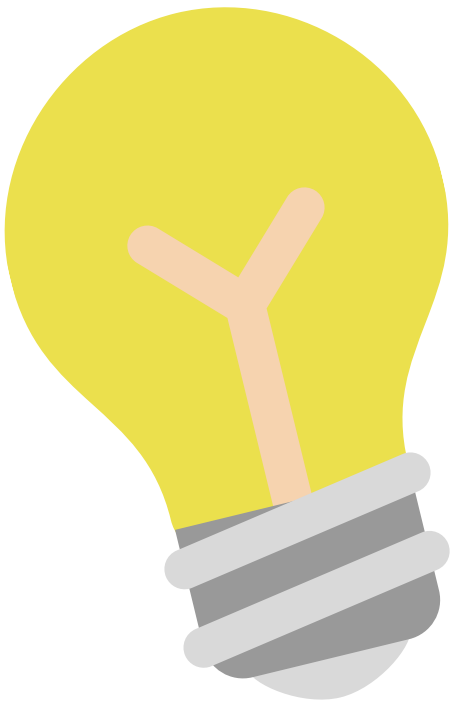
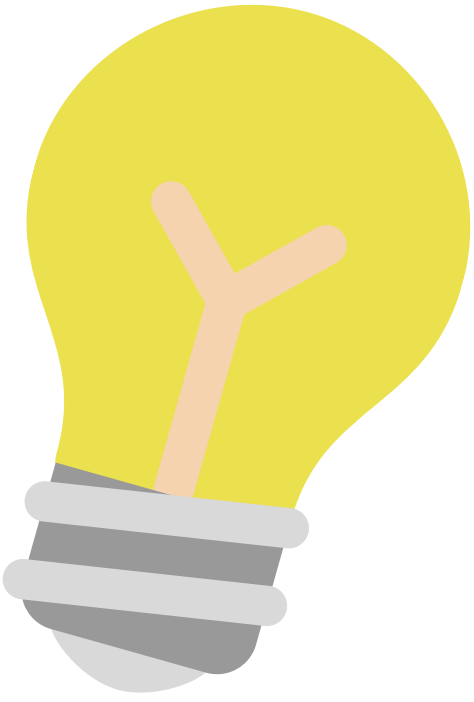
Mix & Match Templates





MIX & MATCH TEMPLATES

HOW TO USE

Use your per meal calorie & protein targets and the following templates to mix-and-match basic ingredients in the right quantities to reach those goals.

When it comes to carbs & fats, remember that hitting those targets spot on isn't necessary if you're hitting calories & protein.

After logging protein & veggies, you'll see how many calories you have left for that meal & those calories can come from carbs, fat, or a combo.

MIX & MATCH TEMPLATES

PROTEIN

1.6oz Chicken Breast
1.5oz Chicken Thigh*
1.5oz 95% Lean Ground Beef
1.4oz 99% Lean Ground Turkey
1.5oz Steak/Fattier Ground Beef*
3.5oz 2% Greek yogurt
1.75oz Pork Tenderloin
1.6oz Any White Fish
1.5oz Shellfish
2 Eggs*
3.3oz Egg Whites
3.5oz 2% Cottage Cheese
.5oz Protein Powder
2oz Canned Tuna
2oz Deli Meat
1.6oz Salmon*

Quantities in this chart are **cooked amounts for 10g of protein**.

Increase, as necessary, to suit your needs.

*Indicates a higher fat protein source.

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EXAMPLE

Protein target: 100g
Number of meals: 4
***Per meal* target:** 25g

Breakfast protein: Greek yogurt

Serving size for 10g of protein from Greek yogurt: 3.5oz

Number of 3.5oz servings to hit per meal target: 25g/10g = 2.5

Amount of Greek yogurt needed to get 25g of protein: 3.5oz x 2.5 = 8.75oz

If you're a visual learner, this video is for you.

MIX & MATCH TEMPLATES

HOW TO USE

Decide which veggie you want for each meal (doesn't need to be same every day).

Portion & log.

VEGGIES

Asparagus	Celery	Spinach, kale, etc
Bell peppers	Cucumber	Tomatoes
Broccoli	Green beans	Yellow squash
Brussels	Mushrooms	Zucchini
Carrots	Snow peas	
Cauliflower	Spaghetti squash	

No real limits here.

Eat all the veggies.

MIX & MATCH TEMPLATES

EXAMPLE
Calorie target: 1600
Number of meals: 4
***Per meal* target:** 400 cals

Calories from protein & veggie already planned: 250 cals (from MFP)

Calories left for carbs/fat: 400-250 = 150

Grams of carbs for 150 cals: 150 cals/4 calories per gram = 38g of carbs

OR

Grams of fat for 150 cals: 150 cals/9 calories per gram = 17g of fat

MIX & MATCH TEMPLATES

EXAMPLE

TO USE REMAINING CALS FOR CARBS

Grams of carbs needed: 38 (rounding to 40 for easy math)

Carb Source: Cooked Rice

Serving size for 10g of carbs from rice: 25g

Number of 25g servings to hit target: 40g/10g = 4

Amount of rice needed to get 40g of carbs: 25g x 4 = 100g

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CARBS

55g Cooked Black Beans
2/3 slice Whole Grain Bread
15g Dry Oats
60g Cooked Wheat Pasta
60g Cooked Sweet Potato
70g Cooked White Potato
25g Cooked Rice
55g Cooked Quinoa
140g Any Winter Squash
Varies Whole fruit (see Macro Cheat Sheets in Tracking Bible)
Varies Wraps (see Faves doc for brands)

Quantities in this chart are **amounts for 10g of carbs**.

Increase, as necessary, to suit your needs.

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EXAMPLE

TO USE REMAINING CALS FOR FAT

Grams of fat needed: 17 (rounding to 20 for easy math)

Fat Source: Peanut butter
Serving size for 10g of fat from PB: 17g

Number of 17g servings to hit fat target:
20g/10g = 2

Amount of nuts needed to get 20g of fat: 17 x 2 = 34g

If you're a visual learner, this video is for you.

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FATS

17g Nut Butter
18g Nuts
10g Any oil (recommend olive, coconut, avocado)
31g Cheddar Cheese
45g Mozzarella Cheese
60g Black Olives
100g Green Olives
28g Heavy Cream
70g Avocado (high fiber)

Quantities in this chart are **amounts for 10g of fats**.

Increase, as necessary, to suit your needs.

REMINDER - Each meal does not need to be "perfect". The day as a whole is what matters so you can give & take calories/macros as needed.

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EXAMPLE

TO USE REMAINING CALS FOR A COMBO

(I've rounded a little bit here for easy math)
Grams of fat needed: 10g
Grams of carbs needed: 20g

Fat Source: Peanut butter
Serving size for 10g of fat from PB: 17g

Carb Source: Rice
Serving Size for 10g of carbs from rice: 25g
Serving Size for 20g of carbs from rice:
25g x 2 = 50g