



**7 DAY**

**MEAL PLANNER**

**MALE 85KG/187LBS**

**DIABETIC**  
*SHRED*

## **Case Study** Highly active male weighing 85kg (187lbs) 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.

$$187\text{lbs} \times 16 \text{ kcals/lbs} = \underline{2992\text{kcal per day}}$$

- Since he is highly active we will use 16 kcals/lb.

## Step 2: Establish deficit.

$$1. 2992 \text{ kcals} \times 0.20 (20\%) = 598 \text{ kcals reduction}$$

$$2. 2992 - 598 = \underline{2394 \text{ kcals}}$$

## 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.

- $85\text{kg} \times 2.0\text{g} = 170\text{g Protein}$
- $170\text{g Protein} (@4 \text{ kcals/g}) = 680 \text{ kcals}$
- $2394\text{kcal} - 680\text{kcal} = 1714 \text{ kcals remaining for fat and carbs.}$

## **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.

- $85\text{kg} \times 1\text{g} = 85\text{g Fat}$
- $85\text{g Fat} (@9 \text{ kcals/g}) = 765 \text{ kcals}$
- $1714\text{kcal} - 765\text{kcal} = 949 \text{ kcals remaining for carbs.}$

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

- Given we have 949 kcals remaining for carbs.
- And,  $\text{carbs} = 4\text{kcal/g}$
- $949/4 = 237\text{g Carbs}$  *(equivalent to 949kcal)*






| Daily Macro Totals* |     |      |    |
|---------------------|-----|------|----|
| 2394 kcal           | g   | kcal | %  |
| Carbohydrates       | 237 | 949  | 40 |
| Protein             | 170 | 680  | 28 |
| Fat                 | 85  | 765  | 32 |

\*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 - 85kg (187lbs) Diet Plan

|              |   |   |                               |                          |                            |
|--------------|---|---|-------------------------------|--------------------------|----------------------------|
| 1            | <b>571</b><br><b>CALORIES</b><br><b>Protein - 56g</b><br><b>Fat - 5g</b><br><b>Carbs - 67g</b><br><b>Fiber - 7g</b>   | Oats 70g<br>Blueberries - 100g<br>X1 Serving Whey Protein <div>  </div>  |                               |                          |                            |
|              | <b>TRAIN 9:30AM</b>   | <b>ADEQUATE HYDRATION + HYPO PREVENTION FOOD</b>  |                               |                          |                            |
| 2            | <b>300</b><br><b>CALORIES</b><br><b>Protein - 19g</b><br><b>Fat - 1g</b><br><b>Carbs - 56g</b><br><b>Fibre - 6g</b>   | X3 Wholegrain Rice cakes<br>Large Apple<br>Total Greek Yoghurt 0% - 170g<br>Single Pack Oreo Thins <div>  </div>   |                               |                          |                            |
|              |   |   |                               |                          |                            |
| 3            | <b>492</b><br><b>CALORIES</b><br><b>Protein - 40g</b><br><b>Fat - 16g</b><br><b>Carbs - 47g</b><br><b>Fibre - 2g</b>  | 120g Sweet Potato Fries<br>150g Grilled Chicken Breast<br>Herb/Spice Seasoning of Choice<br>100g Asparagus Spears<br>Packet of Oreo Thins (4 Biscuits) <div>  </div> |                               |                          |                            |
|              |   |   |                               |                          |                            |
| SNACKS       | <b>509</b><br><b>CALORIES</b><br><b>Protein - 47g</b><br><b>Fat - 16g</b><br><b>Carbs - 54g</b><br><b>Fibre - 16g</b> | X2 Carb Killa Choco Protein Bars<br>100g Blueberries <div>  </div>  |                               |                          |                            |
|              |   |   |                               |                          |                            |
| 4            | <b>487</b><br><b>CALORIES</b><br><b>Protein - 30g</b><br><b>Fat - 15g</b><br><b>Carbs - 58g</b><br><b>Fibre - 8g</b>  | 150g Salmon Fillet<br>Tbsp. Light Cheese<br>Medium Jacket Potato<br>Handful Broccoli <div>  </div>  |                               |                          |                            |
|              |   |   |                               |                          |                            |
| <b>Total</b> | <b>2373</b><br><b>CALORIES</b>  | <b>282g</b><br><b>CARBS</b>   | <b>192g</b><br><b>PROTEIN</b> | <b>53g</b><br><b>FAT</b> | <b>39g</b><br><b>FIBER</b> |

# Diabetic Shred - Male - 85kg (187lbs) Diet Plan






|        |   |   |                               |                          |                            |   |
|--------|---|---|-------------------------------|--------------------------|----------------------------|---|
| 1      | <b>621</b><br><b>CALORIES</b><br><b>Protein - 74g</b><br><b>Fat - 18g</b><br><b>Carbs - 44g</b><br><b>Fiber - 8g</b>  | <b><u>Strawberry Protein Smoothie</u></b><br>360g water/ 60g whey protein<br>16g almond butter<br>8 large strawberries<br><b><u>Banana Pancakes</u></b><br>3 egg whites/ 2 eggs<br>1 Small banana |                               |                          |                            |    |
|        | <b>TRAIN 9:30AM</b>   | <b>ADEQUATE HYDRATION + HYPO PREVENTATION FOOD</b>  |                               |                          |                            |   |
| 2      | <b>657</b><br><b>CALORIES</b><br><b>Protein - 44g</b><br><b>Fat - 12g</b><br><b>Carbs - 94g</b><br><b>Fibre - 9g</b>  | <b><u>Slow cooker chicken</u></b><br>165g chicken<br>¼ large onion ½ cup carrot/Celery<br>1.6g peppercorn<br>Steamed rice -70g rice<br><br>10g almond butter/ 1 chopped apple                     |                               |                          |                            |    |
|        | <b>573</b><br><b>CALORIES</b><br><b>Protein - 49g</b><br><b>Fat - 12g</b><br><b>Carbs - 70g</b><br><b>Fibre - 14g</b> | <b><u>Beef stir fry</u></b><br>220g mixed veg/ 75g beef<br>8g soy sauce/ 85g green beans<br><br>230g non-fat yoghurt<br>1 medium banana   |                               |                          |                            |   |
| SNACKS | <b>230</b><br><b>CALORIES</b><br><b>Protein - 6g</b><br><b>Fat - 5g</b><br><b>Carbs - 45g</b><br><b>Fibre - 6g</b>    | <b><u>Banana protein cookies</u></b><br>¼ med banana<br>10g oats/ 3.8g whey<br>9g raisin/ 7g coconut/ Vanilla extract<br><br>1 medium apple chopped<br>Sprinkle cinnamon to taste                 |                               |                          |                            |  |
|        | <b>617</b><br><b>CALORIES</b><br><b>Protein - 37g</b><br><b>Fat - 36g</b><br><b>Carbs - 38g</b><br><b>Fibre - 8g</b>  | <b><u>Baked chicken</u></b><br>145g chicken (raw)<br>14g olive oil/ & seasoning<br>175g broccoli/ 11g butter<br>Lemon juice   |                               |                          |                            |  |
| Total  | <b>2699</b><br><b>CALORIES</b>  | <b>291g</b><br><b>CARBS</b>   | <b>210g</b><br><b>PROTEIN</b> | <b>83g</b><br><b>FAT</b> | <b>46g</b><br><b>FIBER</b> |   |

# Diabetic Shred - Male - 85kg (187lbs) Diet Plan






|       |   |  |  |   |  |                     |
|-------|---|--|--|---|--|---------------------|
| 1     | <b>531</b><br><u>CALORIES</u><br>Protein - 15g<br>Fat - 13g<br>Carbs - 92g<br>Fiber – 13g | <u>Breakfast Quinoa</u><br>185g quinoa (480g water)<br>35g low fat milk<br>9g brown sugar or sweetener<br><br>2x oranges<br>1 slice whole wheat toast & butter                 |  |    |  |                     |
|       | <b>534</b><br><u>CALORIES</u><br>Protein - 61g<br>Fat - 18g<br>Carbs - 31g<br>Fibre – 3g  | <u>Garlic chicken</u><br>236g chicken<br>1x garlic clove/ 1tbsp brown sugar<br>¼ tsp olive oil<br>Salt & pepper to taste<br><br>240g melon<br>1 dash pepper<br>40g feta cheese |  |    |  |                     |
|       | SNACKS  | <b>460</b><br><u>CALORIES</u><br>Protein - 30g<br>Fat - 22g<br>Carbs – 6g<br>Fibre – 6g  | <u>Caesar Salad</u><br>15g salad dressing<br>90g spinach<br>230g chicken breast (raw)<br>14g olive oil<br>5g parmesan cheese       |   |  |                     |
|       |   | TRAIN 6:30PM    ADEQUATE HYDRATION + HYPO PREVENTATION FOOD  |  |   |  |                     |
| 3     | <b>365</b><br><u>CALORIES</u><br>Protein - 58g<br>Fat - 22g<br>Carbs – 6.3g<br>Fibre – 6g | <u>Roast salmon</u><br>145g salmon<br>4.5g olive oil<br>¼ tsp Tarragon<br>1tsp chives<br>200g green beans<br>Salt & pepper to taste  |  |  |  |                     |
|       | 4   | <b>412</b><br><u>CALORIES</u><br>Protein - 29g<br>Fat – 3.7g<br>Carbs - 63g<br>Fibre – 6g  | <u>Blueberry maple whip</u><br>155g blueberries<br>2tbsp maple syrup<br>230g cottage cheese<br>8g vanilla extract<br>1x kiwi fruit |   |  |                     |
| Total |   | <b>2302</b><br>CALORIES  | <b>207g</b><br>CARBS   | <b>195g</b><br>PROTEIN  | <b>77g</b><br>FAT  | <b>30g</b><br>FIBER |



# Diabetic Shred - Male - 85kg (187lbs) Diet Plan






|       |  |  |  |                   |                     |  |   |
|-------|--|--|--|-------------------|---------------------|--|---|
| 1     | <b>599</b><br><b>CALORIES</b><br>Protein - 38g<br>Fat - 36g<br>Carbs - 31g<br>Fiber – 4g | <b>Cheese Omelette</b><br>1 large egg/ 4 egg whites<br>28g mozzarella cheese/ 7g butter<br><b>Peanut butter &amp; banana shake</b><br>½ medium banana<br>240g almond milk<br>35g peanut butter |  |                   |                     |    |   |
|       | <b>480</b><br><b>CALORIES</b><br>Protein - 57g<br>Fat - 6g<br>Carbs - 47g<br>Fibre – 3g  | <b>Chicken kabos</b><br>472g chicken (raw)<br>1x red & green pepper<br>¼ large onion<br>65g barbecue or chilli sauce<br><br>230g cottage cheese/ 90g melon                                     |  |                   |                     |   |   |
|       | SNACKS   | <b>360</b><br><b>CALORIES</b><br>Protein - 36g<br>Fat - 35g<br>Carbs - 5g<br>Fibre – 3g  | <b>BBQ Tuna</b><br>1x roll bun<br>1x can tuna<br>70g BBQ sauce |                   |                     |  |  |
|       |  | TRAIN 6:30PM    ADEQUATE HYDRATION + HYPO PREVENTATION FOOD  |  |                   |                     |  |   |
| 3     | <b>523</b><br><b>CALORIES</b><br>Protein - 46g<br>Fat - 35g<br>Carbs - 5g<br>Fibre – 3g  | <b>Grilled Steak</b><br>170g grilled steak<br>115g asparagus<br>3g olive oil<br>¼ clove garlic<br>Salt to taste  |  |                   |                     |  |   |
|       | <b>441</b><br><b>CALORIES</b><br>Protein - 51g<br>Fat - 8g<br>Carbs - 45g<br>Fibre – 4g  | <b>Peach chicken</b><br>118g chicken (raw)/ 125g peaches<br>1/8tbsp honey<br>4g olive oil/ & seasoning<br><br>1 cup mango<br>227g non-fat Greek yoghurt  |  |                   |                     |  |   |
| Total | <b>2402</b><br>CALORIES  | <b>170g</b><br>CARBS   | <b>229g</b><br>PROTEIN   | <b>90g</b><br>FAT | <b>16g</b><br>FIBER |  |   |

# Diabetic Shred - Male - 85kg (187lbs) 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 (raw)</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 - 85kg (187lbs) Diet Plan

|        |  |  |  |   |   |
|--------|--|--|--|---|---|
| 1      | <div><div>420</div><div>CALORIES</div><div>Protein - 44g</div><div>Fat - 17g</div><div>Carbs - 21g</div><div>Fiber – 6g</div></div>  | <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> <div></div>  |  |   |   |
| 2      | <div><div>353</div><div>CALORIES</div><div>Protein - 28g</div><div>Fat - 15g</div><div>Carbs - 27g</div><div>Fibre – 7g</div></div>  | <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></div> |  |   |   |
| 3      | <div><div>890</div><div>CALORIES</div><div>Protein - 44g</div><div>Fat - 12g</div><div>Carbs - 150g</div><div>Fibre – 9g</div></div> | <div><div>Grilled salmon</div><div>113g grilled salmon</div><div>185g brown rice</div><div>1x cup chopped scallion onions</div></div> <div></div>  |  |   |   |
| SNACKS | <div><div>214</div><div>CALORIES</div><div>Protein - 25g</div><div>Fat - 1g</div><div>Carbs - 28g</div><div>Fibre – 4g</div></div>   | <div><div>30g whey protein</div><div>1x large apple</div></div> <div></div>   |  |   |   |
| 4      | <div><div>390</div><div>CALORIES</div><div>Protein - 56g</div><div>Fat - 6g</div><div>Carbs - 24g</div><div>Fibre – 4g</div></div>   | <div><div>172g grilled chicken breast</div><div>1 med sweet potato</div><div>1.5 cup asparagus</div></div> <div></div>   |  |   |   |
| Total  | <div><div>2267</div><div>CALORIES</div></div>  | <div><div>251g</div><div>CARBS</div></div>   | <div><div>197g</div><div>PROTEIN</div></div> | <div><div>52g</div><div>FAT</div></div> | <div><div>29g</div><div>FIBER</div></div> |



# Diabetic Shred - Male - 85kg (187lbs) Diet Plan

|        |  |  |   |                               |                                 |
|--------|--|--|---|-------------------------------|---------------------------------|
| 1      | <div>489</div> <div>CALORIES</div> <div>Protein - 22g</div> <div>Fat - 19g</div> <div>Carbs - 59g</div> <div>Fiber – 10g</div> | <div>Egg salad 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>  |     |                               |                                 |
| 2      | <div>473</div> <div>CALORIES</div> <div>Protein - 33g</div> <div>Fat - 21g</div> <div>Carbs - 50g</div> <div>Fibre – 12g</div> | <div>Basic chicken salad</div> <div>118g chicken breast (raw)</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>                     |    |                               |                                 |
| 3      | <div>730</div> <div>CALORIES</div> <div>Protein - 41g</div> <div>Fat - 21g</div> <div>Carbs - 96g</div> <div>Fibre – 12g</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>Oven baked sweet potato fries</div> <div>3x small sweet potatoes</div> <div>Olive oil/pumpkin spice/ salt pepper to season</div> |   |                               |                                 |
| SNACKS | <div>189</div> <div>CALORIES</div> <div>Protein - 29g</div> <div>Fat - 3g</div> <div>Carbs - 96g</div> <div>Fibre – 12g</div>  | <div>230g cottage cheese</div> <div>85g strawberries</div>   |  |                               |                                 |
| 4      | <div>594</div> <div>CALORIES</div> <div>Protein - 63g</div> <div>Fat - 22g</div> <div>Carbs - 12g</div> <div>Fibre – 7g</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>165g mango</div> <div>230g non-fat Greek yoghurt</div>   |   |                               |                                 |
| Total  | <div>2475</div> <div>CALORIES</div>  | <div>258g</div> <div>CARBS</div>   | <div>188g</div> <div>PROTEIN</div>  | <div>82g</div> <div>FAT</div> | <div>43g</div> <div>FIBER</div> |