



blue

**7 DAY**

**MEAL PLANNER**

**MALE 100KG/220LBS**

**DIABETIC**  
*SHRED*

## **Case Study** Non Active male weighing 100kg (220lbs) looking to shred body fat.

### **Considerations**

- Enjoys a mix of carbohydrate, protein and fat based foods.
- Trains morning/afternoon/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.

$$220\text{lbs} \times 13 \text{ kcals/lbs} = \underline{2860\text{kcal per day}}$$

## Step 2: Establish deficit.

$$1. 2860 \text{ kcals} \times 0.20 (20\%) = 572 \text{ kcals reduction}$$

$$2. 2860 - 572 = \underline{2288 \text{ kcals}}$$

## 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.

- $100\text{kg} \times 2\text{g} = 200\text{g Protein}$
- $200\text{g Protein} (@4 \text{ kcals/g}) = 800 \text{ kcals}$
- $2288\text{kcal} - 800\text{kcal} = 1488 \text{ kcals remaining for fat and carbs.}$

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

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

- $100\text{kg} \times 1\text{g Fat} = 100\text{g Fat}$
- $100\text{g Fat} (@9 \text{ kcals/g}) = 900 \text{ kcals}$
- $1488\text{kcal} - 900\text{kcal} = 588 \text{ kcals remaining for carbs.}$

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

- Given we have 588 kcals remaining for carbs.
- And,  $\text{carbs} = 4\text{kcal/g}$
- $588/4 = 147\text{g Carbs}$  *(equivalent to 588 kcals)*






Daily Macro Totals*			
2288 Kcal	g	kcal	%
Carbohydrates	147	588	26
Protein	200	800	35
Fat	100	900	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 - Male - 100kg (220lbs) Diet Plan

1	<div>571</div> <div>CALORIES</div> <div>Protein - 56g</div> <div>Fat - 5g</div> <div>Carbs - 67g</div> <div>Fiber – 7g</div>	<div>Oats 70g</div> <div>Blueberries – 100g</div> <div>X1 Serving Whey Protein</div> <div></div>				
TRAIN 9:30AM		ADEQUATE HYDRATION + HYPO PREVENTION FOOD				
2	<div>300</div> <div>CALORIES</div> <div>Protein - 19g</div> <div>Fat - 1g</div> <div>Carbs - 56g</div> <div>Fibre – 6g</div>	<div>X3 Wholegrain Rice cakes</div> <div>Large Apple</div> <div>Total Greek Yoghurt 0% - 170g</div> <div>Single Pack Oreo Thins</div> <div></div>				
3	<div>492</div> <div>CALORIES</div> <div>Protein - 40g</div> <div>Fat - 16g</div> <div>Carbs - 47g</div> <div>Fibre – 2g</div>	<div>120g Sweet Potato Fries</div> <div>150g Grilled Chicken Breast</div> <div>Herb/Spice Seasoning of Choice</div> <div>100g Asparagus Spears</div> <div>Packet of Oreo Thins (4 Biscuits)</div> <div></div>				
SNACKS	<div>440</div> <div>CALORIES</div> <div>Protein - 47g</div> <div>Fat - 16g</div> <div>Carbs - 34g</div> <div>Fibre – 16g</div>	<div>X2 Carb Killa Choco Protein Bars</div> <div></div>				
	<div>487</div> <div>CALORIES</div> <div>Protein - 30g</div> <div>Fat - 15g</div> <div>Carbs - 58g</div> <div>Fibre – 8g</div>	<div>150g Salmon Fillet</div> <div>Tbsp. Light Cheese</div> <div>Medium Jacket Potato</div> <div>Handful Broccoli</div> <div></div>				
Total	<div>2290</div> <div>CALORIES</div>	<div>260g</div> <div>CARBS</div>	<div>192g</div> <div>PROTEIN</div>	<div>53g</div> <div>FAT</div>	<div>39g</div> <div>FIBER</div>	

# Diabetic Shred - Male - 100kg (220lbs) Diet Plan






1	<b>632</b> <b>CALORIES</b> <b>Protein - 66g</b> <b>Fat - 21g</b> <b>Carbs - 48g</b> <b>Fiber - 8g</b>	<b>Strawberry Protein Smoothie</b> 360g water/ 60g whey protein 16g almond butter 8 large strawberries <b>Banana Pancakes</b> 2 large eggs 1 med banana				
	<b>TRAIN 9:30AM</b>	<b>ADEQUATE HYDRATION + HYPO PREVENTATION FOOD</b>				
2	<b>329</b> <b>CALORIES</b> <b>Protein - 21g</b> <b>Fat - 12g</b> <b>Carbs - 37g</b> <b>Fibre - 9g</b>	<b>Slow cooker chicken</b> 60g chicken ¼ large onion ½ cup carrot/Celery 1.6g peppercorn Steamed rice -70g rice  10g almond butter/ 1 small chopped apple				
	3	<b>Beef stir fry</b> 220g mixed veg/ 115g Turkey (Raw) 16g walnuts/ 95g green beans 70g white rice				
SNACKS	<b>150</b> <b>CALORIES</b> <b>Protein - 6g</b> <b>Fat - 5g</b> <b>Carbs - 23g</b> <b>Fibre - 6g</b>	<b>Banana protein cookies</b> ¼ med banana 10g oats/ 3.8g whey 9g raisin/ 7g coconut/ Vanilla extract				
	4	<b>Baked chicken</b> 145g chicken Seasoning 175g broccoli 34g butter Lemon juice				
<b>Total</b>	<b>2165</b> <b>CALORIES</b>	<b>185g</b> <b>CARBS</b>	<b>161g</b> <b>PROTEIN</b>	<b>92g</b> <b>FAT</b>	<b>28g</b> <b>FIBER</b>	

# Diabetic Shred - Male - 100kg (220lbs) Diet Plan






SNACKS	1	<div><div>306</div><div>CALORIES</div><div>Protein - 33g</div><div>Fat - 6g</div><div>Carbs - 30g</div><div>Fiber – 3g</div></div>	<div><div>Basic protein shake</div><div>30g whey protein</div><div>250g reduced fat milk</div><div>1x orange</div></div>		
	2	<div><div>383</div><div>CALORIES</div><div>Protein - 55g</div><div>Fat - 11g</div><div>Carbs - 16g</div><div>Fibre – 3g</div></div>	<div><div>Garlic chicken</div><div>236g chicken</div><div>1x garlic clove/ 1tbsp brown sugar</div><div>¼ tsp olive oil</div><div>Salt &amp; pepper to taste</div><div>85g green beans sautéed</div></div>		
		<div><div>485</div><div>CALORIES</div><div>Protein - 55g</div><div>Fat - 25g</div><div>Carbs – 10g</div><div>Fibre – 14g</div></div>	<div><div>Caesar Salad</div><div>15g salad dressing/ 90g spinach</div><div>200g chicken breast/14g olive oil</div><div>5g parmesan cheese</div></div>		
	TRAIN 6:30PM ADEQUATE HYDRATION + HYPO PREVENTATION FOOD				
3	<div><div>545</div><div>CALORIES</div><div>Protein - 30g</div><div>Fat - 25g</div><div>Carbs – 50g</div><div>Fibre – 6g</div></div>	<div><div>Roast salmon</div><div>145g salmon</div><div>14g olive oil</div><div>¼ tsp Tarragon</div><div>1tsp chives</div><div>85g green beans + Large Baked Potato</div><div>Salt &amp; pepper to taste</div></div>			
4	<div><div>340</div><div>CALORIES</div><div>Protein - 14g</div><div>Fat – 20g</div><div>Carbs - 26g</div><div>Fibre – 2g</div></div>	<div><div>Blueberry maple whip</div><div>80g blueberries</div><div>1.5 tbsp maple syrup</div><div>115g cottage cheese</div><div>4g vanilla extract</div><div>20g Almond Butter</div></div>			
Total	<div><div>2059</div><div>CALORIES</div></div>	<div><div>132g</div><div>CARBS</div></div>	<div><div>187g</div><div>PROTEIN</div></div>	<div><div>87g</div><div>FAT</div></div>	<div><div>25g</div><div>FIBER</div></div>



# Diabetic Shred - Male - 100kg (220lbs) Diet Plan






1	<b>599</b> <b>CALORIES</b> Protein - 38g Fat - 36g Carbs - 31g Fiber – 4g	<b><u>Cheese Omelette</u></b> 1 large egg/ 4 egg whites 28g mozzarella cheese/ 7g butter <b><u>Peanut butter &amp; banana shake</u></b> ½ medium banana 240g almond milk 35g peanut butter									
2	<b>285</b> <b>CALORIES</b> Protein - 28g Fat - 4g Carbs - 33g Fibre – 3g	<b><u>Chicken kabos</u></b> 472g chicken 1x red & green pepper ¼ large onion 65g barbecue or chilli sauce									
SNACKS	<b>253</b> <b>CALORIES</b> Protein - 3g Fat - 6g Carbs - 52g Fibre – 10g	10g almond butter 1x large apple									
TRAIN 6:30PM						ADEQUATE HYDRATION + HYPO PREVENTATION FOOD					
3	<b>328</b> <b>CALORIES</b> Protein - 36g Fat - 18g Carbs - 5g Fibre – 3g	<b><u>Grilled Steak</u></b> 108g grilled steak 120g asparagus 3g olive oil ¼ clove garlic Salt to taste									
4	<b>748</b> <b>CALORIES</b> Protein - 78g Fat - 32g Carbs - 42g Fibre – 6g	<b><u>Peach chicken</u></b> 118g chicken/ 125g peaches 1/8tbsp honey 4g olive oil/ & seasoning  1 scoop (30g) whey 3tbsp peanut butter 250g non-fat Greek yoghurt									
Total	<b>2213</b> CALORIES	<b>163g</b> CARBS	<b>183g</b> PROTEIN	<b>96g</b> FAT	<b>25g</b> FIBER						

# Diabetic Shred - Male - 100kg (220lbs) Diet Plan

1	<div>465</div> <div>CALORIES</div> <div>Protein - 12g</div> <div>Fat - 24g</div> <div>Carbs - 53g</div> <div>Fiber – 8g</div>	<div>Breakfast Quinoa</div> <div>185g quinoa (480g water)</div> <div>35g low fat milk</div> <div>9g brown sugar or sweetener</div> <div>28g Pecan nuts</div>			
2	<div>596</div> <div>CALORIES</div> <div>Protein - 33g</div> <div>Fat - 25g</div> <div>Carbs - 57g</div> <div>Fibre – 1g</div>	<div>Korean beef bowl</div> <div>115g ground beef</div> <div>18g brown sugar/18g soy sauce</div> <div>1tbsp sesame oil/ 6 gram onion</div> <div>Crushed red pepper flakes/ 3/4 clove garlic</div> <div>40g white rice</div>			
TRAIN 2:30PM ADEQUATE HYDRATION + HYPO PREVENTATION FOOD					
3	<div>479</div> <div>CALORIES</div> <div>Protein - 32g</div> <div>Fat - 18g</div> <div>Carbs - 47g</div> <div>Fibre – 5g</div>	<div>BBQ Chicken</div> <div>236g chicken</div> <div>1tbsp butter/ 1tbsp worcester sauce</div> <div>2/3 tsp garlic powder</div> <div>175g broccoli</div> <div>11g butter</div> <div>Lemon juice</div>			
3	<div>370</div> <div>CALORIES</div> <div>Protein - 29g</div> <div>Fat - 3g</div> <div>Carbs - 53g</div> <div>Fibre – 4g</div>	<div>Blueberry maple whip</div> <div>155g blueberries</div> <div>2tbsp maple syrup</div> <div>230g cottage cheese</div> <div>8g vanilla extract</div>			
4	<div>485</div> <div>CALORIES</div> <div>Protein - 57g</div> <div>Fat - 16g</div> <div>Carbs - 30g</div> <div>Fibre – 7g</div>	<div>60g whey or casein protein</div> <div>240g pure coconut milk</div> <div>10g cocoa</div> <div>135g kale chips</div> <div>7g olive oil</div> <div>Salt to season</div>			
Total	<div>2394</div> <div>CALORIES</div>	<div>242g</div> <div>CARBS</div>	<div>170g</div> <div>PROTEIN</div>	<div>85g</div> <div>FAT</div>	<div>25g</div> <div>FIBER</div>

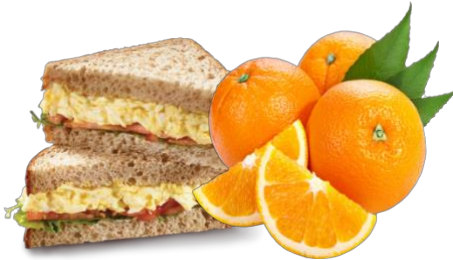




# **REST DAY DIET TEMPLATES**

# Diabetic Shred - Male - 100kg (220lbs) Diet Plan

1	<div>616</div> <div>CALORIES</div> <div>Protein - 50g</div> <div>Fat - 34g</div> <div>Carbs - 26g</div> <div>Fiber – 6g</div>	<div>3x large eggs scrambled</div> <div>240g low fat Greek yoghurt</div> <div>½ cup strawberries</div> <div>½ cup blueberries</div> <div>2xtbsp almond butter</div> <div></div>				
2	<div>353</div> <div>CALORIES</div> <div>Protein - 28g</div> <div>Fat - 15g</div> <div>Carbs - 27g</div> <div>Fibre – 7g</div>	<div>Turkey stir fry</div> <div>132g turkey breast</div> <div>1x cup scallion onions chopped</div> <div>1x large red pepper</div> <div>1.5 cup chopped broccoli</div> <div>Season to taste</div> <div></div>				
3	<div>550</div> <div>CALORIES</div> <div>Protein - 44g</div> <div>Fat - 12g</div> <div>Carbs - 65g</div> <div>Fibre – 9g</div>	<div>Grilled salmon</div> <div>113g grilled salmon</div> <div>100g brown rice cooked</div> <div>1x cup chopped scallion onions</div> <div></div>				
SNACKS	<div>402</div> <div>CALORIES</div> <div>Protein - 25g</div> <div>Fat - 17g</div> <div>Carbs - 28g</div> <div>Fibre – 4g</div>	<div>30g whey protein</div> <div>1x large apple</div> <div>2tbsp peanut butter</div> <div></div>				
4	<div>231</div> <div>CALORIES</div> <div>Protein - 56g</div> <div>Fat - 6g</div> <div>Carbs - 6g</div> <div>Fibre – 4g</div>	<div>172g grilled chicken breast</div> <div>1.5 cup asparagus</div> <div></div>				
Total	<div>2121</div> <div>CALORIES</div>	<div>146g</div> <div>CARBS</div>	<div>203g</div> <div>PROTEIN</div>	<div>84g</div> <div>FAT</div>	<div>29g</div> <div>FIBER</div>	



# Diabetic Shred - Male - 100kg (220lbs) Diet Plan

SNACKS	1	<div><div>489</div><div>CALORIES</div><div>Protein - 22g</div><div>Fat - 19g</div><div>Carbs - 59g</div><div>Fiber – 10g</div></div>	<div><div>Egg sandwich</div><div>2x large eggs</div><div>2tbsp light mayonnaise</div><div>10g Dijon mustard</div><div>2x slice whole wheat bread</div><div>2x med oranges</div></div>			
	2	<div><div>523</div><div>CALORIES</div><div>Protein - 33g</div><div>Fat - 21g</div><div>Carbs - 50g</div><div>Fibre – 12g</div></div>	<div><div>Basic chicken salad</div><div>118g chicken breast</div><div>2tbsp light mayonnaise</div><div>1/8 cup slivered almonds</div><div>¼ cup celery/ Salt &amp; pepper to taste</div><div>1x cup grated carrot</div><div>1x grapefruit/3g brown sugar/splenda to taste</div></div>			
	3	<div><div>247</div><div>CALORIES</div><div>Protein - 41g</div><div>Fat - 7g</div><div>Carbs - 5g</div><div>Fibre – 12g</div></div>	<div><div>Baked coconut cilantro tilapia</div><div>170g tilapia</div><div>10g water</div><div>19g coconut milk</div><div>Cilantro/ clove/pepper/cumin to season</div><div>85g green beans or asparagus</div></div>			
		<div><div>289</div><div>CALORIES</div><div>Protein - 29g</div><div>Fat - 3g</div><div>Carbs - 96g</div><div>Fibre – 12g</div></div>	<div>230g cottage cheese</div> <div>95g strawberries</div>			
	4	<div><div>378</div><div>CALORIES</div><div>Protein - 36g</div><div>Fat - 18g</div><div>Carbs - 5g</div><div>Fibre – 7g</div></div>	<div><div>Seared strip steak</div><div>136g steak</div><div>½ bunch spinach</div><div>¾ clove garlic</div><div>Olive oil/ Salt pepper to season</div></div>			
Total		<div><div>2116</div><div>CALORIES</div></div>	<div><div>215g</div><div>CARBS</div></div>	<div><div>161g</div><div>PROTEIN</div></div>	<div><div>68g</div><div>FAT</div></div>	<div><div>43g</div><div>FIBER</div></div>