



7 DAY

MEAL PLANNER

FEMALE 75KG/165LBS

DIABETIC
SHRED

Case Study Moderately active female weighing 75kg (165lbs) looking to shred body fat.

Considerations

- Enjoys a mix of carbohydrate, protein and fat based foods.
- Can train in the morning, afternoon or evening.

General Overview

Given the personal preference for a mixed macronutrient diet, we will avoid cycling between high and low carbohydrate days to support adherence.

Adjustments

As fat loss slows calories should be trimmed from carbohydrate and fat intake. Protein should remain relatively untouched to safeguard muscle mass.

Step 1: Establish maintenance calorie intake.

$$165\text{lbs} \times 13 \text{ kcals/lbs} = 2145 \text{ kcals per day}$$

Step 2: Establish deficit.

$$1. 2145 \text{ kcals} \times 0.20 (20\%) = 429 \text{ kcals reduction}$$

$$2. 2145 - 429 = 1716 \text{ kcals}$$

Step 3: Establish macronutrient intake.

A. Protein: (1.8-2.2g/Kg) or (0.8-1.0g/lb.) Bodyweight.

Since the individual has a preference for mixed macronutrient rich food, we will use the intermediate value for protein to provide more calories for fat and carbs.

- $75\text{kg} \times 2\text{g} = 150\text{g Protein}$
- $150\text{g Protein} (@4 \text{ kcals/g}) = 600 \text{ kcals}$
- $1716\text{kcal} - 600\text{kcal} = 1116 \text{ kcals remaining for fat and carbs.}$

B. Fat: (0.7-1g/Kg) (0.3-0.5g/lb.) Bodyweight.

Let's opt for the higher end of fat intake to diversify her food choices.

- $75\text{kg} \times 1\text{g Fat} = 75\text{g Fat}$
- $75\text{g Fat} (@9 \text{ kcals/g}) = 675 \text{ kcals}$
- $1116\text{kcal} - 675\text{kcal} = 441\text{kcal}$ remaining for carbs.

C. Carbs (*make up remainder of calories*)






- Given we have 441kcal remaining for carbs.
- And, carbs = 4kcal/g
- $441/4 = 110\text{g Carbs}$ (*equivalent to 441kcal*)

Daily Macro Totals*			
1716 kcals	g	kcal	%
Carbohydrates	110	441	26
Protein	150	600	35
Fat	75	675	39






*Please Note: Due to differences in caloric density and nutrient quality of foods, amounts may differ slightly between estimation and actual diet plan amounts. Aim to keep these within 5-10% from actual values.

TRAINING DAY DIET TEMPLATES

Diabetic Shred - Female - 75kg (165lbs) Diet Plan

1	<div>333</div> <div>CALORIES</div> <div>Protein - 28g</div> <div>Fat - 6g</div> <div>Carbs - 44g</div> <div>Fiber – 4.8g</div>	<div>Breakfast parfait</div> <div>230g non-fat Greek yoghurt</div> <div>75g blueberries</div> <div>80g strawberries</div> <div>29g granola w/almonds</div> <div></div>			
	TRAIN 9:30AM				
2	<div>399</div> <div>CALORIES</div> <div>Protein - 40g</div> <div>Fat - 21g</div> <div>Carbs – 13.7g</div> <div>Fibre – 4g</div>	<div>Broiled mackerel</div> <div>1x fillet mackerel</div> <div>9g butter</div> <div>½ cup chopped pickles/ ½ cup onions</div> <div>2/3 tbsp Dijon mustard</div> <div>Salt/ pepper/ lemon to taste</div> <div>5-6 large zucchini spears</div> <div></div>			
	3	<div>364</div> <div>CALORIES</div> <div>Protein - 34g</div> <div>Fat - 17g</div> <div>Carbs - 23g</div> <div>Fibre – 6g</div>	<div>Spinach Salad</div> <div>150g spinach</div> <div>2 large scallions</div> <div>½ lemon juice</div> <div>14g olive oil</div> <div>Dash pepper</div> <div>230g cottage cheese</div> <div>85g strawberries</div> <div></div>		
SNACKS		<div>235</div> <div>CALORIES</div> <div>Protein - 18g</div> <div>Fat - 16g</div> <div>Carbs - 10g</div> <div>Fibre – 7g</div>	<div>½ can tuna</div> <div>½ avocado</div> <div>8g lemon juice</div> <div>9g onions</div> <div></div>		
	4	<div>359</div> <div>CALORIES</div> <div>Protein - 35g</div> <div>Fat - 13g</div> <div>Carbs - 23g</div> <div>Fibre – 2g</div>	<div>136g (raw) Seared strip steak</div> <div>155g Tomato soup</div> <div>Salt & pepper to season</div> <div></div>		
Total		<div>1692</div> <div>CALORIES</div>	<div>114g</div> <div>CARBS</div>	<div>156g</div> <div>PROTEIN</div>	<div>73g</div> <div>FAT</div>




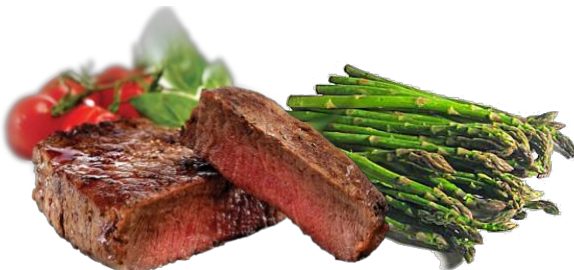

Diabetic Shred - Female - 75kg (165lbs) Diet Plan

1	<div>391</div> <div>CALORIES</div> <div>Protein - 44g</div> <div>Fat - 8g</div> <div>Carbs - 38g</div> <div>Fiber – 8g</div>	<div>Tropical green protein smoothie</div> <div>240g coconut water</div> <div>250g pineapple</div> <div>45g spinach</div> <div>¼ avocado</div> <div>50g gold standard whey protein</div>			
TRAIN 9:30AM		ADEQUATE HYDRATION + HYPO PREVENTATION FOOD			
2	<div>387</div> <div>CALORIES</div> <div>Protein - 34g</div> <div>Fat - 19g</div> <div>Carbs - 23g</div> <div>Fibre – 6g</div>	<div>Tuna melt patties</div> <div>85g tuna</div> <div>13g oatmeal</div> <div>10g onions</div> <div>14g mozzarella</div> <div>28g eggs/ 1/8 tsp garlic powder</div> <div>175g broccoli/ 10g olive oil/ 10g parmesan</div>			
3	<div>340</div> <div>CALORIES</div> <div>Protein - 20g</div> <div>Fat - 20g</div> <div>Carbs - 20g</div> <div>Fibre – 3g</div>	<div>Sweet potato bacon & egg salad</div> <div>½ sweet potato</div> <div>1 extra large egg</div> <div>4 strip cooked bacon</div> <div>6g dill weed</div> <div>15g mayonnaise</div> <div>¼ lemon juice</div>			
SNACKS	<div>286</div> <div>CALORIES</div> <div>Protein - 29g</div> <div>Fat - 11g</div> <div>Carbs - 20g</div> <div>Fibre – 1.5g</div>	<div>Chocolate mousse</div> <div>4 large eggs</div> <div>26g chocolate chips</div> <div>10g water</div> <div>1 scoop (30g) whey protein w/water</div> <div>Sprinkle cinnamon to taste</div>			
4	<div>270</div> <div>CALORIES</div> <div>Protein - 30g</div> <div>Fat - 13g</div> <div>Carbs - 10g</div> <div>Fibre – 8g</div>	<div>Garlic Baked chicken</div> <div>118g (Raw) chicken</div> <div>½ tsp garlic powder</div> <div>¾ tbsp butter</div> <div>¼ tsp onion powder</div> <div>¼ tsp salt</div> <div>5-6 large zucchini spears</div>			
Total	<div>1676</div> <div>CALORIES</div>	<div>112g</div> <div>CARBS</div>	<div>159g</div> <div>PROTEIN</div>	<div>72g</div> <div>FAT</div>	<div>21g</div> <div>FIBER</div>






Diabetic Shred - Female - 75kg (165lbs) Diet Plan

1	<div>344</div> <div>CALORIES</div> <div>Protein - 29g</div> <div>Fat - 13g</div> <div>Carbs - 25g</div> <div>Fiber – 3g</div>	<div>Vanilla banana protein shake</div> <div>½ med banana</div> <div>240g almond milk</div> <div>1 scoop whey protein (30g)</div> <div>120g ice cubes</div> <div>1 tsp vanilla extract</div> <div>2x strips lean bacon</div>			
	2	<div>383</div> <div>CALORIES</div> <div>Protein - 40g</div> <div>Fat - 14g</div> <div>Carbs - 29g</div> <div>Fibre – 3g</div>	<div>American tuna</div> <div>1 can tuna</div> <div>15g light mayonnaise</div> <div>19g celery</div> <div>½ large pickle chopped</div> <div>Watermelon, feta & mint salad</div> <div>310g watermelon</div> <div>6g spearmint</div> <div>40g feta cheese</div>		
SNACKS	<div>340</div> <div>CALORIES</div> <div>Protein - 20g</div> <div>Fat - 20g</div> <div>Carbs – 20g</div> <div>Fibre – 3g</div>	<div>Sweet potato bacon & egg salad</div> <div>½ sweet potato</div> <div>1 extra large egg</div> <div>4 strip cooked bacon</div> <div>6g dill weed</div> <div>15g mayonnaise</div> <div>¼ lemon juice</div>			
	TRAIN 6:30PM ADEQUATE HYDRATION + HYPO PREVENTATION FOOD				
3	<div>80</div> <div>CALORIES</div> <div>Protein - 8g</div> <div>Fat - 2g</div> <div>Carbs – 10g</div> <div>Fibre – 4g</div>	<div>Roast salmon</div> <div>28g (Raw) salmon</div> <div>4.5g olive oil</div> <div>¼ tsp Tarragon</div> <div>1tsp chives/ Salt & pepper to taste</div> <div>125g green beans</div>			
4	<div>532</div> <div>CALORIES</div> <div>Protein - 27g</div> <div>Fat – 31g</div> <div>Carbs - 39g</div> <div>Fibre – 6g</div>	<div>Blueberry maple whip</div> <div>80g blueberries</div> <div>1tbsp maple syrup</div> <div>113g cottage cheese</div> <div>1tsp vanilla extract</div> <div>60g almonds</div>			
Total	<div>1680</div> <div>CALORIES</div>	<div>123g</div> <div>CARBS</div>	<div>124g</div> <div>PROTEIN</div>	<div>80g</div> <div>FAT</div>	<div>21g</div> <div>FIBER</div>

Diabetic Shred - Female - 75kg (165lbs) Diet Plan






1	294 CALORIES Protein - 29g Fat - 17g Carbs - 2g Fiber – 0g	Cheese Omelette 1 large egg/ 4 egg whites 28g mozzarella cheese/ 7g butter					
	285 CALORIES Protein - 28g Fat - 4g Carbs - 33g Fibre – 3g	Chicken kabos 118g (raw) chicken ¼ large red & green pepper ¼ large onion 62g barbecue or chilli sauce 230g cottage cheese/ 90g melon					
	SNACKS	360 CALORIES Protein - 36g Fat - 5g Carbs - 44g Fibre – 2g	BBQ Tuna 1x roll bun 1x can tuna 70g BBQ sauce				
		TRAIN 6:30PM ADEQUATE HYDRATION + HYPO PREVENTATION FOOD					
3	328 CALORIES Protein - 36g Fat - 18g Carbs - 5g Fibre – 3g	Grilled Steak 108g (raw) grilled steak 120g roasted asparagus 3g olive oil ¼ clove garlic Salt to taste					
	4	441 CALORIES Protein - 51g Fat - 8g Carbs - 42g Fibre – 4g	Peach chicken 118g chicken/ 122g peaches 1/8tbsp honey 3g olive oil/ & seasoning 1 cup mango 227g non-fat Greek yoghurt				
Total		1709 CALORIES	127g CARBS	182g PROTEIN	52g FAT	12g FIBER	

Diabetic Shred - Female - 75kg (165lbs) Diet Plan






1	<div>460</div> <div>CALORIES</div> <div>Protein - 20g</div> <div>Fat - 40g</div> <div>Carbs - 6g</div> <div>Fiber – 3g</div>	<div>scrambled eggs, bacon & mushroom</div> <div>2x extra large eggs</div> <div>2x strips bacon</div> <div>22g mushrooms chopped</div> <div>28g Pecan nuts</div>			
2	<div>439</div> <div>CALORIES</div> <div>Protein - 33g</div> <div>Fat - 29g</div> <div>Carbs - 11g</div> <div>Fibre – 1g</div>	<div>Roast beef</div> <div>151g raw beef</div> <div>1/6 tbsp olive oil</div> <div>Salt & pepper to taste</div> <div>14g white rice</div>			
TRAIN 2:30PM ADEQUATE HYDRATION + HYPO PREVENTATION FOOD					
3	<div>457</div> <div>CALORIES</div> <div>Protein - 59g</div> <div>Fat - 10g</div> <div>Carbs - 30g</div> <div>Fibre – 9g</div>	<div>Grilled Chicken</div> <div>236g chicken</div> <div>½ cup Italian dressing</div> <div>1 large bell pepper</div> <div>½ large zucchini</div> <div>85g green beans</div> <div>Olive oil</div>			
3	<div>185</div> <div>CALORIES</div> <div>Protein - 15g</div> <div>Fat - 2g</div> <div>Carbs - 26g</div> <div>Fibre – 4g</div>	<div>Blueberry maple whip</div> <div>80g blueberries</div> <div>1tbsp maple syrup</div> <div>115g cottage cheese</div> <div>4g vanilla extract</div>			
4	<div>242</div> <div>CALORIES</div> <div>Protein - 30g</div> <div>Fat - 4g</div> <div>Carbs - 24g</div> <div>Fibre – 2g</div>	<div>30g whey or casein protein</div> <div>125g reduced fat milk</div> <div>5g cocoa</div> <div>120g ice cubes</div>			
Total	<div>1784</div> <div>CALORIES</div>	<div>99g</div> <div>CARBS</div>	<div>153g</div> <div>PROTEIN</div>	<div>86g</div> <div>FAT</div>	<div>15g</div> <div>FIBER</div>

REST DAY DIET TEMPLATES

Diabetic Shred - Female - 75kg (165lbs) Diet Plan

1	<div>450</div> <div>CALORIES</div> <div>Protein - 58g</div> <div>Fat - 11g</div> <div>Carbs - 28g</div> <div>Fiber – 5g</div>	<div>Scrambled eggs</div> <div>2x large eggs scrambled/ 185g egg white</div> <div>30g spinach</div> <div>40g onions</div> <div>230g low fat Greek yoghurt</div> <div>1 cup strawberries</div> <div></div>			
2	<div>313</div> <div>CALORIES</div> <div>Protein - 27g</div> <div>Fat - 19g</div> <div>Carbs - 9g</div> <div>Fibre – 4g</div>	<div>Turkey stir fry</div> <div>115g turkey breast</div> <div>16g walnuts</div> <div>95g green beans</div> <div>¾ clove garlic</div> <div>Season to taste</div> <div></div>			
3	<div>472</div> <div>CALORIES</div> <div>Protein - 31g</div> <div>Fat - 21g</div> <div>Carbs - 35g</div> <div>Fibre – 3g</div>	<div>Grilled salmon</div> <div>145g raw Atlantic salmon</div> <div>50g brown rice</div> <div>7g coconut oil</div> <div></div>			
SNACKS	<div>391</div> <div>CALORIES</div> <div>Protein - 30g</div> <div>Fat - 16g</div> <div>Carbs - 34g</div> <div>Fibre – 9g</div>	<div>30g whey protein</div> <div>1x small apple</div> <div>30g almonds</div> <div></div>			
4	<div>131</div> <div>CALORIES</div> <div>Protein - 26g</div> <div>Fat - 3g</div> <div>Carbs - 1g</div> <div>Fibre – 1g</div>	<div>85g grilled chicken breast</div> <div>1x cup asparagus</div> <div></div>			
Total	<div>1758</div> <div>CALORIES</div>	<div>108g</div> <div>CARBS</div>	<div>175g</div> <div>PROTEIN</div>	<div>71g</div> <div>FAT</div>	<div>22g</div> <div>FIBER</div>

Diabetic Shred - Female - 75kg (165lbs) Diet Plan

1	<p>303 <u>CALORIES</u></p> <p>Protein - 33g Fat - 6g Carbs - 30g Fiber - 3g</p>	<p><u>Protein Shake</u> 30g whey protein 250g reduced fat milk 1x med orange</p> 			
2	<p>460 <u>CALORIES</u></p> <p>Protein - 33g Fat - 21g Carbs - 50g Fibre - 2g</p>	<p><u>Basic chicken salad</u> 236g (raw) chicken breast 3 cup spinach 1tbsp olive oil 1tbsp parmesan cheese</p> 			
3	<p>365 <u>CALORIES</u></p> <p>Protein - 21g Fat - 11g Carbs - 48g Fibre - 6g</p>	<p><u>Baked coconut cilantro tilapia</u> 85g tilapia 5g water 9g coconut milk Cilantro/ clove/pepper/cumin to season</p> <p><u>Oven baked sweet potato fries</u> 1.5x small sweet potatoes Olive oil/pumpkin spice/ salt pepper to season</p> 			
SNACKS	<p>94 <u>CALORIES</u></p> <p>Protein - 14g Fat - 2g Carbs - 6g Fibre - 2g</p>	<p>115g cottage cheese 45g strawberries</p> 			
4	<p>492 <u>CALORIES</u></p> <p>Protein - 57g Fat - 14g Carbs - 33g Fibre - 7g</p>	<p><u>Seared strip steak</u> 108g (raw) steak ¾ clove garlic Olive oil/ Salt pepper to season</p> <p>165g mango 230g non-fat Greek yoghurt</p> 			
Total	<p>1714 CALORIES</p>	<p>124g CARBS</p>	<p>184g PROTEIN</p>	<p>66g FAT</p>	<p>20 FIBER</p>