

Meal Design Worksheet

Designing your meals is one of the most important ways to not only eat but to fuel your body to burn fat. The most thermic meal combination you can have is protein & fibrous carbs or protein & fibrous carbs & starchy carbs.

When designing your meals It's ideal to remove food labels as well - such as "breakfast".

All too often you then become narrow minded on what you can actually eat. There is nothing that says you can't have a steak salad first thing in the morning. As well as having traditional breakfast items for dinner.

Space is available below to create a variety of meals around the i love macros meal formula found in "What Foods Should I Eat". Also include how you will prepare your meals through which style of cooking the food and adding variety through herbs and spices.

Meal 1 >

Protein:
Fibrous Carb:
Starchy Carb:

Prepare:
Variety:

Meal 2 >

Protein:
Fibrous Carb:
Starchy Carb:

Prepare:
Variety:

Meal 3 >

Protein:
Fibrous Carb:
Starchy Carb:

Prepare:
Variety:

Meal 4 >

Protein:
Fibrous Carb:
Starchy Carb:

Prepare:
Variety:

Meal 5 >

Protein:
Fibrous Carb:
Starchy Carb:

Prepare:
Variety: