

THE BALANCED BITE:

MASTER YOUR PLATE,
TRANSFORM YOUR LIFE!

BAYWAY
×
CROSSFIT

EST.

2013



BAYTOWN, TX



DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

A QUICK WORD

Hey there! This awesome ebook is here to hook you up with a killer 7-day meal plan that seamlessly fits into your daily routine. We've got you covered with a handy shopping list too, so no stress there. But wait, there's more! You'll also find some seriously valuable info on customizing the meal plan to smash your specific goals, plus some kickass health tips to keep you feeling fantastic. If you've got any questions or need assistance with this ebook, shoot me an email at richard@baywaycrossfit.com. I'm here to help!

Richard

**"EAT MEAT AND VEGETABLES,
NUTS AND SEEDS, SOME FRUIT,
LITTLE STARCH AND NO SUGAR.
KEEP INTAKE TO LEVELS THAT
WILL SUPPORT EXERCISE BUT
NOT BODY FAT."**

ALL 3 MACRONUTRIENTS (FAT, PROTEIN, CARBS) ARE ESSENTIAL FOR OUR HEALTH!

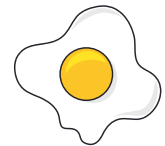
IDEALLY, WE WANT TO INCORPORATE ALL 3 INTO EVERY MEAL AND SNACK!

DOING SO HELPS US TO LOOK GOOD, FEEL GOOD, AND PERFORM OPTIMALLY.

A FEW QUICK TIPS

Protein

Consuming the following foods can assist in maintaining and building muscle, promoting satiety, boosting immune function, and facilitating faster wound healing: chicken, fish, beef, cottage cheese, and egg whites.



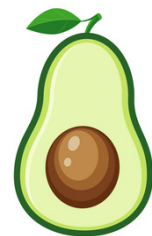
Carbs

Carbohydrates have often received a negative reputation, but they play a crucial role as our primary source of immediate energy. It's important to steer clear of processed carbs and instead focus on consuming ample vegetables and a moderate amount of fruit. Sustaining low-carb diets for extended periods can potentially result in low testosterone levels and hormonal imbalances.



Fat

Including healthy fats in our diet can contribute to increased satiety after meals, help prevent depression, and support improved body composition. It's advisable to consume these fats in moderation and obtain them from a diverse range of sources, preferably whole foods that are minimally processed. Some examples include avocado, nuts, nut butters, seeds, and olive oil.



MEAL PREP

Having nutritious meals prepared and readily available increases the likelihood of consuming them.

One effective strategy employed by healthy and fit individuals to achieve their fitness goals is dedicating time each week to plan, shop, and prepare meals for the upcoming week.

Step 1:

Begin by planning your week ahead. Consider factors such as your children's soccer schedule, work meetings, or visits from out-of-town friends. Identify specific days for grocery shopping, meal preparation, and cooking dinners. Remember, failing to plan is essentially planning to fail, so let's plan for success instead!

Step 2:

Create a written outline of your weekly meals. Keep it simple by focusing on lean proteins and vegetables as the foundation. Incorporate a healthy fat and, if desired, a starchy carbohydrate. Jot down a grocery list encompassing the ingredients needed for your planned meals throughout the week.

Step 3:

Prepare for the week ahead by shopping for all the necessary ingredients. This will make your meal-prep routine much more convenient. If you'd like, consider using an app or website to assist you in planning meals and generating a personalized shopping list based on your preferences.

Step 4:

Dedicate time to cooking for the week. Here are a few strategies: Prepare breakfast egg cups that can be frozen and reheated for a quick, healthy, and delicious breakfast. Cook for the next 4-5 days in one go, or cook for the next 2-3 days and set aside another day within the week for the remaining cooking. Alternatively, you can cook each night and make extra to pack for lunch the following day.

Step 5:

Store your prepared meals in clear food storage containers for easy visibility and convenient grab-and-go access. Investing in quality containers will ensure your meals are well-organized and ready to be enjoyed whenever you need them.

By planning and preparing for the week ahead, not only do we save money, but we also put in the necessary effort to achieve our health and fitness goals!

TRACK WHAT YOU EAT

To achieve financial well-being, it's essential to monitor our spending habits: how much we spend and where our hard-earned money goes. We should assess whether our current spending aligns with our financial goals.

Similar to managing our finances, when it comes to optimizing our diets, tracking our food intake becomes crucial. This involves keeping tabs on the quantity of food we consume (total calories) and the specific components (protein, fat, carbs, alcohol) to ensure we're on track to meet our health and fitness objectives.

A highly recommended app called MyFitnessPal offers a free solution for calorie and macro tracking. By using this app, we can establish goals based on our activity level and desired body composition (such as losing body fat or gaining lean mass). Furthermore, the app allows customization of macronutrient targets to suit our specific needs.

If you're interested in personalized nutrition coaching, we can assist you in setting up your individual goals and guide you in utilizing MyFitnessPal effectively.

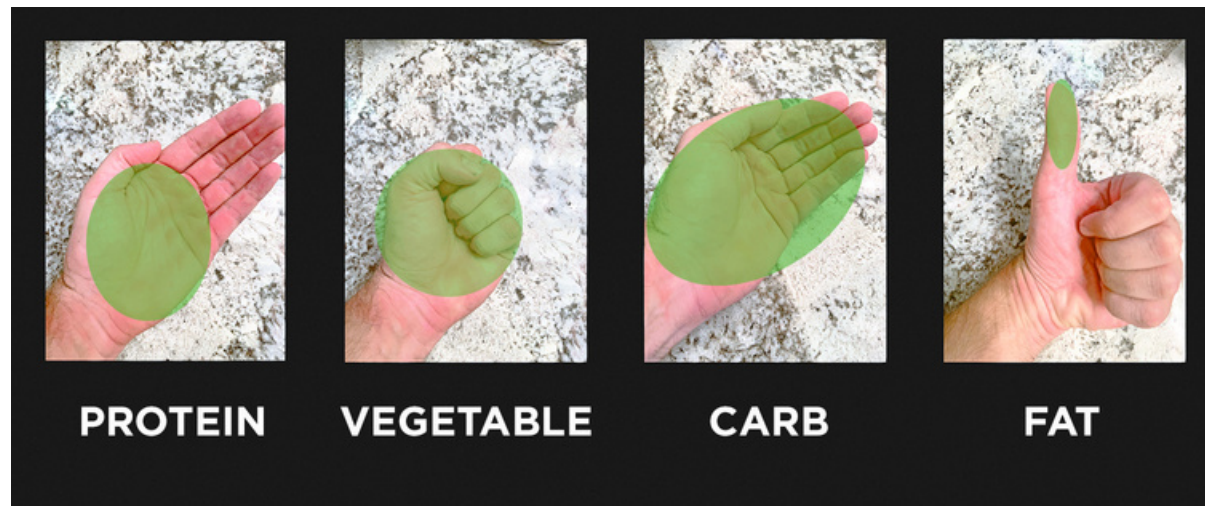
For a quick visual guide you can use the hand method:

1 palm size of protein-dense foods with each meal (2 for men).

1 fist of vegetables with each meal (2 for men).

Optional: 1 cupped hand of carb-dense foods (2 for men).

Optional: 1 thumb sized portion of fat-dense foods (2 for men).



GET A NUTRITION COACH

Are you struggling to determine the right approach for your nutrition and stay accountable? You're not alone!

While most of us have a general idea of what we should eat more or less of, nutrition can still be a challenging endeavor. This is where a nutrition coach can make a significant difference.

A nutrition coach helps us assess what has and hasn't worked for us in the past and identifies our current hurdles or struggles with nutrition (our personal roadblocks to success).

By understanding our individual barriers, a nutrition coach assists us in developing tailored strategies to overcome them and creates a comprehensive plan to achieve our health and fitness goals.

For many of us, these goals typically involve losing body fat, gaining muscle, and enhancing overall health. The positive outcomes of making these changes can range from increased energy levels, improved clothing fit, and enhanced confidence in our own skin. Ultimately, we become happier, healthier, and fitter individuals.

SUGAR KILLS

Consuming sugar triggers the release of dopamine, a neurotransmitter associated with pleasure and reward, which plays a role in addictive behaviors.

The activation of opioid receptors in the brain by sugar affects the reward center, leading to compulsive behaviors despite potential negative consequences like weight gain, headaches, and hormone imbalances. These effects contribute to the reinforcement of neural pathways, causing the brain to develop an increasing reliance on sugar and building up a tolerance, similar to the effects of certain drugs.

Additionally, research conducted on rats has demonstrated that Oreos, specifically, activate a greater number of neurons in the pleasure center of the rats' brains compared to cocaine.

On average, added sugars contribute to at least 10% of the daily calorie intake of the typical American. Surprisingly, approximately one in 10 individuals derive 25% or more of their calories from added sugar.

During a comprehensive 15-year study examining the relationship between added sugar and heart disease, participants who consumed 25% or more of their daily calories from sugar were more than twice as likely to die from heart disease compared to those who consumed less than 10% of their calories from added sugar.

Regardless of age, gender, physical activity level, or BMI, the risk of death from heart disease increased with the percentage of sugar in one's diet.

Beverages such as energy drinks, alcoholic beverages, soda, fruit drinks, sweetened coffee, teas, and snacks are the primary sources of our sugar consumption.

To prioritize our health, happiness, and fitness, it is essential to reduce our intake of processed sugar. This can be achieved gradually by making changes to our daily habits or by embarking on a 30-day detox program to reset our taste buds.

DRINK MORE WATER

Water is essential for the proper functioning of our body in numerous ways. Insufficient water intake can leave us feeling sluggish, impact our mood, and contribute to long-term health issues. Conversely, when we consume an adequate amount of water, we enhance our overall health and enable optimal bodily functions, resulting in improved appearance, well-being, and optimal living.

Here are 5 tips to help you drink more water:

Tip #1: Make it enjoyable. When we find water enjoyable, we're more likely to drink it regularly. Enhance your water by adding non-sugar supplements like Zip Fizz or Nuun tablets. You can also infuse your water with your favorite fruits to add flavor and additional micronutrients.

Tip #2: Make it convenient. Carry a water bottle with you at all times. Opt for one with a straw top to eliminate the need for removing or opening a lid. By making water readily accessible, it becomes effortless to increase your intake.

Tip #3: Set a goal. A simple starting point is to aim for drinking half your body weight in ounces of water each day. Additionally, add 6-8 ounces for every hour spent in hot conditions or engaging in high-intensity workouts.

Tip #4: Enjoy sugar-free coffee or tea! Contrary to previous beliefs, coffee and tea are not dehydrating. Moderate consumption of these beverages can contribute to your overall water intake. Just ensure you choose healthy options without added sugar.

Tip #5: Drink in response to thirst. Our bodies are designed to signal when we need hydration. When you feel thirsty, reach for water. If your urine appears darker than usual, it may indicate dehydration and serves as a reminder to drink more. On the other hand, if your urine is clear, it may suggest overhydration, in which case replenishing electrolytes (such as salt) is important.

SLEEP 8+ HOURS A DAY

**THE RESEARCH IS IN: TO REDUCE BODYFAT,
YOU NEED TO GET ENOUGH SLEEP.**

How Does Sleep Affect Weight Gain?

Inadequate sleep disrupts our body's hormone regulation, resulting in heightened hunger and appetite, as well as reduced energy for physical activity. This sleep deprivation often leads to increased food consumption and decreased exercise, ultimately leading to significant weight gain.

Moreover, insufficient sleep impairs our ability to resist tempting foods. An interesting study discovered that increasing sleep duration had a notable impact on reducing sugar intake. Participants who prioritized improving their sleep trended towards lower fat and carbohydrate consumption, indicating the positive influence of enhanced sleep on dietary choices.

THE NUTS AND BOLTS

When it comes to creating a meal plan to burn fat and lose weight, there are two main things to focus on: calories and protein. While keeping an eye on carbs and fats is important too, let's keep it simple and effective by concentrating on calories and protein. By giving these two factors priority, you'll be well on your way to a straightforward and successful meal plan.

Now, let's talk about a simplified approach to losing weight. The key is to burn more calories than you consume. To figure out your daily calorie intake for maintaining your weight, just multiply your current weight by 15. But since our goal is weight loss, subtract 500 from that number to get your daily caloric goal for losing weight. (guys no lower than 1600, ladies no lower than 1200) This simple method helps establish a calorie deficit, which is essential for shedding those pounds. However, remember that while this approach can be effective, it's not the only or necessarily the best way for everyone. So, feel free to explore other options and find what works best for you!

The next step in a simpler way: determining our daily protein intake.

There are two methods to consider:

1. Method one is for larger individuals. Aim for 1 gram of protein per pound of body weight. For example, if you weigh 200 pounds, your goal protein intake would be 200 grams.
2. Method two is for those who are not as big or prefer lower protein consumption. Multiply your body weight by 0.8 to find your goal protein intake. For instance, if you weigh 135 pounds, the calculation would be $135 \times 0.8 = 108$. Your protein intake goal is 108 grams per day.

After getting your total we need to divide your daily protein goal by four. This will help us determine the amount of protein needed in each meal. In this meal plan, you'll have four meals per day: breakfast, lunch, dinner, and a snack. To evenly distribute your protein intake, take your protein goal (e.g., 108g) and divide it by 4. For example, if we divide 108g by 4, we get 27g. This means that ideally, each meal should contain around 27g of protein.

Lastly, let's complete your meal plan by figuring out the amount of each protein source needed in each meal to achieve your target grams of protein. For most lean meats, 1 ounce (28g) provides approximately 7 grams of protein. Using our example of 27g of protein per meal, you would need around 4 ounces (112g) of lean meats in each meal. However, for breakfast, where you might choose egg whites or Greek yogurt as protein sources, refer to the labels on these items to determine the appropriate serving size for your desired protein intake.

When it comes to the rest of your meals, here's the bottom line: aim to eat clean, but feel free to enjoy a variety of foods as long as you stay within your calorie goal. Protein typically makes up around 30-40% of your daily calorie target. This means that the remaining 60-70% of your daily calories can come from carbs and fats. As long as you don't exceed that limit, you should see results.

Of course, there are additional strategies you can explore. If you're interested in learning more, consider hiring us as your nutritional coach. We can provide you with all the knowledge and guidance you need to succeed on your journey.

Please note that the following meal plan is provided for informational purposes only and should not replace professional medical or dietary advice. Consult with a healthcare professional or registered dietitian before implementing any meal plan, especially if you have specific dietary requirements, medical conditions, or allergies. The meal plan is not tailored to individual needs, and individuals assume all risks and responsibilities associated with its implementation. It is essential to listen to your body, make modifications as needed, and ensure that the meal plan aligns with your overall health goals. The author of this meal plan assumes no liability for any adverse effects, injuries, or losses resulting from its use.

THE PLAN

This plan is designed for our example above. We are looking at a 135 pound person looking to lose weight and needs to consume 1,525 calories, and 108g of protein per day. Make adjustments to the calorie and protein amounts for your day.

Day 1:

Breakfast: Spinach and Mushroom Omelette

- ¾ cup egg whites
- 1 cup spinach
- 1/2 cup sliced mushrooms
- 1/4 cup diced onions
- Salt and pepper to taste
- 2 slices of turkey bacon
- 2 corn tortillas

Lunch: Grilled Chicken Salad

- 4 oz grilled chicken breast
- 2 cups mixed greens
- 1/4 cup cherry tomatoes
- 1/4 cup sliced cucumbers
- 2 tbsp balsamic vinaigrette dressing

Dinner: Baked Salmon with Roasted Vegetables

- 4 oz salmon filet
- 1 cup broccoli
- 1 cup cauliflower
- 1 tbsp olive oil
- Lemon juice for seasoning

Snack: Greek Yogurt with Berries

- 1 cup Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)

Day 2:

Breakfast: Protein Pancakes

- 1 scoop protein powder
- 1 ripe banana
- ¼ cup egg Whites
- 1/4 cup oats
- 1/2 tsp cinnamon
- Optional: sugar-free syrup for topping

Lunch: Turkey Lettuce Wraps

- 4 oz turkey breast slices
- Large lettuce leaves
- 1/4 cup diced tomatoes
- 1/4 cup diced bell peppers
- 2 tbsp hummus

Dinner: Grilled Shrimp with Quinoa

- 4 oz grilled shrimp
- 1/2 cup cooked quinoa
- 1 cup steamed asparagus
- 1 tbsp lemon juice
- Salt and pepper to taste

Snack: Protein Bar, Almonds and Baby Carrots

- 1 Perfect Foods Bar Protein Bar (or Bar of your choice)
- 1/4 cup almonds
- 1 cup baby carrots

Day 3:

Breakfast: Vegetable and Egg Scramble

- 1 Cup egg Whites
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- 1/4 cup diced zucchini
- Salt and pepper to taste

Lunch: Tuna Salad Wrap

- 4 oz canned tuna (in water), drained
- 2 large lettuce leaves
- 1/4 cup diced celery
- 1/4 cup diced pickles
- 1 tbsp Greek yogurt
- Optional: whole-grain wrap

Dinner: Grilled Chicken with Steamed Broccoli and Sweet Potato

- 4 oz grilled chicken breast
- 1 cup steamed broccoli
- 1 medium sweet potato, baked
- Salt and pepper to taste

Snack: Cottage Cheese with Pineapple

- 1/2 cup cottage cheese
- 1 cup beef jerky
- 1/4 cup diced pineapple

Day 4:

Breakfast: Protein Smoothie

- 1 scoop protein powder
- 1 cup unsweetened almond milk
- 1/2 cup frozen berries
- 1 tbsp almond butter
- Optional: spinach leaves for added nutrients

Lunch: Quinoa Salad with Grilled Vegetables

- 4 oz grilled chicken breast
- 1/2 cup cooked quinoa
- 1 cup grilled vegetables (zucchini, bell peppers, eggplant)
- 2 tbsp feta cheese
- 2 tbsp lemon vinaigrette dressing

Dinner: Baked Cod with Roasted Brussels Sprouts

- 4 oz cod filet
- 1 cup roasted Brussels sprouts
- -1 tbsp olive oil
- Lemon juice for seasoning
- Salt and pepper to taste

Snack: Hard-Boiled Eggs and Cherry Tomatoes

- 3 hard-boiled eggs
- 1/2 cup cherry tomatoes

Day 5:

Breakfast: Veggie and Cheese Omelette

- 1 cup egg Whites
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- 1/4 cup diced tomatoes
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste

Lunch: Grilled Chicken Caesar Salad

- 4 oz grilled chicken breast
- 2 cups romaine lettuce
- 1/4 cup grated Parmesan cheese
- 2 tbsp Caesar dressing
- Optional: croutons (whole grain)

Dinner: Lean Beef Stir-Fry

- 4 oz lean beef strips
- 1 cup mixed stir-fry vegetables (broccoli, bell peppers, snap peas)
- 2 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- Optional: serve over brown rice or cauliflower rice

Snack: Protein Shake with Almond Milk

- 1 scoop protein powder
- 1 cup unsweetened almond milk

Day 6:

Breakfast: Overnight Chia Pudding

- 2 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1 tbsp honey or preferred sweetener
- 1 scoop of protein powder
- Toppings: sliced almonds and berries

Lunch: Turkey and Avocado Wrap

- 4 oz sliced turkey breast
- 1/4 avocado, sliced
- Large lettuce leaves
- 1/4 cup diced tomatoes
- 2 tbsp hummus
- Optional: whole-grain wrap

Dinner: Grilled Salmon with Steamed Asparagus and Quinoa

- 4 oz grilled salmon filet
- 1 cup steamed asparagus
- 1/2 cup cooked quinoa
- Lemon juice for seasoning
- Salt and pepper to taste

Snack: Protein Bars or Protein Bites

- Look for options with high protein content and low sugar

Day 7:

Breakfast: Greek Yogurt Parfait

- 1 cup Greek yogurt
- 1/4 cup granola (look for low sugar options)
- 1/4 cup mixed berries
- 1 tbsp honey or preferred sweetener

Lunch: Chickpea Salad with Feta Cheese

- 4 oz grilled chicken breast
- 1 cup canned chickpeas, rinsed and drained
- 1/4 cup diced cucumber
- 1/4 cup diced tomatoes
- 2 tbsp crumbled feta cheese
- 2 tbsp lemon vinaigrette dressing

Dinner: Grilled Chicken with Roasted Vegetables

- 4 oz grilled chicken breast
- 1 cup roasted mixed vegetables (zucchini, bell peppers, carrots)
- 1 tbsp olive oil
- Lemon juice for seasoning
- Salt and pepper to taste

Snack: Cottage Cheese with Sliced Peaches

- 1/2 cup cottage cheese
- 4 oz sliced turkey breast
- 1/2 medium peach, sliced

GROCERY LIST

This grocery list serves as a general guide for the meal plan mentioned above. It's important to adjust the quantities based on your specific dietary needs and portion sizes. Additionally, you may already have some of the items listed in your pantry or supplies, so be sure to review the list thoroughly. If you're aiming to save money, feel free to opt for frozen or lower-cost alternatives. Remember, this grocery list is designed to provide a basic framework and can be customized according to your preferences and budget.

Grocery List:

- 1 carton egg whites
- 1 dozen eggs
- chicken breast
- 4-6 oz lean beef
- 2 salmon filets
- 1 cod filet
- 4-6 oz shrimp
- 1 can tuna
- 1 package turkey breast
- 1 package turkey bacon
- 2 quarts of greek yogurt
- 1 pint cottage cheese
- 1 tub protein powder of choice (vanilla is best)
- 1 package of beef jerky
- 2-3 perfect food bar protein bar
- 1 package of spinach
- 1 package mixed greens
- 1 package of brussel Sprouts
- 1 package of broccoli

- 1 package mushrooms
- 1 package of baby carrots
- 1 big package cherry tomatoes
- 1 onion
- 1 cucumbers
- 1 zucchini
- 1 stalk cauliflower
- 3 bell peppers (different colors)
- 1 bunch of asparagus
- 1 stalk celery
- 1 head of lettuce
- 1 avocado
- 3 lemons
- 3-4 bananas
- olive oil
- balsamic vinaigrette dressing
- lemon vinaigrette dressing
- caesar dressing
- low-sodium soy sauce
- sesame oil
- small jar pickles of choice
- 1 bag frozen pineapple
- 1 bag frozen mixed berries

- 1 can chickpeas
- hummus
- unsweetened almond milk
- grated parmesan cheese
- crumbled feta cheese
- rolled oats
- bag of granola
- chia seeds
- almonds
- brown rice or cauliflower rice
- quinoa
- cinnamon
- sugar-free syrup
- vanilla extract
- honey or preferred sweetener
- whole-grain croutons (optional)

CLOSING

In conclusion, this guide is here to provide you with useful information and a simple meal plan that you can easily incorporate into your daily routine. Many folks have successfully followed similar meal plans and may be able to just jump into it, but if you find yourself with questions, don't hesitate to shoot me an email. I'll do my best to assist you because, over the past decade, I've helped hundreds of individuals get fit, shed pounds, and enhance their fitness through diet and exercise. Although I'm self-taught through trial and error, I've discovered the most effective ways to support everyday exercisers in achieving their goals. If you'd like more assistance beyond this free guide, reach out to me, and let's schedule a complimentary consultation at your convenience.

Looking forward to hearing from you soon!

Richard

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