








NUTRITION PLAN

	S	M	T	W	TH	F	S
 BREAKFAST							
 SNACK							
 LUNCH							
 SNACK							
 DINNER							
 SNACK							
 DRINKS							

Calorie/Macro TOTALS	Calories Protein: Carbs: Fat:	Calories Protein: Carbs: Fat:	Calories Protein: Carbs: Fat:	Calories Protein: Carbs: Fat:	Calories Protein: Carbs: Fat:	Calories Protein: Carbs: Fat:	Calories Protein: Carbs: Fat:
TRAINING TYPE							
INTENSITY	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4

- Establish macronutrient goals for client
- Have client fill in meals they eat throughout the day that align with these goals
- Log exercise by type and intensity. 1 being easiest, 4 intense.
- Log any drinks: water, Gatorade, juice, soda, tea, coffee
- Use the food group section below to establish how many servings of each group the client is eating each day (optimum- 3-4 servings of fruits and veggies, protein at each meal, meeting calcium (dairy) requirements, etc.)
- Add any supplements and/or medications the client is taking (dosage, frequency, purpose, duration)

FOOD GROUPS

PROTEINS



Meats



Eggs



Protein Powder



Tofu



Greek Yogurt



Fish

VEGETABLES



Potatoes



Corn



Peas



Squash



Broccoli



Cauliflower



Asparagus



Cabbage

FRUITS



Banana



Apple



Pear



Orange



Grapes



Pineapple



Melon

DAIRY



Nut Butter



Fatty Fish



Nuts & Seeds



Oils

GRAINS



Rice



Oats



Pasta



Bread



Beans



Lentils

FATS



Nut Butter



Fatty Fish



Nuts & Seeds



Oils



Whole Fat Dairy

FOOD GROUPS	SERVING SIZES & TRAINING INTENSITY			
	4 - Hard Training Day	3 - Med Training Day	2 -Easy Training Day	1 - Rest/Recovery Day
Proteins ✓ Increase protein on training days pre and post workout Meet protein requirements on rest days				
Vegetables ✓ Increase starchy vegetables on training days when in muscle building Fill plate with non-starchy vegetables daily Vegetables are carbohydrates				
Fruits ✓ Increase fruit on training days when in muscle building Have 3-4 servings of fruit daily Fruits are carbohydrates				
Dairy ✓ Get 3-4 servings of dairy daily Dairy can be a source of protein, carbs and fat depending on product consumed				
Grains ✓ Increase grains when trying to build muscle to 3 servings/day Grains are a source of carbs (some have a little protein)				
Fats ✓ Consume fats daily and increase fats when in muscle building phase				

SUPPLEMENTS