

Sample (180 lb Male) Mass Building Meal Plan - PRE-BREAKFAST (1 scoop whey protein (mix in water), 1 medium banana)
Sample (180 lb Male) Mass Building Meal Plan - BREAKFAST (3 whole eggs + 3 egg whites, 2 cups cooked oatmeal)
Sample (180 lb Male) Mass Building Meal Plan - MORNING SNACK (8 oz. low-fat cottage cheese + 1 cup sliced pineapple, 6 whole-wheat crackers + 1 Tbsp. peanut butter)
Sample (180 lb Male) Mass Building Meal Plan - LUNCH (8 oz. turkey deli meat, 4 slices whole-wheat bread (make sandwiches; use low-fat mayo and/or mustard), 2 cups green salad + 2 Tbsp. low-fat balsamic vinaigrette)
Sample (180 lb Male) Mass Building Meal Plan - PREWORKOUT SNACK (1 scoop whey protein (mix in water))
Sample (180 lb Male) Mass Building Meal Plan - POSTWORKOUT SNACK (2 scoops whey protein, 1 medium plain bagel + 2 Tbsp. jelly)
Sample (180 lb Male) Mass Building Meal Plan - DINNER (8 oz. top sirloin, 1 large sweet potato, 1 cup chopped broccoli, 2 cups green salad + 2 Tbsp. salad dressing (olive oil and vinegar))
Sample (180 lb Male) Mass Building Meal Plan - NIGHTTIME SNACK (2 scoops whey protein (mix in water), 1 oz. English walnuts)
Sample (180 lb Male) Maintenance Meal Plan - BREAKFAST (2 large whole eggs, 4 large egg whites, 1 cup oatmeal)
Sample (180 lb Male) Maintenance Meal Plan - MID-MORNING SNACK (4 oz. deli turkey, 6 whole-wheat crackers, 1 cup tomato soup, 1 oz. walnuts)
Sample (180 lb Male) Maintenance Meal Plan - LUNCH (4 oz. deli roast beef, 2 slices whole-wheat bread, 1 to 2 avocado, 2 cups green salad, 1 Tbsp. oil/vinegar dressing)
Sample (180 lb Male) Maintenance Meal Plan - PREWORKOUT SNACK (1 scoop whey protein, 1 whole-wheat, English muffin)
Sample (180 lb Male) Maintenance Meal Plan - POSTWORKOUT SNACK (2 scoops whey protein, 1 slice white bread, 1 Tbsp. jelly)
Sample (180 lb Male) Maintenance Meal Plan - DINNER (8 oz. chicken breast, 1 to 2 cup quinoa, 1 cup Brussels sprouts)
Sample (180 lb Male) Maintenance Meal Plan - BEDTIME SNACK (1 cup low-fat (1 %) cottage cheese, 2 Tbsp. salsa)
Sample (180 lb Male) Lean Meal Plan - BREAKFAST (3 whole eggs, 3 egg whites, 1 cup oatmeal)
Sample (180 lb Male) Lean Meal Plan - LATE-MORNING SNACK (1 scoop whey protein)
Sample (180 lb Male) Lean Meal Plan - LUNCH (10 oz. fresh spinach, 1/4 cup oatmeal, 1 large hard-boiled egg, 6 oz. shrimp, 2 tbsp. olive oil/vinegar dressing)
Sample (180 lb Male) Lean Meal Plan - MID-DAY SNACK (1 cup low-fat cottage cheese, 2 tbsp. salsa)
Sample (180 lb Male) Lean Meal Plan - PREWORKOUT SNACK (1 scoop whey protein)
Sample (180 lb Male) Lean Meal Plan - POSTWORKOUT SNACK (2 scoops whey protein, 12 oz. Gatorade)
Sample (180 lb Male) Lean Meal Plan - DINNER (9 oz. farmed Atlantic salmon, 2 cups mixed green salad, 1 tbsp. olive oil/vinegar dressing)
Sample (180 lb Male) Lean Meal Plan - NIGHTTIME SNACK (1 scoop whey protein)

Breakfast (Switch up Breakfast and Lunch every other day)

Breakfast

- 1 Cheese Omelette w/ bell pepper, onion, tomato
- 1 Turkey Sausage
- 1 Bowl of Oatmeal
- 1 Whole Banana
- 1 Diet Tea with 2 oranges

Breakfast

- 1 Wheat English Muffin with Tomato Slice
- 1 Egg with Cheese
- 1 Turkey Sausage

Snack

- 1 Bag of Sunchips
- 1 Bag of Skinny popcorn

Lunch

- Cottage Cheese with Fruit Cup
- 1/2 Bael with thumb size of cream cheese on top

Lunch

- 1 Wheat Pita Bread with Lettuce, shredded Cheese, tomato
- 1 Chicken Salad with Light Mayo
- 1 Bowl of Fruit

Dinner

- Protein
- Carb
- Vegetable (50% of Plate)



HEALTH & WELLNESS TRACKER

HWT Questionnaire

Dietary Habits

Think about the past 30 days when responding to the questions below about your dietary intake and fueling (Note: Only a few examples of each are listed below to remind you of the types of food in each category – many more are possible):

	More than 3 times per day	2 times per day	1 time per day	3-6 times per week	1-2 times per week	Rarely or never
How often did you consume any FRUIT ? Examples: fresh, frozen, canned, or dried or 100% fruit juices. A serving is 1 cup of fruit or ½ cup of fruit juice.	☐	☐	☐	☐	☐	☐
How often did you consume any VEGETABLES ? Examples: fresh, frozen canned, cooked, or raw: dark green vegetables (broccoli, spinach, most greens), orange vegetables (carrots, sweet potatoes, winter squash, pumpkins), legumes (dry beans, chickpeas, tofu), starchy vegetables (corn, white potatoes, green peas), and other (tomatoes, cabbage, celery, cucumbers, lettuce, onions, peppers, green beans, cauliflower, mushrooms, summer squash, etc.).	☐	☐	☐	☐	☐	☐
How often did you consume any WHOLE GRAINS ? Examples: Rye, whole-wheat, or heavily seeded bread; brown or wild rice; whole-wheat pasta or crackers; oatmeal; corn tacos.	☐	☐	☐	☐	☐	☐
How often did you consume any DAIRY ? Examples: Regular or whole fat milk; low- or reduced-fat milk (2%, 1%, 0.5%, or skim), yogurt, cottage cheese, low-fat cheese, frozen low-fat yogurt, soy milk, or other calcium-fortified foods (orange juice, soy/rice milk, breakfast cereals, etc.).	☐	☐	☐	☐	☐	☐
How often did you consume any FISH ? Examples: Tuna, salmon, or other non-fried fish.	☐	☐	☐	☐	☐	☐
How often did you consume SUGAR-SWEETENED BEVERAGES ? Examples: Coke, Sprite, flavored soda, Mountain Dew, sweet tea, lemonade, Frappuccino.	☐	☐	☐	☐	☐	☐
How often did you consume ENERGY DRINKS ? Examples: Monster, Red Bull, Rip-It, NOS, 5-Hour.	☐	☐	☐	☐	☐	☐

Health & Wellness Goals

Select **two** goals to prioritize. Mark one as Primary (1) and the other as Secondary (2):

1 2 ☐ ☐ Weight loss	1 2 ☐ ☐ Improve aerobic fitness	1 2 ☐ ☐ Improve nutrition habits
☐ ☐ Weight gain	☐ ☐ Increase strength	☐ ☐ Improve sleep habits
☐ ☐ Improve body composition	☐ ☐ Improve stress management	☐ ☐ Tobacco/nicotine cessation
		☐ Other _____

What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or $\frac{1}{2}$ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.

The chart lists specific amounts that count as 1 ounce equivalent of grains towards your daily recommended intake. In some cases the number of ounce-equivalents for common portions are also shown.

		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Bagels	WG*: whole wheat RG*: plain, egg	1 "mini" bagel	1 large bagel = 4 ounce equivalents
Biscuits	(baking powder/ buttermilk—RG*)	1 small (2" diameter)	1 large (3" diameter) = 2 ounce equivalents
Breads	WG*: 100% Whole wheat RG*: white, wheat, French, sourdough	1 regular slice 1 small slice French 4 snack-size slices rye bread	2 regular slices = 2 ounce equivalents
Bulgur	cracked wheat (WG*)	$\frac{1}{2}$ cup cooked	
Cornbread	(RG*)	1 small piece (2 $\frac{1}{2}$ " x 1 $\frac{1}{4}$ " x 1 $\frac{1}{4}$ ")	1 medium piece (2 $\frac{1}{2}$ " x 2 $\frac{1}{2}$ " x 1 $\frac{1}{4}$ ") = 2 ounce equivalents
Crackers	WG*: 100% whole wheat, rye RG*: saltines, snack crackers	5 whole wheat crackers 2 rye crispbreads 7 square or round crackers	
English muffins	WG*: whole wheat RG*: plain, raisin	$\frac{1}{2}$ muffin	1 muffin = 2 ounce equivalents
Muffins	WG*: whole wheat RG*: bran, corn, plain	1 small (2 $\frac{1}{2}$ " diameter)	1 large (3 $\frac{1}{2}$ " diameter) = 3 ounce equivalents
Oatmeal	(WG)	$\frac{1}{2}$ cup cooked 1 packet instant 1 ounce dry (regular or quick)	

		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Pancakes	WG*: Whole wheat, buckwheat RG*: buttermilk, plain	1 pancake (4 ½" diameter) 2 small pancakes (3" diameter)	3 pancakes (4 ½" diameter) = 3 ounce equivalents
Popcorn	(WG*)	3 cups, popped	1 microwave bag, popped = 4 ounce equivalents
Ready-to-eat breakfast cereal	WG*: toasted oat, whole wheat flakes RG*: corn flakes, puffed rice	1 cup flakes or rounds 1 ¼ cup puffed	
Rice	WG*: brown, wild RG*: enriched, white, polished	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Pasta--spaghetti, macaroni, noodles	WG*: whole wheat RG*: enriched, durum	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Tortillas	WG*: whole wheat, whole grain corn RG*: Flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)	1 large tortilla (12" diameter) = 4 ounce equivalents

*WG = whole grains, RG = refined grains. This is shown when products are available both in whole grain and refined grain forms.

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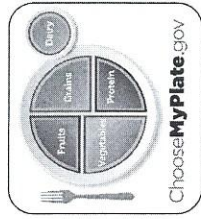
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Josef Broder, Dean and Director



United States Department of Agriculture



MyPlate Plan

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 1,800 Calories a Day

				
1 1/2 cups	2 1/2 cups	6 ounces	5 ounces	3 cups
Focus on whole fruits that are fresh, frozen, canned, or dried.	Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **20 grams** a day.
- Added sugars to **45 grams** a day.

Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 1,800 calorie* pattern are:		Write your food choices for each food group	Did you reach your target?	Limit:
 1 1/2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	_____ _____ _____	☐ Y ☐ N	 Limit: • Sodium to 2,300 milligrams a day. • Saturated fat to 20 grams a day. • Added sugars to 45 grams a day. ☐ Y ☐ N	
 2 1/2 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.	_____ _____ _____	☐ Y ☐ N	 Activity Be active your way: Adults: • Be physically active at least 2 1/2 hours per week. Children 6 to 17 years old: • Move at least 60 minutes every day. ☐ Y ☐ N	
 6 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	_____ _____ _____	☐ Y ☐ N		
 5 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.	_____ _____ _____	☐ Y ☐ N		
 3 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.	_____ _____ _____	☐ Y ☐ N		
* This 1,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.				

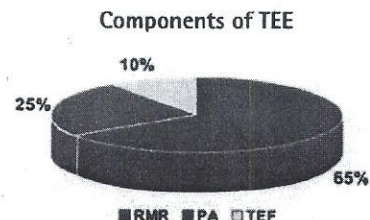
Track your MyPlate, MyWins



Estimated Resting Metabolic Rate

What is Resting Metabolic Rate (RMR)?

Your RMR (kcal/day) represents the minimum energy your body needs to support its basic physiological functions, including heartbeat, breathing, maintaining body temperature, and all of the numerous biochemical reactions required to keep you alive. In essence, it is the amount of energy that the body uses at rest. Your daily Total Energy Expenditure (TEE, kcal/day) consists of three components: RMR, Physical Activity (PA), and Thermic Effect of Food (TEF). Of these three, RMR is the largest contributing component of TEE at around 60-70%.

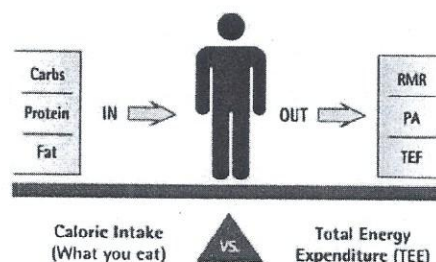


How can I find out my RMR?

Due to the strict protocol and technical difficulties associated with obtaining an accurate measurement of RMR, prediction equations have been developed to estimate RMR based on parameters more easily measured. Research studies indicate that prediction equations which account for both fat and fat-free mass provide the most accurate estimates of RMR. Therefore, the equation of Nelson et al (*Am J Clin Nutr* 56:848-56, 1992), which includes accurately measured fat-free and fat mass as predictors, will provide a reliable and accurate estimation of your RMR. This equation is also useful in tracking changes in estimated RMR that occur with a change in either fat-free or fat mass.

Why do I need to know my RMR?

Most of us understand that weight management depends upon the energy balance equation: the amount of energy you put into your body (your caloric intake) versus the amount of energy you expend (your TEE). The way to lose body fat is to maintain a negative energy balance. This is accomplished by reducing caloric intake, increasing TEE or, preferably, a combination of both. Your RMR is dependent primarily on the fat-free part of your body, and accounts for the vast majority of your TEE. So to improve your overall fitness, it is critical to know your RMR.



- **Changes in estimated RMR can be used to influence changes in your body composition.** If you lose body fat and replace it with muscle, you should see a steady increase in your RMR. Having your RMR monitored throughout a weight management program can help you track improvements in your muscle mass, thus optimizing your fat loss and fitness/nutrition program strategy.
- **Estimated RMR can be used to provide an estimation of your TEE, which can help manage your daily caloric intake.** While RMR is generally 65% of your TEE, the level of your physical activity can add significant variability to the actual percentage. For this reason, your daily activity level, selected from the activity chart below (*Institute of Medicine, DRI, pp93-206, 2002*), should be used in the estimation of TEE.

$$\text{Estimated TEE (kcal/day)} = \text{Estimated RMR (kcal/day)} \times \text{Daily Activity Level}$$

DAILY ACTIVITY LEVEL	MALE	FEMALE	DESCRIPTION
SEDENTARY	1.28	1.24	Mostly seated or standing daily living activities; no exercise or other leisure activities.
LOW ACTIVE	1.51	1.52	Light exercise and leisure activities (i.e., walking 50 minutes per day at 3 mph or golfing 40 minutes per day).
ACTIVE	1.74	1.74	Moderate exercise and leisure activities (i.e., cycling moderately 75 minutes per day or playing tennis 90 minutes per day).
VERY ACTIVE	2.08	2.07	Heavy manual labor job or heavy exercise and leisure activities (i.e., jogging 75 minutes per day or playing basketball 60 minutes per day).

Who should not use the estimated RMR or TEE?

Estimated RMR or TEE should not be used for children < 18 years old, pregnant or lactating women, or individuals in which metabolism may be affected by disease or medication.

Recommended Resources

Healthy Nutrition Websites:

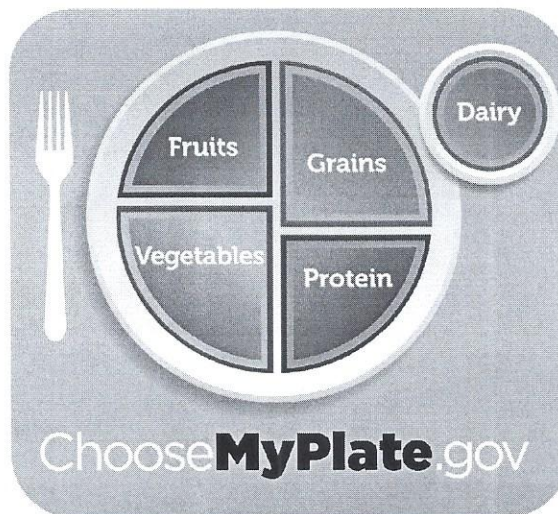
www.myfitnesspal.com

www.sparkpeople.com

www.eatright.org

www.choosemyplate.gov

www.calorieking.com



Organizations:



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Physical Fitness Websites:

www.livestrong.com

www.exrx.net

www.exerciseismedicine.org

<http://www.acsm.org/access-public-information/brochures-fact-sheets/brochures>

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