

Using Your Daily Meal Planner

Typical Woman

Schedule your meals and snacks to eat every 3 to 4 hours.

At the top of your sample *Daily Meal Planner* you'll see 12 blocks of macronutrients (*Proteins, Fats, Carbohydrates*), totalling 1350 calories.

This means you need:

- **12 blocks of Proteins**
- **12 blocks of Fats** and
- **12 blocks of Carbohydrates** each day.
- 3 blocks P,F,C = meal
- 1 block P,F,C = snack

(3 meals + 2-3 snacks = 1350 calories per day)

Each macronutrient has a 1 block gram amount. For example:

- **1 block of Protein = 7 grams**
- **1 block of Fat = 2 grams**
- **1 block of starchy veggie, or fruit Carbohydrates = 9 grams**

This ratio and increments of this ratio should be maintained in order to balance snacks and meals. Below each macronutrient section are measured food amounts that equal 1 block of that macronutrient.

In order to create a balanced favorable meal, the number of blocks for each macronutrient needs to be equal. For example, if your meal amount is **3 blocks**, this means that you need:

- **3 blocks of Protein/21 grams +**
- **3 blocks of Fat/6 grams +**
- **3 blocks of combined Carbohydrates/27 grams** (*starchy carbs, veggie carbs, and/or fruit carbs*)

Remember, since there are 3 different types of carbohydrates (*starchy, veggie, and fruit*), give yourself a variety and select from each of these carb sections. Your total (*among the 3 types of carbs*) should total the same number of blocks that you eat in protein and in fat. Try to limit your starchy carb section to 1 block at each meal.

You were given a *Favorable Food List* of low *Glycemic Index* foods. These are your healthier choices of proteins, fats and carbohydrates. Choose from this extended list, then check the measured amounts on the front of your chart that are equivalent to 1 block of your choice. Where more than 1 block is required, use multiples of your choice or alternate choices to add more blocks of that macronutrient.

The *Master Food Block List* in the previous section has an even more extended list to choose from, so refer to it.

If you miss a meal or snack, make sure you make it up in distributing those blocks into other meals or snacks throughout the day. That way by the end of the day you meet your total daily food block amount.

The goal is to maintain the balanced ratio for each meal and achieve equal block amounts for each macronutrient section (P,F,C) totals by the end of each day. This balance will help you create more energy, mental clarity, fat loss, hormonal balance, and optimal vitality!

If you are an athlete, you will of course need to add on blocks for the additional calories you will be burning. Start with the typical blocks and add on balanced blocks as needed.

The key to success is to do this for 3 to 4 weeks. And before long, I bet you will be able to do your meal block planning in your head. The process becomes natural and feels right.

I think you will discover that after you have used this tool for a few weeks, eating smart will become a habit and it will come easy to you. That is the ultimate goal – for you to find it easy to follow your *Eating for Vitality Diet*. You are already well on your way!

Using Your Daily Meal Planner

Typical Man

Schedule your meals and snacks to eat every 3 to 4 hours.

At the top of your sample *Daily Meal Planner* you'll see 16 blocks of macronutrients (*Proteins, Fats, Carbohydrates*), totalling 1800 calories.

This means you need:

- **16 blocks of Proteins**
- **16 blocks of Fats** and
- **16 blocks of Carbohydrates** each day.
- 4 blocks P,F,C = meal
- 2 block P,F,C = snack

(3 meals + 2 snacks = 1800 calories per day)

Each macronutrient has a 1 block gram amount. For example:

- **1 block of Protein = 7 grams**
- **1 block of Fat = 2 grams**
- **1 block of starchy, veggie, or fruit Carbohydrates = 9 grams**

This ratio and increments of this ratio should be maintained in order to balance snacks and meals. Below each macronutrient section, there are measured food amounts that equal 1 block of that macronutrient.

In order to create a balanced favorable meal, the number of blocks for each macronutrient needs to be equal. For example, if your meal amount of **4 blocks**, this means that you need:

- **4 blocks of Protein/28 grams +**
- **4 blocks of Fat/8 grams +**
- **4 blocks of combined Carbohydrates/36 grams** (*starchy carbs, veggie carbs, and/or fruit carbs*)

Remember, since there are 3 different types of carbohydrates (*starchy, veggie and fruit*), give yourself a variety and select from each of these carb sections. Your total (*among the 3 types of carbs*) should total the same number of blocks that you eat in protein and in fat. Try to limit your starchy carb section to 1 block at each meal.

You were given a *Favorable Food List* of low *Glycemic Index* foods. These are your healthier choices of proteins, fats, and carbohydrates. Choose from this extended list, then check the measured amounts on the front of your chart that are equivalent to 1 block of your choice. Where more than 1 block is required, use multiples of your choice or alternate choices to add more blocks of that macronutrient.

The *Master Food Block List* in the previous section has an even more extended list to choose from, so refer to it.

If you miss a meal or snack, make sure you make it up in distributing those blocks into other meals or snacks throughout the day. That way by the end of the day you meet your total daily food block amount.

The goal is to maintain the balanced ratio for each meal and achieve equal block amounts for each macronutrient section (P,F,C) totals by the end of each day. This balance will help you create more energy, mental clarity, fat loss, hormonal balance, and optimal health & vitality!

If you are an athlete, you will of course need to add on blocks for the additional calories you will be burning. Start with the typical blocks and add on balanced blocks as needed.

The key to success is to do this for 3 to 4 weeks. And before long, I bet you will be able to do your meal block planning in your head. The process becomes natural and feels right.

I think you will discover that after you have used this tool for a few weeks, eating smart will become a habit and it will come easy to you. That is the ultimate goal – for you to find it easy to follow your *Eating for Vitality Diet*. You are already well on your way!