

# Unlock Your MACRO TYPE

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Identify Your True Body Type  
Understand Your Carb Tolerance  
Accelerate Fat Loss

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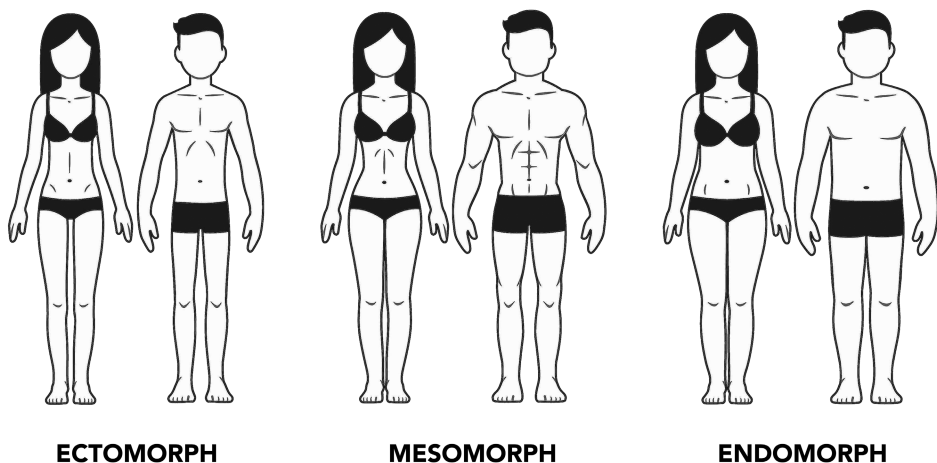
This book presents, among other things, the research and ideas of its author. It is not intended to be a substitute for consultation with a professional healthcare practitioner. Consult with your healthcare practitioner before starting any diet or other medical regimen. The publisher and the author disclaim responsibility for any adverse effects resulting directly or indirectly from information contained in this book.

The names and identifying details of some of the individuals profiled in this book have been changed to protect their privacy.

### TRAINING PLANS FOR EACH MACRO TYPE

Training plans for each macro type can be accessed online. Using an Apple or Android smart phone, open the **Camera app**. Select the rear-facing camera and hold the device so that the QR code appears in the viewfinder. Your device will recognize the QR code with a notification to take you to the web address. Exercise descriptions can be found here as well.





Each somatotype reacts to weight gain and loss in different ways. Nutritionists, trainers, doctors, and other health professionals utilize somatotypes to create customized training and nutrition protocols. All body types can gain or lose weight, but the degree and rate at which they do so vary.

- ECTOMORPHS tend to be long and lean and may struggle to gain weight or muscle.
- MESOMORPHS are naturally muscular and tend to easily gain or lose weight.
- ENDOMORPHS tend to be pear-shaped, easily store fat, and may have a difficult time losing weight.

Not everyone fits into a single category; some have qualities of two body types or more. However, while we may not fit an exact body type, we will fit into one category better than the others.



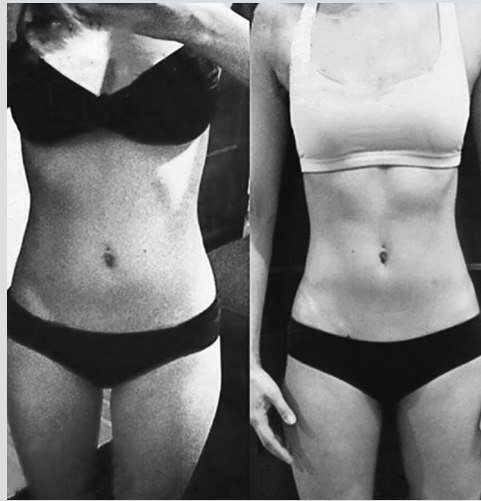
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## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Marianna, Carb-Fueled Macro Type

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*Before*

*After*

Get inspired by one of my all-time favorite carb-dominant transformations: Marianna was eating only about 1,100 calories per day. She is a medical device sales person, so she is on her feet and in and out of hospitals all day. An ectomorph with a naturally lean physique, Marianna struggles to gain weight but wanted to lean out her torso and show more definition in her stomach. People tell her all the time that she already looks great and doesn't need to lose weight. But for her, she wanted a more defined physique. She was shocked when I upped her calories to 2,500 a day, favoring carbohydrates. She was even more shocked to see her waist get smaller and smaller week after week in spite of the increased carbs. This is a classic example of how not eating enough carbs can actually interfere with your ability to drop body fat. She gained weight

during this program, but she gained lean muscle and dropped body fat. In six weeks she lost 3.5 inches off her waistline. She gained tremendous strength during the program and had substantially more energy than ever before.

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Michelle, Fat-Fueled Macro Type

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© Michelle Abbott

*Before*

*After*

Michelle is an insulin-resistant mesomorph. Most other plans would have her eating higher carbs than she can actually tolerate. She's a mesomorph with a relatively even distribution of body fat, yet she can't tolerate carbs the way other mesomorphs can. To achieve her 40-pound weight loss, she switched between keto and low-carb/high-fat plans and ultimately ended up experiencing a more sustainable lifestyle on the low-carb/high-fat eating style. She was able to drop inches everywhere with more ease than on conventional higher-carb plans, has felt better than ever, doesn't feel restricted, and actually looks forward to her meals!

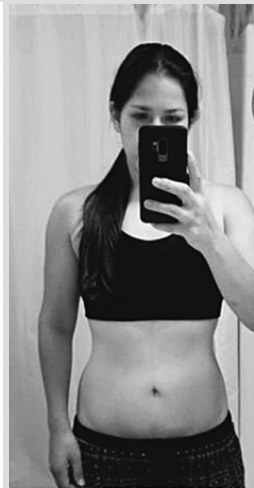
## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

### Delilah, Protein-Fueled Macro Type

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*Before*



*After*

© Delilah Gonzalez

Delilah came to me ready to commit to her health. She was already strong and athletic and took martial arts and boxing classes regularly, but her nutrition was lacking. She is a mesomorph body type who gains weight relatively evenly on her frame and loses it with ease when dialed in. She is a Protein-Fueled Macro Type with moderate carb tolerance. This means that she didn't need to go insanely low carb to make progress; she was able to maintain a moderate carb intake of between 100 and 150 grams while going high in protein and low in fat. The biggest adjustment she experienced was learning how to hit her protein macros. This meant adapting to foods that are higher in protein and lower in fat. She swapped whole eggs for egg whites, transitioned to leaner meats, more veggies, and lower-sugar fruit, and added protein supplements as needed. She never felt hungry, dropped from 34 to 27 inches in her waist, and has been able to keep it off for a year!

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Pam, Protein-Fueled/Low-Carb Macro Type

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*Before*

*After*

© Pam Snyder

I've had the pleasure of working with Pam for over a year and a half. After taking my mastering macros certification course, she went on to become a member of my team and now helps me help others. She overcame thyroid cancer and a stroke. She was given months to live and chose to fight for her life. It wasn't until she found the macros approach that she was able to take her progress to the next level. Before finding this program, she tried it all: from veganism (high-carb, low-fat) to Atkins, and everything in between. She didn't feel good on any other plan. She needed practical tools to gauge and measure not only her progress with fat loss but also how the plan made her feel. Other plans left her feeling completely and utterly drained. What mattered the most to Pam was improving the quality of her life. She's lost 130 pounds by eating real whole foods and staying mindful of the *why* behind her journey. She inspires everyone she touches, and it's been an honor and privilege to witness her transformation.

When I work with clients in person, I calculate subcutaneous fat with the caliper method, which measures targeted skin folds in the abdominal, thigh, back, and upper arm regions. We then plug these values into a mathematical model to estimate body fat percentage, lean mass, and fat mass. According to the American Council on Exercise, ideal body fat percentage ranges for women and men are as follows:

**TARGET BODY FAT PERCENTAGE RANGES  
FOR WOMEN & MEN**

| Category   | Female Body Fat % | Male Body Fat % |
|------------|-------------------|-----------------|
| Ultra-lean | 10–13             | 2–5             |
| Athletic   | 14–20             | 6–13            |
| Fit        | 21–24             | 14–17           |
| Healthy    | 25–31             | 18–24           |
| Obese      | >32               | >25             |

The purpose of this chart is to provide practical parameters around body fat percentage ranges to get an idea of your current body fat level relative to your target range. This information is crucial to get a feel for how long it will take you to reach your goal based on the assumption that one can lose approximately 0.5 percent body fat per week. When selecting your target body fat percentage, keep in mind that ultra-lean is in the range for essential fat, so it is the bare minimum people need to sustain vital functionality. You can see from this chart that the essential fat level required by females is significantly higher than it is for men, but it is also in the range of most professional female fitness competitors. It is advised to NOT go below the essential body fat ranges. Athletes will



be at a slightly higher body fat range with 14 to 20 percent for women and 6 to 13 percent for men. The majority of fit individuals who work out regularly and sustain a healthy diet will be in the range of 21 to 24 percent for women and 14 to 17 percent for men. For general health, it is advised to be between 25 and 31 percent for women and 18 and 24 percent for men. Anything higher than 32 percent for women and 25 percent for men is considered obese.

When it comes to subcutaneous fat, it tends to feel soft and have a fluffy appearance, so when you lose it, you can also drop a dress size (or several). That said, less fat doesn't always correlate with a lower number on the scale. For example, if you train for strength, you can gain muscle while you lose fat, so your body weight might be the same even though you now wear a smaller size.

You cannot spot-reduce subcutaneous fat. Expect to lose it from the parts of your body with the highest concentrations of fat first. Your hormones and genetics are responsible for dictating your personal fat distribution pattern. For women, this tends to be the chest, waist, hips, and thighs. For men, it's the waist. Based on my experience as a health coach since 2010, if you are less than 250 pounds and following this program by eating in a caloric deficit according to your macros and working out a minimum of four times a week, you can expect to lose up to ½ inch (1.27 cm) off the smallest part of your waist per week. If you weigh more than 250 pounds, you may lose up to 1 inch (2.54 cm) off your waist per week, maybe slightly more in the first seven to ten days.

### HEALTH RISK LEVEL RELATED TO WAIST TO HIP RATIOS IN WOMEN & MEN

| HEALTH RISK | WOMEN     | MEN       |
|-------------|-----------|-----------|
| Low         | <0.80     | <0.90     |
| Moderate    | 0.80–0.85 | 0.90–0.95 |
| High        | >0.85     | >0.95     |

This chart indexes the level of associated health risk in women and men based on the waist to hip ratio, which is the circumference of the smallest part of the waist in inches divided by the largest part of the hips in inches. This allows for clearer interpretation of your relative health risk based on how much visceral fat you are carrying on your frame. Health risk level is based on the correlation of visceral fat content with high cholesterol, type 2 diabetes, stroke, and heart disease. Visceral fat contributes to the narrowing of your blood vessels and causes inflammation of internal organs and tissues. A pear-shape female body type tends to have more subcutaneous fat compared to an apple-shape type, which is likely to have more visceral fat.

High concentrations of fat in the torso as a result of accumulated visceral fat tends to be more common in men. If you have ever seen a rounded potbelly with a hard texture (compared to the soft texture of subcutaneous fat), you have seen visceral fat. This fat is rock hard due to its proximity to the organs. The fat itself is not hard per se; it's tightly packed as deposits between the organs, resulting in a rigid feeling since this type of fat is concentrated beneath the walls of the abdomen. This results in a very dense rounded core.

Because we have different types of fat that live in different parts of

our body, it is important to understand the different risks they carry. Whether you have 5 pounds to lose or more than 100, it's crucial to be aware of the high-risk zone for visceral fat concentration and the state of your current health in relation to that danger zone.

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Jessica, Fat-Fueled/Low-Carb Macro Type

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*Before*

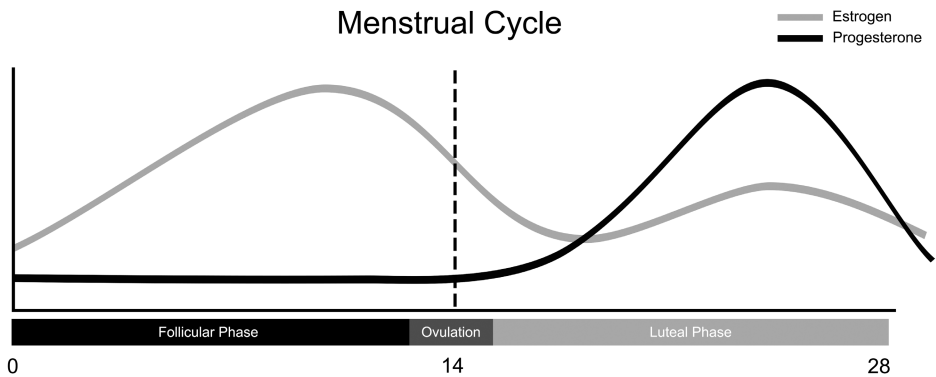
*After*

Jessica has a classic endomorph body and gains weight easily but struggles to lose weight. The mother of three boys, she has her hands full from the moment she opens her eyes to the moment she closes them. She came to me weighing over 235 pounds. We learned

very quickly that her body thrives on higher fats and lower carbs; not only does she lose weight with more ease on this approach, but it helps stabilize her energy, keeps her focused, keeps her mentally alert, and curbs her cravings. She is completely satisfied on this eating style and was surprised to learn that she could enjoy her food this much and still lose weight! She has lost over 50 pounds and believes that eating for her macro type is the only way that works for her needs and busy lifestyle.

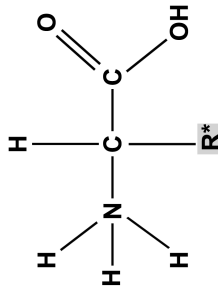
Age, genetics, nutrition, activity, and hormones all impact body fat. You cannot change age or genetics. You *can* do something about nutrition and activity, which you will learn more about later in this book. However, at the end of the day, hormones drive fat storage, and age and genetics are major factors in how they do so. If you have been perplexed your whole life as to why fat accumulates in specific areas, understanding how hormones drive this behavior is the answer.

# Menstrual Cycle



© Levi Bunnell

### Basic Protein Chemical Structure

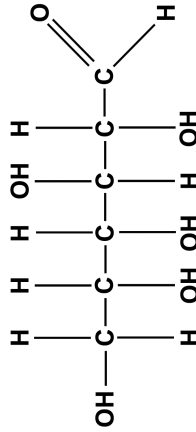


# of Carbon atoms = 2  
# of Oxygen atoms = 2

Ratio of  
Carbon to Oxygen atoms:  
1:1

**R\*** Repeating amino acid chain sequence

### Basic Carb Chemical Structure (glucose)\*

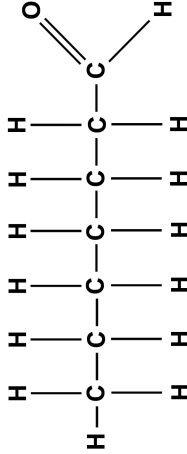


# of Carbon atoms = 6  
# of Oxygen atoms = 6

Ratio of  
Carbon to Oxygen atoms:  
1:1

\* = Glucose is typically a ring structure in water; however, for simplicity of demonstrating the carbon-to-oxygen ratio it is being shown as a chain (it is found in this form about 0.02% of the time)

### Basic Saturated Fat Chemical Structure



# of Carbon atoms = 7\*  
# of Oxygen atoms = 1

Ratio of  
Carbon to Oxygen atoms:  
7:1

\*Can be more carbons, depending on the type of fatty acid, increasing the ratio of carbon to oxygen

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Keeva, Protein-Fueled/Low-Carb Macro Type

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*Before*

*After*

© Keeva Hamilton

Keeva is a classic endomorph body type who struggles to drop body fat and gains it very easily. When we first started working together, she had high A1C levels, high cholesterol, thyroid issues, and was going through menopause. On top of that, she had a variety of food intolerances including dairy, gluten, and specific vegetables like broccoli, cauliflower, and Brussels sprouts. Because of her thyroid issues and cholesterol levels, a keto approach wasn't appropriate, so we needed to dial in her macros without going too low in carbs. During our time together, 5-foot, 3-inch Keeva went from over 230 pounds to around 150. She experienced a lifestyle overhaul, going from over 35 inches in her waist to 27. In her late 40s, she is now the leanest and healthiest she has ever been in her entire adult life. Macros gave Keeva her life back, and she inspires everyone with her can't-stop-won't-stop attitude. She shows up, she stays consistent, and she is the real deal when it comes to putting in the hard work. Other diet plans never worked for her, and she's thrived on this approach because it accounted for her specific carb tolerance level, her hormonal issues, and her thyroid issues.



## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Breanna, Fat-Fueled/Low-Carb Macro Type

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*Before*

*After*

© Ryan Provost

Breanna has a very low carb-tolerance level and was able to lose over 33 pounds on a ketogenic protocol. Thanks to the macro-type approach, she was able to truly understand the appropriate portions for her specific goals, never felt hungry, reduced sugar cravings, and eventually learned how to experiment with macros and recipes, giving her the ultimate sense of freedom with her food. While her physical transformation was beyond impressive, the real transformation was her mental one. Her newfound knowledge has been priceless: She now knows and understands the science behind how to eat right for her body and recognizes that no food is good or bad and that it all can and should be had in moderation. Her ability to navigate a healthy relationship with food has led her to a sustainable healthy lifestyle.

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Nina, Fat-Fueled Macro Type

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*Before*

*After*

When I first met Nina she didn't realize she had carb tolerance issues. She didn't have diabetes and was never diagnosed with a high A1C. She started out on a traditional high-protein, low-fat approach. But she experienced a breakthrough when we lowered her carbs and increased her fat intake. While she was not prediabetic and didn't have a concentrated amount of fat in the torso or lower body, she did have a family history of diabetes and experienced high fasting blood glucose values. As someone who struggled with weight for years and had tried highly restrictive, very low-calorie plans, she is thrilled to feel better than ever before and look the best

she ever has in her adult life. She's at a healthy weight and has an improved relationship with food. She was 145 pounds when we started working together (after first topping the scales over 150 pounds before losing weight on her own). Once we started, she was able to drop 15 pounds and is now a healthy and sustainable 130 pounds at 5 feet, 6 inches. Since dialing in her nutrition, her insulin sensitivity has improved, meaning she can handle slightly higher carbs once in a while but feels best when she keeps them moderately low. Her waist was over 30 inches when we started and is now a lean 26 inches.

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Jacqueline, Fat-Fueled Macro Type

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*Before*

*After*

Meet Jacqueline, one of my clients who has experienced a game-changing journey with her fat loss using a fat-dominant plan that's ideal for her low tolerance to carbs. She has lost 10 inches off her waist and about 20 pounds in just five months. In spite of her low carb tolerance, we were able to make two of her favorite higher-carb foods — mangoes and rice — fit into her macros! At 56 years old, Jacqueline is dealing with perimenopause and moving into menopause, so weight loss has become more of a challenge. We have been able to navigate those hurdles by increasing her fats and lowering her carbs, allowing her to drop weight in a consistent and sustainable way. She has been able to navigate the challenges of hormone imbalances with ease thanks to this eating plan!

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Kandis, Fat-Fueled/Low-Carb Macro Type

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*Before*

*After*

© Kandis Teilhet

Kandis and I have worked together for over two years, navigating a wide range of health concerns, from hormone imbalances to

fibromyalgia, and a variety of food intolerances. A mesomorph, she started with a much more moderate carb plan but has seen the greatest results when we've brought her carb levels down. Working with clients like Kandis, who don't fit the typical macros model, is what inspired me to write this book: She is living proof that carb tolerance is an important factor and can make or break the success of a plan. After some trial and error, we found she thrives on a ketogenic protocol when she is fueled by fats and not carbs. One of the biggest takeaways from Kandis's transformation is that it occurred in two phases. The first was her initial weight-loss effort to drop body fat; the next was her goal to increase her caloric intake and to add muscle mass, which we were able to do on keto. During her fat loss, her daily intake ranged from 1,400 to 1,750 calories. Now we have moved her from 1,400 calories to 2,600 at 5 feet, 8 inches and approximately 135 pounds. She is feeling stronger than ever before and is 50 years young. She is an example of someone who has sustained the ketogenic lifestyle and is in it for the long haul!

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Justin, Protein-Fueled Macro Type

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*Before*

*After*

© Justin Best

Meet Justin, who came to me wanting to get lean and muscular at the same time. He was familiar with the gym and running but was missing pieces to put it together to see the results he truly wanted. The biggest change was actually eating more than he thought he needed. He went from 212 to 184 pounds. During this time, he dropped his waist from 35 to 28.5 inches while reshaping his 41-inch chest and back. He needed high protein, low fat, and moderate carbs. He experienced no major issues to progress once he was dialed in with his macros aligned for a protein-fueled approach to his nutrition. His calories ranged between 1,900 and 2,400 during this shred, and he didn't experience hunger or sugar cravings throughout the process.

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*Answer the following questions, and keep track of the number of points assigned to each response.*

1. What is your waist measurement at the smallest part of your waist (2 to 3 inches above the navel)?
  - A. Under 30 inches (for females), under 35 inches (for males)  
[0 points]
  - B. Under 35 inches (for females), under 40 inches (for males)  
[2 points]
  - C. At 35 inches (for females), at 40 inches (for males)  
[3 points]
  - D. Over 35 inches (for females), at 40 inches (for males)  
[5 points]
2. Where do you tend to gain weight?
  - A. I gain weight evenly throughout my body. [0 points]
  - B. I gain weight with more concentration in my hips, glutes, legs. [2 points]
  - C. I gain weight with more concentration in my torso and have a "belly" when overweight. [5 points]
3. What is your waist-to-hip ratio? (Applies to women)  
WHR = waist measurement  $\div$  hip measurement  
(ex: 35-inch waist  $\div$  42-inch hips = 0.83 WHR)
  - A. Under 0.7 [0 points]
  - B. 0.7 to 0.8 [0 points]
  - C. 0.8 to 0.9 [1 point]
  - D. 0.9 to 1.0 [3 points]
  - E. Over 1.0 [5 points]



4. Have you ever been diagnosed with any of the following:
- A. Type 2 diabetes/prediabetes/insulin resistance [5 points]
  - B. PCOS (polycystic ovarian syndrome) [4 points]
  - C. Hypothyroidism [3 points]
  - D. None of the above [0 points]
5. Do any of the following diseases run in your family?
- A. Obesity [1 point]
  - B. High cholesterol [1 point]
  - C. Type 2 diabetes [4 points]
  - D. None of the above [0 points]
6. When you eat starchy carbs (i.e., rice, grains, potatoes, etc.), how long before you feel hungry again?
- A. I am full and satisfied until my next meal within 2 to 4 hours. [0 points]
  - B. I am satisfied for about 60 minutes, but after that I could eat again. [2 points]
  - C. I feel hungry again in about 30 minutes. [3 points]
  - D. Once my hunger is turned "on," it never seems to be satisfied after I start, and I experience sugar cravings that continuously escalate. [5 points]
7. How does your digestive system respond after you eat starchy carbs?
- A. I do not have any issues digesting starchy carbs. [0 points]
  - B. I experience occasional bloating but have normal digestion and bowel movements. [1 point]
  - C. I experience bloating and digestive discomfort after consuming specific starchy carbs (i.e., gluten), but not all carbs. [3 points]

- D. I experience bloating, gas, indigestion, inflammation, and irregular bowel movements after consuming *any* type of starchy carb or sugar. [4 points]
8. Have you been diagnosed with any of the following gut issues:
- A. SIBO (small intestinal bacterial overgrowth) [3 points]
  - B. Leaky gut syndrome [3 points]
  - C. IBS (irritable bowel syndrome) [3 points]
  - D. None of the above [0 points]
  - E. I'm not sure. I think I might, but I haven't been diagnosed. [2 points]
9. How do starchy carbs impact your cognitive energy?
- A. I can focus without any issues. [0 points]
  - B. I lose focus easily but can push through if I consciously eliminate distractions. [1 point]
  - C. I experience brain fog and am unable to work productively due to mental fatigue. [2 points]
  - D. I feel the need to take a nap and can't function mentally without resting my mind first. [3 points]
10. How do carbs impact your physical energy?
- A. My energy is stable after I eat starchy carbs. [0 points]
  - B. I feel tired when I overeat starchy carbs. [1 point]
  - C. I feel like I need a nap within 1 to 2 hours of eating starchy carbs. [2 points]
11. Do you have a hard time controlling starchy carb and/or refined carb intake?
- A. I don't have any issues controlling my carb intake. [0 points]

- B. Sometimes [2 points]
- C. Yes, once I start, I cannot stop. [3 points]

12. What symptoms do you experience between meals?

- A. I don't experience any symptoms; in fact, sometimes I forget to eat! [0 points]
- B. I feel a little anxious but can deal if I drink water. [1 point]
- C. I feel lightheaded, shaky, irritable, and/or anxious if I go without eating for longer than 4 hours. [2 points]
- D. I feel lightheaded, shaky, irritable, and/or anxious if I go without eating longer than 2 hours. [4 points]

13. What best describes your sugar cravings?

- A. I don't experience sugar cravings at all. [0 points]
- B. I don't experience sugar cravings when I eat healthy balanced meals. [1 point]
- C. I crave sweets during that time of the month, but other than that, not really. [2 points]
- D. I crave sugar and sweets on a daily basis, regardless of if I just ate or not. [4 points]

14. Do you feel like you *must* eat before exercising?

- A. No, I have no problem training in the fasted state, ever. [0 points]
- B. Yes, but only if I'm weight training. [1 point]
- C. Yes, I'll lose steam during my workout if I don't eat first. [2 points]
- D. Yes, I'll get dizzy or nauseous if I don't eat before cardio and/or weight training. [2 points]

15. Do you feel you need to carry food/snacks with you because you are afraid you will get hungry?
- A. No, this has never even crossed my mind. [0 points]
  - B. No, but this would help on long days. [1 point]
  - C. Yes, I tend to need snacks throughout the day to balance energy and hunger. [2 points]
  - D. Yes, if I don't, I will feel extremely hungry and will most likely overeat at the next meal. [3 points]
16. Do you eat a very clean diet with modest portions of healthy carbs and *still* are not able to lose weight?
- A. No, I can lose weight relatively easily simply by staying active. [0 points]
  - B. No, but I can lose weight when I simply watch my portions regardless of what I eat. [1 point]
  - C. Yes, even when my portions are dialed in, I still *struggle* to lose weight. [3 points]
  - D. Yes, even with small portions of healthy carbs, I *cannot* lose weight. [5 points]
17. Do you experience any of these hormonal issues?  
(Include all that apply to you.)
- A. Extremely heavy, irregular, or severely painful periods that last longer than 5 to 7 days [2 points]
  - B. Hot flashes or night sweats [3 points]
  - C. Mood swings, low libido, or severe PMS [2 points]
  - D. Infertility [3 points]
  - E. None of the above [0 points]

18. How would you describe the degree of difficulty you have when trying to lose weight?
- A. I have no issues at all; I'm naturally lean and tend to struggle to gain weight. [0 points]
  - B. I gain weight easily, but I also lose it easily when I am focused. [1 point]
  - C. I struggle to lose weight; I have to be extremely dedicated to see *any* progress. [2 points]
  - D. I struggle to lose weight even when eating clean with 100 percent dedication and only seem to make *any* progress when I reduce my carb intake. [4 points]
19. Do you have intolerances to any of the following?
- A. Lactose [2 points]
  - B. Gluten [2 points]
  - C. Cruciferous veggies [1 point]
  - D. Specific fruits [1 point]
  - E. None of the above [0 points]

*Now, add up the total points of all your answers. Use the key to see where you land.*

### **Under 9 Points: High Carb Tolerance**

*You don't struggle to lose weight, and you can readily incorporate healthy carbs (and even refined carbs) without any issues. You may even be undereating carbs for your goal. When you consume carbs, you feel energized, satiated, and you do not experience any issues with blood sugar management. You thrive on carbs and are actually able to make even more progress on a moderate to moderately high ratio of carbs relative to the other macronutrient ratios.*

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Sam, Carb-Fueled Macro Type

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*Before*

*After*

© Samantha Matlock-Burkes

When Sam and I started working together, she had a hard time adding lean muscle mass. Sam is an ectomorph with a naturally slender physique. Before we started working together, she was a distance runner and yoga enthusiast who ate between 1,000 and 1,200 calories per day. She was predominantly plant-based, so the majority of her calories came from carbs. We upped her daily caloric intake to 1,800 to 2,300 calories per day over the course of 12 weeks, which is approximately a 100 percent increase. This facilitated the growth of lean muscle mass while supporting body fat loss. She incorporated fish on this program to make it easier for her to hit the protein macros. She was not only pleased with her progress but shocked at how increased carbs allowed her to reach new levels of leanness while filling out her leg and glute muscles.

### **10 to 18 Points: Moderate Carb Tolerance**

*You can gain weight easily, but you can also lose it easily when you are focused and dialed in. You do need to pay attention to the quantity and type of carbs you consume, but you can include them in your diet without compromising your ability to lose body fat (therefore leading to a more sustainable lifestyle). On occasion, you struggle with cravings for sweets, but it's not a persistent situation. When you start eating more refined carbs, you do tend to crave them more and more, but when you dial it back and eat healthy carbs from real whole foods, you feel just fine. You only experience bloating and issues when you consume too many carbs or if you consume a specific carb that you have an intolerance to.*

### **18 to 26 Points: Moderately Low Carb Tolerance**

*You gain weight easily and tend to struggle to drop weight even when you are focused and dialed in. You may be prediabetic, have hormonal issues, or have a slower overall metabolism. You have tried to cut out carbs to lose weight but can't sustain it, don't feel your best under those conditions, and experience low energy when you go too low in carbs. You have tried several diets and still can't pinpoint the correct approach to optimize your progress in a way that you can actually live with. If you have starchy carbs with every single meal, you know you will be bloated. As much as you enjoy carbs, you tend to experience better results when your carb intake is a little on the lower side.*

### **Over 27 Points: Very Low Carb Tolerance**

*You feel like you have been struggling to lose weight for most of your life, or after a certain age or life event everything changed for you. When you consume moderate amounts of healthy carbs, you bloat, feel fatigued, and experience brain fog regularly. You experience persistent sugar cravings, you feel constantly hungry even if you just ate, and you struggle to satisfy your appetite with moderate amounts of food. You always feel like you could eat, and you snack so much that you may not even realize you are doing*

*it. You experience digestive issues with particular carbs and feel immediately bloated when you consume them. At this point, you are open to trying anything that will help you, because everything you try doesn't seem to work.*



## FIND YOUR MACRO TYPE QUIZ

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*Answer the following questions and keep track of the number of points assigned to each response.*

1. Based on your results from the Carb Tolerance Quiz in Chapter 4, what is your carb tolerance?
  - A. High carb tolerance (0 points)
  - B. Moderate carb tolerance (3 points)
  - C. Moderately low carb tolerance (6 points)
  - D. Very low carb tolerance (12 points)
  
2. Has your gallbladder been removed?
  - A. Yes, my gallbladder was removed, and I am *unable* to digest high-fat foods. (0 points)
  - B. No, but I have gallstones and/or occasional pain when digesting high-fat foods. (3 points)
  - C. Yes, my gallbladder was removed, but I am *able* to digest high-fat foods with meds and supplementation. (6 points)
  - D. No, I have my gallbladder and have zero issues digesting fat. (6 points)

3. How easy is it for you to add lean muscle?

- A. I struggle to add curves and shape to my frame. (0 points)
- B. I can add lean muscle with intentional effort and have visible muscle definition when I am focused. (3 points)
- C. I can add muscle pretty easily, but it's getting a little harder with age. (6 points)
- D. I add muscle easily but wasn't thicker until adulthood or after kids. (9 points)
- E. I bulk up quickly and have always been naturally on the thicker side. (12 points)

4. If the rate at which you dropped body fat was a mode of transportation, what would best describe it?

- A. Private jet: It is never ever an issue to get to my destination with zero holdups. (0 points)
- B. Commercial airline, nonstop: I have to deal with the hassle of security and getting to the airport early, but no issues to get to the destination once I'm aboard the plane. (3 points)
- C. Commercial airline, multiple stops: I experience layovers here and there, and it typically takes me a little longer, but I always get there even if it means a little more hassle. (6 points)
- D. Cancelled flight, need to rent a car: I'd fly if I could, but it's just not an option, so I need to rent a car. I'll get there some way somehow, even if it feels like it's going to be a while, and this is far from ideal. (9 points)
- E. In a car, with a flat tire, on the side of the road . . . I'm okay driving as long as I can get there, but I'm beginning to wonder if I ever will. I can't even make progress until I get this flat fixed. (12 points)

5. What describes the vibe you get from others toward your health goals?
- A. *"Will you please eat a burger?! You need to eat!"* (0 points)
  - B. *"You are already healthy; you don't need to be this obsessed."* (3 points)
  - C. *"You aren't getting any younger, probably want to stay on top of that."* (6 points)
  - D. *"Maybe you need to work out more."* (9 points)
  - E. *"Maybe you should see a doctor."* (12 points)
6. What best describes your appetite?
- A. I struggle to eat and tend to get full easily. I even forget to eat at times. (0 points)
  - B. I have a healthy appetite with occasional cravings but nothing major. (3 points)
  - C. If I don't drink water and track my food intake, I can easily go over my daily calories without even realizing it. (6 points)
  - D. I have a hard time keeping my appetite in check. (9 points)
  - E. I crave carbs and sugar most of the time, and once I start eating carbs, I feel like I can't turn off my appetite. (12 points)
7. Can you lose weight while including starchy carbohydrates (bread, pasta, white potatoes) in your diet?
- A. Yes, I can eat "whatever" and never gain a pound. (0 points)
  - B. Yes, as long as I'm working out regularly. (3 points)
  - C. Yes, but it depends on the portions and frequency; I need to be mindful. (6 points)
  - D. Not really. I can eat starches, but I can't have them every day. (9 points)
  - E. I wish. I typically need to go very low in carbs to see any changes. (12 points)

8. Have you ever experienced any issues with an underactive thyroid (hypothyroidism)?
- A. No, but I do have hyperthyroidism/overactive thyroid. (0 points)
  - B. Never. (0 points)
  - C. Yes, but I'm on medication for it and am managing it without issues. (6 points)
  - D. Yes, and I'm struggling with weight loss as a result of it. (9 points)
  - E. No, but I have a sluggish metabolism. (12 points)
9. Which best describes your *current* build?
- A. Naturally slender and lean; when I stop working out, I tend to lose weight without trying. (0 points)
  - B. Naturally muscular; when I stop working out and eating right, I tend to gain weight easily. (3 points)
  - C. Moderate build; I need to stay active to maintain a healthy physique. (6 points)
  - D. Naturally curvy or apple shaped; if I don't remain active, I will gain weight very easily. (9 points)
  - E. Naturally thicker; I struggle to lose weight even when I am eating right and working out. (12 points)
10. Which best describes your physique as an adult (before kids or lifestyle-related weight gain)?
- A. Always been naturally thin and lean (0 points)
  - B. Naturally athletic (3 points)
  - C. Yo-yo, have never been able to sustain a healthy body for more than a few months at a time (6 points)
  - D. Naturally curvy (9 points)
  - E. Naturally thicker, have been overweight my entire adult life (12 points)

11. Have you ever been diagnosed with a kidney disorder?
- A. No, I've never experienced any issues with my kidneys. (0 points)
  - B. No, but I've experienced kidney stones or gout. (6 points)
  - C. Yes, my doctor specifically advised me to *avoid* high-protein diets. (9 points)
12. What type of breakfast would give you the most stable energy?
- A. Protein pancakes topped with sliced bananas and maple syrup (0 points)
  - B. Egg whites, breakfast meat of choice, and a side of toast or small bowl of oats (3 points)
  - C. Whole eggs, breakfast meat of choice, and a side of low-sugar fruit (6 points)
  - D. Whole eggs, avocado, and mixed greens (12 points)
13. What type of snacks make you feel the best?
- A. Fresh fruit, granola (0 points)
  - B. Protein smoothie with fresh fruit (3 points)
  - C. Protein shakes, beef jerky, turkey breast (6 points)
  - D. Hard-boiled eggs, nuts, seeds, etc. (9 points)
  - E. Nuts, cheese, avocado (12 points)
14. What best describes your health goals?
- A. Maintain my body weight, gain lean muscle, and lose some fat (0 points)
  - B. Lose 5 to 20 pounds and appear more defined, toned, and lean (3 points)
  - C. Lose over 25 pounds of fat to start feeling healthy again (6 points)
  - D. Lose fat, but mostly feel better again from a hormonal health perspective (9 points)
  - E. Lose more than 50 pounds of stubborn fat (12 points)

15. Have you ever been diagnosed with a hormone imbalance?
- A. No, I have no issues, and my cycle is never ever late.  
(0 points)
  - B. No confirmed imbalances, but I've experienced occasional irregular cycles that are shorter or longer in nature.  
(3 points)
  - C. No imbalances, but I've lost my period before at times.  
(6 points)
  - D. Yes, I've experienced estrogen dominance, PCOS, perimenopause, or menopause. (9 points)
  - E. Yes, I'm struggling with type 2 diabetes. (12 points)

*Now, add up the total points of all your answers. Use the key to see where you land.*

**Under 10 Points: Carb-Fueled Macro Type**

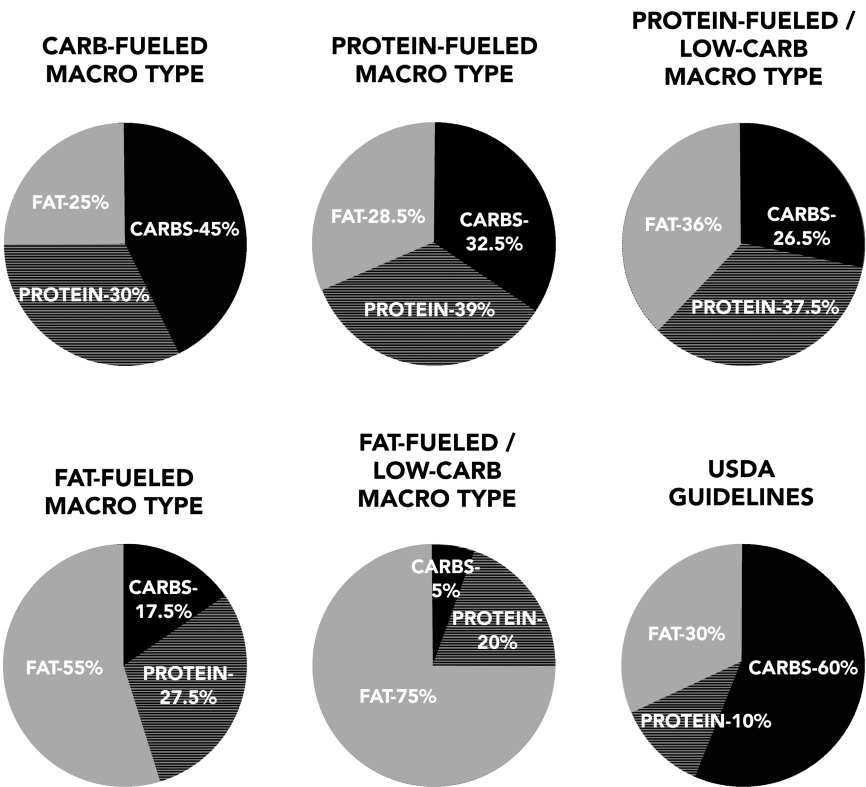
**10 to 40 Points: Protein-Fueled Macro Type**

**40 to 70 Points: Protein-Fueled/Low-Carb Macro Type**

**70 to 90 Points: Fat-Fueled Macro Type**

**90 to 150 Points: Fat-Fueled/Low-Carb Macro Type**

As you can see in the chart below, there are drastic differences in the relative ratios of proteins, carbs, and fats between the five macro types. This is why it's vital to align your eating style with your body's needs. (I've also provided the USDA's recommended daily allowance [RDA] ratios for comparison.)



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## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Liz, Carb-Fueled Macro Type

---



*Before*

*After*

© Elizabeth Josephs

Meet Liz, an ectomorph and bikini competitor. When she first took an interest in fitness competitions, she was already at a lean weight of 127 pounds at 5 foot, 7 inches, and a mother of two beautiful girls. The problem wasn't a need to lose weight, but she wanted to shift her body composition by dropping fat and adding muscle by increasing her calories and carb count significantly. She weighs the same in her before and after photos, but was able to drop her waist from 28 inches to 24 inches while gaining lean muscle and eating over 3,000 calories a day. Her body responded wonderfully to the shift in increased calories, increased carb content, and overall nourishment. This is a perfect example of how eating more carbs and more calories overall actually helped her drop body fat.



## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Julie, Carb-Fueled Macro Type

---



*Before*

*After*

Julie is a distance runner with a naturally slender physique. To most people, she is already tiny, and the idea of needing to optimize her nutrition may seem odd to most. However, she wanted to move away from a skinny fat physique to a strong, lean, and athletic figure. Julie wanted to reduce body fat and gain lean muscle. Her carb intake increased from only 130 grams to over 270 grams per day. She never would have done this on her own, as the concept of eating more carbs seemed unimaginable. She dropped 3.5 percent body fat in twelve weeks and went from a 26-inch waist to a 24-inch waist. She is a perfect example that more cardio and eating less does not equal fat loss. At 49 years young, she then was able to hit new PR's with her race times, and she has sustained her fat loss.

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

### Yasmin, Protein-Fueled Macro Type

---



*Before*

*After*

I've had the privilege of supporting Yasmin through several stages of her health journey. She is a classic mesomorph who gains weight easily but also loses it easily. We started focusing on fat loss by dialing in her nutrition while making sure she didn't lose her curves. We then moved into lean gains, as she wanted to drop fat and add muscle while trying to conceive. Once she conceived, we had her on a healthy pregnancy plan and then supported her to postpregnancy, where she lost the baby weight and is thriving on her high-protein, low-fat, moderate-carb approach to nutrition. Her meal plans were simple, no-fuss, convenience-based meals. We found that her body does best when we dial up the protein and don't overdo it on the fats. Surprisingly enough, she does great with carbs and is able to add nice muscle tone when we make sure she keeps carbs in her diet.

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Lory, Protein-Fueled/Low-Carb Macro Type

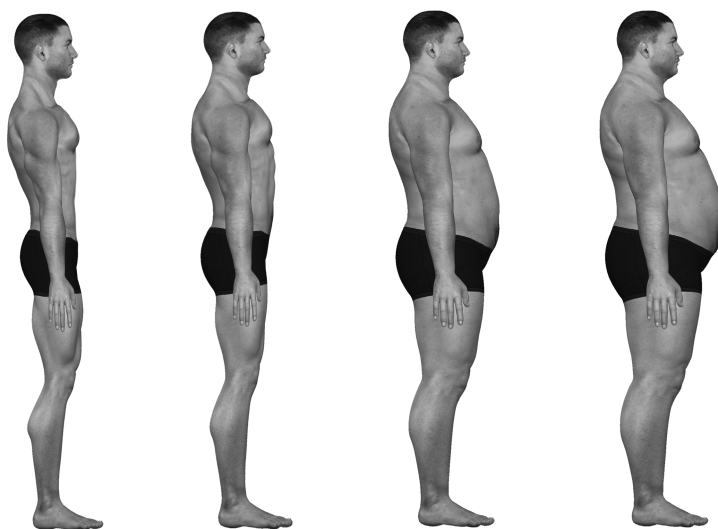
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*Before*

*After*

Lory is a working mom of two who's been doing this program for a year and a half. While she doesn't have diabetes or insulin resistance, she has specific intolerances and sensitivities to lactose and high-FODMAP foods, which means she's better off eating a moderately low-carb plan (75 to 100 grams of carbs). She responded best with high protein, slightly lower carbs, and moderate to moderately low fat. When she started, her waistline was over 35 inches, and it's now under 26 inches — she's down almost 10 inches in her torso yet has maintained her curves. Every time people see these photos, they assume she had a tummy tuck; however, these incredible results are 100 percent from nutrition and consistent exercise.



© Levi Bunnell

## UNLOCKING YOUR MACRO TYPE: REAL STORIES, REAL SUCCESSES

Alva, Protein-Fueled Macro Type

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*Before*

*After*

Alva is a pear-shaped endomorph, and she is a perfect example of why I wrote this book. Most people assume that endomorphs need to go lower in carbs. Although Alva is an endomorph, she doesn't have a low carb tolerance, and she was able to lose weight with consistent nutrition and workouts. Her calorie intake ranged from 1,200 to 1,500 over the course of her program with adjustments made weekly to support her progress. It took her approximately six months to reach her goal physique for her petite 5-foot, 1-inch frame, and then she went on to maintenance eating over 2,000 calories a day.

Now that you have prepared your mind, emotions, and body to start your journey, let's set up your plan!

## 1. DETERMINING BASAL METABOLIC RATE

The number of calories your body needs to function is called your *basal metabolic rate*, or BMR. This value tells you how much energy you need to sustain your current body mass, assuming you are at rest and expending zero physical energy. You can have professionals measure this value, or you can calculate it using the Mifflin-St Jeor equations, a model that uses age, height, and weight to estimate BMR. Hospitals and nutrition clinics use these equations to determine the calorie requirements of their patients. (There are four BMR equations with widespread use, but the Mifflin-St Jeor equations tend to yield the most reliable results.) The Mifflin-St Jeor equations are:

$$\text{Female: BMR} = (4.536 \times \text{weight in pounds}) + \\ (15.88 \times \text{height in inches}) - (5 \times \text{age in years}) - 16$$

$$\text{Male: BMR} = (4.536 \times \text{weight in pounds}) + \\ (15.88 \times \text{height in inches}) - (5 \times \text{age in years}) + 5$$

For example, a 35-year-old female who is 5 feet, 5 inches and 175 pounds:

$$\begin{aligned}
 \text{BMR} &= (4.536 \times \mathbf{175 \text{ pounds}}) + (15.88 \times \mathbf{65 \text{ inches}}) \\
 &\quad - (5 \times \mathbf{35 \text{ years}}) - 161 \\
 \text{BMR} &= (793.8) + (1032.2) - (175) - 161 \\
 \text{BMR} &= 1,490 \text{ calories}
 \end{aligned}$$

## 2. DETERMINING ACTIVITY FACTOR

Using your BMR with your activity level, you can calculate how many calories your body needs to meet your daily energy expenditure needs based on your daily activity levels. Be honest with yourself about your current level of activity. The following activity factors (abbreviated as AF below) reflect different levels of activity in an average week:

- If you are sedentary and do not exercise, your AF is 1.2.
- If you exercise lightly 1 to 3 times per week, your AF is 1.375.
- If you exercise 3 to 4 times per week, your AF is 1.4.
- If you exercise 4 to 5 times per week, your AF is 1.55.
- If you exercise 5 to 6 times per week, your AF is 1.65.
- If you exercise 6 or 7 times per week, your AF is 1.725.
- If you exercise 7 times per week and have a physically demanding job, your AF is 1.9.

So a woman who has a sedentary job and works out three to four times a week has an activity factor of 1.375. While she does work out, the fact that she is sedentary most of the time pushes her into a lower range. It's always better to underestimate the activity factor.

## 3. DETERMINING TOTAL DAILY ENERGY EXPENDITURE

Your total daily energy expenditure (TDEE) is the number of calories you need to sustain your current body mass, factoring in the calories you burn through activity. We determine the TDEE by multiplying the BMR with the activity factor.

Example: A 35-year-old female who is 5 feet, 5 inches and 175 pounds and has a BMR of 1,490 and an activity factor of 1.375 yields the following total daily energy expenditure:

$$\text{TDEE} = \text{BMR} \times \text{activity factor}$$

$$\text{TDEE} = 1,490 \times 1.375$$

$$\text{TDEE} = 2,048.75$$

#### 4. DETERMINING TARGET CALORIC INTAKE

The next step is to determine your target caloric intake, which depends on your goal. If you want to lose fat, you subtract 500 from your TDEE to get your target caloric intake. To gain weight, you add 500 to your TDEE. To maintain your current weight, your TDEE is your target caloric intake. So, depending on your goal, you should change your caloric intake as follows:

$$\text{Fat-loss caloric intake (for 1 lb of fat loss/week)} = \text{TDEE} - 500$$

$$\text{Maintenance caloric intake} = \text{TDEE} - 0$$

$$\text{Weight-gain caloric intake (for 1 lb of mass gain/week)} = \text{TDEE} + 500$$

For example, a 35-year-old female who is 5 feet, 5 inches and 175 pounds, has a TDEE of 2,048.75, and wants to lose 1 pound of body fat per week needs the following target caloric intake:

$$\text{Fat-loss caloric intake} = \text{TDEE} - 500$$

$$\text{Fat-loss caloric intake} = 2,048.75 - 500$$

$$\text{Fat-loss caloric intake} = 1,548.75 \text{ (rounded to 1,549)}$$

#### 5. APPLYING THE MACRONUTRIENT RATIOS FOR EACH MACRO TYPE

Now you are going to factor in your macro type to get your appropriate daily macronutrient intake. Calculate this by multiplying your daily



caloric intake by your target macronutrient percentages for each macro (proteins, carbs, and fats). (And remember that if you want to lose body fat, you'll need to be in a suitable *caloric deficit*, or these recommendations will not matter, even if your *macro ratios* are perfect. Only when your calories are at the correct level will changing your proportions of fats, carbs, and proteins drive progress.)

This means you take your target caloric intake (e.g., 1,549 calories) and multiply it by the percentages of each macro to get the daily calories you need for each. (So for, say, 39 percent, you would multiply by 0.39.) You then take the daily calorie amount for each macro and divide it by the calories per gram of that nutrient to get the number of grams of each macro you should consume each day.

| MACRO<br>TYPE                | %<br>CARBS | %<br>PROTEIN | %<br>FAT |
|------------------------------|------------|--------------|----------|
| CARB-<br>FUELED              | 45.0       | 30.0         | 25.0     |
| PROTEIN-<br>FUELED           | 32.5       | 39.0         | 28.5     |
| PROTEIN-FUELED /<br>LOW CARB | 26.5       | 37.5         | 36.0     |
| FAT-FUELED                   | 17.5       | 27.5         | 55.0     |
| FAT-FUELED /<br>LOW CARB     | 5.0        | 20.0         | 75.0     |
| USDA                         | 60.0       | 10.0         | 30.0     |

For example, a 35-year-old female who is 5 feet, 5 inches and 175 pounds, with a TDEE of 2,049, and who is looking to lose 1 pound of body fat per week, has a target intake of 1,549 calories. If she is a Protein-Fueled Macro Type (see above) and has a moderate carb tolerance, she would need to set up her macros as follows:

**39% Protein:**  $0.39 \times 1,549 = 604.1$  calories from protein  
 $604.1 \text{ cal} \div 4 \text{ cal per g protein} = \mathbf{151 \text{ g protein each day}}$

**28.5% Fats:**  $0.285 \times 1,549 = 441.5$  calories from fat  
 $441.5 \text{ cal} \div 9 \text{ cal per g fat} = \mathbf{49.1 \text{ g fats each day}}$

**32.5% Carbs:**  $0.325 \times 1,549 = 503.4$  calories from carbs  
 $503.4 \text{ calories} \div 4 \text{ cal per g carbs} =$   
**125.9 g carbs each day**

## Now It's Your Turn

Hopefully, the plan is starting to click in your mind — you've now determined which macro type fits you best, you have your target daily calorie intake, and you've used that info to determine your macronutrient goals for each day. Now that you've seen how this works in the example, it's time for you to plug in your personal values.

### 1. DETERMINE YOUR BASAL METABOLIC RATE

Female:  $\text{BMR} = (4.536 \times \text{weight in pounds}) +$   
 $(15.88 \times \text{height in inches}) - (5 \times \text{age in years}) - 161$

My BMR =  $(4.536 \times \text{___ lbs}) + (15.88 \times \text{___ in}) - (5 \times \text{___ yrs}) - 161$   
BMR =  $(\text{___}) + (\text{___}) - (\text{___}) - 161 = \text{___}$

Male:  $\text{BMR} = (4.536 \times \text{weight in pounds}) +$   
 $(15.88 \times \text{height in inches}) - (5 \times \text{age in years}) + 5$

My BMR =  $(4.536 \times \text{___ lbs}) + (15.88 \times \text{___ in}) - (5 \times \text{___ yrs}) + 5$   
BMR =  $(\text{___}) + (\text{___}) - (\text{___}) + 5 = \text{___}$

**My BMR = \_\_\_ calories**

## 2. DETERMINE YOUR ACTIVITY FACTOR

- If you are sedentary and do not exercise, your AF is 1.2.
- If you exercise lightly 1 to 3 times per week, your AF is 1.375.
- If you exercise 3 to 4 times per week, your AF is 1.4.
- If you exercise 4 to 5 times per week, your AF is 1.55.
- If you exercise 5 to 6 times per week, your AF is 1.65.
- If you exercise 6 or 7 times per week, your AF is 1.725.
- If you exercise 7 times per week and have a physically demanding job, your AF is 1.9.

**My activity factor =** \_\_\_\_\_

## 3. DETERMINE YOUR TOTAL DAILY ENERGY EXPENDITURE

$$\text{TDEE} = \text{BMR} \times \text{activity factor}$$

$$\text{TDEE} = \text{_____} \times \text{_____} = \text{_____}$$

**My TDEE =** \_\_\_\_\_

## 4. DETERMINE YOUR TARGET CALORIC INTAKE

**Fat-loss caloric intake** (for 1 lb of fat loss/week) = TDEE – 500

**Maintenance caloric intake** = TDEE – 0

**Weight-gain caloric intake** (for 1 lb of mass gain/week) = TDEE + 500

Calculate your target caloric intake according to your goal:

$$\text{Fat-loss caloric intake} = \text{_____ (TDEE)} - 500 = \text{_____}$$

$$\text{Maintenance caloric intake: } \text{_____ (TDEE)} - 0 = \text{_____}$$

$$\text{Weight-gain caloric intake} = \text{_____ (TDEE)} + 500 = \text{_____}$$

**My target caloric intake =** \_\_\_\_\_

## 5. APPLY THE MACRONUTRIENT RATIOS FOR YOUR MACRO TYPE

| MACRO TYPE                | % CARBS | % PROTEIN | % FAT |
|---------------------------|---------|-----------|-------|
| CARB-FUELED               | 45.0    | 30.0      | 25.0  |
| PROTEIN-FUELED            | 32.5    | 39.0      | 28.5  |
| PROTEIN-FUELED / LOW CARB | 26.5    | 37.5      | 36.0  |
| FAT-FUELED                | 17.5    | 27.5      | 55.0  |
| FAT-FUELED / LOW CARB     | 5.0     | 20.0      | 75.0  |
| USDA                      | 60.0    | 10.0      | 30.0  |

\_\_\_\_% **protein** (from chart): \_\_\_\_

(% **protein** ÷ 100) \_\_\_\_ × (target caloric intake) \_\_\_\_ = \_\_\_\_ calories from protein

\_\_\_\_ calories from protein ÷ 4 cal per g protein = \_\_\_\_ **g protein each day**

\_\_\_\_% **fat** (from chart): \_\_\_\_

(% **fat** ÷ 100) \_\_\_\_ × (target caloric intake) \_\_\_\_ = \_\_\_\_ calories from fat \_\_\_\_

calories from fat ÷ 9 cal per g fat = \_\_\_\_ **g fats each day**

\_\_\_\_% **carbs** (from chart): \_\_\_\_

(% **carbs** ÷ 100) \_\_\_\_ × (target caloric intake) \_\_\_\_ = \_\_\_\_ calories from carbs

\_\_\_\_ calories from carbs ÷ 4 cal per g carbs = \_\_\_\_ **g carbs each day**

## Planning Meals: What You Will Eat in a Day

Once you have your customized macronutrient targets and daily caloric intake goal, your objective is to eat whatever you want within those limits. It doesn't matter what you eat to add up to the right macro ratios, so long as you're hitting your target grams of proteins, carbs, and fats for the day.

If you are new to macros, this can be overwhelming, so I'm going to make it as easy as possible by providing simple guidelines of what a full day of eating would look like according to your macro type. This is ideal if you are overwhelmed by the concept of adding numbers and math to food. Keep in mind that there are infinite ways you could arrange your daily food intake and still hit your macro goals for the day. However, sometimes too much flexibility isn't ideal because it leaves too many options on the table when what you need is focused direction to get started so you know what foods to pick up at the grocery store. By breaking down your recommended macro type into examples of real whole foods instead of just numbers, you can more easily grasp what your meals should look like compared to how you are currently eating.

To begin, we need to understand which macronutrient categories real whole foods fall under. If you are new to macros, there's a bit of a learning curve here. If you are a Protein-Fueled Macro Type, you'll need to learn which foods are higher in protein. If you need to be lower in carb consumption, you should have a better idea of which foods you need to eat in small amounts. If you are a Fat-Fueled Macro Type, you need to know which foods support that. The problem is that real foods aren't always made up of one single macronutrient (although some are). For example, most think of eggs as "protein," but in reality, a single whole egg is 6.5 grams of protein and 5 grams of fat. In another example, it's obvious that bread is a carb, but so is broccoli. For this reason, refin-

ing how we view real whole foods in terms of macronutrients deserves a brief discussion.

While there are three macronutrients, when it comes to planning meals, I look at food in six categories, not three: lean proteins, fatty proteins, low-GI carbs, high-GI carbs, healthy fats, and fatty low-GI carbs.

## LEAN PROTEIN

*Chicken, egg whites, fish, turkey, lean beef, whey, collagen, etc.*

I've split proteins into two categories based on their relative fat content. When you hear the term *lean protein*, think low fat. If you don't consider the fat content of your protein sources, you could easily overshoot your daily fat intake because there are a lot of proteins with a substantial portion of their calories from dietary fats. Again, fats are not "bad"; it's more a matter of ensuring you stay within your specific daily targets. I consider any protein with less than 10 grams of fat per serving (assuming you are getting at least 25 grams of protein per serving) to be a "lean" protein source. This is where foods like boneless skinless chicken breast, white fish, tuna, turkey, lean beef, protein powders, and egg whites tend to be excellent staples to ensure you are reaching your daily protein goal without overshooting your fat intake.

## FATTY PROTEIN

*Salmon, whole eggs, pork, rib eye, duck, lamb, etc.*

Fatty-protein recipes tend to be tastier and may feel more like "regular food" to you if you aren't used to macro-based cooking. However, it is important to acknowledge that these contain greater amounts of fat, and as a result they should be carefully considered. Remember that you can eat whatever you wish as long as it fits your macros; however, if you are a Protein-Fueled Macro Type, you may find that if you consume fatty proteins with every meal (for example, whole eggs for breakfast,

salmon for lunch, and duck for dinner) you will most likely go over your daily fat budget. Likewise, if you are a Fat-Fueled Macro Type, you need to be selecting *more* fatty protein sources as opposed to lean proteins. Instead of egg whites (which is common to a lot of bodybuilder-style meal plans), you would do better with fattier proteins like whole eggs. Remember to not overcomplicate this section. I consider a protein source to be “fatty” if it has *more* than 10 grams of fat per serving (assuming each serving contains roughly 20 to 25 grams of protein). This is where foods like fattier cuts of fish such as salmon, mackerel, trout, and albacore tuna are excellent food choices. In addition, think chicken thighs with the skin on, whole eggs, rib eye, duck, lamb, or hemp tofu as food options that are high in protein while providing a good source of dietary fats.

## HIGH-GI CARBS

*Rice, whole grains, oats, pasta, potatoes, banana, etc.*

Carbs are broken down based on their ranking according to the glycemic index (GI) scale. This scale describes how quickly a given carbohydrate will increase your blood glucose level. If a carb is higher on the GI scale, it means it is converted to usable energy quickly, which is great as your body demands that energy if you are about to work out, play intense sports, or if you struggle to gain weight. However, if you are relatively sedentary, too much from this category of foods can lead to fat gain. Tracking high-GI carbs will be the biggest eye-opener for you if you have never tracked or portioned your foods before. This is because typical portion sizes at restaurants or even what you are used to preparing at home tend to be way larger than anything I will recommend here. As stated earlier, the USDA recommends 300 grams of carbs per day for adults and the WHO recommends 400 grams. Naturally, this would apply to only Carb-Fueled Macro Types who are also active; so it does not apply to most of us. Be prepared to recalibrate your mind,

your eyes, and your plate. You will *not* starve on your new carb portions, but know that it will be an adjustment for the first week, as your body naturally detoxes from higher-carb foods that tend to include empty sugars. The body is great at acclimating, and it won't be long before you are feeling fuller sooner on a meal with a different macronutrient composition. If your macro type calls for high-GI carbs, you would do best with foods like bananas, rice, oats, potatoes, etc. as your carb sources.

### LOW-GI CARBS

*Leafy greens, veggies, mixed berries, squash, cruciferous veggies, etc.*

Low-GI carbs are foods that are considered carbs based on their chemical composition, but they impact the body differently compared to high-GI carbs. When you consume them, they don't spike the blood sugar as high and, therefore, are a great alternative for those with insulin management issues. Low-GI carbs are foods that are higher in fiber and lower in sugar and that do not have a big impact on your insulin when consumed in moderate amounts (i.e., under about 10 to 15 grams of carbs per serving). This means incorporating nonstarchy green vegetables like asparagus, squash, leafy greens, low-sugar berries, and any other vegetable that doesn't cause a sharp insulin spike. Not only do low-GI carbs help you feel full and satisfied longer, but they also support weight loss by enabling you to keep your calories lower while consuming higher volumes of food.

### FATTY LOW-GI CARBS

*Low-carb high-fat bread, almond flour tortillas, coconut flour tortillas, veggies sautéed in healthy fats, veggie casseroles, cauliflower pizza crusts, healthy sauces/dips (i.e., hummus), coconut chips*

You may be wondering what on earth are fatty low-GI carbs. These are foods that represent food items and preparation methods common to



paleo, low-carb/high-fat, and keto diets. This means that the food is high in fat but low in carbs, but not so low in carbs that the carbs are insignificant. It's worth considering it a group especially for macro types 3 through 5, as these types of foods do become new staples in a real day of eating, and it's easier to organize how you eat around it.

Fatty low-GI carb recipes contain ingredients or foods that are high in fat and low in carbs. It can be something as simple as Brussels sprouts sautéed in at least 10 grams of olive oil. To be considered a fatty low-GI carb, there needs to be at least 10 grams of fat present in the serving, thereby making a significant source of dietary fat intake.

### HEALTHY FATS

*Olive oil, coconut oil, avocado oil, nuts, seeds, ghee, grass-fed butter, olives, walnuts, almonds, chia, flax, hemp*

This is one of the simplest categories as these foods are primarily just fat, with a few of them having fiber, like avocado, nuts, and seeds. When incorporating a healthy fat into your meals as a stand-alone ingredient, it is typically part of the cooking method associated with the meal unless it's a topping on a salad or an addition to a shake. To be considered a healthy fat, the majority of the food needs to be fat. It will be eye-opening for most to see the caloric contribution of these foods, which are considered healthy. They are healthy, but the portions need to be carefully considered, as the calories add up quickly. If you need to consume lower amounts of dietary fats due to your macro type, you will find that you need to choose wisely so you don't overdo it in this category, which is one of the most common mistakes.

### COUNTLESS FOODS

These items contain less than 3 grams of carbs per serving and typically contain fiber. Think of bell peppers, cucumbers, celery, leafy greens,

and other low-calorie veggies, along with fresh herbs and a squeeze of lemon or lime. These foods add a trivial number of calories to your meals and allow you to boost the volume on your plate without spiking your insulin. The goal is to allow you to have mindless items you can freely consume without having to think, track, or stress when you are feeling like you want “more.”

If you are feeling hungry, you can have the following foods at any time without having to count or track:

|              |                |             |                 |
|--------------|----------------|-------------|-----------------|
| Kale         | Dill pickles   | Spices      | Black coffee    |
| Spinach      | Banana peppers | Fresh herbs | Tea             |
| Arugula      | Hot peppers    | Hot sauce   | Sparkling water |
| Mixed greens | Vinegar        | Lemons      | Café Americano  |
| Bell peppers | Onions         | Limes       | Stevia          |
| Cucumbers    | Garlic         | Kimchi      | Monk fruit      |

## CARB-FUELED MACRO TYPE

---

You will want to organize your plate for breakfast, lunch, and dinner to include this type of breakdown:

- 4 to 6 oz lean proteins
- 8 to 10 oz high-GI carbs
- 2 to 4 oz low-GI carbs
- <0.5 oz healthy fats

*Prior to workouts include:*

- 4 oz high-GI carbs

*After workouts include:*

- 4 to 6 oz lean proteins (or 1 scoop of a protein supplement)
- 4 oz high-GI carbs

*Snacks:*

- >4 oz high-GI carbs

## PROTEIN-FUELED MACRO TYPE

---

You will want to organize your plate for breakfast, lunch, and dinner to include this type of breakdown:

- 4 to 6 oz lean proteins
- <4 oz high-GI carbs
- 2 to 4 oz low-GI carbs
- <0.5 oz healthy fats

*Prior to workouts include:*

- 2 oz high-GI carbs

*After workouts include:*

- 4- to 6 oz lean proteins (or 1 scoop of a protein supplement)
- 2 oz high-GI carbs

*Snacks:*

- 4 to 6 oz lean proteins (or 1 scoop of a protein supplement)

## PROTEIN-FUELED/LOW-CARB MACRO TYPE

---

You will want to organize your plate for breakfast, lunch, and dinner to include this type of breakdown:

- 4 oz fatty proteins
- 2 to 4 oz high-GI carbs
- 4 to 6 oz low-GI carbs
- 0.5 to 1 oz healthy fats

*Prior to workouts include:*

- 2 oz high-GI carbs

*After workouts include:*

- 4 to 6 oz lean proteins (or 1 scoop of a protein supplement)
- 2 oz high-GI carbs

*Snacks:*

- 4 to 6 oz fatty proteins

## FAT-FUELED MACRO TYPE

---

You will want to organize your plate for breakfast, lunch, and dinner to include this type of breakdown:

- 4 oz fatty proteins

- 2 to 4 oz high-GI carbs (you are to keep this portion to only one of the three major meals; it is advised to include with breakfast and omit for lunch and dinner)

- 4 to 6 oz low-GI carbs

- 0.5 to 1 oz healthy fats

*Prior to workouts include:*

- 2 oz high-GI carbs

*After workouts include:*

- 4 to 6 oz lean proteins (or 1 scoop of a protein supplement)

- 2 oz high-GI carbs

*Snacks:*

- Keep snacking to a minimum and focus on countless foods (see page 152)

## FAT-FUELED/LOW-CARB MACRO TYPE

---

You will want to organize your plate for breakfast, lunch, and dinner to include this type of breakdown:

- 3 oz fatty proteins
- <4 oz low-GI carbs
- >1 oz healthy fats

*Prior to workouts include:*

- 3 oz fatty proteins

*After workouts include:*

- 4 to 6 oz lean proteins (or 1 scoop of a protein supplement)
- 2 oz low-GI carbs

*Snacks:*

- 1 oz healthy fats

## Eating for Each Macro Type and Sample Meal Plans

The ultimate challenge for most people starting a macros program is relearning how to eat. This is a difficult concept, as we all have deep-seated ideas about eating that we have acquired over the years, stemming from our upbringing, culture, and preferences.

Unfortunately for most, the way of eating you are used to tends to be out of alignment with your optimal nutrition. I've seen this happen countless times with my clients. They will question all of my recommendations and convince themselves that this new way of eating is so different, there is no way they could stick to it. Yet, after a few days, they find themselves feeling better than ever. Their energy levels are higher, their skin is clearer, they're experiencing less bloating and sugar cravings, and their digestion has improved. After a few weeks, their clothes are fitting better or even getting looser, and they're seeing and feeling things change in their bodies that they thought were impossible. When relearning how to eat, it's important to remember that you are going to experience a physical and emotional recalibration. Huh? Let me explain.

Most people eat until they feel emotionally satisfied, physically stuffed, or both. Before you commit to making a conscious effort to



eat healthy, you are most likely eating whatever is most convenient, affordable, and satisfying in the moment. This doesn't account for your body's legitimate nutrient needs.

Depending on your macro type, you may find that you need much more of the dominant macronutrient than you're used to eating. Let's take a look at these macro-type eating styles and sample meal plans.

## Type 1: Carb-Fueled Macro Type

### SAMPLE 2,000-CALORIE MEAL PLAN

30% Protein | 45% Carbs | 25% Fats

#### *Overview*

Most carb-fueled nutrition plans are for people who have a hard time gaining weight (aka ectomorphs) or are seeking to add lean muscle. These plans have a higher volume of carbs per meal and higher-carb snacks. Carb-fueled plans tend to include a caloric intake for body weight maintenance (at the minimum) or a caloric surplus. For those looking to gain lean muscle mass, I recommend adding 300 calories to their TDEE (total daily energy expenditure). For those seeking to gain weight overall, I recommend adding a maximum of 500 calories to their TDEE. For women, this type of plan tends to start no lower than 1,700 to 1,800 calories, and for men at 2,000 to 2,200 calories. Remember, depending on how active you are, these meal plans can easily be in the range of 3,000 to 5,000 calories.

#### *Pre-Workout Nutrition*

If you are training first thing in the morning, I advise getting at least 25 grams of carbs pre-workout. If you work out later in the day, your last meal can serve as your pre-workout meal.

### *Post-Workout Nutrition*

I advise consuming at least 25 grams of protein and at least 10 grams of carbs post-workout. It's important to keep the fat content very low in your post-workout meal so as not to slow down your body's absorption of proteins, which support muscle recovery, and carbs, which support glycogen replenishment.

### *Meal Timing*

When eating according to a higher-carb protocol, you will get full pretty fast. You may find yourself complaining about all the carbs you need to eat. If you do so in front of me, I will roll my eyes at you, LOL. A lot of people would *love* to need to eat more carbs. In most cases, since you already have a high tolerance for carbs, I don't advise intermittent fasting. You may need some breathing room between meals to digest your food before you have to eat again. I recommend eating three meals and three snacks: a pre-workout snack, a post-workout snack, and a third snack. You are welcome to condense the meals, but most people find it difficult to eat that much in one sitting and enjoy a more spread-out meal schedule to avoid getting super full. I suggest waiting at least 2 hours between meals, with the exception of your post-workout meal. You are welcome to eat your next meal right after a post-workout shake if that works for you. For example, if you hit the gym in the early morning, you would eat a snack before the gym, then drink a post-workout shake within 30 minutes after working out. After that, you don't need to wait to eat breakfast.

### *Snacks*

Between meals, it is best to keep your snacks high in quality carbohydrates. This means choosing whole foods high in micronutrients, antioxidants, and fiber. Fresh fruit, veggies, and whole grains are excellent snacks for the Carb-Fueled Macro Type. For those struggling to hit

their carb macros, the best choices are nutrient-dense foods like rice cakes, bananas, coconut water, grapes, toast with jelly, dried fruit, oats, and fruit smoothies. If you find the carb portions in your meals too big for your liking, you can reduce the size of your meals and eat some of the carbs between meals as snacks.

### *The Plan*

The chart that follows outlines a sample meal plan broken down into a full day of eating for a Carb-Fueled Macro Type. The target daily caloric intake for this meal plan is 2,000 calories at 30 percent protein, 45 per-cent carbs, and 25 percent fat.

The menu is broken down into pre- and post-workout meals, break-fast, lunch, dinner, and snacks. It is written as though you are working out first thing in the morning. If you work out at a different time of day, simply move the pre- and post-workout meals accordingly.

Each meal is broken down into each food, quantity, and macronutri-ent per line. It is organized in this manner so you can see precisely how each food contributes to each meal, as well as the bigger picture of the entire day. This is particularly useful in making substitutions, so you know exactly how much of each macronutrient you need to substitute. You will notice that the meals tend to be higher in carbs, moderate in protein, and lower in dietary fats.

At the bottom of the chart, you will see the daily totals of calories, carbs, fiber, fat, and protein intake compared to the daily goals. This sample plan was written at 2,000 calories for a female Carb-Fueled Macro Type because, on average, this is approximately what my clients who fall into this category typically end up eating as a starting point. To scale this meal plan for a male Carb-Fueled Macro Type, multiply the portions by a factor of 1.6. Because we know the targeted percentages for protein, carbs, and fat, the macronutrients targeted were translated into grams by following the basic math in step #5 of determining your

macronutrients (see page 146). In this sample meal plan, the target daily macronutrients are 215 grams carbs, 60 grams fat, and 150 grams protein.

MEAL PLAN FOR CARB-FUELED MACRO TYPE

| Meal         | Quantity               | Food Description                              | Cal (kCal)   | Carbs (g)   | Fiber (g)  | Fat (g)    | Protein (g) |
|--------------|------------------------|---|--------------|-------------|------------|------------|-------------|
| Pre-Workout  | 4 oz                   | Banana, raw                                   | 100.0        | 26.0        | 2.8        | 0.4        | 1.2         |
|              |                        | <b>Pre-Workout Total</b>                      | <b>100.0</b> | <b>26.0</b> | <b>2.8</b> | <b>0.4</b> | <b>1.2</b>  |
| Post-Workout | 1 each                 | Strawberry-Pineapple Protein Shake (page 218) | 177.0        | 12.0        | 1.0        | 3.0        | 25.0        |
|              |                        | <b>Post-Workout Total</b>                     | <b>177.0</b> | <b>12.0</b> | <b>1.0</b> | <b>3.0</b> | <b>25.0</b> |
| Breakfast    | 1 serving              | Breakfast Fried Rice (page 203)               | 309.0        | 30.0        | 2.0        | 7.0        | 31.0        |
|              |                        | <b>Breakfast Total</b>                        | <b>309.0</b> | <b>30.0</b> | <b>2.0</b> | <b>7.0</b> | <b>31.0</b> |
| Snack        | 4 oz                   | Banana, raw                                   | 100.0        | 26.0        | 2.8        | 0.4        | 1.2         |
|              |                        | <b>Snack 1 Total</b>                          | <b>100.0</b> | <b>26.0</b> | <b>2.8</b> | <b>0.4</b> | <b>1.2</b>  |
| Lunch        | 6 oz<br>(1½ servings)  | Slow-Cooker Cilantro-Lime Chicken (page 206)  | 256.5        | 4.5         | 0.0        | 10.5       | 36.0        |
|              | 10 oz<br>(2½ servings) | Cumin-Cilantro Sweet Potatoes (page 252)      | 285.0        | 60.0        | 10.0       | 2.5        | 5.0         |

| Meal   | Quantity               | Food Description                             | Cal (kCal)        | Carbs (g)        | Fiber (g)        | Fat (g)        | Protein (g)        |
|--------|------------------------|--|-------------------|------------------|------------------|----------------|--------------------|
|        | 1 serving              | Lemon-Garlic Kale Sauté (page 254)           | 36.0              | 7.0              | 1.0              | 0.0            | 2.0                |
|        |                        | <b>Lunch Total</b>                           | <b>577.5</b>      | <b>71.5</b>      | <b>11.0</b>      | <b>13.0</b>    | <b>43.0</b>        |
| Snack  | 1 each                 | Chocolate Chip Protein Blondies (page 239)   | 165.0             | 12.0             | 2.0              | 10.0           | 11.0               |
|        | 2 oz                   | Banana, raw                                  | 50.0              | 13.0             | 1.4              | 0.2            | 0.6                |
|        |                        | <b>Snack 2 Total</b>                         | <b>215</b>        | <b>25.0</b>      | <b>3.4</b>       | <b>10.2</b>    | <b>11.6</b>        |
| Dinner | 6 oz<br>(1 ½ servings) | Slow-Cooker Cilantro-Lime Chicken (page 206) | 256.5             | 4.5              | 0.0              | 10.5           | 36.0               |
|        | 8 oz<br>(2 servings)   | Garlic-Jalapeño Cilantro Rice (page 247)     | 352.0             | 50.0             | 2.0              | 14.0           | 6.0                |
|        | 1 each                 | Lemon-Garlic Kale Sauté (page 254)           | 36.0              | 7.0              | 1.0              | 0.0            | 2.0                |
|        |                        | <b>Dinner Total</b>                          | <b>644.5</b>      | <b>61.5</b>      | <b>3.0</b>       | <b>24.5</b>    | <b>44.0</b>        |
|        |                        |  | <b>Cal (kCal)</b> | <b>Carbs (g)</b> | <b>Fiber (g)</b> | <b>Fat (g)</b> | <b>Protein (g)</b> |
|        |                        | <b>Your Daily Totals</b>                     | 2,123             | <b>252</b>       | 26               | <b>58.5</b>    | <b>157</b>         |
|        |                        | <b>Your Daily Goal</b>                       | 2,000             | <b>225</b>       | 17               | <b>56</b>      | <b>150</b>         |
|        |                        | <b>Target Macronutrient Percentages</b>      |                   | <b>45%</b>       |                  | <b>25%</b>     | <b>30%</b>         |

## CARB-FUELED GROCERY LIST

|                          |  |
|--------------------------|--|
|                          | PROTEINS                                     |
| <input type="checkbox"/> | Whey Protein Isolate, Gauge Life Supplements |
| <input type="checkbox"/> | Chicken breasts, boneless, skinless          |
| <input type="checkbox"/> | Egg whites                                   |
|                          | CARBS  |
| <input type="checkbox"/> | Bananas, raw                                 |
| <input type="checkbox"/> | Strawberries, raw                            |
| <input type="checkbox"/> | Pineapple, raw                               |
| <input type="checkbox"/> | Almond extract                               |
| <input type="checkbox"/> | Rice, long-grain white (Jasmine, Basmati)    |
| <input type="checkbox"/> | Sweet potatoes, raw (about 2 large)          |
| <input type="checkbox"/> | Peas, frozen                                 |
| <input type="checkbox"/> | Limes  |
| <input type="checkbox"/> | Garlic, raw                                  |
| <input type="checkbox"/> | Garlic powder                                |
| <input type="checkbox"/> | Cayenne pepper                               |
| <input type="checkbox"/> | Jalapeño                                     |
| <input type="checkbox"/> | Soy sauce (or coconut aminos)                |
| <input type="checkbox"/> | Sriracha hot sauce                           |
| <input type="checkbox"/> | Chocolate chips                              |
|                          | FATS   |
| <input type="checkbox"/> | Olive oil                                    |
| <input type="checkbox"/> | Almond Butter, Justin's Classic              |
| <input type="checkbox"/> | Unsweetened almond milk                      |
| <input type="checkbox"/> | Bacon  |

## Type 2: Protein-Fueled Macro Type

### SAMPLE 1,500-CALORIE MEAL PLAN

39% Protein | 32.5% Carbs | 28.5% Fats

#### *Overview*

Protein-fueled nutrition plans tend to be for those who gain and lose weight easily when they're focused (aka mesomorphs). These plans have a much higher amount of protein per meal, with a daily focus on getting *enough* protein. Most protein-fueled nutrition plans include a total caloric intake at least 500 calories lower than your TDEE. These plans range between 1,200 and 1,700 calories for most women and between 1,700 and 2,300 calories for most men. Remember, these values will vary based on the rate at which you want to pursue your goal. When eating according to a higher-protein protocol, especially for the first time, it's difficult to hit your macro ratios without a game plan. For this reason, I don't advise starting a protein-fueled protocol with flexible dieting (see page 194). I suggest following a meal plan for at least three weeks to get a feel for what portions and foods you need to eat.

#### *Pre-Workout Nutrition*

I advise getting at least 15 grams of carbs pre-workout if you're training first thing in the morning. If you work out later in the day, your last meal can serve as your pre-workout meal.

#### *Post-Workout Nutrition*

I advise consuming at least 25 grams of protein and at least 5 grams of carbs after working out. It's important to keep the fat content very low in your post-workout meal so as not to slow down your body's ab-

sorption of proteins to support muscle recovery and growth.<sup>1</sup> It's also important that you eat your post-workout meal within 30 to 45 minutes of training. Studies show that waiting 2 hours or longer to eat after a workout slows down glycogen synthesis by at least 50 percent.<sup>2</sup>

### *Meal Timing*

High-protein nutrition is scientifically proven to boost your feeling of fullness.<sup>3 4</sup> If you are used to eating meals higher in carbs and fats, which are common in the standard American diet, the abrupt shift in your experience of fullness on this eating style will be a pleasant surprise. If you are used to eating larger portions of carbs, you can combine meals and eat two larger meals with high-protein snacks in between instead of three main meals. There is a common myth that the body can only absorb a maximum of 20 to 30 grams of protein per meal or snack, and it is therefore best to split your protein into five or six meals a day. This is false. The reality is the body has an unlimited ability to absorb amino acids.

Intermittent fasting is not necessary for those with a moderate carb tolerance. There is no issue, however, if you want to include it.

I suggest waiting 2 to 4 hours between meals with the exception of your post-workout meal. Once you have a post-workout shake, you are welcome to eat your next meal right away. For example, if you hit the gym in the early morning, you would eat a snack before the gym, then drink a post-workout shake within 30 minutes of working out. After that, you don't need to wait to eat breakfast or the next meal if you train later in the day.

### *Snacks*

It is crucial that every snack you consume is protein-based. This presents a big shift if you are used to snacking on carbs. Read food labels to



get a gauge for which snacks are highest in protein and which contain some protein but are dominant in other macronutrients. Granola, for instance, may seem like a healthy choice as it consists of natural ingredients like nuts and dried fruit. If you read the label, however, you'll see that it's high in carbs and fat, much lower in protein, and not the most suitable snack. You will need to choose foods high in protein and lower in carbs and fats. These include protein shakes and bars, almonds, nuts, seeds, string cheese, cottage cheese, Greek yogurt, beef jerky, deli meat, eggs, tuna, sardines, and more.

For those struggling to hit their protein intake, protein supplementation can be helpful. It is a convenient and economical way to hit your protein goals. There is nothing wrong with getting a substantial portion of your protein intake from supplements if that is easier for you. However, keep in mind that it is possible to hit your macros with real whole foods alone.

### *The Plan*

The chart that follows outlines a sample meal plan broken down into a full day of eating for a Protein-Fueled Macro Type. The target daily caloric intake for this meal plan is 1,500 calories at 39 percent protein, 32.5 percent carbs, and 28.5 percent fat.

The menu is broken down into pre- and post-workout meals, breakfast, lunch, dinner, and snacks. It is written as though you are working out first thing in the morning. If you work out at a different time of day, simply move the pre- and post-workout meals accordingly.

Each meal is broken down into each food, quantity, and macronutrient per line. It is organized in this manner so you can see precisely how each food contributes to each meal, as well as the bigger picture of the entire day. This is particularly useful in making substitutions so you know exactly how much of each macronutrient you need to

substitute. You will notice that every meal includes protein with the exception of the pre-workout meal. It is key to focus meals around protein while including moderate amounts of carbs and lower levels of dietary fats.

At the bottom of the chart, you will see the daily totals of calories, carbs, fiber, fat, and protein intake compared to the daily goals. This sample plan was written at 1,500 calories for a female Protein-Fueled Macro Type because, on average, this is approximately what my clients who fall into this category typically end up eating as a starting point. This value may be more or less based on your BMR and your activity level. To scale this meal plan for a male Carb-Fueled Macro Type, multiply the portions by a factor of 1.6. Because we know the targeted percentages for protein, carbs, and fat, the macronutrients targeted were translated into grams by following the basic math in step #5 of determining your macronutrients (see page 146). In this sample meal plan, the target daily macronutrients are 122 grams carbs, 48 grams fat, and 146 grams protein.

## MEAL PLAN FOR PROTEIN-FUELED MACRO TYPE

| Meal         | Quantity              | Food Description                                | Cal (kCal)   | Carbs (g)   | Fiber (g)  | Fat (g)     | Protein (g) |
|--------------|-----------------------|---|--------------|-------------|------------|-------------|-------------|
| Pre-Workout  | 2 oz                  | Banana, raw                                     | 50.0         | 13.0        | 1.4        | 0.2         | 0.6         |
|              |                       | <b>Pre-Workout Total</b>                        | <b>50.0</b>  | <b>13.0</b> | <b>1.4</b> | <b>0.2</b>  | <b>0.6</b>  |
| Post-Workout | 1 each                | Antioxidant Detox Smoothie (page 215)           | 239.0        | 17.0        | 5.0        | 8.0         | 28.0        |
|              |                       | <b>Post-Workout Total</b>                       | <b>239.0</b> | <b>17.0</b> | <b>5.0</b> | <b>8.0</b>  | <b>28.0</b> |
| Breakfast    | 1 serving             | Chicken Breakfast Sausage Fried Rice (page 204) | 263.0        | 21.0        | 2.0        | 9.0         | 22.0        |
|              |                       | <b>Breakfast Total</b>                          | <b>263.0</b> | <b>21.0</b> | <b>2.0</b> | <b>9.0</b>  | <b>22.0</b> |
| Lunch        | 6 oz<br>(1½ servings) | Filipino-Style Chicken Adobo (page 208)         | 270.0        | 7.5         | 0.0        | 13.5        | 28.5        |
|              | 4 oz<br>(1 serving)   | Garlic-Jalapeño Cilantro Rice (page 247)        | 176.0        | 25.0        | 1.0        | 7.0         | 3.0         |
|              | 1 serving             | Lemon-Garlic Kale Sauté (page 254)              | 36.0         | 7.0         | 1.0        | 0.0         | 2.0         |
|              |                       | <b>Lunch Total</b>                              | <b>482.0</b> | <b>39.5</b> | <b>2.0</b> | <b>20.5</b> | <b>33.5</b> |
| Snack        | 1 serving             | Apple-Cinnamon Protein Pudding (page 241)       | 165.0        | 17.0        | 4.0        | 0.0         | 25.0        |
|              |                       | <b>Snack Total</b>                              | <b>165.0</b> | <b>17.0</b> | <b>4.0</b> | <b>0.0</b>  | <b>25.0</b> |

| Meal   | Quantity              | Food Description                     | Cal (kCal)   | Carbs (g)    | Fiber (g)  | Fat (g)     | Protein (g)  |
|--------|-----------------------|--------------------------------------|--------------|--------------|------------|-------------|--------------|
| Dinner | 6 oz<br>(1½ servings) | Tequila-Lemon Flank Steak (page 205) | 238.5        | 6.0          | 1.5        | 10.5        | 28.5         |
|        | 1 serving             | Asparagus Sauté (page 256)           | 69.0         | 5.0          | 4.0        | 4.0         | 6.0          |
|        |                       | <b>Dinner Total</b>                  | <b>307.5</b> | <b>11.0</b>  | <b>5.5</b> | <b>14.5</b> | <b>34.5</b>  |
|        |                       |                                      | Cal (kCal)   | Carbs (g)    | Fiber (g)  | Fat (g)     | Protein (g)  |
|        |                       | <b>Your Daily Totals</b>             | 1,506.5      | <b>118.5</b> | 19.9       | <b>52.2</b> | <b>143.6</b> |
|        |                       | <b>Your Daily Goal</b>               | 1,500        | <b>122</b>   | 17         | <b>48</b>   | <b>146</b>   |
|        |                       | <b>Macronutrient Percentages</b>     |              | <b>33%</b>   |            | <b>28%</b>  | <b>39%</b>   |

## PROTEIN-FUELED GROCERY LIST

|                          |  |
|--------------------------|--|
|                          | PROTEINS                                       |
| <input type="checkbox"/> | Whey Protein Isolate, Gauge Life Supplements   |
| <input type="checkbox"/> | Chicken Maple Breakfast Sausage (Trader Joe's) |
| <input type="checkbox"/> | Chicken thighs, boneless, skinless             |
| <input type="checkbox"/> | Flank steak                                    |
|                          | CARBS  |
| <input type="checkbox"/> | Bananas, raw                                   |
| <input type="checkbox"/> | Blueberries, raw                               |
| <input type="checkbox"/> | Apple slices, raw                              |

|                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Apples, chopped, raw                     |
| <input type="checkbox"/> | Kale                                     |
| <input type="checkbox"/> | Spinach                                  |
| <input type="checkbox"/> | Asparagus                                |
| <input type="checkbox"/> | Rice, long-grain white                   |
| <input type="checkbox"/> | Balsamic vinegar                         |
| <input type="checkbox"/> | Garlic, raw                              |
| <input type="checkbox"/> | Bay leaves                               |
| <input type="checkbox"/> | Soy sauce (or coconut aminos)            |
| <input type="checkbox"/> | Lemons                                   |
| <input type="checkbox"/> | Jalapeño                                 |
| <input type="checkbox"/> | Cilantro, fresh, chopped                 |
| <input type="checkbox"/> | Vanilla extract                          |
| <input type="checkbox"/> | Xanthan gum                              |
| <input type="checkbox"/> | Ground cinnamon                          |
| <input type="checkbox"/> | Calorie-free sweetener packets (2g/each) |
| <input type="checkbox"/> | Garlic powder                            |
| <input type="checkbox"/> | Tequila                                  |
|                          | FATS                                     |
| <input type="checkbox"/> | Olive oil                                |
| <input type="checkbox"/> | Olive oil spray                          |
| <input type="checkbox"/> | Kalamata olives, pitted                  |
| <input type="checkbox"/> | Flaxseed                                 |
| <input type="checkbox"/> | Unsweetened coconut milk                 |
| <input type="checkbox"/> | Bacon                                    |

## Type 3: Protein-Fueled/Low-Carb Macro Type

### SAMPLE 1,500-CALORIE MEAL PLAN

37.5% Protein | 26.5% Carbs | 36% Fats

#### *Overview*

Protein-fueled nutrition plans tend to be for those who gain and lose weight easily when they're focused (aka mesomorphs). However, an increasing number of individuals struggle with their carb tolerance. They need to bring their carb intake down but not so low that they're on a keto-style nutrition plan. This hybrid approach tends to be ideal for those over 35 who struggle with carb sensitivity or those in the beginning stages of prediabetes.

Protein-fueled/low-carb nutrition plans for people with a low carb tolerance need to be carefully dialed in for activity levels and tend to include a caloric deficit of at least 500 calories. Some, however, do better with a smaller caloric deficit and a slower rate of progress (between 0.5 and 1 pound of body fat lost per week). Taking too aggressive an approach to fat loss can work against those who have been overdieting for years. These plans range between 1,200 and 1,800 calories for most women and between 1,700 and 2,400 calories for most men. Remember that these values vary depending on the rate at which you wish to approach your goal.

For those with a low carb tolerance, eating according to a higher-protein protocol is a big adjustment for the first four to seven days, especially if it's your first time. In most cases, this is due to a natural sugar detox. You can expect to experience this if you have been eating more carbs than your body needs. If you have a thyroid issue, it is not advised to immediately jump into an aggressive caloric deficit. I advise that you begin at maintenance calories or at a slight deficit of ½ pound per week, only making modest adjustments and being cautious to not go above a deficit of 1 pound per week.

I don't advise starting this style of eating with flexible dieting (see page 194) alone. I suggest following a meal plan for a minimum of twenty-one days to get a feel for what portions and foods you need to eat. The biggest shift you will experience is in the type of carbs you need to eat. You may be use to starchy carbs like bread, rice, pasta, snacks, chips, and fries, and while you can still enjoy these in moder-ation, you will need to shift to carbs that are higher in fiber and lower on the glycemic index scale, meaning they do not cause a sharp spike in blood sugar. Foods such as root vegetables, leafy greens, cruciferous veggies, squash, and low-sugar fruit should become your new staples. You may find yourself trying new foods and experiencing a new sense of fullness from foods you never imagined eating, let alone enjoying. *Spaghetti squash? What?*

#### *Pre-Workout Nutrition*

I advise getting at least 10 grams of carbs pre-workout if you are training first thing in the morning. If you work out later in the day, your last meal can serve as your pre-workout meal.

#### *Post-Workout Nutrition*

I advise consuming at least 25 grams of protein and at least 5 grams of carbs after working out. It's important to keep the fat content very low in your post-workout meal so as not to slow down the body's ab-sorption of proteins to support muscle recovery and growth.<sup>5</sup> While you can have a bit more fats than moderately carb-tolerant individu-als, remember to keep these extra fats out of your post-workout meal. There is nothing wrong with including fats in a meal-replacement-style smoothie but not after a resistance workout.

### *Meal Timing*

If you are just starting out, three main meals with pre- and post-workout snacks are ideal. This is not the only way to approach this, but it tends to work the best for most. Those following this eating style also do well with intermittent fasting, as it minimizes insulin spikes by concentrating them in a shorter window. This doesn't mean eating less, but that you will do best concentrating your eating in an 8- to 12-hour window, where 8 hours are better than 12. This schedule often looks like a brunch-style meal and an early dinner, with snacks throughout the day to round out the macros.

### *Snacks*

Snacks on this eating style tend to be fatty protein sources such as nuts, seeds, whole eggs, and cheese, although many on this plan don't eat any snacks at all. My clients who follow this eating style do best by eating slightly larger meals to boost satiety and using black coffee, hot tea, sparkling water, and countless foods (see page 152) as snacks. A *countless* food is an item so low in calories that you can include it in any meal without having to consider the added calories. These include foods like dill pickles, cucumbers, leafy greens, homemade kale chips, kimchi, sauerkraut, hot peppers, and green veggies.

### *The Plan*

The chart that follows outlines a sample meal plan broken down into a full day of eating for a Protein-Fueled/Low-Carb Macro Type. The target daily caloric intake for this meal plan is 1,500 calories at 37.5 percent protein, 26.5 percent carbs, and 36 percent fat.

The menu is broken down into pre- and post-workout meals, breakfast, lunch, dinner, and snacks. It is written as though you are working out first thing in the morning. If you work out at a different time of day, simply move the pre- and post-workout meals accordingly.



Each meal is broken down into each food, quantity, and macronutrient per line. It is organized in this manner so you can see precisely how each food contributes to the meal, as well as the bigger picture of the entire day. This is particularly useful in making substitutions so you know exactly how much of each macronutrient you need to substitute. You will notice that every meal includes protein with the exception of the pre-workout meal. It is key to focus meals around fatty protein sources, going slightly lower in carbs.

At the bottom of the chart, you will see the daily totals of calories, carbs, fiber, fat, and protein intake compared to the daily goals. This sample plan was written at 1,500 calories for a female Protein-Fueled/Low-Carb Macro Type because, on average, this is approximately what my clients who fall into this category typically end up eating as a starting point. This value may be more or less, based on your BMR and your activity level. To scale this meal plan for a male Protein-Fueled/Low-Carb Macro Type, multiply the portions by a factor of 1.6. Because we know the targeted percentages for protein, carbs, and fat, the macronutrients targeted were translated into grams by following the basic math in step #5 of determining your macronutrients (see page 146). In this sample meal plan, the target daily macronutrients are 99 grams carbs, 60 grams fat, and 141 grams protein.

## MEAL PLAN FOR PROTEIN-FUELED/ LOW-CARB MACRO TYPE

| Meal                | Quantity               | Food Description                                 | Cal<br>(kCal) | Carbs<br>(g) | Fiber<br>(g) | Fat<br>(g)  | Protein<br>(g) |
|---------------------|------------------------|--|---------------|--------------|--------------|-------------|----------------|
| <b>Pre-Workout</b>  | 2 oz                   | Banana, raw                                      | 50.0          | 13.0         | 1.4          | 0.2         | 0.6            |
|                     |                        | <b>Pre-Workout Total</b>                         | <b>50.0</b>   | <b>13.0</b>  | <b>1.4</b>   | <b>0.2</b>  | <b>0.6</b>     |
| <b>Post-Workout</b> | 1 each                 | Cantaloupe-Kale-Chia Protein Shake (page 213)    | 206.0         | 15.0         | 6.0          | 3.0         | 30.0           |
|                     |                        | <b>Post-Workout Total</b>                        | <b>206.0</b>  | <b>15.0</b>  | <b>6.0</b>   | <b>3.0</b>  | <b>30.0</b>    |
| <b>Breakfast</b>    | 1 serving              | Feta and Red Pepper Vegetarian Quiche (page 232) | 255.0         | 4.0          | 1.0          | 20.0        | 15.0           |
|                     |                        | <b>Breakfast Total</b>                           | <b>255.0</b>  | <b>4.0</b>   | <b>1.0</b>   | <b>20.0</b> | <b>15.0</b>    |
| <b>Lunch</b>        | 6 oz<br>(1 ½ servings) | Thai-Style Basil Chicken (page 212)              | 205.5         | 3.0          | 0.0          | 6.0         | 36.0           |
|                     | 4 oz<br>(1 serving)    | Garlic-Jalapeño Cilantro Rice (page 247)         | 176.0         | 25.0         | 1.0          | 7.0         | 3.0            |
|                     | 1 serving              | Lemon-Garlic Kale Sauté (page 254)               | 36.0          | 7.0          | 1.0          | 0.0         | 2.0            |
|                     |                        | <b>Lunch Total</b>                               | <b>417.5</b>  | <b>35.0</b>  | <b>2.0</b>   | <b>13.0</b> | <b>41.0</b>    |
| <b>Snack</b>        | 1 each                 | Mixed Berry–Almond Protein Shake (page 214)      | 173.0         | 7.0          | 2.0          | 4.0         | 26.0           |
|                     |                        | <b>Snack Total</b>                               | <b>173.0</b>  | <b>7.0</b>   | <b>2.0</b>   | <b>4.0</b>  | <b>26.0</b>    |

| Meal   | Quantity  | Food Description   | Cal (kCal)   | Carbs (g)   | Fiber (g)  | Fat (g)     | Protein (g)  |
|--------|-----------|--|--------------|-------------|------------|-------------|--------------|
| Dinner | 1 serving | Salmon with Parmesan and Garlic-Rosemary Butter (page 224) | 352.0        | 0.4         | 0.0        | 23.0        | 33.0         |
|        | 4 oz      | Rosemary-Roasted Butternut Squash (page 258)               | 55.0         | 13.0        | 3.0        | 0.0         | 1.0          |
|        |           | <b>Dinner Total</b>  | <b>407.0</b> | <b>13.4</b> | <b>3.0</b> | <b>23.0</b> | <b>34.0</b>  |
|        |           |  | Cal (kCal)   | Carbs (g)   | Fiber (g)  | Fat (g)     | Protein (g)  |
|        |           | <b>Your Daily Totals</b>                                   | 1,508.5      | <b>87.4</b> | 15.4       | <b>63.2</b> | <b>146.6</b> |
|        |           | <b>Your Daily Goal</b>                                     | 1,500        | <b>99</b>   | 17         | <b>60</b>   | <b>141</b>   |
|        |           | <b>Macronutrient Percentages</b>                           |              | <b>27%</b>  |            | <b>36%</b>  | <b>38%</b>   |

## PROTEIN-FUELED/LOW-CARB GROCERY LIST

|                          | PROTEINS                                     |
|--------------------------|--|
| <input type="checkbox"/> | Whey Protein Isolate, Gauge Life Supplements |
| <input type="checkbox"/> | Whole eggs, large                            |
| <input type="checkbox"/> | Chicken breasts, boneless, skinless          |
| <input type="checkbox"/> | Salmon fillet with skin                      |
| <input type="checkbox"/> | Parmesan cheese, grated                      |
|                          | CARBS  |
| <input type="checkbox"/> | Bananas, raw                                 |
| <input type="checkbox"/> | Cantaloupe, cubed                            |
| <input type="checkbox"/> | Mixed berries, frozen                        |
| <input type="checkbox"/> | Red bell pepper, medium                      |
| <input type="checkbox"/> | Kale   |
| <input type="checkbox"/> | Spinach                                      |

## PROTEIN-FUELED / LOW-CARB GROCERY LIST *(cont.)*

|                          |                                  |
|--------------------------|----------------------------------|
| <input type="checkbox"/> | Jalapeño                         |
| <input type="checkbox"/> | Rice, long-grain white           |
| <input type="checkbox"/> | Butternut squash                 |
| <input type="checkbox"/> | Distilled white vinegar          |
| <input type="checkbox"/> | Garlic, raw                      |
| <input type="checkbox"/> | Soy sauce (or coconut aminos)    |
| <input type="checkbox"/> | Lemon                            |
| <input type="checkbox"/> | Bird's beak chile peppers, dried |
| <input type="checkbox"/> | Cilantro, fresh, chopped         |
| <input type="checkbox"/> | Thai basil, fresh, chopped       |
| <input type="checkbox"/> | Rosemary, fresh                  |
| <input type="checkbox"/> | Almond extract                   |
| <input type="checkbox"/> | Black pepper, dried              |
| <input type="checkbox"/> | Thyme, dried                     |
| <input type="checkbox"/> | Rosemary, dried                  |
|                          | FATS                             |
| <input type="checkbox"/> | Olive oil                        |
| <input type="checkbox"/> | Olive oil spray                  |
| <input type="checkbox"/> | Salted grass-fed butter          |
| <input type="checkbox"/> | Heavy whipping cream             |
| <input type="checkbox"/> | Crumbled feta cheese             |
| <input type="checkbox"/> | Chia seeds                       |
| <input type="checkbox"/> | Unsweetened almond milk          |

## Type 4: Fat-Fueled Macro Type

### SAMPLE 1,500-CALORIE MEAL PLAN

27.5% Protein | 17.5% Carbs | 55% Fats

#### *Overview*

Fat-fueled nutrition plans tend to be for those who gain weight easily and struggle to drop body fat (aka endomorphs). In most cases, this approach is ideal for those with hormonal imbalances, PCOS, prediabetes, a lower carb tolerance level, or who are trying to conceive. This plan is great for those who know they need to dial down the carbs but aren't willing to give them *all* up.

Fat-fueled nutrition plans for those with a low carb tolerance need to be carefully dialed in for activity levels and tend to include a caloric deficit of at least 500 calories. The journey will be slower for those in this boat than the first three macro types. If you have a hormonal imbalance, it is impor-tant to first approach your nutrition from a state of rebalancing your hor-mones for at least one to three weeks. This means eating at the suggested macro ratios but only calculated at your specific maintenance calories (aka your TDEE). It's important to take this step first because you most likely are experiencing nutrient deficiencies and need to allow your body some time to rebalance hormonally before approaching a caloric deficit. These plans range between 1,200 and 1,700 calories for most women and 1,700 and 2,300 calories for most men. Remember, these values will vary based on the rate at which you want to approach your goal. Eating according to a higher-fat, lower-carb protocol with a low carb tolerance, especially if it's your first time, is an adjustment for the first seven days. In most cases, this is due to a natural sugar detox your body will go through if you are used to eating many more carbs than your body needs.

I don't advise starting this style of eating with flexible dieting (see page 194) alone. I suggest following a meal plan for at least twenty-one days to get a feel for what portions and foods you need to eat. The big-

gest shift you will experience is in the *types* of carbs and proteins you should eat. You are probably used to starchy carbs like bread, rice, pasta, snacks, chips, and fries. This does not mean you can't have these foods anymore, but you need to monitor your portion size and frequency. Foods like winter and summer squash, root vegetables, leafy greens, cruciferous veggies, and low-sugar fruit will become your new staples. My most successful clients on this eating style are those who are the most open-minded to new ways of fueling their body.

#### *Pre-Workout Nutrition*

I advise getting at least 10 grams of carbs pre-workout if you are training first thing in the morning. If you work out later in the day, your last meal can serve as your pre-workout meal.

#### *Post-Workout Nutrition*

I advise consuming at least 25 grams of protein with at least 5 grams of carbs after working out. It's important to keep the fat content very low in your post-workout meal so as not to slow down the body's absorption of proteins to support muscle recovery and growth.<sup>6</sup> While you can have slightly higher fats than moderately carb tolerant individuals, remember to keep the extra fats out of your post-workout meal. There is nothing wrong with including fats in a meal-replacement-style smoothie, just not right after a resistance workout.

#### *Meal Timing*

If you are just starting out, three main meals with a pre- and post-workout snack are ideal. Although not the only way to approach this, it tends to work the best for most. This macro type also does well with intermittent fasting because it minimizes their insulin spikes throughout the day by concentrating them in a shorter window. This doesn't mean eating less but rather concentrating your eating within 8 to 12 hours, where 8

is better than 12. This often looks like a brunch-style meal and an early dinner, with snacks throughout the day and to round out the macros.

### *Snacks*

Snacks on this eating style tend to look like fatty protein sources such as nuts, seeds, whole eggs, seeds, and cheese, if you have any snacks at all. My clients who follow this eating style do best by eating larger meals to boost satiety and using black coffee, hot tea, sparkling water, and *countless* foods (see page 152) as snacks.

### *The Plan*

The chart that follows outlines a sample meal plan broken down into a full day of eating for a Fat-Fueled Macro Type. The target daily caloric intake for this meal plan is 1,500 calories at 27.5 percent protein, 17.5 percent carbs, and 55 percent fat.

The menu is broken down into pre- and post-workout meals, breakfast, lunch, dinner, and snacks. It is written as though you are working out first thing in the morning. If you work out at a different time of day, simply move the pre- and post-workout meals accordingly.

Each meal is broken down into each food, quantity, and macronutrient per line. It is organized in this manner so you can see precisely how each food contributes to the meal, as well as the bigger picture of the entire day. This is particularly useful in making substitutions so you know exactly how much of each macronutrient you need to substitute. You will notice that the meals tend to be higher in fatty proteins and moderate in high-fiber carbs like veggies cooked with healthy fats like olive oil, while being lower in starchy carbs.

At the bottom of the chart, you will see the daily totals of calories, carbs, fiber, fat, and protein intake compared to the daily goals. This sample plan was written at 1,500 calories for a female Fat-Fueled Macro Type because, on average, this is approximately what my cli-

ents who fall into this category typically end up eating as a starting point. To scale this meal plan for a male Fat-Fueled Macro Type, multiply the portions by a factor of 1.6. Because we know the targeted percentages for protein, carbs, and fat, the macronutrients targeted were translated into grams by following the basic math in step #5 of determining your macronutrients (see page 146). In this sample meal plan, the target daily macronutrients are 66 grams carbs, 92 grams fat, and 103 grams protein.

### MEAL PLAN FOR FAT-FUELED MACRO TYPE

| Meal                | Quantity  | Food Description   | Cal (kCal)   | Carbs (g)   | Fiber (g)  | Fat (g)     | Protein (g) |
|---------------------|-----------|--|--------------|-------------|------------|-------------|-------------|
| <b>Pre-Workout</b>  | 3 oz      | Apple, raw   | 45.0         | 12.0        | 2.1        | 0.0         | 0.0         |
|                     |           | <b>Pre-Workout Total</b>                                   | <b>45.0</b>  | <b>12.0</b> | <b>2.1</b> | <b>0.0</b>  | <b>0.0</b>  |
| <b>Post-Workout</b> | 1 each    | Mixed Berry–Almond Protein Shake (page 214)                | 173.0        | 7.0         | 2.0        | 4.0         | 26.0        |
|                     |           | <b>Post-Workout Total</b>                                  | <b>173.0</b> | <b>7.0</b>  | <b>2.0</b> | <b>4.0</b>  | <b>26.0</b> |
| <b>Breakfast</b>    | 1 serving | Feta and Red Pepper Vegetarian Quiche (page 232)           | 255.0        | 4.0         | 1.0        | 20.0        | 15.0        |
|                     | 3 oz      | Avocado  | 135.0        | 7.2         | 5.7        | 12.6        | 2.1         |
|                     |           | <b>Breakfast Total</b>                                     | <b>390.0</b> | <b>11.2</b> | <b>6.7</b> | <b>32.6</b> | <b>17.1</b> |
| <b>Lunch</b>        | 1 serving | Salmon with Parmesan and Garlic-Rosemary Butter (page 224) | 352.0        | 0.4         | 0.0        | 23.0        | 33.0        |
|                     | 1 serving | Lemon-Garlic Kale Sauté (page 254)                         | 36.0         | 7.0         | 1.0        | 0.0         | 2.0         |



| Meal          | Quantity            | Food Description                           | Cal (kCal)        | Carbs (g)        | Fiber (g)        | Fat (g)        | Protein (g)        |
|---------------|---------------------|--|-------------------|------------------|------------------|----------------|--------------------|
|               | 3 oz<br>(¾ serving) | Oven-Roasted Spiced Potatoes (page 250)    | 128.3             | 21.0             | 3.0              | 5.3            | 3.0                |
|               |                     | <b>Lunch Total</b>                         | <b>516.3</b>      | <b>28.4</b>      | <b>4.0</b>       | <b>28.3</b>    | <b>38.0</b>        |
| <b>Dinner</b> | 3 slices            | Garlic and Mushroom White Pizza (page 225) | 408               | 6.0              | 1.2              | 30             | 27.0               |
|               |                     | <b>Dinner Total</b>                        | <b>408</b>        | <b>6.0</b>       | <b>1.2</b>       | <b>30</b>      | <b>27.0</b>        |
|               |                     |  | <b>Cal (kCal)</b> | <b>Carbs (g)</b> | <b>Fiber (g)</b> | <b>Fat (g)</b> | <b>Protein (g)</b> |
|               |                     | <b>Your Daily Totals</b>                   | 1,532             | <b>64.6</b>      | 16               | <b>94.9</b>    | <b>108.1</b>       |
|               |                     | <b>Your Daily Goal</b>                     | 1,500             | <b>66</b>        | 17               | <b>92</b>      | <b>103</b>         |
|               |                     | <b>Macronutrient Percentages</b>           |                   | <b>17%</b>       |                  | <b>55%</b>     | <b>28%</b>         |

## FAT-FUELED GROCERY LIST

|                          |  |
|--------------------------|--|
|                          | PROTEINS                                     |
| <input type="checkbox"/> | Whey Protein Isolate, Gauge Life Supplements |
| <input type="checkbox"/> | Whole eggs, large                            |
| <input type="checkbox"/> | Full-fat mozzarella cheese, shredded         |
| <input type="checkbox"/> | Salmon fillet with skin                      |
| <input type="checkbox"/> | Parmesan cheese, grated                      |
|                          | CARBS  |
| <input type="checkbox"/> | Apple slices                                 |
| <input type="checkbox"/> | Mixed berries, frozen                        |
| <input type="checkbox"/> | Red bell pepper, medium                      |
| <input type="checkbox"/> | Kale   |
| <input type="checkbox"/> | Spinach                                      |

## FAT-FUELED GROCERY LIST (cont.)

|                          |                          |
|--------------------------|--------------------------|
| <input type="checkbox"/> | Cauliflower rice, frozen |
| <input type="checkbox"/> | Mushrooms                |
| <input type="checkbox"/> | Garlic, raw              |
| <input type="checkbox"/> | Lemon                    |
| <input type="checkbox"/> | Basil, fresh             |
| <input type="checkbox"/> | Rosemary, fresh          |
| <input type="checkbox"/> | Almond extract           |
| <input type="checkbox"/> | Black pepper, dried      |
| <input type="checkbox"/> | Thyme, dried             |
| <input type="checkbox"/> | Rosemary, dried          |
|                          | FATS                     |
| <input type="checkbox"/> | Olive oil                |
| <input type="checkbox"/> | Olive oil spray          |
| <input type="checkbox"/> | Salted grass-fed butter  |
| <input type="checkbox"/> | Heavy whipping cream     |
| <input type="checkbox"/> | Crumbled feta cheese     |
| <input type="checkbox"/> | Avocado                  |
| <input type="checkbox"/> | Unsweetened almond milk  |

## Type 5: Fat-Fueled/Low-Carb Macro Type

### SAMPLE 1,500-CALORIE MEAL PLAN

20% Protein | 5% Carbs | 75% Fat

#### Overview

Fat-Fueled/Low-Carb Macro types benefit from a ketogenic diet. In most cases, this eating style is for those who tend to easily gain weight but struggle to drop body fat (aka endomorphs). However, those with other body types can also thrive on this approach. Keto

is ideal for you if you are ready for a nutritional overhaul and are sick of feeling tired, lethargic, and bloated. It's not that you don't like or enjoy carbs, but you don't like how they make you feel. Carbs give you brain fog, your weight loss is at a complete standstill, and your energy is nonexistent. This approach is great for those with hormonal imbalances, PCOS, prediabetes, diabetes, or an extremely low carb tolerance.

Fat-fueled/low-carb nutrition plans need to be carefully dialed in for activity levels and tend to include a caloric deficit of at least 500 calories. These plans tend to range between 1,200 and 1,700 calories for most women and 1,700 and 2,300 calories for most men. Remember, these values will vary based on the rate at which you wish to approach your goal. Eating according to a keto protocol for the first time is an adjustment for the first four to seven days. Many people experience what is known as the keto flu when first starting a keto plan, which is an electrolyte imbalance that can make you feel nauseated and lightheaded for one to three days. When you drop your carb intake, your body shifts from using carbs for fuel to fat, and your insulin levels drop (this is the whole idea of going keto). However, insulin sends messages to the kidneys to retain a certain amount of sodium, potassium, and magnesium, so when insulin is low, the kidneys will expel much higher levels of these electrolytes, leading to the lightheaded and dizzy feeling. You can address this by increasing your salt intake, up to five times the RDA of sodium for the day since your body is expelling and not retaining it.

I do not advise starting this style of eating with flexible dieting (see page 194) alone. I suggest following a meal plan for at least twenty-one days to get a feel for what portions and foods you need to eat. The biggest shift you will experience is in the *type* of carbs you can eat, which now only includes low-sugar fruit, veggies, and leafy greens. You may also find hitting your fat intake much harder than you imagined. You will be able to eat

steak, butter, avocado, nuts, salmon, cheese, and a variety of other high-fat foods that you may have considered off-limits in the past.

### *Pre-Workout Nutrition*

I advise getting at least 10 grams of fat prior to working out; however, you are welcome to skip a pre-workout snack on keto. Your body will be relying on fat for fuel, and when you are in ketosis, your body can pull from stored body fat for fuel.

### *Post-Workout Nutrition*

On keto, post-workout nutrition is only crucial if you are weight training at an intense level. If you are doing light cardio, a special post-workout meal isn't necessary. You are welcome to make your next natural meal your post-workout meal.

If you do eat a post-workout meal, I advise consuming 10 grams of protein with at least 5 grams of carbs. It's important to keep the fat content very low in your post-workout meal so as not to slow down the body's absorption of proteins, to support muscle recovery and growth.<sup>7</sup> Keeping the fat content lower in post-workout meals is ideal for a ketogenic diet, as fat slows the body's digestion of protein.

### *Meal Timing*

Those following this eating style also do well with intermittent fasting, because it minimizes their insulin spikes throughout the day by concentrating them in a shorter window. For example, having a coffee with a healthy fat in the morning, waiting until 11 a.m. to 12 p.m. for their first meal, and ending their eating window by 7 to 8 p.m. works best for most.

### *Snacks*

Snacks on this eating style tend to look like fatty protein sources such as nuts, seeds, whole eggs, and cheese. It is not necessary to include

snacks, as you will feel very full from the high fat content. Most people feel so full that not only do cravings disappear, but they find it hard to eat because their level of satiety is so high. It's important to eliminate carb-based snacks and only seek out foods that enable you to remain in a state of nutritional ketosis.

### *The Plan*

The chart that follows outlines a sample meal plan broken down into a full day of eating for a Fat-Fueled/Low-Carb Macro Type (aka the ketogenic diet). The target daily caloric intake for this meal plan is 1,500 calories at 20 percent protein, 5 percent carbs, and 75 percent fat.

The menu is broken down into pre- and post-workout meals, breakfast, lunch, dinner, and snacks. It is written as though you are working out first thing in the morning. If you work out at a different time of day, simply move the pre- and post-workout meals accordingly.

Each meal is broken down into each food, quantity, and macronutrient per line. It is organized in this manner so you can see precisely how each food contributes to the meal, as well as the bigger picture of the entire day. This is particularly useful in making substitutions so you know exactly how much of each macronutrient you need to substitute. You will notice that the meals tend to be higher in fatty proteins, moderate in high-fiber carbs such as veggies cooked with healthy fats like olive oil, while being significantly lower in starchy carbs.

At the bottom of the chart, you will see the daily totals of calories, carbs, fiber, fat, and protein intake compared to the daily goals. This sample plan was written at 1,500 calories for a female Fat-Fueled/Low-Carb Macro Type because, on average, this is approximately what my clients who fall into this category typically end up eating as a starting point. To scale this meal plan for a male Fat-Fueled/Low-Carb Macro

Type, multiply the portions by a factor of 1.6. Because we know the targeted percentages for protein, carbs, and fat, the macronutrients targeted were translated into grams by following the basic math in step #5 of determining your macronutrients (see page 146). In this sample meal plan, the target daily macronutrients are 19 grams carbs, 117 grams fat, and 93 grams protein.

MEAL PLAN FOR FAT-FUELED/LOW-CARB MACRO TYPE

| Meal         | Quantity | Food Description   | Cal (kCal) | Carbs (g) | Fiber (g) | Fat (g) | Protein (g) |
|--------------|----------|--|------------|-----------|-----------|---------|-------------|
| Pre-Workout  | 8 oz     | Coffee (regular or decaf)  | 0.0        | 0.0       | 0.0       | 0.0     | 0.0         |
|              | 1 oz     | Coconut butter (manna)   | 200.0      | 6.0       | 4.0       | 18.0    | 2.0         |
|              |          | Pre-Workout Total  | 200.0      | 6.0       | 4.0       | 18.0    | 2.0         |
| Post-Workout | 0.3 oz   | Collagen Peptides, Unflavored, Prime, Gauge Life (1 scoop = 22 g/0.786 oz) | 34.4       | 0.0       | 0.0       | 0.0     | 7.6         |
|              | 8 oz     | Almond milk, unsweetened   | 30.0       | 1.0       | 1.0       | 2.5     | 1.0         |
|              | 1 oz     | Strawberries , raw   | 9.0        | 2.2       | 0.6       | 0.1     | 0.2         |
|              |          | Post-Workout Total   | 73.4       | 3.2       | 1.6       | 2.6     | 8.8         |
| Breakfast    | 4 oz     | Eggs, large (1 egg = 2 oz)   | 143.0      | 1.0       | 0.0       | 10.0    | 13.0        |

| Meal          | Quantity   | Food Description   | Cal (kCal)   | Carbs (g)  | Fiber (g)  | Fat (g)     | Protein (g) |
|---------------|------------|--|--------------|------------|------------|-------------|-------------|
|               | 0.5 oz     | Bacon, Sunday, Applegate Naturals/ Organics (2 fried slices = 14 g/0.5 oz) | 70.0         | 0.0        | 0.0        | 5.0         | 6.0         |
|               | 1 serving  | Lemon Garlic Kale Sauté (page 254)   | 36.0         | 7.0        | 1.0        | 0.0         | 2.0         |
|               |            | <b>Breakfast Total</b>   | <b>249.0</b> | <b>8.0</b> | <b>1.0</b> | <b>15.0</b> | <b>21.0</b> |
| <b>Lunch</b>  | 1 serving  | Salmon with Parmesan and Garlic-Rosemary Butter (page 224)                 | 352.0        | 0.4        | 0.0        | 23.0        | 33.0        |
|               | 1 serving  | Lemon Garlic Kale Sauté (page 254)   | 36.0         | 7.0        | 1.0        | 0.0         | 2.0         |
|               | 0.25 oz    | Olive oil (1 Tbsp = 15 g/0.54 oz)  | 56.0         | 0.0        | 0.0        | 6.5         | 0.0         |
|               |            | <b>Lunch Total</b>   | <b>444.0</b> | <b>7.4</b> | <b>1.0</b> | <b>29.5</b> | <b>35.0</b> |
| <b>Snack</b>  | 8 oz       | Hot green tea  | 0.0          | 0.0        | 0.0        | 0.0         | 0.0         |
|               | 2 servings | Hummus Deviled Eggs (page 225)   | 152.0        | 4.0        | 2.0        | 12.0        | 10.0        |
|               |            | <b>Snack Total</b>   | <b>152.0</b> | <b>4.0</b> | <b>2.0</b> | <b>12.0</b> | <b>10.0</b> |
| <b>Dinner</b> | 1 serving  | Chimichurri Chicken Thighs (page 219)                                      | 308.0        | 4.0        | 1.0        | 23.0        | 20.0        |
|               | 2 oz       | Avocado  | 90.0         | 4.8        | 3.8        | 8.4         | 1.2         |
|               | 1 oz       | Spinach, raw   | 7.0          | 1.0        | 1.0        | 0.0         | 1.0         |
|               | 0.25 oz    | Olive oil (1 Tbsp = 15 g/0.54 oz)  | 56.0         | 0.0        | 0.0        | 6.5         | 0.0         |
|               |            | <b>Dinner Total</b>  | <b>461.0</b> | <b>9.8</b> | <b>5.8</b> | <b>37.9</b> | <b>22.2</b> |

|  |  |                                  | Cal<br>(kCal) | Carbs<br>(g) | Fiber<br>(g) | Fat (g)    | Protein<br>(g) |
|--|--|----------------------------------|---------------|--------------|--------------|------------|----------------|
|  |  | <b>Your Daily Totals</b>         | 1,579.4       | <b>38.4</b>  | 15.4         | <b>115</b> | <b>99</b>      |
|  |  | <b>Your Daily Goal</b>           | 1,500         | <b>19</b>    | 17           | <b>117</b> | <b>93</b>      |
|  |  | <b>Macronutrient Percentages</b> |               | <b>5%</b>    |              | <b>75%</b> | <b>20%</b>     |

### FAT-FUELED/LOW-CARB GROCERY LIST

|                          | PROTEINS                                  |
|--------------------------|---|
| <input type="checkbox"/> | Collagen Peptides, Gauge Life Supplements |
| <input type="checkbox"/> | Whole eggs, large                         |
| <input type="checkbox"/> | Salmon fillet with skin                   |
| <input type="checkbox"/> | Parmesan cheese, grated                   |
| <input type="checkbox"/> | Chicken thighs, bone-in                   |
|                          | CARBS                                     |
| <input type="checkbox"/> | Strawberries                              |
| <input type="checkbox"/> | Mixed berries, frozen                     |
| <input type="checkbox"/> | Red bell pepper, medium                   |
| <input type="checkbox"/> | Kale                                      |
| <input type="checkbox"/> | Spinach                                   |
| <input type="checkbox"/> | Garlic, raw                               |
| <input type="checkbox"/> | Lemon                                     |
| <input type="checkbox"/> | Limes                                     |
| <input type="checkbox"/> | Cilantro, fresh, chopped                  |
| <input type="checkbox"/> | Italian parsley, fresh, chopped           |
| <input type="checkbox"/> | Rosemary, fresh                           |
| <input type="checkbox"/> | Jalapeño                                  |
| <input type="checkbox"/> | Cumin, ground                             |
| <input type="checkbox"/> | Oregano, dried                            |



|                          |                         |
|--------------------------|-------------------------|
|                          | FATS                    |
| <input type="checkbox"/> | Olive oil               |
| <input type="checkbox"/> | Olive oil spray         |
| <input type="checkbox"/> | Coconut butter (manna)  |
| <input type="checkbox"/> | Bacon                   |
| <input type="checkbox"/> | Salted grass-fed butter |
| <input type="checkbox"/> | Hummus                  |
| <input type="checkbox"/> | Avocado                 |
| <input type="checkbox"/> | Unsweetened almond milk |
|                          | MISCELLANEOUS           |
| <input type="checkbox"/> | Green tea               |
| <input type="checkbox"/> | Coffee                  |

## Cooking for Your Macro Type

Now that we know the science behind nutrition and macros, it's time to apply what we've learned to the kitchen! Lack of planning is the number one reason people fall off track with their nutrition. The difference between reaching your goals by staying on track and falling victim to the inconveniences of everyday life is planning your meals to fit your macros.

If you have never cooked in bulk, meal planning can seem overwhelming, but I promise, it's simple to master. Not only does it make you more organized, but it also saves you time and money. When you meal prep, you arrange your foods and recipes like the pieces of a puzzle, where the overall picture is your daily protein, carb, and fat content.

Although a detailed macro-based meal plan makes it easy to stay on track, it's not always practical for those with busy lifestyles. If this is you, a flexible dieting approach will also work. **Flexible dieting** means using a macro-tracking app that enables you to look up foods in an online database as you eat them and record the amount you consumed. This will automatically calculate the amounts of protein, carbs, and fats you consume in a day relative to your daily targets, making it easy for you to freely choose foods as long as you stay within your macronutrient goals for the day. The reason this method is so appealing is because absolutely

nothing is off limits. This means you can actually have unconventional “diet” foods like pizza as long as you track the food and adjust your food intake for the balance of the day to remain within your daily macro-nutrient targets for proteins, carbs, and fats. In order to drop body fat, it’s not absolutely necessary to consume rigid, monotonous meals with little to no variety. As long as the sum of all the food you consume in a day fits your macros, you are good to go! This method is also commonly referred to as IIFYM or “if it fits your macros.”

It takes some practice to get the hang of this approach. If you try this with no idea about macros, you will most likely go over certain macros and be under on others, so I recommend investing the time and energy in meal prep before using flexible dieting, if you can. Once you have some hands-on experience weighing and portioning your meals, you’ll have a feel for what the correct portions look like for the foods you eat most often. Meal prepping also gives you a better foundation in budgeting your macros throughout the day to reach your goals.

## First Steps

Before you meal prep, make sure to stock up on essential tools and spices. Having the correct items on hand is essential to making a successful transition to a healthy lifestyle. Equipping your kitchen and pantry with the proper materials makes it fun and easy to adopt healthier habits. Here are the tools that you’ll need:

- Food scale
- Nontoxic nonstick skillet
- Cooking oil atomizer
- Nonstick baking sheet
- Parchment paper
- Measuring cups
- Measuring spoons
- Storage containers
- Supplements (optional)

Once you have the right equipment, the next step is to procure quality seasonings and spices. Flavor is a top priority! Do not be afraid to season your food! Always have a wide array of staple seasonings on hand to make even the simplest foods fun and flavorful. The following items offer a great starting point to create a wide variety of flavor profiles:

- Bay leaves
- Black pepper
- Cayenne pepper
- Chili powder
- Cinnamon, ground
- Coriander
- Cumin, ground
- Curry powder
- Garlic powder
- Ginger
- Oregano, dried
- Paprika
- Red pepper, crushed
- Rosemary, dried
- Sea salt, Himalayan (Note that I use Himalayan sea salt for all recipes.)
- Thyme, dried
- Turmeric

Now that you have the essentials, it's time to get down to business! Follow these three simple steps for pitch-perfect meal prep.

### *1. Organize Your Cooking Strategy*

In preparing to follow your meal plan, you'll first want to determine the items you need to cook in advance. You may prefer to prepare a fresh

breakfast every morning, or you may want something ready-made that you can eat on your commute to work. Once you know which meals to prepare in advance, you'll know where to focus your efforts. For example, if you like to cook breakfast most every morning, that leaves you with lunch, dinner, and snacks to prepare in advance. You won't have to cook most snacks, so it really boils down to preparing lunch and dinner.

Once you define your cooking strategy, you will need to consider your cooking methods. This means being mindful of ingredients that can add hidden calories to your daily meals without your realizing it. This includes condiments, dressings, cooking oils, alcohol, and beverages (i.e., sports drinks, soda, juice).

## *2. Identify What You Need to Cook Ahead of Time*

Write or print out a copy of your meal plan, and circle which items you'll need to cook in advance. For example, if your lunches and dinners both have grilled chicken in them, you'll need to prepare a bunch of chicken in advance. If you have rice or sweet potatoes in more than one meal, prepare some in bulk to accommodate this. The more meals you can find that use food you prepare in bulk, the simpler your meal preparation will be.

## *3. Stage Your Ingredients*

Whether you decide to cook for an entire week at once or to cook every meal from scratch, staging your ingredients is a *huge* key to success. *Staging* ingredients means prewashing and chopping your veggies so they are set and ready to go. It means portioning out the ingredients for your smoothies so all you need to do is dump a baggie into the blender. It means cooking your proteins in large batches and having them ready in a storage container for easy access when it's time to put a meal together. Any steps you can take to organize your ingredients in advance will make sticking to your plan ten times easier.

## Cook for Your Macro Type

Now that you are ready to food prep, it's important to have fun recipes to prepare. This is the part where you can enjoy being creative with your meals. Living a healthy lifestyle with an eating plan for your body type can taste incredible! What follows are simple, delicious recipes that make this approach *practical*. If you want intricate, gourmet, bougie recipes, this is not the book for you. But if you want things that taste good, are easy to cook, won't break the bank, *and* that your family will enjoy, you are in the right place!

My cooking philosophy is all about preparing quality ingredients in a way that lets their natural flavors shine through. The true test of macro-based cooking is finding creative ways to explore flavor without adding chemical additives or cheap ingredients that artificially boost it — like refined sugars, hydrogenated oils, and flavorings full of salt-based preservatives. This takes some adjusting to. I encourage you to embrace it. You are transforming your body from the inside out, one molecule and cell at a time, as a direct result of the food you consume. Having the right recipes in your arsenal can be the key between hoping for improved health and taking the steps to accomplish it.

Many people fail at healthy living because they do not know how to cook. *Anyone* can make food tasty by adding an unlimited amount of sugar, fat, and salt. The real challenge is preparing foods with incredible flavor and macronutrients as a constraint. Whether you are terrified of the stove or are an experienced chef, you'll need to rethink everything you know about cooking.

Before you begin, drop all preconceived notions of what you think healthy food tastes like. The biggest misconception about healthy eating is that you need to sacrifice flavor and overall satisfaction. You may be mentally preparing yourself to “diet,” getting ready to sacrifice delicious food in exchange for the body you've always wanted. If this is you, *stop*.

Macro-based cooking has a learning curve, but for the most part, you can become an expert macro-chef by following instructions. If you can boil a pot of water, you can cook delicious macro-friendly meals. Be patient with yourself, use the correct tools, and read the recipes all the way through. These recipes may include steps that are new to you, so read through each preparation step, and refrain from making assumptions.

Here are four overarching things to keep in mind to set you up for success when cooking in your macro-based kitchen:

**BE CAREFUL ABOUT OVERCOOKING.** The main mistake people make in macro-based cooking is applying too much heat to meats and veggies. When cooking lean meats, you have to pay more attention to managing moisture. Cooking low and slow, not overcooking, and using water, steam, broth, lemon, lime, or light marinades to infuse foods with flavor is key.

**WATCH YOUR COOKING OILS.** The oil you cook with counts toward your macros! This means avoiding heavy frying or sautéing with a lot of oil and getting used to sautéing in quality non-stick cooking pans. It also means grilling, broiling, baking on parchment paper, steaming, and air frying. You will need to be more mindful of the texture and moisture content of your food and how each method of preparation impacts that. This is more challenging with leaner meats. Don't worry about the effect of cooking with less oil though; this chapter is loaded with quality recipes that are juicy and delicious!

**SUBSTITUTE WITH CAUTION.** You can customize any of the recipes in this chapter to be more attuned to your palate. The key is to make sure your substitutions don't throw off your macros. If, for example, you are making the Thai-Style Basil Chicken (page 212)

and decide to make the recipe with shrimp, your macros will remain on track because shrimp and chicken breast contain very similar amounts of protein and fat. However, if you swap chicken out for a fattier protein source like beef, you'll need to account for those extra calories.

**RETHINK REHEATING.** When cooking these recipes, consider leftovers and which items will and will not reheat well. Not everything you prepare can freeze and thaw without changing its flavor and texture. Before you cook any of these recipes in bulk, try them out and gain familiarity with them. Most proteins and starchy carbs reheat well, but veggies do not, so I recommend cooking veggies fresh each day if you are able to. But if you don't have time to go through the entire cooking process, you can still prep veggies in advance by washing, chopping, and staging them so they are ready to go.

### A MIX-AND-MATCH APPROACH

The recipes in this chapter are arranged to correspond easily with the meal plan guidelines from Chapters 6 and 7. You'll find the recipes organized by category: Lean Proteins, Fatty Proteins, Fatty Low-GI Carbs, Protein Snacks, High-GI Carbs, Low-GI Carbs, and Healthy Fats. For example, if the guidelines for your macro type (page 155–159) suggest fatty proteins + low-GI carbs for a meal, you can look through the recipes in each respective category (in this case, choose a fatty protein and choose a low-GI carb) to find the ones that fit your palate.



## Menu Template Category Examples

| Fatty Protein |                | Lean Protein   |               |
|---------------|----------------|----------------|---------------|
| Eggs          | Nut butter     | Chicken breast | Branzino      |
| Salmon        | Cheese         | Egg whites     | Turkey breast |
| Duck          | Beef burger    | Shrimp         | Lobster       |
| Lamb          | Chicken thighs | Sea bass       | Trout         |
| Rib eye       | Chicken wings  | Mahi mahi      | Crab          |
| Wagyu         | Pork           | Whey isolate   | Snapper       |
| Nuts          | Bacon          | Tenderloin     | Scallops      |
| Low-GI Carbs  |                | High-GI Carbs  |               |
| Leafy greens  | Tomato         | Sweet potato   | Grapes        |
| Carrots       | Legumes        | Rice           | Tortillas     |
| Zucchini      | Squash         | Pasta          | Pretzels      |
| Broccoli      | Blueberries    | Sprouted bread | Dried fruit   |
| Cauliflower   | Peas           | Oats           | Plantains     |
| Apples        | String beans   | Quinoa         | Pineapple     |
| Strawberries  | Mushrooms      | Banana         | Corn          |
| Peaches       | Eggplant       | Couscous       | Mango         |

## Menu Template Category Examples *(cont.)*

| Fatty Low-GI Carbs                    | Healthy Fats        |               |
|---------------------------------------|---------------------|---------------|
| Low-carb bread                        | Olive oil           | Coconut oil   |
| Almond flour tortillas                | Pesto               | Sesame oil    |
| Coconut flour tortillas               | Nuts                | Chia seeds    |
| Veggies sautéed in healthy fats       | Seeds               | Flax          |
| Veggie casseroles                     | Avocado             | Pumpkin seeds |
| Coconut chips                         | Avocado oil         | Olives        |
| Healthy sauces/dips<br>(i.e., hummus) | Grass-fed<br>butter | Walnuts       |
| Nuts/nut butter + low-sugar fruit     | Ghee                | Almonds       |

I've handcrafted this simple collection of recipes with love and care, from my kitchen to yours. It can be challenging to become adept at making recipes that are delicious and healthy at the same time, but I've done that work for you! Many of my clients, family members, and friends tell me they do not feel like they are on a diet when they are using my recipes. This is one of the nicest compliments to receive. The following recipes are easy, simple, affordable, and family-friendly. Not only will they nourish you and your loved ones, but they will support your body transformation for years to come!

## Lean Protein Recipes

### Breakfast Fried Rice

*Makes 1 serving*

*Prep Time: 5 minutes*

*Cook Time: 5 minutes*

MEAL PLAN KEY: LEAN PROTEIN + HIGH-GI CARB

Welcome to my world of rice and bacon for breakfast with this savory yet effortless high-protein meal. This meal is family-friendly, budget-friendly, and makes meal prep something you actually look forward to. It can be enjoyed for breakfast, lunch, or dinner. Did I mention bacon? Yes, you can actually eat bacon every day and still drop body fat. I use organic peas, but you can use conventional.

#### *Ingredients*

2 slices bacon

2 cloves garlic, chopped

6 oz ( $\frac{3}{4}$  cup) liquid egg whites (from about 6 large eggs)

2 oz ( $\frac{1}{4}$  cup) frozen peas

4 oz ( $\frac{1}{2}$  cup) cooked white rice

2 tablespoons soy sauce\*

$\frac{1}{4}$  teaspoon paprika

Hot sauce (optional)

*\*Use coconut aminos for a soy-free alternative.*

1. Panfry the bacon in a nonstick skillet using a nonmetal spatula until crisp. Transfer the bacon to a plate and set aside.
2. Add the garlic to the bacon grease in the pan and sauté over medium-high heat for 30 seconds, then reduce the heat to medium. Pour the egg whites into the skillet and scramble for 10 seconds. Add the peas and cover with lid for 30 seconds. Uncover and scramble the contents together for 15 seconds, or until the peas are bright green and no longer frozen.

3. Add the rice to the skillet and top with the soy sauce and paprika. Stir-fry together until all ingredients are equally distributed. Crumble the bacon and stir into the fried rice if you like, or simply serve as whole pieces on the side. Serve with hot sauce.

#### *Meal Prep Tips*

- If doubling or tripling recipe, allow the contents to cool at room temperature for 10 minutes before refrigerating.
- Keeps for 4 to 5 days refrigerated.
- Easy to prepare in bulk for 3 or more days at a time.

#### *Macros per serving:*

Calories (kCal) 309; Total Fat 7g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 15mg; Sodium 1,123mg; Potassium 383mg; Total Carbohydrate 30g (Dietary Fiber 2g, Sugars 3g); Protein 31g

## **Chicken Breakfast Sausage Fried Rice**

*Makes 1 serving*

*Prep Time: 5 minutes*

*Cook Time: 5 minutes*

MEAL PLAN KEY: LEAN PROTEIN + HIGH-GI CARB

I am a huge fan of the savory breakfast, especially when it's a recipe that can also be lunch or dinner! Cutting the sausage into slices allows for more surface area to crisp up and burn a little on the edge. I personally enjoy meats with that "almost burnt" flavor for added complexity in a meal, and this simple breakfast is no exception. I prefer to use organic rice.

#### *Ingredients*

Olive oil spray

1 clove garlic, minced

4 oz (4 links) Trader Joe's Chicken Maple Breakfast Sausage, cut into slices

1 oz (1 cup) spinach

4 oz (½ cup) cooked brown rice

Optional toppings: sriracha, scallions, jalapeños, onions, cilantro, or crushed red pepper

1. Lightly coat a nonstick skillet with a spray of olive oil and heat over medium-high heat. Add the garlic and sauté for 30 to 60 seconds. Add the sausage and cook over high heat, stirring, for 3 to 4 minutes, until lightly burnt.
2. Tightly ball the spinach on a cutting board and dice. Add the spinach to the skillet and stir-fry briefly with the sausage, then add 1 tablespoon of water and cover to steam the stir-fry for 30 seconds.
3. Add the rice to the skillet and stir until all ingredients are equally distributed, then remove from heat and plate. Serve immediately with your toppings of choice.

#### *Meal Prep Tips*

- If doubling or tripling this recipe, allow to cool at room temperature for 10 minutes before refrigerating.
- Keeps for 4 to 5 days refrigerated.
- Easy to prepare in bulk for 3 or more meals.

#### *Macros per serving:*

Calories (kCal) 263; Total Fat 9g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 59mg; Sodium 592mg; Potassium 179mg; Total Carbohydrate 21g (Dietary Fiber 2g, Sugars 0g); Protein 22g

## **Tequila-Lemon Flank Steak**

*Makes 8 servings*

*Prep Time: 5 minutes, plus 30 minutes marinating (or up to 24 hours)*

*Cook Time: 10 minutes*

**MEAL PLAN KEY: LEAN PROTEIN**

Flank steak gets a surprising boost of flavor from tequila. Experience a rich, juicy, and delicious macro-friendly meal that keeps your food far from boring. This recipe is a perfect example of how macro-based cooking is all

about naturally enhancing flavor. Instead of dousing meats in low-quality processed seasonings, tequila, lemon, and garlic make for a well-balanced and well-seasoned dish. Enjoy as the meat for tacos or with a side of complex carbs or the veggies of your choice!

### *Ingredients*

2 oz lemon juice (juice of ~2 lemons)  
1 oz (2 tablespoons) tequila  
2 oz (¼ cup) garlic powder  
1 teaspoon sea salt  
¼ teaspoon freshly ground black pepper  
24 oz (1½ lb) flank steak  
Fresh cilantro for garnish (optional)

1. In a small bowl, mix together the lemon juice, tequila, garlic powder, salt, and pepper and transfer to a gallon-size plastic bag. Shake the ingredients until well combined. Add the flank steak, seal, and rub the marinade into the meat until well covered. Marinate in the fridge for at least 30 minutes or up to 24 hours.
2. Remove the steak from the bag and let excess marinade drip off. Place the steak on the grill over medium-high heat (~350°F) and cook for about 6 minutes per side or to the temperature of your choice.
3. Transfer the steak to a cutting board and let rest for 5 minutes. Slice into thin slices, garnish with cilantro, and serve.

### *Macros per 4-ounce serving:*

Calories (kCal) 159; Total Fat 7g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 56mg; Sodium 357mg; Potassium 77mg; Total Carbohydrate 4g (Dietary Fiber 1g, Sugars 1g); Protein 19g

## **Slow-Cooker Cilantro-Lime Chicken**

*Makes 12 servings*

*Prep Time: 5 minutes*

*Cook Time: 4 to 6 hours*

MEAL PLAN KEY: LEAN PROTEIN

I love shredded chicken, and this version is packed with flavor and absolutely delicious! Tender and juicy seasoned chicken breasts cook in the slow cooker with a flavorful and light cilantro lime sauce. Serve as a filling in tacos or burritos, over rice, on toast, or with the starchy carbs and veggies of your choice. I will often make large batches and freeze in meal-size portions.

### *Ingredients*

48 oz (3 lb) boneless skinless chicken breasts  
2 oz (¼ cup) extra-virgin olive oil  
0.14 oz (¼ cup) chopped fresh cilantro  
2 oz (¼ cup) water  
2 oz (¼ cup) sriracha  
3 cloves garlic, chopped  
3 oz lime juice (juice of 3 limes squeezed)  
Additional fresh cilantro and sriracha, for garnish (optional)

1. Combine all the ingredients in a slow cooker. Cover, set to low, and cook for 4 to 6 hours. (You'll need the full 6 hours if starting with frozen chicken.)
2. Once cooked, shred the chicken with two forks inside of the slow cooker; it should easily shred with little handling.
3. Serve immediately, topping with additional fresh cilantro and sriracha as desired.

### *Meal Prep Tips*

- The shredded chicken is an easy make-ahead freezer meal. Or you can freeze it before cooking by tossing all the ingredients in a 1-gallon freezer plastic bag and popping it into the freezer. Thaw in the refrigerator the night before, then dump the ingredients in your slow cooker when you are ready to rock & roll!
- Easy to prepare in bulk for 3 or more meals.

### *Macros per serving:*

Calories (kCal) 171; Total Fat 7g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 56mg;  
Sodium 123mg; Potassium: 271mg; Total Carbohydrate 3g (Dietary Fiber 0g, Sugars 1g);  
Protein 24g

## Filipino-Style Chicken Adobo

*6 servings*

*Prep Time: 10 minutes*

*Cook Time: 45 minutes*

MEAL PLAN KEY: LEAN PROTEIN

You'll get intense flavor depth from simple ingredients with this amazing yet healthy Filipino-inspired chicken. When I was growing up, adobo was always the ultimate crowd pleaser at every potluck. The original is so high in fat that it could be enjoyed only occasionally, but this lighter version can be a part of your weekly meal rotation. The chicken is great for serving at a family dinner, potluck, or holiday gathering and pairs well with white or brown rice, string beans, asparagus, spinach, or the veggie of your choice.

### *Ingredients*

32 oz (4 cups) water

24 oz (1½ lb) boneless skinless chicken thighs or skinless drumsticks  
(recipe also works well with pork belly or pork shoulder)

4 oz (½ cup) soy sauce\*

4 oz (½ cup) balsamic vinegar

6 cloves garlic, chopped

6 bay leaves

Light spray of olive oil

Sea salt and freshly ground black pepper (to taste)

*\*Use coconut aminos for a soy-free alternative.*

1. In a medium saucepan, combine the water, chicken, soy sauce, vinegar, garlic, and bay leaves. Bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer, uncovered to allow the broth to reduce, for 35 minutes, stirring occasionally.
2. Lightly spray a nonstick skillet with olive oil. Using tongs, transfer the chicken from the saucepan to the skillet. Place the skillet over high heat and sauté to brown the chicken. Add 4 to 5 tablespoons of the broth



from the pot to the skillet, cover, and cook for about 90 seconds. Flip the chicken pieces and cook for an additional 90 seconds, until meat is visibly browned. Remove from the heat.

3. Meanwhile, continue to reduce the liquid in the saucepan over high heat for 8 to 10 minutes, until the sauce is thickened slightly and reduced to about half the original amount. Pour the sauce into a small storage container for ease of pouring over cooked meat.
4. Pour about ¼ cup of the reduced sauce over the chicken in the skillet, then transfer contents to a serving platter or shallow, microwave-safe, resealable dish. Serve hot right away, or allow the contents to cool at room temperature for 20 minutes before refrigerating.

#### *Meal Prep Tips*

- Store as a bulk protein source for variety if you do not wish to preportion out every single meal. Keeps for 4 days refrigerated.
- You can turn the chicken into a fatty protein for the meal plans by keeping the chicken skin on the thighs or legs.

#### *Macros per 4-ounce serving:*

Calories (kCal) 180; Total Fat 9g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 75mg; Sodium 760mg; Potassium 360mg; Total Carbohydrate 5g (Dietary Fiber 0g, Sugars 3g); Protein 19g

## **Blueberry-Almond French Toast Protein Bake**

*Serves 6*

*Prep Time: 10 minutes, plus at least 20 minutes (or overnight) refrigeration*

*Cook Time: 40 minutes*

**MEAL PLAN KEY: LEAN PROTEIN + HIGH-GI CARB**

If you are looking for a convenient meal that you can prepare in advance, this protein-packed baked French toast is easier than it looks — and completely filling and satisfying. Most French toast recipes are loaded with carbs and fat and lacking in protein. This healthy version is great for preparing in bulk or for feeding a crowd for a healthy brunch or family breakfast!

### *Ingredients*

- 6 slices gluten-free bread\*
- 8 oz (1 cup) frozen blueberries\*\*
- 4 oz (4 scoops) vanilla-flavored whey protein isolate
- 8 oz (1 cup) egg whites\*\*\* (from about 8 large eggs)
- 8 oz (1 cup) unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 2 teaspoons sliced almonds, for garnish (optional)

*\* I use Trader Joe's gluten-free bread.*

*\*\* Instead of blueberries, you can substitute strawberries, raspberries, blackberries, or a mix of berries.*

*\*\*\* For convenience, I use liquid egg whites in the carton (found in the refrigerated dairy section of grocery stores). You can also separate whole eggs.*

1. Cut the bread into quarters, and then quarter them again to create cubes. Place in a 9-inch nonstick pie dish and sprinkle the blueberries on top.
2. In a bowl, combine the whey protein, egg whites, almond milk, vanilla extract, and baking powder. Mix well with a hand mixer, immersion blender, or shaker cup. Pour the egg white mixture over the bread and blueberries, and sprinkle the cinnamon evenly across the top. Refrigerate for at least 30 minutes or up to overnight to allow the bread cubes to soak up the egg.
3. When you're ready to bake it, preheat the oven to 350°F. Bake the French toast for 40 minutes, until risen, firmed up, and lightly browned.
4. Garnish with the sliced almonds before serving, if desired.

### *Meal Prep Tips*

- Great for meal planning breakfast in bulk.
- Baked leftovers keep for 4 days, refrigerated.
- Leftovers can be enjoyed cold or reheated in a toaster oven for 60 seconds, a microwave for 30 seconds, or an air fryer for 2 to 3 minutes.

*Macros per serving:*

Calories (kCal) 281; Total Fat 3g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 441mg; Potassium 451mg; Total Carbohydrate 29g (Dietary Fiber 3g, Sugars 8g);  
Protein 34g

## Simple Protein Waffles

*Makes 1 serving*

*Prep Time: 10 minutes*

*Cook Time: 10 minutes*

MEAL PLAN KEY: LEAN PROTEIN + HIGH-GI CARB

Mastering the formula for high-protein living includes learning how to enjoy old favorites like waffles and pancakes without blowing your carb budget for the day. This simple batter works well as waffles or pancakes. Add the toppings of your choice to take it to the next level.

*Ingredients*

1 oz (1 scoop) vanilla-flavored whey protein isolate  
4 oz (½ cup) egg whites (from about 4 eggs)  
2 oz (¼ cup) water  
1.5 oz (½ cup) instant dry oats  
¼ teaspoon baking powder  
Oil spray of your choice

1. Combine the whey protein, egg whites, water, oats, and baking powder in a blender and blend until smooth.
2. To make waffles, lightly spray a waffle iron with oil spray and heat until griddle is ready. Spoon 2 to 3 tablespoons of the batter onto the waffle iron to make mini waffles, and cook according to manufacturer's directions. You can also make one big waffle.
3. To make pancakes, lightly coat a nonstick skillet or griddle with oil spray and heat over medium heat. Spoon the batter onto the skillet or griddle to desired pancake size and cook for 1 to 2 minutes, until pancakes bubble

and edges appear to have firmed up. Flip the pancakes and cook for another minute or so, until batter is cooked.

4. If making mini waffles or pancakes, work in batches and lightly coat the waffle iron, skillet, or griddle as needed with oil spray.

*Macros per serving:*

Calories (kCal) 320; Total Fat 3g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 340mg; Potassium 420mg; Total Carbohydrate 32g (Dietary Fiber 4g, Sugars 1g);  
Protein 43g

## Thai-Style Basil Chicken

*Makes 8 servings*

*Prep Time: 10 minutes, plus 30 minutes (or up to overnight) for marinating*

*Cook Time: 15 minutes*

MEAL PLAN KEY: LEAN PROTEIN

This spicy chicken is the perfect solution when you want a healthier version of takeout. Don't skimp on the dried chile peppers — the seeds take the chicken to another level of heat if you enjoy authentic spice.

*Ingredients*

1 oz (2 tablespoons) olive oil  
2 oz (¼ cup) distilled white vinegar  
2 oz (¼ cup) soy sauce\*  
4 dried bird's beak chile peppers, sliced  
5 cloves garlic, chopped  
3 tablespoons chopped basil  
32 oz (2 lb) boneless skinless chicken breast  
Additional basil, for garnish (optional)

*\*Use coconut aminos for a soy-free alternative*

1. In a gallon freezer bag, combine 1 tablespoon of the olive oil and all the remaining ingredients except the chicken. Mix the marinade thoroughly, then add the chicken to the bag and shake well. Marinate at room temperature for 30 minutes or refrigerate overnight.

2. Heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Add the chicken breasts and the marinade and cook, turning the chicken once, for 4 minutes. Remove the chicken from the skillet and set on a cutting board. Slice chicken into strips where the inside is still pink.
3. Return the still-pink chicken slices to the skillet and cook on the flat sides until the juices brown the meat, about 1 minute per side. Continue this process until all of the chicken is thoroughly cooked but still juicy.
4. Allow 5 minutes for chicken to cool and then garnish with additional basil.

*Macros per 4-ounce serving:*

Calories (kCal) 137; Total Fat 4g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 65mg; Sodium 841mg; Potassium 14mg; Total Carbohydrate 2g (Dietary Fiber 0g, Sugars 1g); Protein 24g

## **Cantaloupe-Kale-Chia Protein Shake**

*Makes 1 serving*

*Prep Time: 10 minutes*

*Cook Time: none*

**MEAL PLAN KEY: LEAN PROTEIN + LOW-GI CARB**

When you need to replenish your body with dense nutrients, this protein shake is the answer. Loaded with superfoods that will leave you energized, detoxified, and rehydrated, it's a terrific post-workout drink or meal replacer. It deserves bonus points because it also supports healthy skin and boosts digestion.

*Ingredients*

- 1 oz (1 scoop) vanilla-flavored whey protein isolate
- 3 oz (½ cup) cubed cantaloupe
- 1 oz (1 cup) kale, stemmed
- 1 tablespoon chia seeds
- 8 oz (1 cup) water
- Ice (optional)

1. Combine all ingredients in a blender and blend on high for 15 to 30 seconds until well mixed.
2. Pour into a large glass or mason jar with ice, and enjoy!

*Macros per serving:*

Calories (kCal) 206; Total Fat 3g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 118mg; Potassium 694mg; Total Carbohydrate 15g (Dietary Fiber 6g, Sugars 7g);  
Protein 30g

## **Mixed Berry–Almond Protein Shake**

*Makes 1 serving*

*Prep Time: 3 minutes*

*Cook Time: none*

MEAL PLAN KEY: LEAN PROTEIN + LOW-GI CARB

I am a creature of habit, and once I came across this ingredient combination, I had the shake as my post-workout meal for almost two years straight. I'm a huge fan of frozen mixed berries. You never need to worry about them going bad, and they are a wonderful low-sugar post-workout carb source to replenish your tired muscles!

*Ingredients*

1 oz (1 scoop) vanilla-flavored whey protein isolate  
2 oz (¼ cup) frozen mixed berries  
8 oz (1 cup) unsweetened almond milk  
1 teaspoon almond extract  
Ice (optional)

1. Combine all ingredients in a blender and blend on high for 15 to 30 seconds until well mixed.
2. Pour into a large glass or mason jar with ice, and enjoy!

*Macros per serving:*

Calories (kCal) 173; Total Fat 4g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 178mg; Potassium 275mg; Total Carbohydrate 7g (Dietary Fiber 2g, Sugars 3g);  
Protein 26g

## Chocolate-Coconut Cake Batter Protein Shake

*Makes 1 serving*

*Prep Time: 3 minutes*

*Cook Time: none*

MEAL PLAN KEY: LEAN PROTEIN + LOW-GI CARB

Every time a client asks me what to do to curb sugar cravings during that time of the month, I always point them in the direction of chocolate protein shakes. The natural sweetness of quality protein powder paired with unsweetened cocoa creates a rich, creamy, and satisfying flavor without throwing you off track. Experience a new way to satisfy cravings that doesn't involve sabotaging your progress!

### *Ingredients*

1 oz (1 scoop) chocolate-flavored whey protein isolate

0.8 oz (3 tablespoons) unsweetened cocoa powder

8 oz (1 cup) unsweetened coconut milk

1 teaspoon maple extract

Ice (optional)

1. Combine all ingredients in a blender and blend on high for 15 to 30 seconds until well mixed.
2. Pour into a large glass or mason jar with ice, and enjoy!

### *Macros per serving:*

Calories (kCal) 191; Total Fat 7g (Saturated Fat 5g, Trans Fat 0g); Cholesterol 0mg;

Sodium 123mg; Potassium 486mg; Total Carbohydrate 13g (Dietary Fiber 7g, Sugars 0g);

Protein 28g

## Antioxidant Detox Smoothie

*Makes 1 serving*

*Prep Time: 3 minutes*

*Cook Time: none*

MEAL PLAN KEY: LEAN PROTEIN + HIGH-GI CARB

This shake is wonderful if you are just getting back on track from a hiatus from your nutrition plan or if you recently drank excess alcohol. Naturally detoxifying kale and flaxseeds support healthy digestion and restore vitamins and minerals.

### *Ingredients*

- 1 oz (1 scoop) vanilla-flavored whey protein isolate
- 2 oz (¼ cup) blueberries
- 2 oz (¼ cup) sliced apples
- 1 oz (1 cup) kale, de-stemmed
- 1 tablespoon flaxseeds
- 8 oz (1 cup) unsweetened coconut milk
- Ice (optional)

1. Combine all ingredients in a blender and blend on high for 15 to 30 seconds until well mixed.
2. Pour into a large glass or mason jar with ice, and enjoy!

### *Macros per serving:*

Calories (kCal) 239; Total Fat 8g (Saturated Fat 4g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 132mg; Potassium 408mg; Total Carbohydrate 17g (Dietary Fiber 5g, Sugars 7g);  
Protein 28g

## **Blueberry-Watermelon Post-Workout Shake**

*Makes 1 serving*

*Prep Time: 3 minutes*

*Cook Time: none*

**MEAL PLAN KEY: LEAN PROTEIN + HIGH-GI CARB**

This shake is a must when you need to replace electrolytes from a hard workout. Watermelon is naturally high in electrolytes as well as citrulline malate, an ingredient known for its recovery-boosting properties.



### *Ingredients*

- 1 oz (1 scoop) vanilla-flavored whey protein isolate
- 5.4 oz (1 cup) cubed watermelon
- 2 oz (¼ cup) blueberries
- 8 oz (1 cup) water
- Ice (optional)

1. Combine all ingredients in a blender and blend on high for 15 to 30 seconds until well mixed.
2. Pour into a large glass or mason jar with ice, and enjoy!

### *Macros per serving:*

Calories (kCal) 177; Total Fat 0g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 82mg; Potassium 439mg; Total Carbohydrate 19g (Dietary Fiber 2g, Sugars 13g); Protein 26g

## **Chocolate Pretzel Protein Shake**

*Makes 1 serving*

*Prep Time: 3 minutes*

*Cook Time: none*

MEAL PLAN KEY: LEAN PROTEIN + LOW-GI CARB

If you find yourself getting bored with your post-workout routine, mix it up with this delicious sweet-and-salty combination of chocolate and pretzels. Excellent for when you are craving chocolate and sweets.

### *Ingredients*

- 1 oz (1 scoop) chocolate-flavored whey protein isolate
- 0.6 oz (2 tablespoons) unsweetened cocoa powder
- 0.3 oz (1 tablespoon) chocolate chips
- 4 mini pretzels
- ¼ teaspoon sea salt
- 8 oz (1 cup) water
- ½ cup ice

1. Combine all ingredients in a blender and blend on high for 15 to 30 seconds until well mixed.
2. Pour into a large glass or mason jar with ice, and enjoy!

*Macros per serving:*

Calories (kCal) 215; Total Fat 5g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 672mg; Potassium 404mg; Total Carbohydrate 19g (Dietary Fiber 5g, Sugars 8g);  
Protein 28g

## **Strawberry-Pineapple Protein Shake**

*Makes 1 serving*

*Prep Time: 3 minutes*

*Cook Time: none*

MEAL PLAN KEY: LEAN PROTEIN + LOW-GI CARB

Replenish tired muscles with this simple, yet fresh tropical smoothie that is packed with flavor and loaded with nutrients. Pineapples contain the enzyme bromelain, which is not only great for reducing inflammation and promoting recovery, but it also boosts the uptake of protein. When combined with strawberries, which are high in electrolytes, this makes for a nutrient-dense, functional shake that you will absolutely love!

*Ingredients*

- 1 oz (1 scoop) vanilla-flavored whey protein isolate
- 2 oz (¼ cup) sliced strawberries
- 2 oz (¼ cup) diced pineapple
- 8 oz (1 cup) unsweetened almond milk
- 1 teaspoon almond extract
- Ice (optional)

1. Combine all ingredients in a blender and blend on high for 15 to 30 seconds until well mixed.
2. Pour into a large glass or mason jar with ice, and enjoy!

*Macros per serving:*

Calories (kCal) 177; Total Fat 3g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 240mg; Potassium 372mg; Total Carbohydrate 12g (Dietary Fiber 1g, Sugars 4g);  
Protein 25g

## Fatty Protein Recipes

### Chimichurri Chicken Thighs

*Makes 10 thighs*

*Prep Time: 15 minutes*

*Cook Time: 50 minutes*

MEAL PLAN KEY: FATTY PROTEIN

Enjoy this budget-friendly chicken that is crispy, flavorful, and healthy! I'm obsessed with chicken thighs because they just taste so good and are way more affordable than other protein sources. If you are trying to lose weight, the key to making this recipe work in a lower-fat meal plan is to balance out your macros for your goals. For example, if your total daily fat intake goal is only 50 grams per day, one serving would take almost half of your total daily fat intake, so be aware of how that impacts your choices outside of a meal including this recipe. These thighs are a family favorite and are great for serving a crowd without breaking the bank.

*Ingredients*

Coconut oil or olive oil spray

10 bone-in chicken thighs with skin

*CHIMICHURRI*

0.8 oz (1½ cups) chopped cilantro

1.8 oz (½ cup) chopped Italian parsley

2 oz (¼ cup) extra-virgin olive oil

2 oz (¼ cup) distilled white vinegar

2.1 oz (¼ cup) minced garlic  
2 oz lime juice (juice of 2 large limes)  
1 oz jalapeño, sliced (~1 small pepper)  
5 teaspoons ground cumin, plus more to taste  
3 teaspoons oregano  
Sea salt and black pepper (to taste)

1. Preheat the oven to 425°F. Line a baking sheet with foil and lightly spray with coconut oil or olive oil spray.
2. Make the chimichurri: Combine all the chimichurri ingredients in a food processor and blend on low for 10 to 15 seconds.
3. For each chicken thigh, peel back the skin and place 1 tablespoon of the chimichurri under the skin. Place skin-side down on the prepared baking sheet. Spoon half of the remaining chimichurri over the thighs and then top with more cumin and sea salt.
4. Bake the chicken for 20 minutes. Remove the pan from the oven and pour off the excess liquid. Gently flip each piece of chicken over, season with more cumin and sea salt, and top with the rest of the chimichurri. Bake for 25 minutes, until skin is visibly browned.
5. Lightly spray the chicken with coconut or olive oil and broil for about 5 minutes (watching carefully), until the skin is browned and crispy. Let rest for 5 to 10 minutes before serving.

#### *Meal Prep Tips*

- Excellent family-friendly recipe to batch cook for a few days' worth of meals.
- Recommend using an air fryer to reheat cooked thighs for 2 to 3 minutes at 370°F, a microwave for 1 minute 30 seconds on high, or broil in an oven for 2 minutes.
- Cooked chicken thighs keep in the fridge for 3 to 4 days or in the freezer for up to 2 months.

*Macros per 4-ounce thigh with skin and bone:*

Calories (kCal) 308; Total Fat 23g (Saturated Fat 6g, Trans Fat 0g); Cholesterol 95mg;  
Sodium 331mg; Potassium 125mg; Total Carbohydrate 4g (Dietary Fiber 1g, Sugars 0g);  
Protein 20g

## **Slow-Cooker Pork Carnitas**

*Makes 16 servings*

*Prep Time: 15 minutes*

*Cook Time: 6 hours*

MEAL PLAN KEY: FATTY PROTEIN

This recipe is the best thing that has ever been made in my slow cooker, like ever. The amazing combination of subtle spices provides a rich flavor that penetrates the pork, which then shreds effortlessly with a fork after slow cooking. Carnitas are the perfect meal that can be served as a taco, salad, with veggies or the carb of your choice and are great when cooking for a budget-conscious household.

### *Ingredients*

64 oz (4 lb) pork butt  
3 oz lime juice (juice of 3 large limes)  
2.35 oz (½ cup) cumin  
2 oz jalapeños, seeded and chopped  
5 oz (~1 medium) red onion, chopped  
2 tablespoons dried oregano  
1 tablespoon dried thyme  
2 tablespoons cayenne pepper  
2 tablespoons sea salt  
Chopped fresh cilantro for garnish (optional)

1. Place the pork in the slow cooker and top with two-thirds of the lime juice (from 2 limes), ¼ cup of the cumin, the jalapeños, onion, oregano, and thyme. Cover, set to low, and cook for 6 hours.

2. After 6 hours, turn the slow cooker off, and use tongs to carefully transfer the pork to a large mixing bowl, reserving the juices in the cooker. Carefully shred the pork using two forks. Pour all of the juice from the slow cooker over the meat.
3. Add the remaining lime juice, remaining  $\frac{1}{4}$  cup cumin, the cayenne, and salt to the shredded meat and mix thoroughly until fully incorporated.
4. Allow to cool before serving. Top with cilantro as an optional garnish.

*Macros per 4-ounce serving:*

Calories (kCal) 319; Total Fat 22g (Saturated Fat 6g, Trans Fat 0g); Cholesterol 97mg; Sodium 966mg; Potassium 447mg; Total Carbohydrate 2g (Dietary Fiber 1g, Sugars 1g); Protein 27g

## **Italian Meatballs**

*Makes 20 meatballs*

*Prep Time: 20 minutes*

*Cook Time: 25 minutes*

MEAL PLAN KEY: FATTY PROTEIN

Meatballs are the ultimate comfort food for many families. This is a healthy makeover of a classic, with a flavorful blend of herbal spices and a cooking method that yields the most tender meatballs you have ever had in your life. Eating healthy doesn't mean eating dry, lifeless foods any longer! You can substitute ground turkey or chicken for the ground beef for a lower-fat recipe that is equally delicious. Serve over cooked spaghetti squash, zucchini, or the starches of your choice for an alternative to pasta.

*Ingredients*

Olive oil spray

**MEATBALLS**

16 oz (1 lb) 80 percent ground beef

3.5 oz ( $\frac{1}{2}$  cup) Italian parsley

2 tablespoons grated Parmesan cheese  
4 cloves garlic, minced  
4 teaspoons dried oregano  
4 teaspoons dried thyme  
1 teaspoon black pepper  
1 teaspoon red pepper flakes  
Sea salt (to taste)

#### *MARINARA SAUCE*

1 (15-oz) can salt-free diced tomatoes, drained  
2 oz (¼ cup) extra-virgin olive oil  
2 cloves garlic  
1 tablespoon oregano  
1 teaspoon black pepper  
¼ teaspoon sea salt

1. Preheat the oven to 375°F. Line a baking sheet with foil and lightly spray with olive oil spray, or line with parchment paper, and set aside.
2. Make the meatballs: In a large mixing bowl, thoroughly combine the meatball ingredients until well mixed. Form meatballs by rolling in the palms of your hands, using about 1 tablespoon of meat per meatball.
3. Place on prepared baking sheet and bake for 25 minutes, until texture is firm and outer surface is browned.
4. Meanwhile, make the marinara: Combine all the marinara ingredients in a food processor and process until garlic and herbs are fully distributed. Heat the marinara in a large skillet over medium heat.
5. Add the meatballs and thoroughly cover with sauce. Cover and simmer for 1 to 2 minutes, until sauce is absorbed into the meatballs.

#### *Macros per 2 meatballs with sauce:*

Calories (kCal) 160; Total Fat 12g (Saturated Fat 4g, Trans Fat 0g); Cholesterol 44mg;  
Sodium 540mg; Potassium 266mg; Total Carbohydrate 4g (Dietary Fiber 0g, Sugars 2g);  
Protein 22g

## Salmon with Parmesan and Garlic-Rosemary Butter

*Makes 2 servings*

*Prep Time: 20 minutes*

*Cook Time: 25 to 30 minutes*

MEAL PLAN KEY: FATTY PROTEIN

If I could eat one protein source every day for the rest of my life, it would be salmon. This recipe is hands-down one of my all-time favorites — I never get tired of these rich, healthy, and delicious flavors. If you want to take your cooking to the next level, make this for yourself and enjoy the crispy finish on top of the delicate and juicy tenderness of the salmon.

### *Ingredients*

Butter spray or olive oil spray

2 (4-oz) wild salmon fillets

Sea salt and black pepper (to taste)

2 tablespoons Garlic-Rosemary Butter (see page 263)

1.59 oz (½ cup) grated Parmesan cheese

1. Preheat the oven to 350°F. Line a baking sheet with foil and spray with butter or olive oil spray.
2. Place the salmon on the lined baking sheet and season with salt and pepper. Drop 1 tablespoon Garlic-Rosemary Butter on each piece of salmon and wrap together in the foil. Bake for 15 minutes. Open foil to expose the salmon. Sprinkle each piece of salmon with ¼ cup Parmesan. Return to the oven and bake, uncovered, for 3 to 5 more minutes, until cheese is melted and turned to a light golden brown color.
3. Set the oven to broil for 4 to 5 minutes and cook until cheese is lightly browned and crispy on the edges. Remove from oven and cool for 5 to 10 minutes before serving.

### *Macros per 1 salmon fillet w/topping:*

Calories (kCal) 352; Total Fat 23g (Saturated Fat 12g, Trans Fat 0g); Cholesterol 105mg; Sodium 693mg; Potassium 7mg; Total Carbohydrate 0.4g (Dietary Fiber 0g, Sugars 0g); Protein 33g



## Hummus Deviled Eggs

*Makes 12 servings*

*Prep Time: 10 minutes*

*Cook Time: 15 minutes*

MEAL PLAN KEY: FATTY PROTEIN

Enjoy this incredibly delicious recipe that only requires three ingredients: eggs, hummus, and bacon! This is a favorite appetizer at parties and an incredibly rich and flavorful lower-fat alternative to traditional deviled eggs. You can experiment with different hummus flavors for added variety to this simple recipe!

### *Ingredients*

4 slices bacon

6 hard-boiled eggs, peeled

4.5 oz (½ cup) hummus (flavor and brand of your choice)

Sea salt and black pepper (to taste)

1. Panfry the bacon in a skillet until crisp, and let cool. Crumble by chopping with a knife or by breaking up by hand.
2. Cut the peeled eggs lengthwise in half and scoop out the yolks and discard.
3. Add 2 teaspoons hummus to each halved egg. Season with sea salt and black pepper to taste. Top with crumbled bacon and enjoy!

### *Macros per ½ egg:*

Calories (kCal) 76g; Total Fat 6g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 96g;

Sodium 128g; Potassium 45g; Total Carbohydrate 2g (Dietary Fiber 1g, Sugar 1g);

Protein 5g

## Garlic and Mushroom White Pizza

*Makes 8 slices*

*Prep Time: 20 minutes*

*Cook Time: 25 minutes*

MEAL PLAN KEY: FATTY PROTEIN

The words *pizza* and *carbs* are almost synonymous. So you can imagine my boyfriend's surprise when I first created this recipe for him a few years ago. He's a picky eater, so I made the pizza and said nothing. He loved it and ate the entire thing in a single sitting. He was shocked when I told him there are more carbs in a small apple than in the entire pizza! That's when I knew this recipe was a hit. Bake one up when you need a delicious low-carb meal or when you need to serve a healthy meal to someone who refuses "diet food."

### *Ingredients*

#### *PIZZA CRUST*

- 4.4 oz (1 cup) frozen cauliflower rice
- 2.0 oz (½ cup) shredded full-fat mozzarella cheese
- 1.5 oz (½ cup) grated Parmesan cheese
- 1 large egg

#### *PIZZA TOPPINGS*

- 4 cloves garlic, peeled
- 1 oz (3 tablespoons) extra-virgin olive oil
- 4 oz (1 cup) shredded full-fat mozzarella cheese
- 1 oz (¼ cup) sliced portabella mushrooms
- Sea salt (to taste)
- Black pepper (to taste)
- Fresh basil (optional)

### *Cauliflower Pizza Crust Recipe*

1. Make the crust: Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Evenly spread the frozen riced cauliflower in a large bowl up and along the sides of the bowl (to allow maximum water to escape). Microwave on high for 5 minutes, until cauliflower appears to be visibly dried out. Add the mozzarella, Parmesan, and egg and mix by hand.
3. Flatten the "dough" on the lined baking sheet. Be careful to not spread so thin that holes form. Note that it will not feel the same as a traditional

flour-based dough. Rather, it will feel like a hash brown but will become solid as it bakes. Bake for 10 to 15 minutes, and remove from oven. Set aside until you are ready to make pizza.

4. Make the pizza: Preheat the oven to 400°F.
5. Slice the garlic lengthwise and lay flat on the pizza crust. Paint the garlic with 1 tablespoon of the olive oil. Top with the mozzarella cheese.
6. Heat the remaining 2 tablespoons oil in a skillet over medium-high heat. Add the mushrooms and sauté for 1 minute. Place on top of pizza.
7. Bake the pizza for 10 to 12 minutes, until the cheese is melted and the crust is lightly toasted. Season with salt and pepper, and top with fresh basil if you like.

*Macros per slice:*

Calories (kCal) 136; Total Fat 10g (Saturated Fat 4g, Trans Fat 0g); Cholesterol 43mg; Sodium 266mg; Potassium 57mg; Total Carbohydrate 2g (Dietary Fiber 0.4g, Sugars 0g); Protein 9 g

*Macros per 1 pizza crust:*

Calories (kCal) 496; Total Fat 31g (Saturated Fat 17g, Trans Fat 0g); Cholesterol 275mg; Sodium 1,037mg; Potassium 305mg; Total Carbohydrate 10g (Dietary Fiber 3g, Sugars 3g); Protein 43g

## **Chicken Sausage and Cauliflower Stuffing**

*Makes 8 servings*

*Prep Time: 10 minutes*

*Cook Time: 15 minutes*

MEAL PLAN KEY: FATTY PROTEIN

If you miss traditional bread-based side dishes like stuffing on your holiday table, your longing ends today. This stuffing recipe is light, delicious, and packed with flavor — without loading you down with carbs. Enjoy this lightened-up stuffing that makes an excellent side — or main dish — any time of year!

## *Ingredients*

### *SEASONED SAUSAGE*

Olive oil spray  
16 oz (1 lb) chicken sausage links  
1 tablespoon extra-virgin olive oil  
3 cloves garlic, minced  
1 tablespoon dried thyme  
1 tablespoon paprika  
1 teaspoon black pepper  
¼ teaspoon sea salt

### *“STUFFING”*

4 tablespoons extra-virgin olive oil  
16 oz (4 cups) riced cauliflower\*  
4 oz (3 stalks) celery  
5 oz (~2 whole sticks) carrots  
4 oz (½ cup) chicken stock

*\*You can find frozen, pre-riced cauliflower in the frozen foods aisle, or get a large head of cauliflower and rice it in a food processor.*

1. Cook the sausage: Spray a nonstick skillet lightly with olive oil. Add the sausage and cook over medium-high heat for 2 minutes per side; set aside. Slice the sausages into ½-inch pieces.
2. Add the olive oil to the skillet and sauté the garlic over medium-high heat for 30 to 45 seconds, until softened. Add the sliced sausage, thyme, paprika, pepper, and salt and sauté for 3 to 5 minutes, until the sausage pieces are lightly browned and cooked through.
3. Make the stuffing: In a separate large skillet, heat the olive oil over medium-high heat. Add the riced cauliflower, celery, and carrots and cook for 2 to 3 minutes. Add the seasoned sausage and stock and stir for 30 to 60 more seconds, until the stock has cooked down and evaporated. Remove from heat and cool for 3 minutes, then fluff and serve.

*Macros per ¾-cup serving:*

Calories (kCal) 230; Total Fat 12g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 71mg;  
Sodium 307mg; Potassium 312mg; Total Carbohydrate 7g (Dietary Fiber 2g, Sugars 3g);  
Protein 23g

## Spaghetti Squash Pizza Casserole

*Makes 4 servings*

*Prep Time: 40 minutes (including roasting squash)*

*Cook Time: 20 minutes*

MEAL PLAN KEY: FATTY PROTEIN + LOW-GI CARB

When you are committed to healthy living but still need delicious food that will satisfy the whole family, this dish is a go-to! Experience all the tasty flavors of pizza with only one-third of the carb content. The recipe is not only easy and satisfying, but it can also be customized to include your favorite low-calorie, high-flavor toppings like hot peppers, veggies, and greens.

### *Ingredients*

Olive oil spray

17.6 oz (4 cups) spaghetti squash\* (~½ medium)

3.5 oz (½ cup) canned diced tomatoes

2 whole large eggs

1 tablespoon dried oregano

1 tablespoon garlic powder

¼ teaspoon sea salt

6 oz (about 1½ cups) shredded mozzarella cheese

1.3 oz (about ½ cup) sliced portabella mushrooms

12 slices pepperoni\*\*

2 tablespoons black olives

\* To halve spaghetti squash, carefully score the squash around the perimeter and slice in half lengthwise with a large knife. You can also microwave the squash for about 2 to 3 minutes to make it easier to cut in half.

\*\* You can use organic turkey pepperoni for a pork-free alternative.

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper. Lightly spray an 8 × 8-inch nonstick baking dish with olive oil.
2. Scoop out the seeds from the squash half with a spoon. Lightly spray the squash half with olive oil and place cut-side down on the lined baking sheet. Roast for 35 to 40 minutes, until softened. Allow the squash to cool for 2 to 3 minutes. Using a fork, scrape out the insides and reserve the long spaghetti-like strands of squash. You should have about 3 cups. Discard the empty rind.
3. Spread the squash strands evenly on the bottom of the prepared baking dish.
4. In a separate small mixing bowl, whisk together the tomatoes, eggs, oregano, garlic powder, and salt. Pour over the spaghetti squash. Top with mozzarella, mushrooms, pepperoni, and olives.
5. Bake for 20 minutes. Set to broil and broil for 1 to 2 minutes. Let cool for 5 minutes before serving.

*Macros per serving:*

Calories (kCal) 249; Total Fat 15g (Saturated Fat 7g, Trans Fat 0g); Cholesterol 130mg; Sodium 1,063mg; Potassium 185mg; Total Carbohydrate 13g (Dietary Fiber 2g, Sugars 8g); Protein 15g

## **Cheddar-Jalapeño Cauliflower Biscuits**

*Makes 10 servings*

*Prep Time: 15 minutes*

*Cook Time: 20 minutes*

MEAL PLAN KEY: FATTY PROTEIN (4 BISCUITS)

I've shared this recipe with my clients, and they never fail to tell me that these low-carb delights actually taste like real biscuits. With only 1 gram of net carbs per serving, the biscuits are an amazing addition to your low-carb lifestyle. The easy recipe allows you to stay on track with your goals with just the right amount of kick from jalapeño and rich savory flavor from cheddar.

### *Ingredients*

16 oz (4¼ cups) cauliflower florets  
4 oz (1 cup) shredded sharp cheddar cheese, plus 1.73 oz (10 teaspoons) for topping  
3 large eggs  
1 oz jalapeño, sliced  
½ teaspoon sea salt  
¼ teaspoon black pepper  
¼ teaspoon baking powder

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Combine all the ingredients in a food processor and process on high for 1 minute, or until thoroughly mixed to a consistency resembling thick oatmeal or mashed potatoes.
3. Using a ¼-cup measuring cup, scoop the batter onto the baking sheet to make about 10 biscuits. Top each with about 1 teaspoon shredded cheddar cheese. Bake for about 20 minutes, until firm with a light golden-brown color. Broil for 30 seconds until golden brown. Let cool for 10 minutes before serving.

### *Macros per serving:*

Calories (kCal) 67; Total Fat 5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 67mg;  
Sodium 335mg; Potassium 88mg; Total Carbohydrate 2g (Dietary Fiber 1g, Sugars 1g);  
Protein 5g

## **Grilled Sausage-Stuffed Delicata Squash Boats**

*Makes 8 servings*

*Prep Time: 25 minutes*

*Cook Time: 30 minutes*

MEAL PLAN KEY: FATTY PROTEIN

It's easy to fall into a rut on a lower-carb meal plan, eating the same vegetables over and over. If this is you, try mixing it up with sausage-stuffed

squash boats. Experience filling flavor, variety, and a wonderful low-carb meal that will keep you on track without a ton of fuss!

### *Ingredients*

16 oz hot Italian sausages, casings removed  
2 oz (2 cups) spinach  
48 oz (~4 medium) delicata squash  
4 oz (1 cup) gorgonzola cheese crumbles  
Sea salt and black pepper (to taste)

1. Preheat a grill to medium (or the oven to 350°F).
2. Heat a nonstick skillet over medium-high heat. Add the sausage and cook for 5 minutes, using a spatula to break it into crumbled ground meat. Press the spatula over the sausage crumbles and tilt the pan to drain the excess fat from the pan. Continue to cook the sausage for 2 to 3 minutes, until browned. Add the spinach and stir-fry for 30 to 60 seconds, until wilted.
3. Slice each squash in half lengthwise and scrape out the seeds. Spoon the crumbled sausage and spinach evenly into the squash boats and top with the gorgonzola cheese.
4. Grill over medium heat (or bake on a parchment-lined baking sheet) for 15 to 20 minutes, until the squash is softened and the cheese is melted. Season with sea salt and pepper to taste.

### *Macros per squash boat:*

Calories (kCal) 321; Total Fat 21g (Saturated Fat 8g, Trans Fat 0g); Cholesterol 58mg;  
Sodium 766mg; Potassium 779mg; Total Carbohydrate 20g (Dietary Fiber 3g, Sugars 4g);  
Protein 16g

## **Feta and Red Pepper Vegetarian Quiche**

*Makes 6 servings*

*Prep Time: 5 minutes*

*Cook Time: 30 minutes*

MEAL PLAN KEY: FATTY PROTEIN



If you are a fan of savory breakfasts, this feta-based quiche will quickly become a new favorite. Not only is it easy to make, but the quiche also reheats well for an easy lunch or simple dinner. It's an ideal recipe for batch cooking and a creative way to enjoy eggs on a lower-carb, higher-fat diet.

### *Ingredients*

Olive oil spray  
6 large eggs  
8.5 oz (1 cup) heavy whipping cream  
2 teaspoons dried rosemary  
2 teaspoons dried thyme  
1 teaspoon black pepper  
Sea salt (to taste)  
1 medium red bell pepper, cored, seeded, and chopped  
2 oz (2 cups) spinach, chopped  
4 oz ( $\frac{3}{4}$  cup) crumbled feta cheese

1. Preheat oven to 375°F. Lightly spray a 9-inch pie pan with olive oil spray and set aside.
2. In a large bowl, whisk together the eggs, cream, rosemary, thyme, pepper, and salt. Add the red pepper, spinach, and feta and stir to blend. Pour into the prepared pie pan.
3. Bake for about 30 minutes, until the quiche is set. Let cool for 10 minutes before serving.

### *Macros per serving:*

Calories (kCal) 255; Total Fat 20g (Saturated Fat 11g, Trans Fat 0g); Cholesterol 245mg; Sodium 749mg; Potassium 210mg; Total Carbohydrate 4g (Dietary Fiber 1g, Sugars 2g); Protein 15g

## Fatty Low-GI Carbs

### Low-Carb Bread

*Makes 10 servings*

*Prep Time: 15 minutes*

*Cook Time: 50 minutes*

MEAL PLAN KEY: FATTY LOW-GI CARB

A higher-fat, lower-carb lifestyle enables stable energy without cravings for sugar. However, there are times when one simply misses the idea of carbs on an emotional level. With only 3 grams of net carbs, this “bread” is an incredibly moist, rich, flavorful, keto-friendly, low-carb treat without gluten or grains!

#### *Ingredients*

3 large eggs, separated

2 oz (¼ cup; 4 tablespoons) butter, melted (30 seconds in the microwave)

4 oz cream cheese, softened

5.1 oz (1½ cups) almond flour

1 tablespoon monk fruit (aka *luo han guo*) sweetener

2½ teaspoons baking soda

¼ teaspoon sea salt

1. Preheat the oven to 325°F. Line an 8½ × 4½-inch bread pan with parchment paper.
2. Whip the egg whites in a medium bowl with an immersion blender until a foamy consistency with a larger volume is achieved.
3. In a food processor, combine the egg yolks, melted butter, cream cheese, almond flour, sweetener, baking soda, and salt. Mix on low for 10 to 15 seconds, just until it becomes a smooth, creamy consistency. Be careful not to overmix. Add the whipped egg whites and mix for 5 to 10 seconds. Scrape the batter into the bread pan.

4. Bake for 50 minutes, until golden brown. Let cool for 20 minutes before removing from the pan. Enjoy!

*Macros per serving:*

Calories (kCal) 166; Total Fat 16g (Saturated Fat 6g, Trans Fat 0g); Cholesterol 81mg;  
Sodium 344mg; Potassium 38mg; Total Carbohydrate 4g (Dietary Fiber 1g, Sugars 1g);  
Protein 5g

## **Creamy Brussels Sprouts Casserole**

*Makes 10 servings*

*Prep Time: 15 minutes*

*Cook Time: 30 minutes*

MEAL PLAN KEY: FATTY LOW-GI CARB

If you have never been a fan of Brussels sprouts, all of that is about to change with one single bite of this *incredible* casserole. A unique blend of ingredients brings out a rich yet subtle sweetness in Brussels sprouts that you never knew existed. Say goodbye to bitter vegetables, and enjoy this remarkable side that your taste buds will never forget.

*Ingredients*

Olive oil spray  
10 oz (2½ cups) shredded Brussels sprouts  
8 oz (2⅝ cups) sliced baby bella mushrooms  
1.4 oz (3 tablespoons) extra-virgin olive oil  
8 oz cream cheese, softened  
1 large egg  
1.59 oz (½ cup) grated Parmesan cheese  
Sea salt and black pepper (to taste)

1. Preheat the oven to 350°F. Lightly spray a 1.75-quart casserole dish with olive oil spray.
2. In a medium mixing bowl, combine the Brussels sprouts and mushrooms. Top with the olive oil and cream cheese and use a spoon to carefully blend the mixture. Add the egg and mix well.

3. Spoon the mixture into the casserole dish and top with the Parmesan cheese. Add salt and pepper to taste. Bake, uncovered, for 30 minutes at 350°F. Broil for 1 to 2 minutes to brown the top (optional). Cool for 3 to 5 minutes before serving.

*Macros per 1/3-cup serving:*

Calories (kCal) 151; Total Fat 14g (Saturated Fat 6g, Trans Fat 0g); Cholesterol 47mg;  
Sodium 167mg; Potassium 180mg; Total Carbohydrate 3g (Dietary Fiber 1g, Sugars 1g);  
Protein 5g

## **Avocado Hummus**

*Makes about 10 servings*

*Prep Time: 10 minutes*

*Cook Time: none*

MEAL PLAN KEY: FATTY LOW-GI CARB

You will never make or buy regular hummus again after you have tried this avocado-based recipe. The combination of avocado, chickpeas, and olive oil yields one of the creamiest, most delicious dips you will ever try. Pair with carrots, red peppers, celery, cucumbers, or other veggies of your choice!

*Ingredients*

1 (15-oz) can chickpeas (garbanzo beans), drained and rinsed  
4 oz avocado  
Juice of 1 small lime  
0.57 oz (2 tablespoons) extra-virgin olive oil  
2 tablespoons ground cumin  
1 tablespoon garlic powder  
1 teaspoon paprika  
1 teaspoon sea salt  
1/4 teaspoon cayenne pepper

1. Blend all ingredients together in a food processor for 1 to 2 minutes, until it reaches a smooth yet creamy consistency.
2. Store in an airtight container until ready to use.

*Macros per 2-tablespoon serving:*

Calories (kCal) 133; Total Fat 8g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 463mg; Potassium 114mg; Total Carbohydrate 6g (Dietary Fiber 1g, Sugars 0g);  
Protein 9g

## **Low-Carb Cauli Mac & Cheese**

*Makes 8 servings*

*Prep Time: 10 minutes*

*Cook Time: 10 minutes*

MEAL PLAN KEY: FATTY LOW-GI CARB

Comfort food and carbs tend to go hand in hand. When you are on a lower-carb plan, the idea of saying goodbye to carbs forever is an awful thought. This recipe takes the goodness of mac and cheese and uses cauliflower as the base instead of macaroni for a wonderful, light, and extremely delicious treat with only 3 grams of net carbs per serving!

*Ingredients*

5 slices bacon  
36 oz (2¼ lb) cauliflower florets  
4.2 oz (½ cup) heavy cream  
2 cloves garlic, minced  
4 oz (½ cup) shredded cheddar cheese  
4 oz (½ cup) shredded mozzarella cheese  
1 oz jalapeño, chopped  
1 teaspoon Dijon mustard powder (or other ground mustard powder)  
1 teaspoon paprika  
Sea salt and black pepper (to taste)

1. Preheat the oven to 450°F.
2. Panfry the bacon in a skillet and set aside. When cool, crumble by chopping with a knife or breaking up by hand.
3. Combine the cauliflower, cream, and garlic in a food processor and pulse for 10 to 15 seconds, until the cauliflower has a rice-like texture.
4. Transfer the riced cauliflower to a 13 × 9 × 2-inch baking pan. Sprinkle the bacon, cheddar, mozzarella, jalapeño, mustard powder, paprika, salt, and pepper over the cauliflower. Bake for 8 to 10 minutes, and then broil for 2 to 3 minutes to crisp up the top.

*Macros per serving:*

Calories (kCal) 150; Total Fat 12g (Saturated Fat 7g, Trans Fat 0g); Cholesterol 39mg;  
Sodium 227mg; Potassium 245mg; Total Carbs 5g (Dietary Fiber 2g, Sugars 2g);  
Protein 7g

## **Pumpkin Spice Keto Bread**

*Makes 10 servings*

*Prep Time: 15 minutes*

*Cook Time: 50 minutes*

MEAL PLAN KEY: FATTY LOW-GI CARB

Pumpkin spice anything tends to be synonymous with a ton of added sugar. But you shouldn't have to skip seasonal favorites or feel deprived because of your health goals. The key is to rethink your foods and create new healthy favorites that are just as fun as the originals. This recipe is a wonderful staple for a low-carb lifestyle.

*Ingredients*

- 3 large eggs, separated
- 4 oz cream cheese, softened
- 2 oz (¼ cup, 4 tablespoons) butter, melted
- 1.64 oz (3 tablespoons) pumpkin puree
- 5.1 oz (1½ cups) almond flour

¼ cup monk fruit (aka luo han guo) sweetener

2 tablespoons pumpkin pie spice

1½ teaspoons baking soda

¼ teaspoon sea salt

1. Preheat the oven to 325°F. Line an 8½ × 4½-inch loaf pan with parchment paper.
2. Whip the egg whites in a medium bowl with an immersion blender into a foamy consistency with a larger volume.
3. In a food processor, combine the egg yolks, cream cheese, melted butter, pumpkin puree, almond flour, sweetener, pumpkin pie spice, baking soda, and salt. Mix on low for 10 to 15 seconds, just until batter turns into a smooth blended consistency. Be careful not to overmix.
4. Add the whipped egg whites and mix for 5 to 10 seconds.
5. Pour the batter into the loaf pan. Bake for 50 minutes, or until cooked through. Let cool for 20 minutes before removing from the pan. Enjoy!

*Macros per serving:*

Calories (kCal) 210; Total Fat 19g (Saturated Fat 6g, Trans Fat 0g); Cholesterol 81mg;  
Sodium 333mg; Potassium 60mg; Total Carbohydrate 10g (Dietary Fiber 1g, Sugars 1g);  
Protein 7g

## Protein Snacks

### Chocolate Chip Protein Blondies

*Makes 16 servings*

*Prep Time: 10 minutes*

*Cook Time: 15 minutes*

MEAL PLAN KEY: FATTY PROTEIN + LOW-GI CARB

The best part of these blondies is the fact that they don't just taste amazing, they are actually healthy for you. If you are a fan of chocolate chip cook-

ies, you'll love this recipe because you won't feel deprived of your favorite baked goods. These decadent treats are a perfect snack or pre-workout pick-me-up when you are craving a healthy source of sweetness.

### *Ingredients*

Coconut oil spray  
12 oz mashed bananas (~3 large bananas)  
8.5 oz (1 cup) almond butter (can use Toasted Coconut–Maple Almond Butter, page 267)  
7 (1-gram) packets calorie-free sweetener of your choice\*  
2 teaspoons almond extract  
Pinch of sea salt (optional)  
4 oz (4 scoops) vanilla-flavored whey protein isolate  
1.4 oz (¼ cup) chocolate chips

*\*Examples include stevia and monk fruit (aka *luo han guo*) sweetener.*

1. Preheat oven to 350°F. Spray a 9 × 9-inch nonstick baking pan with coconut oil.
2. Combine the mashed bananas, almond butter, sweetener, almond extract, and salt (optional) in a medium bowl. Mix well with a whisk or hand blender. Add the protein powder, one scoop at a time, mixing thoroughly between each scoop. Batter will have a smooth yet thick consistency.
3. Pour the batter into the prepared pan and sprinkle the chocolate chips over the top. Bake for about 15 minutes, until firm and golden brown.
4. Allow to cool for 10 minutes before cutting into 16 squares. Store in an airtight container at room temperature for up to 3 days.

### *Macros per blondie:*

Calories (kCal) 165; Total Fat 10g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Potassium 393mg; Total Carbohydrate 12g (Dietary Fiber 2g, Sugars 5g); Protein 11g



## Apple-Cinnamon Protein Pudding

*Makes 6 servings*

*Prep Time: 50 minutes, plus 1 hour chilling*

*Cook Time: 15 minutes*

MEAL PLAN KEY: LEAN PROTEIN + HIGH CARB

If you are struggling to get more protein in your diet and can't stomach more meat, this pudding is a clever treat for the taste buds. Convenient, economical, and so good that your entire family will enjoy it, this high-protein treat is great as a make-ahead economical snack (a nice substitute for beef jerky in meal plans) or on-the-go breakfast.

### *Ingredients*

4 cups boiling water

20 oz chopped apples (approximately 6 small apples)

2 teaspoons vanilla extract

### *PUDDING BASE*

1 cup room-temperature water

6 scoops vanilla-flavored whey protein isolate

8 (1-gram) packets calorie-free sweetener of your choice\*

2½ teaspoons xanthan gum

2 teaspoons ground cinnamon

*\*Examples include stevia and monk fruit (aka luo han guo) sweetener.*

1. Bring the 4 cups water to a boil in a medium saucepan. Add the apples and vanilla extract and bring to a boil again. Reduce the heat to medium-low and cook, uncovered and stirring occasionally, for 35 to 40 minutes, until apples are softened. Remove from heat and set aside.
2. Transfer to a food processor and add cooked apples with the 1 cup room-temperature water, the protein powder, sweetener, xanthan gum, and cinnamon. Process on high for 30 to 60 seconds, until smooth.

3. Spoon  $\frac{3}{4}$  cup pudding into each of six mason jars or airtight containers and set in the fridge. Refrigerate for at least 1 hour or overnight. Keeps for up to 7 days in the fridge.

*Macros per  $\frac{3}{4}$ -cup serving (12 tablespoons):*

Calories (kCal) 165; Total Fat 0g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 92mg; Potassium 243mg; Total Carbohydrate 17g (Dietary Fiber: 4g, Sugars 10g); Protein 25g

## **Chocolate–Peanut Butter Zucchini Brownies**

*Makes 16 servings*

*Prep Time: 10 minutes*

*Cook Time: 20 minutes*

MEAL PLAN KEY: FATTY LOW-GI CARB

If going low carb has you missing sweets, the search for an amazing recipe that truly satisfies your sweet tooth is over. This low-carb brownie is rich, moist, and completely decadent without adding sugar or excessive carbs. At only 5 net carbs per serving, you can easily enjoy these within your macro goals for the day!

### *Ingredients*

Coconut oil spray

8 oz chopped zucchini

8 oz (1 cup) unsweetened almond milk

8.5 oz (1 cup) peanut butter

4.2 oz (1 cup) unsweetened cocoa powder

4 oz (4 scoops) chocolate-flavored whey protein isolate

5 (1-gram) packets calorie-free sweetener of your choice\*

*\*Examples include stevia and monk fruit (aka *luo han guo*) sweetener.*

1. Preheat the oven to 350°F. Spray a 9 × 9-inch nonstick baking pan with coconut oil.
2. Combine all the remaining ingredients in a food processor and process on high for 1 to 2 minutes. Batter will have a smooth yet thick consistency.

3. Pour batter into the prepared pan and bake for about 20 minutes, until batter is firm.
4. Allow to cool for 10 minutes before cutting the brownies into 16 squares. Store in an airtight container at room temperature for up to 3 days (if they last that long!).

*Macros per brownie:*

Calories (kCal) 139; Total Fat 10g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 102mg; Potassium 181mg; Total Carbohydrate 8g (Dietary Fiber 3g, Sugars 2g); Protein: 11g

## **Pumpkin Wheynola**

*Makes 9 servings*

*Prep Time: 10 minutes*

*Cook Time: 35 minutes*

MEAL PLAN KEY: FATTY PROTEIN + LOW-GI CARB

Enjoy five times the protein with only 25 percent of the carbs found in a traditional granola recipe with amazing wheynola! You now have the ability to *add* protein to your cereal, yogurts, and smoothies and carry it around for a convenient snack when traveling. This is one of my go-to travel-friendly snacks to keep in my purse. While traveling, I can just buy a nonfat Greek yogurt and sprinkle this in for more protein and crunch. Make it more keto-friendly by eliminating the dried cranberries and chocolate chips to make more room in your day for other carbs.

*Ingredients*

3.5 oz (3½ scoops) vanilla-flavored whey protein isolate

3.1 oz (6 tablespoons) almond butter (can use Toasted

Coconut–Maple Almond Butter, page 267)

2 oz (¼ cup) water

1 oz (4 tablespoons) pumpkin seeds

0.2 oz (2 tablespoons) coconut chips

0.7 oz (2 tablespoons) chocolate chips

0.5 oz (2 tablespoons) dried cranberries

2 teaspoons pumpkin pie spice

Coconut oil spray or olive oil spray

1. Preheat the oven to 300°F. Line a nonstick baking sheet with parchment paper.
2. Combine the protein powder, almond butter, water, pumpkin seeds, coconut chips, chocolate chips, dried cranberries, and pumpkin pie spice in a medium bowl to form a fudge-like texture. Spread mixture on the prepared baking sheet in an even layer.
3. Bake for 20 minutes. Using a metal spatula, break the mass apart into bite-sized pieces about the size of a quarter.
4. Lightly spray the broken pieces with oil spray and bake for 10 more minutes. Then broil for 2 to 3 minutes, watching very closely, until the wheynola is golden brown but not burnt.

#### *Meal Prep Tips:*

- Makes a great topping on Greek yogurt, a stand-alone snack, or with low-sugar fruit.
- Store in an airtight container at room temperature for 1 week.

#### *Macros per 2-tablespoon serving (or about 1 ounce)*

Calories (kCal) 161; Total Fat 9g (Saturated Fat 2g, Trans Fat 1g); Cholesterol 0mg;  
Sodium 62mg; Potassium 97mg; Total Carbohydrate 8g (Dietary Fiber 2g, Sugars 4g);  
Protein 16g

## **Coconut and Chocolate Chip Protein Bites**

*Makes 12 bites*

*Prep Time: 15 minutes, plus 30 minutes freezing*

*Cook Time: none*

MEAL PLAN KEY: FATTY PROTEIN + LOW-GI CARB

My biggest pet peeve when I travel is that the majority of airports and gas stations do not have high-protein snacks that are low in fats and carbs. The average “protein bar” is loaded with carbs or too high in fat to suit my mac-

ronutrient goals. So I am left with no other option than to make my own travel-friendly protein snack. Enjoy this simple, no-bake recipe that allows the utmost in convenience while packing over 12 grams of protein per bite! Try it with your favorite flavor of protein powder.

### *Ingredients*

- 4 oz (4 scoops) vanilla-flavored whey protein isolate
- 2.6 oz (5 tablespoons) almond butter (can use Toasted Coconut–Maple Almond Butter, page 267)
- 1.4 oz (¼ cup) chocolate chunks (or chocolate chips)
- 5 oz (10 tablespoons) water
- 0.4 oz (2 tablespoons) shredded unsweetened coconut

1. Combine the protein powder, almond butter, and chocolate in a large bowl. Mix together using a spoon. Add the water, 1 tablespoon at a time, until the dry powder is incorporated into the nut butter. This will form a thick, firm batter. Divide into 12 (1-tablespoon) portions and roll into balls.
2. Sprinkle the shredded coconut on a small plate and roll each ball in the coconut to lightly coat.
3. Place on wax or parchment paper and set in the freezer for a minimum of 30 minutes. Store in the freezer in a plastic baggie until ready to eat.

### *Meal Prep Tips:*

- If frozen, best if consumed within 2 months. Can be refrigerated for 3 to 4 days.
- Great for a convenient, high-protein, travel-friendly snack that fits inside your purse or carry-on for road trips and air travel. They are good for an afternoon or day trip.
- Works well with a variety of protein powders.

### *Macros per bite/ball:*

Calories (kCal) 118; Total Fat 6g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 2mg; Sodium 65mg; Potassium 217mg; Total Carbohydrate 4g (Dietary Fiber 1g, Sugars 2g); Protein 12g

## High-GI Carbs (Carbs from Starches)

### **Spiralized Sweet Potato Fries**

*Makes 5 servings*

*Prep Time: 10 minutes*

*Cook Time: 30 minutes*

MEAL PLAN KEY: HIGH-GI CARB

Don't settle for subpar meals just because your health is a priority. Once I realized I could spiralize sweet potatoes and transform them into crispy pieces of deliciousness, I couldn't get enough of these potato fries. It's an excellent side dish with any meal and a fun way to enjoy your complex carbohydrates. Get creative and mix it up by experimenting with other seasoning blends, like cumin or cinnamon.

#### *Ingredients*

20 oz sweet potatoes (about 2 large)

1 oz (2 tablespoons) extra-virgin olive oil

Sea salt and black pepper (to taste)

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Use a spiralizer to cut the sweet potatoes into spiralized fries. Toss the fries with the olive oil, salt, and pepper. Place on the lined baking sheet and bake for 30 minutes, or until desired level of crispness.

#### *Macros per 4-ounce serving:*

Calories (kCal) 146; Total Fat 5g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 519mg; Potassium 387mg; Total Carbohydrate 23g (Dietary Fiber 4g, Sugars 5g);  
Protein 2g

## Garlic-Jalapeño Cilantro Rice

*Makes 4 servings*

*Prep Time: 10 minutes, plus time to cook the rice*

*Cook Time: 5 minutes*

MEAL PLAN KEY: HIGH-GI CARB

If you are the type of person who needs your food to be filled with flavor or you won't eat it, you'll love this recipe because it's an easy way to take a basic white rice and transform it into a savory dish. Garlic, hot peppers, and fresh herbs are all great ways to boost flavor without using additives or extra oil. The rice pairs well with chicken, fish, meat, and veggies!

### *Ingredients*

- 1 oz (2 tablespoons) extra-virgin olive oil
- 4 cloves garlic, minced
- 0.5 oz (~½) jalapeño, seeded and diced
- 16 oz (2 cups cooked) white jasmine rice
- 1 oz (2 tablespoons) soy sauce\*
- 0.14 oz (¼ cup) fresh cilantro leaves, chopped

*\*Substitute coconut aminos for a soy-free alternative.*

1. Heat the olive oil in a medium skillet over medium-high heat. Add the garlic and sauté for 30 to 45 seconds.
2. Add the jalapeño and rice and top with the soy sauce. Stir-fry for 1 minute, or until all the rice is a light brown color and the jalapeño is evenly distributed.
3. Remove from heat and top with the cilantro.

### *Macros per serving:*

Calories (kCal) 176; Total Fat 7g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 664mg; Potassium 42 mg; Total Carbohydrate 25g (Dietary Fiber 1g, Sugars 1g);  
Protein 3g

## Curried Coconut Rice

*Makes 4 servings*

*Prep Time: 3 minutes, plus time to cook the rice*

*Cook Time: 5 minutes*

MEAL PLAN KEY: HIGH-GI CARB

Keep your meal prep fresh by mixing a fun flavor profile into your rice! If you are tired of the same old foods and are in a rut, picking up a few simple spices will not only boost flavor in this easy coconut rice but will also give you something new to look forward to. If you've never had any of these ingredients before, give them a try and experience variety without adding unnecessary calories.

### *Ingredients*

- 0.5 oz (1 tablespoon) coconut oil
- 16 oz (2 cups) cooked white jasmine rice
- 1 tablespoon curry powder
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 2 oz (¼ cup) unsweetened coconut milk (from a carton)
- Fresh Italian parsley for garnish (optional)

1. Heat the coconut oil in a medium skillet and allow to melt for 15 to 20 seconds.
2. Add the cooked rice, curry powder, paprika, and cayenne and stir-fry for 30 seconds, or until all the rice is a light yellow color.
3. Add the coconut milk and stir-fry for another minute, until all ingredients are combined. Remove from the heat and top with parsley, if desired.

### *Macros per serving:*

Calories (kCal) 142; Total Fat 4g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 0mg; Sodium 5mg; Potassium 32mg; Total Carbohydrate 24g (Dietary Fiber 2g, Sugars 0g); Protein 2g



## Mexican-Style Rice

*Makes 4 servings*

*Prep Time: 5 minutes, plus time to cook the rice*

*Cook Time: 5 minutes*

MEAL PLAN KEY: HIGH-GI CARB

Whether you are preparing one of the main protein dishes for an easy week-night dinner or meal prepping for the week to come, you will feel proud of yourself for this easy recipe that doesn't disappoint. Inspired by a traditional Mexican rice recipe but adapted for macro eating, this rice boasts more flavor compared to a plain white rice without the unnecessary sugars and low-quality fats from more traditional Mexican-inspired rices. Feel free to cook the rice in bulk and portion your meals off it for three or four days when you need convenience and flavor! If raw onion is too strong for your taste, sauté the onion in the coconut oil first and then stir-fry the rice.

### *Ingredients*

0.5 oz (1 tablespoon) coconut oil  
16 oz (2 cups) cooked white jasmine rice  
0.43 oz (2 tablespoons) cumin  
1 teaspoon paprika  
Sea salt (to taste)  
0.35 oz (3 tablespoons) chopped red onion

1. Heat the coconut oil in a medium skillet and allow to melt for 15 to 20 seconds.
2. Add the cooked rice, cumin, paprika, and salt and stir-fry for 30 seconds, or until all the spices are evenly distributed.
3. Remove from heat and top with chopped onion.

### *Macros per serving:*

Calories (kCal) 157; Total Fat 4g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 7mg; Potassium 108mg; Total Carbohydrate 27g (Dietary Fiber 1g, Sugars 0g);  
Protein 3g

## Oven-Roasted Spiced Potatoes

*Makes 8 servings*

*Prep Time: 10 minutes*

*Cook Time: 35 to 40 minutes*

MEAL PLAN KEY: HIGH-GI CARB

Enjoy these easy, simply seasoned roasted potatoes as an ideal side in gluten-free and grain-free breakfasts, lunches, or dinners. A high roasting temperature helps crisp the potatoes and gives them an excellent texture even after reheating! These pair well with a protein source of your choice.

### *Ingredients*

32 oz (2 lb) tricolored potatoes, cut into ½-inch pieces

Olive oil spray

2 tablespoons paprika

2 tablespoons thyme, dried

1 tablespoon garlic powder

1 tablespoon cayenne pepper

1 tablespoon freshly ground black pepper

Sea salt (optional)

Fresh thyme sprigs for garnish (optional)

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. In a small bowl, combine the paprika, thyme, garlic powder, cayenne, black pepper, and salt. In a medium mixing bowl, lightly spray the potatoes with olive oil. Add the spices and toss until they are evenly distributed. Spread out on the prepared baking sheet.
3. Roast the potatoes until almost tender, about 35 minutes. Remove from the oven and lightly spray with olive oil. Broil for 2 to 3 minutes, until lightly browned and crisped. Top with fresh sprigs of thyme if you like and toss the potatoes with tongs to evenly distribute the flavors.

### *Meal Prep Tips:*

- Great for meal planning in bulk. Keeps for 5 days, refrigerated.
- Works well for grain-free and gluten-free breakfast skillet.

*Macros per 4-ounce serving:*

Calories (kCal) 171; Total Fat 7g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 789mg; Potassium 45mg; Total Carbohydrate 28g (Dietary Fiber 4g, Sugars 2g);  
Protein 4g

## **Garlic-Spinach Quinoa**

*Makes 4 servings*

*Prep Time: 5 minutes, plus time to cook the quinoa*

*Cook Time: 25 minutes*

MEAL PLAN KEY: HIGH-GI CARB

When you want to be healthy, simple twists on basic ingredients will keep you going! This simple combination of olive oil, garlic, spinach, and a touch of soy sauce is a wonderful way to enhance the flavor of quinoa.

### *Ingredients*

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 2 oz (2 cups) spinach, chopped
- 16 oz (2 cups) cooked quinoa
- 1 oz (2 tablespoons) low-sodium soy sauce\*

*\*Substitute coconut aminos for a soy-free alternative.*

1. Heat the olive oil in a skillet over medium-high heat. Add the garlic and sauté for 30 to 45 seconds.
2. Add the spinach and cook down for 30 seconds, until just wilted.
3. Add the cooked quinoa and soy sauce and stir-fry for 2 minutes, until flavors are evenly distributed.

*Macros per ½-cup serving:*

Calories (kCal) 157; Total Fat 5g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 249mg; Potassium 249mg; Total Carbohydrate 22g (Dietary Fiber 3g, Sugars 1g);  
Protein 6g

## Cumin-Cilantro Sweet Potatoes

*Makes 5 servings*

*Prep Time: 10 minutes*

*Total Cook Time: 45 minutes*

MEAL PLAN KEY: HIGH-GI CARB

I love the convenience and natural sweetness of sweet potatoes. Not only are they a low-cost carb source, but they are easy to prepare in bulk and are an amazing source of vitamin A in the form of beta carotene. They are also a good source of fiber and are excellent with this savory blend of spices.

### *Ingredients*

Olive oil spray

20 oz sweet potatoes, rinsed and cut into 1/4-inch slices

0.3 oz (3 tablespoons) fresh chopped cilantro

0.43 oz (2 tablespoons) ground cumin

1 teaspoon garlic powder

1/4 teaspoon cayenne pepper

Sea salt and black pepper (to taste)

1. Preheat the oven to 350°F. Line a baking sheet with foil and lightly spray with olive oil.
2. In a small bowl, combine the cilantro, cumin, garlic powder, cayenne, salt, and pepper. Place the sweet potatoes on the baking sheet and lightly spray with olive oil. Sprinkle with the spices and toss well.
3. Arrange the potatoes in one layer and roast, tossing occasionally, for 30 minutes, until the potatoes are tender and golden brown. Broil for 3 to 5 minutes for extra-crispy potatoes, watching carefully to ensure they don't burn. Let cool for 5 to 10 minutes before serving.

### *Macros per 4-ounce serving:*

Calories (kCal) 114; Total Fat 1g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 520mg; Potassium 436mg; Total Carbohydrate 24g (Dietary Fiber 4g, Sugars 5g);  
Protein 2g

## Low-GI Carbs (Carbs from Veggies)

### Oven-Roasted Eggplant and Bell Pepper Medley

*Makes 4 servings*

*Prep Time: 15 minutes*

*Cook Time: 45 minutes*

MEAL PLAN KEY: LOW-GI CARB

My most successful clients are the ones who are the most open-minded about exploring new ingredients. Learning new ways to get nutrients with foods you enjoy is key to a sustainable healthy lifestyle. Try this fun medley of eggplant, bell pepper, and fresh basil for an all-natural way to hit your fiber content!

#### *Ingredients*

24 oz eggplant (about 2 medium)

Sea salt and black pepper

Olive oil spray

5 cloves garlic, minced

0.2 oz (2 tablespoons) dried oregano

12 oz (~3 tricolor bell peppers), cored, seeded, and chopped

0.12 oz (3 tablespoons) fresh chopped basil

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Trim the ends from the eggplants. Cut each in half lengthwise and then in half again. Slice each quarter into four pieces. Place on paper towels and liberally rub with sea salt. Let the eggplant sweat out excess moisture for 10 minutes.
3. Dab the eggplant “sweat” with paper towels and rub off the salt. Place the eggplant on the prepared baking sheet and spray with olive oil. Top evenly with the garlic, oregano, and salt and pepper to taste. Roast for 30 minutes.

4. Remove from the oven and add the bell peppers. Season with salt and pepper and spray with olive oil. Return to the oven and roast for 15 to 20 minutes, until the eggplant has a soft creamy texture and the peppers are softened. Finish by broiling for 1 minute to crisp. Let cool for 10 minutes before topping with the chopped basil.

*Macros per serving:*

Calories (kCal) 66; Total Fat 1g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 1mg;  
Sodium 595mg; Potassium 434mg; Total Carbohydrate 14g (Dietary Fiber 7g, Sugars 6g);  
Protein 2g

## **Lemon-Garlic Kale Sauté**

*Makes 4 servings*

*Prep Time: 5 minutes*

*Cook Time: 2 minutes*

MEAL PLAN KEY: LOW-GI CARB

This savory kale dish is nutrient-dense and vegan-friendly. It will help maintain high levels of iron to keep your energy level up, with an added bonus of vitamin C from the lemon. This superfood side dish comes together in just a few minutes, pairs well with any main dish, and does not disappoint.

*Ingredients*

Olive oil spray  
2 cloves garlic, minced  
4 cups chopped kale  
Juice from 1 lemon  
Sea salt and black pepper (to taste)

1. Lightly spray a large skillet with olive oil. Add garlic and sauté over medium heat for 30 to 45 seconds until lightly golden. Add the kale and cook over medium-high heat for 1 minute, until kale is slightly wilted.
2. Pour the lemon juice over the kale and stir-fry for 1 minute, until cooked down and flavor is evenly distributed. Season with salt and pepper to taste.

### *Meal Prep Tips:*

- Batch cooking and reheating are not recommended, as reheated veggies tend to be soggy.
- Keep a large bag of leafy greens on hand, prep all other elements of your meal, and sauté the greens either right before you eat or that morning if possible.

### *Macros per serving:*

Calories (kCal) 36; Total Fat 0g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 599mg; Potassium 335mg; Total Carbohydrate 7g (Dietary Fiber 1g, Sugars 0g);  
Protein 2g

## **Garlic-Veggie Lentil Salad**

*Makes 4 servings*

*Prep Time: 10 minutes, plus time to cook the lentils*

*Cook Time: 5 minutes*

MEAL PLAN KEY: LOW-GI CARB

Lentils are one of the most underrated plant-based protein sources. They are high in protein, full of fiber, vegan-friendly, and are so good that even meat lovers will be pleasantly surprised by their ability to adapt to a wide variety of flavors. This recipe is a great hit if you want to mix it up, if you are pursuing more plant-based protein sources in your diet, or if you need to prepare a vegan-friendly dish for guests.

### *Ingredients*

1 tablespoon extra-virgin olive oil  
3 cloves garlic, minced  
4 oz (1 medium) red bell pepper, cored, seeded, and chopped  
1 oz carrot (½ medium) carrot, chopped  
5.3 oz (2 cups) cooked lentils  
6 oz (½ cup) frozen peas  
Sea salt and black pepper (to taste)  
Squeeze of lemon (optional)

1. Heat the olive oil in a medium nonstick skillet over medium-high heat. Add the garlic and sauté for 30 to 60 seconds.
2. Add the bell pepper and carrot and stir-fry for another 60 seconds. Reduce the heat to medium and add the lentils and peas. Stir-fry for another minute, until all veggies are mixed yet still bright and crisp and not too soft.
3. Remove from the heat and let cool for 5 to 10 minutes before serving with a squeeze of lemon. Season with salt and black pepper to taste.

*Macros per 4-ounce serving:*

Calories (kCal) 188; Total Fat 4g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 651mg; Potassium 555mg; Total Carbohydrate 28g (Dietary Fiber 11g, Sugars 5g); Protein 11g

## **Asparagus Sauté**

*Makes 4 servings*

*Prep Time: 5 minutes*

*Cook Time: 8 minutes*

MEAL PLAN KEY: LOW-GI CARB

Get inspired by asparagus again with this fresh take on the tried-and-true healthy ingredient. The light and savory sauté is rich in flavor, with only 1 gram of net carbs for the win!

### *Ingredients*

16 oz (1 lb) thin asparagus, tough ends trimmed  
 3 slices bacon  
 2 cloves garlic, minced  
 6 Kalamata olives, sliced  
 1 teaspoon red pepper flakes  
 ¼ teaspoon sea salt

1. Cut the asparagus stalks at a 45-degree angle into 2-inch pieces.
2. Cook the bacon in a medium skillet over medium-high heat until crisp; set the bacon aside, reserving the grease in the pan.



3. Add the garlic to the bacon grease and sauté over medium-high heat for 30 to 45 seconds. Add the asparagus and olives and stir-fry for 3 to 4 minutes, until the asparagus is softened but still a bright green color.
4. Crumble or chop the bacon into small pieces. Transfer the asparagus to a serving bowl, top with the crumbled bacon, and season with red pepper flakes and salt.

*Macros per ½-cup serving:*

Calories (kCal) 69; Total Fat 4g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 6mg;  
Sodium 633mg; Potassium 81mg; Total Carbohydrate 5g (Dietary Fiber 4g, Sugars 4g);  
Protein 6g

## **Roasted Brussels Sprouts and Purple Cauliflower**

*Makes 8 servings*

*Prep Time: 5 minutes*

*Cook Time: 40 minutes*

MEAL PLAN KEY: LOW-GI CARB

Add some color to your plate with a simple, nutrient-dense dish of oven-roasted veggies. Purple cauliflower is a seasonal vegetable whose vibrant color comes from anthocyanin, an antioxidant also found in red wine. Enjoy this simple side dish of superfoods to balance out any main dish.

### *Ingredients*

- 16 oz (about 1 lb) purple cauliflower (1 medium head), stemmed and cut into florets
- 16 oz (1 lb) Brussels sprouts, stemmed and halved
- 1 oz (2 tablespoons) extra-virgin olive oil
- 1 teaspoon black pepper
- ¼ teaspoon sea salt

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Toss the cauliflower and Brussels sprouts in a medium bowl with the olive oil, pepper, and salt.

3. Arrange the veggies on the baking sheet with the sprouts cut-side down so that the leaves can crisp. Roast for 40 minutes, until lightly crisped.

*Macro per ½-cup serving:*

Calories (kCal) 70; Total Fat 4g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 251mg; Potassium 224mg; Total Carbohydrate 8g (Dietary Fiber 3g, Sugars 2g);  
Protein 3g

## **Rosemary-Roasted Butternut Squash**

*Makes 8 servings*

*Prep Time: 10 minutes*

*Cook Time: 30 minutes*

MEAL PLAN KEY: LOW-GI CARB

If you are unable to digest gluten, butternut squash is a great alternative to gluten-based carbs like oats, bread, pasta, etc. I fell in love with this winter squash not only because it tastes great but because it is very low in carbohydrates yet leaves you feeling completely full and satisfied. This is an incredible dish on its own, but it pairs well with chicken, lentils, or the protein source of your choice.

*Ingredients*

Olive oil spray

32 oz (about 2 lb) butternut squash (1 large), peeled, seeded, and cut  
into 1-inch chunks

2 sprigs fresh rosemary

Sea salt and black pepper (to taste)

1. Preheat the oven to 400°F. Line a baking sheet with foil and lightly spray with olive oil.
2. Place the squash on the baking sheet and lightly spray with olive oil, then add the rosemary, salt, and pepper and toss. Arrange the squash in one layer and roast, stirring occasionally, for 30 minutes, until the squash is tender and golden brown.

*Macros per 4-ounce serving:*

Calories (kCal) 55; Total Fat 0g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 291mg; Potassium 4mg; Total Carbohydrate 13g (Dietary Fiber 3g, Sugars 2g);  
Protein 1g

## **Lemon-Parmesan Roasted Brussels Sprouts**

*Makes 4 servings*

*Prep Time: 10 minutes*

*Cook Time: 35 minutes*

MEAL PLAN KEY: LOW-GI CARB

If you have written off Brussels sprouts, this recipe will have you reconsidering everything you thought you knew about the cruciferous veggie. Peeling apart the sprouts allows them to get crispy and delicious. With a crust of Parmesan and a touch of lemon, it's an incredible side dish for the entrée of your choice and a nice touch at holiday gatherings.

### *Ingredients*

Olive oil spray

16 oz Brussels sprouts, stemmed and quartered

1 oz lemon juice (~juice of 1 lemon)

1.6 oz (½ cup) grated Parmesan cheese

Sea salt and black pepper (to taste)

1. Preheat the oven to 350°F. Line a baking sheet tray with foil and lightly spray with olive oil.
2. Carefully peel apart the outer leaves of the prepped sprouts and break them down to allow for a more leaf-like texture as opposed to a solid sprout.
3. Arrange the Brussels sprouts on the baking sheet in one layer. Toss with the lemon juice and sprinkle with the Parmesan cheese. Roast for 30 minutes, until tender and the tips of the leaves are a golden brown. Broil for 3 to 5 minutes for an extra-crispy finish, but watch carefully to ensure the sprouts do not burn.

4. Let cool for 5 to 10 minutes, season with salt and pepper to taste, and serve.

*Macros per 4-ounce serving:*

Calories (kCal) 98; Total Fat 4g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 7mg;  
Sodium 774mg; Potassium 16mg; Total Carbohydrate 9g (Dietary Fiber 4g, Sugars 3g);  
Protein 6g

## **Spicy Garlic Dill Pickles**

*Makes 14 servings*

*Prep Time: 10 minutes*

*Cook Time: none*

MEAL PLAN KEY: COUNTLESS FOOD

Anyone who has been a part of my private online community knows that pickles are a free (countless) food. This means you can eat them freely on your program without having to count the calories because they are so low. If you have a pang for salty foods, this is a great way to curb cravings! If you can't obtain Filipino spiced vinegar, add hot dried chile peppers to white vinegar for a similar effect.

*Ingredients*

12 oz (1½ cups) Filipino spiced vinegar  
0.15 oz (½ cup) coarsely chopped fresh dill  
3 cloves garlic, minced  
4 teaspoons sea salt  
1 teaspoon red pepper  
4 oz (½ cup) boiling water  
14 oz Persian cucumbers (about 6), cut lengthwise into ¼-inch slices

1. Combine the vinegar, dill, garlic, salt, and pepper in a 1-quart mason jar, cover, and shake well.
2. Add the boiling water and make sure that the salt dissolves.
3. Add the cucumbers to the jar, cover, and refrigerate overnight. The pickles will keep in the fridge for 30 days.

*Macros per 1-ounce serving:*

Calories (kCal) 20; Total Fat 0g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 690mg; Potassium 85mg; Total Carbohydrate 2g (Dietary Fiber 1g, Sugars 1g);  
Protein 0g

## **Shishito Peppers**

*Makes 8 servings*

*Prep Time: 25 minutes*

*Cook Time: 30 minutes*

MEAL PLAN KEY: COUNTLESS FOOD

The first time I tried shishito peppers, I was in New York City at a business dinner. I was blown away by this seemingly light appetizer that was mild tasting with a touch of char and sea salt. Once back home, I re-created it, but with less fat and a squeeze of lemon, and finished it with black truffle sea salt to take the peppers to the next level. Serve as a healthy appetizer or side to any meal.

### *Ingredients*

8 oz whole shishito peppers  
Olive oil spray  
Squeeze of lemon (optional)  
Black truffle sea salt (optional)

1. Place the peppers in a nonstick skillet and spray with olive oil. Turn the heat to high and let the oiled peppers sit for 30 to 60 seconds, then stir-fry for 1 to 2 minutes, allowing them to char but watching closely so they don't burn. Reduce the heat to medium-high and continue to cook the peppers until they are slightly wilted, softened, and blistered (popping is normal — this blistering adds a unique texture). This should take 6 to 8 minutes.
2. Let sit for a minute, then transfer to a plate or bowl and top with a squeeze of lemon and a generous sprinkling of truffle sea salt if you like.

*Macros per 2-ounce serving:*

Calories (kCal) 35; Total Fat 2.3g (Saturated Fat 8g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 152mg; Total Carbohydrate 2.7g (Dietary Fiber 0.7g, Sugars 2g); Protein 1.3g

## **Filipino Eggplant Adobo**

*Makes 10 servings*

*Prep Time: 15 minutes*

*Cook Time: 25 minutes*

MEAL PLAN KEY: LOW-GI CARB

Adobo is a popular Filipino dish of chicken or pork cooked in vinegar, soy sauce, garlic, bay leaves, and black pepper. I was inspired to prepare eggplant in this amazing sauce after a trip to Philadelphia's Chinatown, where I found the prettiest bright-purple Chinese eggplants that needed a special preparation.

### *Ingredients*

6 Chinese eggplants (about 45 oz)  
Sea salt  
Olive oil spray  
2 oz (¼ cup) extra-virgin olive oil  
2 oz (¼ cup) coarsely chopped garlic  
4 bay leaves  
4 oz (½ cup) soy sauce\*  
2 oz (¼ cup) vinegar of your choice  
1 teaspoon freshly ground black pepper  
3 oz (⅓ cup) water  
2 oz (2 cups) spinach

*\*Use coconut aminos for a soy-free alternative.*

1. Trim the tops and bottoms from the eggplants, then slice in half lengthwise. Cut into approximately 1½-inch pieces. Sprinkle salt over the eggplant and let sit for 5 to 10 minutes to sweat out the water. Press on the

tops with paper towels to absorb the water. Pat a few times and then brush off the excess salt.

2. Lightly spray a nonstick wok with olive oil. Add the ¼ cup olive oil, garlic, and bay leaves and lightly sauté over high heat for 30 to 45 seconds.
3. Add all the eggplant to the wok and stir-fry for about 1 minute. Add the soy sauce, vinegar, black pepper, and water and continue to stir-fry for 15 to 20 minutes to cook down the eggplant and concentrate the sauce until the eggplant is softened.
4. Add the spinach and cook down for about 1 minute and then remove from heat.

*Macros per serving:*

Calories (kCal) 101; Total Fat 6g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 1,062mg; Potassium 50mg; Total Carbohydrate 12g (Dietary Fiber 5g, Sugars 5g); Protein 3g

## Healthy Fats

### Garlic-Rosemary Butter

*Makes 16 servings*

*Prep Time: 5 minutes*

*Cook Time: 15 minutes*

MEAL PLAN KEY: HEALTHY FAT

Take your butter to the next level with this mind-blowing, naturally flavored source of healthy fats. This flavored butter is an excellent way to cook veggies and meat, or use as a topping.

*Ingredients*

- 5 cloves garlic, peeled
- 2 sticks (8 oz) salted grass-fed butter
- 2 sprigs fresh rosemary

Juice of ½ lemon

¼ teaspoon sea salt

½ teaspoon black pepper

1. Roast the garlic: Preheat the oven to 350°F. Wrap the garlic cloves in one piece of foil. Place directly on the oven rack and roast for 15 to 20 minutes and then set aside.
2. In a medium bowl, microwave the butter at 80 percent power for 30 seconds, until softened.
3. Add the roasted garlic, rosemary, lemon juice, salt, and pepper to the butter and mix with a handheld immersion blender for a few pulses, until combined.
4. Refrigerate in an airtight container.

*Meal Prep Tips:*

- Great to prepare ahead if you are on lower-carb and higher-fat macros as an easy way to boost fat content and add flavor to proteins like steak, chicken, and seafood
- Keeps in the fridge for 7 to 10 days.

*Macros per 1 tablespoon:*

Calories (kCal) 104; Total Fat 12g (Saturated Fat 7g, Trans Fat 0g); Cholesterol 31mg; Sodium 230mg; Potassium 10mg; Total Carbohydrate 0g (Dietary Fiber 0g, Sugars 0g); Protein 0g

## **Pesto**

*Makes 7 servings*

*Prep Time: 10 minutes, plus time to roast the garlic*

*Cook Time: none*

MEAL PLAN KEY: HEALTHY FAT

I am obsessed with the rich flavor of simple ingredients like basil, garlic, and olive oil. There is zero comparison between this fresh basil sauce made from real whole foods and store-bought pesto. My fragrant pesto is an in-



credible addition to pasta dishes, veggies, salmon, chicken, meatballs, and much more. Make it when you want a break from dairy- or tomato-based sauces.

### *Ingredients*

- 0.6 oz (6 cloves) roasted garlic (see Garlic-Rosemary Butter, page 263)
- 0.7 oz (1 cup) coarsely chopped fresh basil
- 0.25 oz (¼ cup) chopped spinach
- 4 oz (½ cup) extra-virgin olive oil
- 0.5 oz lemon juice (juice of ½ lemon)
- 0.5 oz sundried tomato (optional)
- 1 teaspoon oregano
- 1 teaspoon sea salt
- ¼ teaspoon black pepper

1. Combine all the ingredients in a food processor and pulse for 15 to 20 seconds until emulsified.
2. Store in an airtight container in the fridge for up to 3 to 4 days.

### *Macros per serving (about 1 tablespoon):*

Calories (kCal) 146; Total Fat 16g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 341mg; Potassium 73mg; Total Carbohydrate 2g (Dietary Fiber 0g, Sugars 0g); Protein 1g

## **Hot Chili Oil**

*Makes 48 servings*

*Prep Time: 10 minutes*

*Cook Time: 60 minutes*

MEAL PLAN KEY: HEALTHY FAT

Meet your new favorite condiment! Growing up, I used to get Chinese food with my mom at the mall every week on her pay day. She always asked for hot chili oil on the side, and I became hooked on the rich spicy flavor from a young age. One day I finally tried to re-create it, and to my shock and

amazement, I had no idea that the complexity of the flavor was so much more than just oil and hot peppers. This sauce is special to me and something I use to this day to season simple meals like steamed chicken and mixed vegetables. Get ready to experience an insane, quality flavor with this homemade chili oil.

### *Ingredients*

8 oz (1 cup) extra-virgin olive oil  
0.4 oz (4 cloves) chopped garlic  
0.33 oz (¼ cup) dried bird's beak chile peppers, chopped (leave seeds)  
5 star anise pods  
4 bay leaves  
2 cinnamon sticks  
1 teaspoon chili powder  
Sea salt (to taste)  
Fresh ginger (optional)

1. Heat the oil in a small skillet over medium-high heat. Add the garlic, sauté for 30 seconds, and reduce the heat to low. Add the chile peppers, anise, bay leaves, cinnamon, and chili powder. Bring to a low simmer and simmer, stirring occasionally, for an hour, until oil has turned a deep reddish-brown hue.
2. Store finished oil in a glass jar at room temperature for 2 to 3 months. It will keep for 6 months if stored in the fridge. You can strain the oil and discard the solid ingredients if desired (I personally enjoy them). Add sea salt to taste (optional). Try with ginger as a variation.

### *Macros per 1-teaspoon serving:*

Calories (kCal) 36; Total Fat 4g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0g; Sodium 19mg (without adding salt); Potassium 7mg; Total Carbohydrate 0.4g (Dietary Fiber 0g, Sugars 0g); Protein 0g

## Toasted Coconut–Maple Almond Butter

*Makes about 35 servings*

*Prep Time: 30 minutes*

*Cook Time: 6 minutes*

MEAL PLAN KEY: HEALTHY FAT

This recipe takes a patient person, but the result is entirely worth the wait. I have always been a fan of almond butter, but after I tasted the insanely rich, clean, and natural flavor of a nut butter that was ground before my very eyes, I was hooked. You will never want to purchase your nut butter again after you realize how much better it can be when you make it yourself from real ingredients with zero additives! Just be sure to use a high-quality food processor, as the butter requires substantial processing time.

### *Ingredients*

6 oz (2 cups) raw coconut chips

9.2 oz (2 cups) raw almonds

2 tablespoons maple syrup

1 tablespoon coconut butter

1 teaspoon vanilla extract

¼ teaspoon sea salt

1. Preheat the oven to 350°F and line a baking sheet with parchment paper. Spread the coconut chips on the baking sheet and bake for 6 minutes, until chips are lightly browned.
2. Transfer the coconut to a food processor and add the remaining ingredients. Pulse together for a few seconds, until the ingredients begin to form a crumbly consistency. Allow the food processor to run for 5 to 10 minutes. Carefully watch to ensure that your processor does not overheat, and pause every 30 to 60 seconds or so to redistribute contents from accumulating on the processor walls. Repeat the process of pausing and redistributing the contents three or four times, until a butter-like consistency is formed. This will require patience but is worth the wait.

3. Store in an airtight container at room temperature for up to 3 months until ready to use. Store in the fridge after opening.

*Macros per 1-tablespoon serving:*

Calories (kCal) 100; Total Fat 9g (Saturated Fat 4g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 71mg; Potassium 3mg; Total Carbohydrate 4g (Dietary Fiber 1g, Sugars 1g);  
Protein 2g

## **Chimichurri**

*Makes 9 servings*

*Prep Time: 10 minutes*

*Cook Time: none*

MEAL PLAN KEY: HEALTHY FAT

This South American condiment, originally paired with steak in Argentina, is typically heavier in oil, but this lightened version keeps it healthy for pairing with the meat or veggies of your choice. Enjoy as a tangy herbal sauce or as a marinade for grilling your favorite cut of steak.

*Ingredients*

0.84 oz (1½ cups) chopped fresh cilantro  
0.5 oz (½ cup) chopped fresh Italian parsley  
0.6 oz (6 cloves) garlic, peeled  
1.5 oz (3 tablespoons) lime juice  
1 oz (2 tablespoons) apple cider vinegar  
1 oz (2 tablespoons) extra-virgin olive oil  
1 teaspoon cumin  
½ teaspoon red pepper flakes  
½ teaspoon black pepper  
¼ teaspoon sea salt

1. Combine all the ingredients in a food processor and pulse for 15 to 20 seconds until liquefied.
2. Store in an airtight container in the refrigerator for up to 3 or 4 days.

*Macros per 1-tablespoon serving:*

Calories (kCal) 35; Total Fat 3g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 269mg; Potassium 37mg; Total Carbohydrate 2g (Dietary Fiber 0g, Sugars 0g);  
Protein 0g

## **One-Ingredient Coconut Butter**

*Makes about 10 servings*

*Prep Time: 15 minutes*

*Cook Time: none*

MEAL PLAN KEY: HEALTHY FAT

My biggest pet peeve with coconut oils is that the fiber has been removed. If you are on a low-carb or keto protocol, know that you can easily make your own high-quality coconut butter to help you hit your fiber goals. This simple recipe only requires one ingredient, but make sure you use a quality food processor or high-powered blender.

### *Ingredients*

6.4 oz (3 cups) organic unsweetened coconut chips

1. In a food processor or high-powered blender, process coconut on high for 10 to 15 minutes until liquefied. Pause every 30 to 60 seconds to wipe down sides and redistribute the coconut back to the blades to prevent overheating.
2. If the coconut will not liquefy, you can add a small amount of coconut oil to accelerate the process.
3. Store in an airtight container at room temperature for up to 30 days.

*Macros per 1-tablespoon serving:*

Calories (kCal) 115; Total Fat 10g (Saturated Fat 9g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 5mg; Potassium 0mg; Total Carbohydrate 4g (Dietary Fiber 2g, Sugars 1g);  
Protein 1g

## Simple Mayo

*Makes 9 servings*

*Prep Time: 5 minutes*

*Cook Time: none*

MEAL PLAN KEY: HEALTHY FAT

You can enjoy a high-quality mayo without unnecessary additives using this fail-proof recipe. It uses staple ingredients for a smooth and light, healthy fat source that pairs well with lean protein.

### *Ingredients*

3 large egg yolks\*

3.4 oz ( $\frac{3}{4}$  cup) extra-virgin olive oil

0.5 oz lemon juice (juice of  $\frac{1}{2}$  lemon)

1 teaspoon apple cider vinegar

$\frac{1}{4}$  teaspoon paprika

$\frac{1}{4}$  teaspoon garlic powder

$\frac{1}{4}$  teaspoon dry mustard powder (or Dijon mustard)

*\* Consumption of raw or undercooked eggs may increase the risk of foodborne illness.*

1. Combine all the ingredients in a food processor and pulse for 15 to 20 seconds.
2. Store in an airtight container in the refrigerator for up to 14 days.

### *Macros per 1-tablespoon serving:*

Calories (kCal) 180; Total Fat 20g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 0mg;  
Sodium 1mg; Potassium 7mg; Total Carbohydrate 0g (Dietary Fiber 0g, Sugars 0g);  
Protein 1g

## Keto Everything Sauce

*Makes 16 servings*

*Prep Time: 10 minutes, plus 20 minutes in refrigerator*

*Cook Time: none*

MEAL PLAN KEY: HEALTHY FAT

If you've been looking for a carb-free replacement for a "goes with everything" condiment, the search is over. This secret sauce not only tastes incredible, but it is also easy to make and goes well with everything from meat, veggies, eggs, to . . . just about anything that needs a kick of flavor. Your friends and family will be asking you for this recipe!

### *Ingredients*

0.84 oz (1½ cups) chopped fresh cilantro  
4 oz (1 cup) shredded cheddar cheese  
4 oz fresh jalapeños (~4), coarsely chopped (seeds optional)  
1 clove garlic, minced  
1 large egg yolk\*  
3.4 oz (¾ cup) extra-virgin olive oil  
1 oz lime juice  
1 oz lemon juice  
2 teaspoons apple cider vinegar  
1 teaspoon paprika  
¼ teaspoon cayenne pepper  
¼ teaspoon xanthan gum

*\*Consumption of raw or undercooked eggs may increase the risk of foodborne illness.*

1. Combine all ingredients in a food processor and process for 2 to 3 minutes.
2. Pour contents into a mason jar or airtight storage container and refrigerate 20 minutes minimum or overnight. Keeps in the fridge for 2 weeks.

### *Macros per 1-tablespoon serving:*

Calories (kCal) 139; Total Fat 13g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 20mg;  
Sodium 99mg; Potassium 155mg; Total Carbohydrate 3g (Dietary Fiber 2g, Sugars 2g);  
Protein 3g

## Exercising for Your Macro Type

I never planned for a career in fitness; I just wanted abs like Janet Jackson. Little did I know that my quest for abs would change my entire life and the lives of tens of thousands of women and men all over the world.

As a nutrition and health expert, influencer, and athlete, the key to my success has always been in setting short- and long-term goals. The first step toward achieving any goal is to take your vision of what you want to achieve and build an actionable plan around it that you can follow week after week. **Failure to plan is planning to fail.** If you have been winging it with your training, it's time to take it up a notch with more intention. Sure, some activity is better than none, but if you are going to put in the effort, I say let's approach it with more strategy.

If you are reading this book, you most likely have a sincere desire to do things the *right* way. You acknowledge that shortcuts do not last. You also know that if you don't start to feel and see changes in the first few weeks, you will get discouraged quickly. My training methods are practical, to-the-point, and geared more toward aesthetic goals, not athletic performance. Yes, you will improve your strength and stamina using my methods, but fat loss happens in the kitchen, and a firm and shapely physique is built through resistance training.



## YOUR FITNESS GLOSSARY

If you're new to lifting weights, I've created this helpful list of terms you will need to know, as many of these words and phrases are slang used by those who are more familiar with the gym life.

**REPS:** This is an abbreviated form of *repetitions*, which is the number of times a specific movement is repeated. For example, if you are doing squats, each time you squat down and stand back up is considered 1 rep.

**SETS:** A set is a series or group of reps. If a workout calls for 3 × 15 bicep curls, this means 3 sets of 15 reps. You do 15 reps (1 set) of bicep curls and then rest. You then do 2 more sets of 15 reps until 3 sets have been completed.

**REST BETWEEN SETS:** This is the amount of time you allow your muscles to recuperate between sets. For example, if you are doing 3 × 15 bicep curls, the rest between sets is the amount of time you wait before doing the next set. Perform 15 reps of bicep curls, then rest for the suggested time interval. Then do the second set of 15 reps, and then rest again for the suggested time interval. This cycle is repeated until the number of sets has been completed. It's important to optimize the rest time between sets for your macro type so they are long enough for the muscles to recover but not so long that they get cold and are no longer warmed up and activated.

**SUPERSET:** This is typically used as a verb, for instance "superseting two exercises." It means you go back and forth between two exercises with zero rest between sets. The "rest" is substituted with

doing the next exercise. For example, let's say you are doing 3 sets of two different exercises. You start by doing 10 reps of bench press, but instead of resting between sets, you move on to triceps extensions, then go back to bench press. Repeat this pattern, going back and forth until you complete all 6 sets. The key is to make sure that the exercises in your superset are working two different muscle groups so that, even though you aren't resting between sets, the muscle group you just worked is getting a break. The benefit of supersetting two movements is to reduce your training time as well as to boost calories burned.

**TRAINING VOLUME:** The term *training volume* is often used in the bodybuilding community to describe the amount of work you are doing with respect to lifting weights. This is defined as the total number of pounds lifted for a given exercise. For example, if you are squatting 100 pounds for 5 repetitions, your training volume is  $100 \text{ pounds} \times 5 \text{ reps} = 500 \text{ pounds}$ , where if you increased your number of reps from 5 to 10 at the same amount of weight, you just doubled your training volume.

**FAILURE:** The term *failure* (or *muscular failure*) means to perform a given exercise until you can no longer execute the given movement with proper form. This means that your muscles have "failed" in the sense that they are exhausted. When performing a given exercise "to failure," the number of reps isn't necessarily assigned. This means that you will be performing a much higher number of reps until your muscles "fail" and you can't possibly do another movement. Failure in this case is a success, as it signals the muscle to grow so it doesn't fail next time you reach that same training volume.

AMRAP: This acronym stands for “as many reps as possible,” which is typically synonymous with the term *failure* (above).

1RM: This stands for “1 rep max.” It’s the maximum weight you could lift with good form for 1 single repetition of a given exercise. This is a valuable piece of information to have when determining how much weight to lift for your working sets. For instance, it may be suggested to lift at 60 percent of your 1RM; so if your 1RM for a barbell squat is 100 pounds, then your working weight for the set would be 60 pounds.

COMPOUND MOVEMENT: An exercise that works more than one muscle group is a *compound movement*. Examples include deadlifts, pull-ups, shoulder presses, and kettlebell swings. These movements are beneficial due to their ability to work multiple muscles at the same time, allowing you to train more effectively in less time.

ISOLATION MOVEMENT: An exercise that works a single joint or muscle is an *isolation movement*. Examples include bicep curls, leg curls, and triceps extensions. These movements are beneficial for aesthetic purposes, where exercise results in larger muscles but not necessarily stronger muscles.

PLYOMETRICS: These exercises are explosive movements known for their ability to boost power and speed. They also burn a lot of calories. The most common examples include jumping movements, a variety of explosive push-ups, and medicine ball movements.

It's important to work out using a method that best serves your specific needs. Your ideal training volume will depend on your macro type. Some macro types experience better results using lower weight and higher reps, and others experience the complete opposite. However, a lean muscular aesthetic is not only a function of training volume alone. Far too often I see people simply go through the motions with their workouts and then wonder why they aren't getting the results they want. The key is to make sure you perform each set in a way that is actually challenging. This is the only way to stimulate muscle growth. To train effectively, be sure to move the weight through the full range of motion of the exercise. Ever see someone on the leg press with almost every plate on the rack, and they only lower it a few inches? Don't be *that* guy or gal who tries to do too much weight and sacrifices form and range of motion. Perform each movement properly by going deep enough to stimulate muscle growth. Before we get into training specifics for each macro type, it's important for all types to know how to properly select an appropriate weight to support progressive overload and to use the correct range of motion for *hypertrophy* (muscle growth).

**SELECT AN APPROPRIATE WEIGHT.** When you begin a new weight-training regime, start the first set of a given exercise with a modest weight. This way, you can ensure that you're able to perform the exercise properly, and you'll know how it feels to engage the muscles without injury. Once you get the basic form down, to see real progress, the weight needs to be heavy enough to challenge you to the point that by the last 1 to 2 reps, your muscles are burning and you feel as if you can't do any more (muscular failure).

**INCREASE TRAINING VOLUME AS YOU GO.** If you lift the same weight over and over, workout after workout, and never challenge yourself to lift heavier or perform more reps, your abil-

ity to grow fat-burning muscle will be significantly compromised. Keep in mind that you won't be able to go up in weight with every lift in every single exercise for every workout, so be sure to record your progress and take notes. Last but not least, be careful not to risk injuring yourself by lifting too heavy too soon. You won't experience any gains if you are injured.

USE THE CORRECT REP RANGE FOR HYPERTROPHY. *Muscular hypertrophy* is the technical term that describes the growth of muscle cells in size and number. In order for this to occur, you need to perform a certain number of reps at a high enough weight to signal the muscle that it must rise to the challenge and grow. A general rule of thumb for effective muscle growth is a rep range of 6 to 15 reps per exercise. This number varies based on your macro type, so be sure to pay attention to the optimal range for you. As you know by now, two individuals with two different macro types doing the same exact workouts *cannot* expect the same results. This is because the main factors that impact how well your body will respond to a given training method depend on certain parameters related to macro types.

Here are three key areas where your macro type affects your training:

### *1. Your Ability to Build Muscle*

Some individuals, namely Fat-Fueled Macro Types, naturally have a fuller, more muscular build, while Carb-Fueled Macro Types are what bodybuilders call *hard gainers*, as they seriously struggle to add size. The protein-fueled types fall somewhere in between. If you struggle to add muscle mass, you can optimize your efforts by dialing in the correct volume of challenging sets for the targeted muscle group you wish to develop. The correct values for your goals will be provided in your macro type's detailed workout plan.

## *2. How Effectively Your Body Utilizes Fat for Fuel*

Carb-Fueled Macro Types have a tendency to have a high metabolism, so their body burns fat with such ease, they have never experienced a legitimate struggle to lose weight. On the other end of the spectrum, Fat-Fueled Macro Types find it very difficult to release excess fat. Then there are the those in between, the protein types, who are able to utilize fat for fuel effectively when dialed in with nutrition and training, but who can also retain fat readily when they aren't making mindful choices. Fat utilization can be optimized for each of the macro types by following the most appropriate cardiovascular training regime.

## *3. Your Carb Tolerance Level*

*Timing* is everything when it comes to optimizing your training protocol by making sure it is compatible with your carb tolerance. Your carb tolerance will determine the best time of day to train as well as which types of cardio training you should perform. This is especially important because it can make a huge difference in the ability of those with lower carb tolerance to achieve their goals.

Resistance training actually increases carb tolerance because your body burns off stored glycogen during anaerobic exercise. Conversely, there are training protocols that could cause the body to experience fat gain and muscle loss, which we *do not* want. Manipulating the timing and content of your meals and workouts allows you to optimize the anabolic effects of the insulin hormone. For example, there are specific times of day, like right after a challenging resistance training session, that the body is more prepared to handle higher levels of insulin because your carb stores were just depleted. This means that the carbs you consume after your workout will not be stored as fat but rather will help build muscle. This is important knowledge because it can help you reap the benefits related to muscle growth, including increased carb tolerance.

## Training Protocols by Macro Type

I have created five unique training protocols for each of the macro types. The Carb-Fueled Macro Types have the easiest time dropping fat but the biggest struggle to gain muscle. The Protein-Fueled Macro Types can lose fat when they apply themselves, but it's not as effortless as those who are carb-fueled. Protein-fueled individuals can experience faster muscle gains without as much effort compared to those who are carb-fueled. Fat-fueled individuals tend to struggle with fat loss the most but gain muscle with ease and don't need to lift as heavy to experience changes in muscle mass.

Understanding how the muscles work is the foundation of an effective strength-training routine. The human body has over 600 muscles, which consist of cardiac muscle (specific to the heart), smooth muscle (involuntary movements related to internal organs that support digestion, reproduction, and blood flow), and last but not least skeletal muscle (attached to your bones to support movement). In weight training, your focus is on developing your skeletal muscle, which accounts for roughly one-third of your body mass.

When it comes to weight training for fat loss, training programs are focused on splitting exercises among the six major muscle categories:

1. Chest
2. Back
3. Arms
4. Abdominals
5. Legs
6. Shoulders

If you are new to resistance training, most beginner-friendly workout plans tend to focus on a total body approach. I've found for fat loss and

body sculpting, a split style of training works best. *Split training* means that instead of trying to hit every body part in each session, you divide your exercises into separate categories such as legs or core work or arms and perform the exercises for each category on different days.

Over the years, I have tried many ways to split up a workout routine during the week. Of all the training splits imaginable, my clients and I have achieved the best results with a **push/pull/legs training split**. This allows you to boost your training volume by hitting each of the muscle groups twice a week. Studies show that training volume has a more significant impact on muscle hypertrophy, which means that hitting the muscle groups twice a week will support *gains*.

With this approach, you will organize your training days into three main categories based on the nature of the movements. Bundling the movements into three main groups based on the exercise provides a logical structure to design a workout split at a training frequency of three to six times a week based on the following exercise groups: push, pull, and legs.

The push/pull/legs training approach is ideal for higher training frequency. Studies show you gain maximum muscle if you split your training to accommodate each major muscle group being trained twice a week as opposed to once a week. By training related muscle groups together in a single training session, my clients benefit from a natural overlap of movements. For example, on a push day, you are performing movements that involve a natural pushing motion like the bench press. However, when you perform the bench press movement, it also engages the shoulders and triceps. When you perform a shoulder press exercise like the seated dumbbell shoulder press, it also engages the upper chest muscles. It makes logical sense to combine synergistic movements together in the same training session.



## PUSH EXERCISES

These types of exercises engage the muscles when you *push* weight away from the body. The primary muscles worked on a push day include the chest, triceps, and shoulders. I recommend that you choose five to ten exercises from the push list, and always start your push day with bench press as the first movement. If you are training at home and you don't have a bench, you can perform this movement with a push-up on the floor, on an ottoman, an ab ball, the edge of a couch, or even on a step platform. Keep in mind you can also replace any barbell movement with two dumbbells if you are training at home or at a gym with limited equipment.

The bench press is probably the most popular weight-lifting exercise of all time. It allows you to safely and effectively push maximum weight using only the upper body muscles. This is a compound movement that involves multiple joints and muscles. For this reason, you always want to order the exercises with bench press first so you don't prematurely fatigue the smaller muscles in the upper arm and shoulders with the other movements. This will enable you to maximize your training volume on your push days.

### *Push Exercise List*

See page 298 for access to descriptions of the following exercises.

- Bench press
- Incline bench press
- Close-grip bench press
- Standing cable crossovers
- Skull crushers
- Tricep dips
- Military press
- Shoulder press
- Arnold press
- Push-ups
- Tricep push-downs
- Overhead extensions
- Chest flies
- Incline dumbbell flies
- Overhead presses
- Lateral raises
- Front raises

## PULL EXERCISES

These movements activate muscle engagement when you pull weight closer to your body. The primary muscles worked on a pull day include all of the back muscles, biceps, and core. It is recommended to choose five to ten exercises from the pull list, and always start your pull day with the deadlift as the first movement. This compound movement is like the main course of your meal with the remaining movements serving as the veggies and sides. The objective of the deadlift on your pull day is to isolate the back; however, it also engages the core, legs, glutes, shoulders, and even the forearms. This should be your heaviest movement while utilizing good form and always using a spotter when training with heavy weight.

### *Pull Exercise List*

See page 298 for access to descriptions of the following exercises.

- Deadlifts
- Lat pull-downs
- Barbell rows
- T-bar rows
- Cable rows
- Lateral raises
- Front raises
- Upright rows
- Seated low rows
- Face pulls
- Barbell curls
- Dumbbell curls
- Cable curls
- Hammer curls
- Preacher curls
- Shrugs
- Hyperextensions
- Good mornings

## LEG EXERCISES

Training legs is best managed as a dedicated training day designed to target the lower body. The legs and glutes comprise the largest muscle groups and require a separate training session to support optimal recovery. I rec-

ommend you choose one or two exercises per leg muscle — quad-focused, hamstring-focused, glute-focused, and calf-focused — resulting in a total of four to eight exercises for the entire workout. Depending on your goal, start with either the barbell squat (more quad-focused) or barbell hip thrust (more glute-focused) as the first movement in your training session.

### *Leg Exercise List*

See page 298 for access to descriptions of the following exercises.

- Barbell squats
- Barbell hip thrusts
- Deadlifts
- Romanian deadlifts
- Front squats
- Sumo squats
- Leg press
- Bulgarian split squats
- Barbell lunges
- Standing calf raises
- Leg curls
- Seated leg extensions
- Cable pull-through

## CARDIO

A comprehensive training program would not be complete without the addition of cardio. The heart is also a muscle that needs to be worked just like the others to ensure overall health. Cardio can present a double-edged sword in that it's great for fat loss but too much can sacrifice lean muscle tissue. There are two types of cardio based on your desired heart rate: low-intensity steady state (LISS) and high-intensity interval training (HIIT).

### *Low-Intensity Steady State (LISS)*

Think of steady-state cardio like driving your car on cruise control. You're moving but not applying pressure to the gas pedal. This type of cardio is where you elevate your heart rate to 40 to 70 percent of your

maximum target heart rate. (This comes out to an average of 130 bpm for most healthy adults; however, you can determine your exact target heart rate using an online calculator.) Then you maintain it at a steady rate throughout your workout session. This means you sustain a steady pace like fast incline walking, hiking, jogging, running, or utilizing cross-training equipment like the elliptical machines. This type of training is highly aerobic since it relies on oxygen and, having burned through glucose, is fueled by stored body fat.

### *High-Intensity Interval Training (HIIT)*

HIIT cardio alternates between intervals of high- and low-intensity exercise. Your training intervals should be performed at 80 to 95 percent of your maximum heart rate, and your recovery intervals should be 40 to 50 percent of your maximum heart rate. The intensity of this style of training makes it more challenging than LISS workouts, and you can burn more calories in a shorter timeframe. An example of this would be walking for 5 minutes on a treadmill to warm up, then moving into a period of high intensity such as 30 seconds of sprinting followed by a recovery period. The length of recovery period you need will depend on your fitness level. If you are a beginner, you may need 1 to 3 minutes to recover; if you are intermediate, you may need 60 to 90 seconds; if you are advanced, you'd utilize a 30 seconds on, 30 seconds off mode. You can set up these types of workouts with any high-intensity activity like a sprint, plyometric exercise, or advanced training movements like boxing.

## Muscle Fibers and Macro Types

If you have ever wondered why some individuals seem to be able to run miles and miles without getting tired while others have a natural ability to go beast mode in the gym, the answer lies in muscle fiber compo-

sition. Your muscle fiber type impacts how your body utilizes energy, which means it has a direct connection to your macro type.

There are two main types of skeletal muscle fibers, commonly referred to as type I and type II.

TYPE I (SLOW-TWITCH) muscle fibers rely on oxygen as the fuel source (aerobic). They are also known as slow-twitch muscle fibers because they contract slowly and are great for endurance-oriented activities, like distance running, because they don't fatigue easily. If you took a biopsy of a slow-twitch muscle fiber, you would see that they are red, which means that they have a lot of blood flow. Slow-twitch muscle fibers are *not* fueled by carbs; they are fueled by oxygen because they utilize an aerobic pathway for energy. Fat is used for fuel via beta oxidation when it comes to slow-twitch muscle fibers. This is precisely why hard gainers are so naturally lean, because their body naturally utilizes fat for fuel more readily.

TYPE II (FAST-TWITCH) muscle fibers are called on for short bursts of power first by the body to energize your muscles. They provide the fastest contractions and are fueled by anaerobic respiration, using carbohydrates to generate energy. This means that energy is generated by a glycolytic pathway by utilizing carbohydrates to generate ATP (aka energy). There are two subtypes of fast-twitch muscle fibers.

TYPE IIA (INTERMEDIATE) muscle fibers rely on a hybrid of oxygen and carbs (aerobic + anaerobic). This combination allows for superior performance with respect to weight training and power-oriented movements that require a little more stamina. The beauty of these fibers is that they can handle a wide range of movements. They are a hybrid in the sense that they have charac-

teristics of fast twitch in their ability to contract quickly, but they also have an aerobic capacity as well.

TYPE IIB (FAST-TWITCH) fibers don't use oxygen to generate energy. Instead, they use energy stored in the muscle cells in the form of sugar (carbs) that can be used for short bursts of movement. These fibers have the most power output but are also the most inefficient, resulting in a faster onset of fatigue.

Your body's muscle fiber composition influences how your body uses energy to fuel your workouts and helps determine the best workout regimen for you to use along with your custom nutrition plan. For example, a Carb-Fueled Macro Type has a higher concentration of aerobic muscle fibers that rely on fat for fuel, so if this is your macro type, you will have a natural tendency to be very lean without effort. If you want a more curvy or thick appearance, you will need to work harder to activate the fast-twitch muscle fibers that rely on carbs to add muscle.

. . .

Let's go deeper into the specific strategies for each macro type.

## Training for Type 1: Carb-Fueled Macro Type

### TRAINING

The Carb-Fueled Macro Type has the highest percentage of type I (slow-twitch) muscle fibers, so if this is you, you'll have the hardest time gaining muscle mass.

Your muscle fiber type is genetic, so if you are a naturally gifted distance runner who was born with two-thirds slow-twitch muscle fibers and only one-third fast-twitch, you can't create more fast-twitch muscle fibers, but you can make your fast-twitch muscle fibers *larger* by altering your training technique and nutrition.

The carb-fueled training program is best as a less-is-more approach. Less work is required to stimulate gains due to a lower tolerance for strength training. In order to build up the fast-twitch muscle fibers, you need to increase carb intake and lift heavier weight. It is recommended to train at 80 percent of your 1 rep max (1RM). You'll want to do between 3 and 5 sets, performing 4 to 8 reps per set, and taking 1 to 3 minutes rest between sets.

Be careful not to overdo it, as overtraining will lead to breaking down more muscle. Too much will impact your body's ability to rebuild torn muscle fibers. Remember, less is more: Less overall work will actually help stimulate gains. Focus your workouts on **fewer isolation moves** and *more* compound movement. This means that on your push days, focus on bench press and shoulder presses; on your pull days, do more deadlifts; and on your leg days, focus on squats.

## CARDIO

Carb-Fueled Macro Types have the easiest time burning fat, thanks to those slow-twitch muscle fibers. They are able to access fat for fuel far easier than any macro type, which makes it extremely easy for them to stay lean year-round with minimal effort, on top of the fact that they also have a naturally high metabolism.

Because of this, if you are carb-fueled, your physique won't benefit from additional cardio. If you are the type of person who genuinely loves cardio, you can enjoy it, but know it will compete with your aesthetic gains and will require you to boost your caloric intake even higher to offset anything you burn. I suggest you do cardiovascular exercises three times a week for 20 to 30 minutes maximum, and keep these sessions at moderate intensity, within 60 to 70 percent of your maximum heart rate. Steady-state cardio is perfectly fine, especially if you are focused on adding lean muscle. Please resist the temptation to overtrain with respect to cardio. If you are specifically looking to add

size to the lower half, biking is also a great form of cardio; just keep it under 30 minutes per session.

## WORKOUT TIMING

Since carb tolerance is highest for Carb-Fueled Macro Types, we don't need to rely on resistance training to induce a more carb-tolerant state. Thanks to your high metabolism, resistance training in the evening will be the ideal scenario because you'll have more "fuel in the tank." Plus, any high-protein post-workout meal consumed late in the evening will promote muscle building while you sleep. (The majority of muscle growth actually occurs while you sleep, not while you are training. When you don't get adequate rest, you literally compromise your body's ability to replenish depleted glycogen stores.)

It is *not* crucial to perform your cardio in the fasted state (aka first thing in the morning on an empty stomach). You can do your cardio at any point in the day that best suits your personal preference and schedule. The only caveat is if you are going to do your weights and cardio in the same session, do the weights first and cardio second. You want to have maximum levels of glucose accessible when lifting weights to support the heaviest, most powerful weight-training session possible.

## Training for Type 2: Protein-Fueled Macro Type

### TRAINING

Protein-Fueled Macro Types experience little to no difficulty adding lean muscle mass or dropping body fat, but it's easy for them to gain fat if their macros are off or they undertrain. A protein-fueled training program requires a foundation of weight training complemented with moderate cardio to support fat loss.

Those who do well with a protein-fueled approach tend to have more type IIa muscle fibers. The beauty of these fibers is that they can



handle a wide range of movements, allowing them to excel at training to see results. This is why I intersperse higher-rep exercises in the protein-fueled training plan. This allows you to stimulate more muscle cells without having to load heavy weight for each movement, ultimately resulting in greater metabolically active mass, which is excellent for fat loss.

A hybrid plan of moderate to moderately heavy training works best at an intensity of 60 to 80 percent of your 1RM. Training should include 3 to 4 sets of 8 to 12 reps with about 60 seconds rest between sets.

## CARDIO

Cardio is an important element to include in a training plan for Protein-Fueled Macro Types. This variable can make all the difference since it is just as easy for you to gain fat as it is to gain muscle. Consider yourself fortunate to fall under this category; your body is extremely responsive to cardiovascular training. If your goal is to lean out at the safest yet most effective rate, including cardio a minimum of three to five times a week for 30 to 45 minutes will be a useful component of your training. Do not exceed six or seven times a week with your cardiovascular training because it may begin to compete with your ability to gain muscle mass. I recommend that you split your cardio sessions between HIIT and LISS for best results.

It is also important to note that cardio is not 100 percent required for a Protein-Fueled Macro Type. I probably have your attention now! If your goal is to increase lean muscle and reduce body fat while you maintain your current body weight, you can cut cardio from your plan — but only as long as you are dialed in with respect to your total daily energy expenditure and your caloric intake. However, for those looking to get smaller overall and drop pounds, keep it in the mix.

## WORKOUT TIMING

The Protein-Fueled Macro Type tends to have the most flexibility with respect to training timing. You don't necessarily need to wait until later in the day to weight train, but you shouldn't weight train on an empty stomach. It's ideal to eat at least 15 grams of carbs before weight training. This can be as simple as half a banana, a handful of blueberries, a slice of toast with jelly, or a rice cake. You want to have *some* glucose in your system to support the best possible weight-training session. Running on empty or running on fumes is suboptimal when it comes to resistance training. Of all the carbs you consume in a day, it's important to utilize them properly before a workout to make sure you have enough energy, and also be sure to consume at least 20 to 30 grams of carbs again after you train to ensure you properly replenish depleted glycogen stores.

Make sure that your post-workout meal is high in protein and carbs but low in fat. Fat will slow down the absorption of the protein and carbs into your muscle cells post-workout. Dietary fats are not bad, they just aren't ideal post-workout. Nailing the timing will be essential to sustain appetite control while following a protein-fueled program. You may find that as you train more to support fat loss, your appetite may increase as well. If this happens, make sure to stay mindful and don't eat "whatever" sounds appetizing in the moment. The key to resisting these urges is to ensure you are getting the right amount of protein to support slightly higher energy requirements for lean muscle tissue.

### Training for Type 3: Protein-Fueled/ Low-Carb Macro Type

#### TRAINING

Protein-Fueled/Low-Carb Macro Types need to be very mindful with their training. Your training needs to focus on *healing*. The fact that you

can't tolerate higher levels of carbs in your current state shouldn't be where you end up. Approach your training from a place of seeking to improve your carb tolerance level over time. This means that you will do the exact same resistance training as the Protein-Fueled Macro Type. Truth is, the only way to reverse conditions that cause low carb tolerance (such as thyroid issues, hormone imbalances, insulin resistance) is to push through them. Weight training is one of the only ways you can naturally boost your carb tolerance levels without medication.

Resistance training for the Protein-Fueled/Low-Carb Macro Type will activate the fast-twitch muscle fibers for short bursts of power first to energize your muscles. This means that your body will *need* to utilize carbs to create a glycolytic pathway to generate ATP (aka energy).

The first concern that comes up when going lower in carbs *and* still weight training is performance. My program is set up for healthy fat loss. While you may not be able to lift at your heaviest ever, you can still get a solid workout. It's important to remember that your training volume may not be as high as the Protein-Fueled Macro Type, but that is okay. Our objective is to boost your carb tolerance and support fat loss. You won't experience any significant hurdles to tone your muscles, but fat loss will be trickier.

The core of the protein-fueled/low-carb training program requires a foundation of weight training balanced by dialed-in cardio. Even though your carb tolerance is on the lower side, you still need to consume carbs for weight training to support building lean muscle mass. This means that you may need to go slightly higher in your carbs on training days and lower on nontraining days to ensure that your carb-driven activities are properly fueled. Because carb tolerance levels are elevated after weight training, it is possible to manipulate your body composition without entirely cutting out carbohydrates. This extra level of adjustment is not as important for those who have moderate or high carb tolerance; however, it plays an important role for those with

lower carb tolerance and helps facilitate a faster rate of fat loss. Training with moderate to moderately heavy intensity works best at 60 to 80 percent of your 1RM. Be sure to do 3 to 4 sets with between 10 and 15 reps each and rest for 30 to 60 seconds between sets.

## CARDIO

Cardio is going to be an important tactic for this macro type to help break down weeks, months, or even years of fat accumulation. Cardio will accelerate your progress, especially if you've been in a fat-loss plateau. It's key to ensure that your cardio sessions are a little on the longer side for optimum fat loss. It takes roughly 20 to 25 minutes for the body to burn through its stored glycogen, the first reserve of energy that fuels movement before switching over to stored body fat as a fuel source. For cardio to be worthwhile, it needs to tap your fat stores as a fuel source via aerobic respiration. Oxygen is the game-changer; it enables the release of stored energy for fuel.

The important takeaway here is that the first 20 to 25 minutes of cardio is great for burning calories, conditioning the heart, etc., but they don't "count" toward fat loss because those movements are fueled by carbs and not stored fat. I recommend a minimum of four LISS cardio sessions per week. While you can do HIIT if you are short on time, this can be a little too intense for some, especially if you fall on the end of the spectrum where your lowered carb tolerance is a result of a thyroid or metabolic issue or other hormonal fluctuations.

## WORKOUT TIMING

Navigating low carb tolerance is all about strategic timing of how and when to utilize carbs. You now know that resistance training temporarily boosts carb tolerance. Another option to boost your progress is intermittent fasting. This works by giving the body specific windows of time for eating or fasting. This isn't about eating less; it's about eating in

a way that minimizes insulin spikes. A typical intermittent fast is a 16:8, where you are fasting for 16 hours per day (8 of which you probably will be sleeping) and consuming all your calories in an 8-hour window while you're active and awake.

Each time you consume carbs, your body experiences a spike in insulin as the pancreas releases insulin to shuttle carbs out of the blood and into the cells. When this is happening, the pancreas is not able to release the fat-burning hormone glucagon. If over the course of your waking day, you eat numerous times from the moment you get up to the moment you go to bed, your pancreas is going to continually pump insulin into your bloodstream, so even if you've got your calories dialed in, you're not burning fat at the rate that you could. There is an opportunity to be more efficient by condensing your feeding window over the course of fewer hours, in this case over 8 hours. This gives the body a longer time for the pancreas to release the fat-burning hormone glucagon, thereby boosting fat loss.

The next thing to optimize is carb intake. The best time of day to include starchy carbs is after a weight-training session. Also be sure to do cardio *after* weight training if you are going to do them together in the same workout session. This optimizes fat loss because the body takes roughly 20 to 25 minutes to burn through glycogen before it switches over to utilizing fat for fuel. By doing weight lifting first, you can burn up stored carbs as your energy source during the weight-training sessions so that by the time you begin cardio, your body will be primed to rely entirely on fat as the fuel source during your cardio segment. If you are unable to schedule both workouts in the same session, get your cardio done first thing in the morning on an empty stomach and then weight train later in the day inside of the feeding window if you are pairing this with intermittent fasting.

## Training for Type 4: Fat-Fueled Macro Type

### TRAINING

Tackling body fat is the biggest training challenge for the Fat-Fueled Macro Types. If this is you, gaining muscle is extremely easy for you, but so is fat gain. Your progress will be slower compared to the other macro types, so please be patient and do not get discouraged. Stay the course and stay in your own lane. Be mindful to not compare yourself to others.

When it comes to training, Fat-Fueled Macro Types have the easiest time gaining muscle mass because they have the highest ratio of type IIb muscle fibers. This means they are great at short bursts of powerful movement. These muscle fibers are anaerobic in nature, which means that they do not rely on blood flow (which pulls from fat via beta oxidation). Type IIb fibers are larger and thicker and have a low oxidative capacity, which means they do not rely on fat for energy. Instead, they are more glycolytic in nature, where the energy is provided without the presence of oxygen by breaking down glucose for energy. Since fat is not readily used as an energy source for anaerobic training, and since fat loss is a primary aim while adding lean muscle, your resistance training needs to be more strategic.

These fibers have the most power output but are also the least efficient, resulting in a faster onset of fatigue. The good news is resistance training can turn the type IIb fibers into the type IIa kind, meaning you can train your body to become more energy efficient. Put another way, *you can train your body to become better at burning fat for fuel.*

For you, a higher training volume is best, with both higher reps and more sets for maximum results. Not only does this burn more calories, but it also boosts your metabolism and temporarily boosts carb tolerance post-workout. With higher reps and sets, it is ideal to train at an intensity of 60 percent of your 1RM or *less*. Keep in mind this doesn't

mean to lift “light,” it simply means to dial in the intensity to support hypertrophy. For best results, weight train four to six times a week with at least 4 sets of 12 to 15 reps or more. Keep rest time between sets to a maximum of 30 seconds. For an added challenge, instead of resting between sets, try adding plyometrics or supersetting.

## CARDIO

Cardio is an absolute *must* for this macro type. Progress will be slow even with cardio, so if you want to hit a certain goal by a certain date, know that cardio will be an essential component of your success. If you are new to cardiovascular exercise, start out with a minimum of 5,000 steps a day for general health. For more moderate fat-loss goals, cardio sessions are recommended four to six times a week for 30 to 45 minutes per session. For *maximum* results, I recommend fasted steady-state cardio six times a week for 45 minutes, plus HIIT cardio sessions after weight training later in the day for 3 of those days. If you go for this higher-intensity plan, be sure to limit this style of cardio to no longer than 6 weeks at a time, and dial it back to moderate for at least a week or two before getting back into this style of intense training.

## WORKOUT TIMING

The Fat-Fueled Macro Types tend to have the lowest carb tolerance with the greatest resistance to insulin. Resistance training makes a big difference in your ability to temporarily boost your carb tolerance after a workout. The Fat-Fueled Macro Type should aim for 10 grams of carbs pre-workout, followed by another 10 to 15 grams post-workout. This means consuming the majority of your carbs around your workout sessions. I suggest you separate your cardio and weight sessions when possible. This gives your body two windows of enhanced carb tolerance as opposed to just one. Translation: You can fit carbs into your day at two separate meals instead of only one.

Do fasted cardio in the morning, and weight train later in the afternoon. These two training sessions provide the body two separate opportunities to boost carb tolerance because your ability to replenish depleted muscle glycogen is higher post-workout, so you're less likely to store carbs as fat. If you are unable to split your cardio and weights for practical reasons, do your weights first, cardio second.

## Training for Type 5: Fat-Fueled/ Low-Carb Macro Type

### TRAINING

Thanks to your new eating plan, the Fat-Fueled/Low-Carb Macro Type is now energetically aligned to burn fat for fuel, making fat loss *substantially* easier. But when it comes to training, you may find that you tire faster and may not be able to lift as heavy as you typically do. The body needs to burn through carbs before using fat as fuel, so when your body is fueled by fats and depleted of carbs, that's when the magic happens and you are able to use fat for fuel. This is a game-changer, because your body can use stored body fat as fuel with ease. When you go very low in carbs, it changes the hormonal landscape of the body by boosting glucagon levels (the hormones that boost fat loss) and minimizes insulin levels in the body overall.

Resistance training is tough on this eating plan. You can build muscle without carbs, but your experience with lifting weights will not feel the same as it did if you were used to consuming higher levels of carbs. Your energy levels will be lower, and movements that tap into the fast-twitch muscle fibers will feel more challenging. You won't necessarily experience a new personal record with your weight training, but that does not mean that the workout won't be effective in changing your physique. Go into it with the expectation that you are going to do the best that you can, and if it means lifting lighter than you know you were once able to,



this is perfectly okay. Keto is muscle-sparing; it won't break down your muscles for energy when the body is thriving off fat. While you *can* gain muscle definition on this nutrition approach, this is better suited for those with type 2 diabetes, insulin resistance, and hormonal challenges that present serious issues. This plan is also well suited for individuals who need to move away from dangerously high levels of body fat, seriously stubborn body fat, or if it aligns with your preferred eating style. Train four to six times a week, doing at least 4 sets of at least 15 repetitions per set. Keep rest times between sets brief, at a maximum of 30 seconds.

## CARDIO

Now that fat loss is locked in because the body is using fat for fuel, employing cardio will take your results over the top. This is because you can tap into stored fat when performing aerobic exercise. If cardio is new to you and/or something you don't particularly care for, know that something even as simple as tracking your steps and daily movement can make a big difference. The key is to do *something*. Start by walking a minimum of 5,000 to 7,000 steps a day for general health, either outdoors or on a treadmill. If you are ready and able to give it a go, I recommend cardio four to six times per week for 45 minutes per session. For *maximum* results, I recommend fasted steady-state cardio six times per week for 45 minutes, plus HIIT cardio sessions after weight training later in the day on 3 of those days. If you go for this higher-intensity plan, be sure to only perform this style of cardio for up to 6 weeks at a time with a week or two of moderate cardio in between these higher-intensity bouts.

## WORKOUT TIMING

The Fat-Fueled/Low-Carb Macro Type is the only one where it is okay to weight train in the fasted state. This is because, as a Fat-Fueled/Low-

Carb Macro Type, you are designed to use fat, not carbohydrates, as your fuel source. If you have excess body fat to lose, you can fuel your workout with stored fat in a fasted state. Those with the lowest carb tolerance levels function best with morning workouts because testosterone levels are highest at that time, and this also supports enhanced fat loss and allows you to tap into stored fat as energy. Similar to the Fat-Fueled Macro Type, you will do great with intermittent fasting by concentrating your meals into a shorter time frame, such as an 8-hour feeding window followed by a 16-hour fast. This will help minimize insulin spikes and support moving out of an insulin-resistant state. Also, dividing cardio and weights into two separate workouts is ideal because you will fatigue faster on this macro type's eating style.

Resistance training makes a big difference in your ability to temporarily boost your carb tolerance, especially after working out. As a Fat-Fueled/Low-Carb Macro Type, you don't need to eat any carbs pre-workout; however, make sure that you shun fats right after any workout. Instead, go with protein and small amounts of low-sugar carbs like a low- or no-carb protein shake with an ounce of berries. Fat consumption will slow down the absorption of the post-workout nutrients, so save it for later in the day. Make sure to optimize your carb intake post-workout.

#### TRAINING PLANS FOR EACH MACRO TYPE

Don't forget to access the training plans for your macro type online using this code. Using an Apple or Android smart phone, open the **Camera app**. Select the rear-facing camera and hold the device so that the QR code appears in the viewfinder. Your device will recognize the QR code with a notification to take you to the web address. Exercise descriptions can be found here as well.



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