

Meal Planning / Prep



Without question, the people I work with who plan out their meals are exponentially more successful than those who do not. A big part of effective planning is meal prepping.

Here's what a sample eating day might look like for a 150-pound female who is eating 1,650 calories a day. (Your personalized macros and calories may vary)

Breakfast: 1 cup egg whites with 25 grams of baby spinach
40g of rolled oats with 15g of raisins
15g of almonds

Meal Total: 38g protein | 47g carb | 10g fat = **442 calories**

Snack: 1 medium honey-crisp apple
1 TBSP (16g) of peanut butter
1 cup 2% fat Greek Yogurt

Snack Total: 27g protein | 39g carb | 13g fat = **365 calories**

Lunch: 4 ounces of 92% lean ground beef
1/2 cup of white rice
1 cup of broccoli

Meal Total: 27g protein | 34g carb | 10g fat = **317 calories**

Snack: 3 sticks of reduced fat mozzarella cheese

Snack Total: 21g protein | 3g carb | 8g fat = **180 calories**

Dinner: 4 ounces of grilled chicken breast
4 ounce baked potato with 2 TBSP sour cream
2 cup of steamed broccoli

Meal Total: 29g protein | 38g carb | 8g fat = **320 calories**

Daily Total: 142g protein | 161 carb | 49 fat = **1,624**



Sam Tip: Notice how in the example above, the entire day is mapped out ahead of time with a nearly equal division of the calories and macros for the day. Without a plan and without tracking, this person would just be guessing!