Fibrous Veggies Healthy Fat
Meal 3 Protein Shake (See Below) Healthy Fat (Optional) 1 serving of fruit	Meal 6 Protein Shake (See Below) Healthy Fat

Following the Meal Plan Template

The last thing I want is for you to fail because of a super strict meal plan. So the templates above allow you to know EXACTLY how to structure your daily nutrition, but to also do it in a way by having the foods YOU like to eat.

Let's take Meal 1 for example. I have the following set up on the Plan 2 Days:

Meal 1

Extra Lean Protein

Starchy Carbs

Healthy Fat

This can translate into a whole SLEW of things!

You have the freedom to include ANY of the foods that fall under each of those categories (as listed in the foods list below). The only thing you need to do is determine the amounts of those foods (weighed in grams, ounces, cups, spoons, etc), and track them with something like My Fitness Pal.

So for instance, let's say you determined that your Fat Shredding Caloric Deficit Level is 1705 calories per day. You'll first take a look at the 1700-1899 calories/macros setup, and use those numbers to track what you eat each day.

For Meal 1 on the Plan 2 Days, you can set up Meal 1 to be something like the following:

4 Egg Whites

45g Oats

10g Coconut Oil

(Enter these things into My Fitness Pal, making sure that by the end of the day you hit your macro totals and calories.)

Let's say you have had this for a few days and now you want something else, so you decided to change it up:

2oz Deli Sliced Turkey Breast

2 Egg Whites

1 Slice Whole Wheat Ezekiel Bread

10 Almonds

(Enter these things into My Fitness Pal, making sure that by the end of the day you hit your macro totals and calories.)

As you can see, there are no limits to how you set things up. You just want to make sure to spread your macros and calories out over all of your meals for the day. So you can adjust how much you eat for each meal based on your own preferences.

The most important thing you need to do is meet your macros FIRST, and the calories second.

With your macros, stay within the BALLPARK of what I've spelled out below. I have not included fiber levels, and that can shift things a bit when tracking. So you may fall about 5 or so grams +/- from what I am asking you to hit. And that's ok.

Just try to GET AS CLOSE AS YOU CAN - and as spot on as you can - to the macro levels as possible.

If you are LITTLE higher or lower in macros from day to day, don't fret it. Keep trying to make adjustments to your food choices until you are sitting in the pocket with these numbers.

Food Choices

This is not an exhaustive list of foods. Instead what it is is a comprehensive list of the foods you can, and should include on your plan.

As mentioned above, you may structure your meals however you wish, provided you follow the template above - and meet your daily calories and macros.

Feel free to add food items not listed on this chart, however keep it within reason. I want you to make, for the most part, HEALTHY CHOICES. A great majority of your diet should include whole foods, minimally processed foods, and a variety of fruits and vegetables.

Protein Sources Facts

As you can see, I've given a general set up of about 3-6 oz of protein (either lean or extra lean) as your rough serving size per meal.

You can adjust this amount as you wish. The more protein on your plan, the more you want to err on the side of the higher amount (up to 6 oz). If you have a lower amount, then go towards the lower end of the scale with the serving size.

You can even mix it up. It doesn't have to be EXACTLY 6oz for every meal, or 4oz or every meal. You can have 6 oz in one meal, 4 oz in another, then 1 to 2 scoops of protein for another. What matters MOST is that you meet your macros. So adjust this amount accordingly.

Extra Lean Protein: Skinless/Boneless Chicken Breast (Tenderloin, Cutlet, Ground, Fat Free Delivery Slices) Egg Whites Skinless/Boneless Turkey Breast (Cutlet, Fat Free Delivery Slices, 99% Lean Ground) 94-96% Lean Ground Beef Canned Tuna in Water (Drained) Shellfish (Shrimp, Scallop) White Fish (Any Kind - Tilapia, Cod, Whiting, Mahi Mahi, Orange Roughy, Sea Bass)	Lean Protein: Skinless/Boneless Chicken Thigh Meat - Skinless Whole Eggs Top Sirloin Beef Ground Bison Salmon Halibut 97% Lean Ground Turkey
Protein Powder Specifications: 1 Scoop of Protein should have approx. 25g Protein, 2g Fat or Less, 5g Carbs or Less Protein shakes can be made with unsweetened vanilla or plain almond milk, rice milk, soy milk, or water.	

Vegetarian Protein Sources Examples

Boca Burger Original

Tofurky (Sausage, Bacon, Deli Slices)

Smart Ground Soy Chorizo – Trader Joe's

Shelled Edamame – Trader Joes

Tofu (all kinds)

Chicken Less Strings – Trader Joe's

Smart Strips Chick'n – Light Life

Beyond Meat Chicken

Beyond Meat Soy Crumbles

Lightlife Soy Hot Dogs

Boca Soy Crumbles

Seitan

Sun Warrior Brown Rice Protein Powder

Vega Performance Protein Powder

Raw Fusion Protein Powder

Plant Fusion Protein Powder

Beyond Meat Chicken Strips and Ground Crumbles

Gardein Mock Chicken and Beef Slices and Crumbles

****This is only an example list for vegetarian/vegans**

Starchy Carbs and Healthy Fats

Starchy carbs are more of the carbs that have a substantial amount of carbohydrates per serving. You can take a look at the list below. And where ever you see this on the plan, you can use one of the carbs listed below. Serving size for this can be adjusted as you wish. Just make it match your macros totals for the day.

PLEASE KEEP IN MIND - VEGETABLES HAVE CARBS TOO!

So don't just count starchy carbs, and then forget about the veggies adding to your total carbs for the day. It all adds up.

On lower carb days you want to lay off the starchy carbs and keep the healthy fats up in its place. Choosing any of the healthy fats below is perfect for any meal plan.

You can cook with oil, just make sure to measure it and factor into your totals. You may also use cooking spray. That's hard to measure so just use it sparingly when you do use it.

Starchy Carbs:	Healthy Fats:
Oats (Old Fashioned, Steel Cut)	Trace amounts from lean proteins above
Oat Bran	Avocado
Cream of Rice	Coconut Milk
Cream of Wheat	Nuts (All Kinds)
Grits	Nut Butters (All Kinds - Natural only)
Farina	Oils (All Kinds - olive, coconut, avocado, grapeseed, flaxseed, etc.)
Quinoa	Flaxseeds
Couscous	Chia Seeds
Brown or White Rice	All kinds of Cheese
Sweet Potatoes or Yams	Heavy Cream
Russet Potatoes	Butter
Corn Tortillas	Half and Half
Beans (Any Kind)	
Ezekiel Bread	
Pasta (Whole Wheat or Regular Kind)	

Fibrous Veggies and Fruits List

Fibrous Veggies

So here's the good news. When you see this on the plan, you can choose from any of the variety of the veggies listed below. You can get creative and combine them if you'd like, as long as they are listed, it's all fair game.

On the meal plan, I have indicated the amount of veggies I'd like for you to eat. However, if you go over that amount, it won't kill you. You can actually snack on any of the veggies listed below if you get hungry during the day and feel you need something extra. **BUT MAKE SURE TO COUNT THE CALORIES AND MACROS.**

I would ask that the veggies be either steamed, grilled, roasted, raw, sautéed, etc. BUT with VERY LITTLE ADDED FAT!

Fibrous Vegetables List

Alfalfa Sprouts	Kale
Artichoke Hearts	Leeks
Arugula	Lettuce
Asparagus	Mache
Bamboo Shoots	Millie lettuce
Bean Sprouts	Mushrooms
Beet Greens	Okra
Bok Choy	Onion
Broccoli	Parsley
Brussels Sprouts	Peppers
Cabbage	Radicchio
Cauliflower	Radishes
Celery	Rhubarb
Celery Root	Sauerkraut
Chard	Scallions
Chicory	Snow Pea Pods
Chives	Sorrel
Collard Greens	Spaghetti Squash
Cucumber	Spinach
Dandelion Greens	String beans
Eggplant	Summer Squash
Endive	Tomatoes
Escarole	Water Chestnuts
Fennel	Wax beans
Green beans	Zucchini

Fruit Sources

When you see fruit on the plan (such 1 serving of fruit, etc.), any fruit of your choice is ok as long as the total carbs comes up to about 15g of carbs per serving.

Find a basic food calculator to figure out how many carbs are in a serving of any particular fruit. You may also pick from the table below (it's only a partial list to give you some ideas).

Fruit	Amount (1 Serving Measurement)	Carbs/Serving in Grams
Apple	105g	15
Banana	65g	15
Orange/Tangerine/Clementine	125g	15
Grapefruit	185g	15
Cantaloupe	180g	15
Blueberries	100g	15
Raspberries	125	15
Strawberries	205g	15
Kiwi	100g	15
Pear	95g	15
Peach	150g	15
Nectarine	140g	15
Watermelon	195g	15

Again, this is just a very small list. You are only limited by your imagination. Just be sure that the TOTAL amount of carbs per serving is 15g. Read your labels, do your research, and measure your foods.

Other Important Notes

There are a couple of things I want you to keep in mind as you structure your meal plan.

- Use a scale to measure ALL foods.
- Measure all meats by COOKED weight.
- Rice, beans, quinoa, couscous, and pasta are measured by COOKED weight.
- Oats, Grains, and Potatoes are measured UNCOOKED weight.
- Use a non-stick cooking spray to prepare your meals to avoid too much added fat unless a healthy fat is listed for that specific meal.
- You may use dressings and marinades that are fat free sparingly.
- Coffee, tea, and Crystal Light (or similar) is fine.
- Cream is ok but use it sparingly. Those calories do add up as well.
- Splenda and Stevia are preferred sweeteners.
- Salt your foods as you like, use any kind of herbs and spices you would like. You need to be able to actually EAT your food!
- LIMIT GUM CHEWING! Cut it back to no more than 1-2 sticks per day.
- I prefer you to measure the protein scoop on the scale for exact measurements, don't con't on the scoop. So "1 Scoop" on your plan is according to the measurement on your brand for the most accurate tracking.