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Balancing Food Guide

How to create the perfectly balanced plate for any occasion.

Includes measuring tips, brand recs and more!

Created by Rachel Rieder

Thank you for purchasing my e-book! I am excited to be able to share some tips and tricks to maintaining a balanced diet. Balanceondemand.com is still a great way to have exact measurements, custom meal plans and grocery lists right at your fingertips, but this guide is an additional tool to help you reach your goals. I hope you enjoy it! Please do not hesitate to reach out to me at rachel@balanceondemand.com if you have any questions about the guide.

LET'S GET IT!

~Rachel Rieder

Contents

What is a Balanced Diet?	6
How to Determine Your Calorie and Macronutrient Breakdowns.....	7
Goal: Lose Fat - High Protein, Low Carb, High Fat Meal Ingredients	8
1. Omnivore	8
2. Pescatarian.....	9
3. Vegetarian.....	10
4. Vegan	11
Goal: Lose Fat, Gain Muscle - High Protein, Medium Carb, Medium Fat Meal Ingredients.....	12
1. Omnivore	12
2. Pescatarian.....	13
3. Vegetarian.....	14
4. Vegan	15
Goal: Maintain Weight – Medium Protein, Medium Carbs, Medium Fat Meal Ingredients.....	16
1. Omnivore	16
2. Pescatarian.....	17
3. Vegetarian.....	18
4. Vegan	19
Goal: Gain Muscle – Medium Protein, High Carbs, Medium Fat Meal Ingredients.....	20
1. Omnivore	20
2. Pescatarian.....	21
3. Vegetarian.....	22
4. Vegan	23
Goal: Gain Weight, Gain Muscle – High Protein, High Carbs, Low Fat Meal Ingredients.....	24

1. Omnivore	24
2. Pescatarian.....	25
3. Vegetarian.....	26
4. Vegan.....	27
Goal: Keto Diet – Medium Protein, Low Carb, High Fat	28
1. Omnivore	28
2. Pescatarian.....	29
3. Vegetarian.....	30
4. Vegan.....	31
How to Create a Balanced Meal	32
1. Goal: Lose Fat - High Protein, Low Carb, High Fat.....	32
2. Goal: Lose Fat, Gain Muscle – High Protein, Medium Carb, Medium Fat	34
3. Goal: Maintain Weight – Medium Protein, Medium Carbs, Medium Fat.....	36
4. Goal: Gain Muscle – Medium Protein, High Carbs, Medium Fat.....	38
5. Goal: Gain Weight, Gain Muscle – High Protein, High Carbs, Low Fat	40
6. Goal: Keto Diet – Medium Protein, Low Carb, High Fat.....	42
How to Approximate Portion Sizes	44
1. Goal: Lose Fat - High Protein, Low Carb, High Fat.....	44
2. Goal: Lose Fat, Gain Muscle – High Protein, Medium Carb, Medium Fat	44
3. Goal: Maintain Weight – Medium Protein, Medium Carbs, Medium Fat.....	44
4. Goal: Gain Muscle – Medium Protein, High Carbs, Medium Fat.....	45
5. Goal: Gain Weight, Gain Muscle – High Protein, High Carbs, Low Fat	45
6. Goal: Keto Diet – Medium Protein, Low Carb, High Fat.....	45
How to Meal Prep Efficiently.....	46

How to Order Balanced Food at Restaurants47
How to Order at Fast Food Restaurants48
Balanced Brand Recommendations49

What is a Balanced Diet?

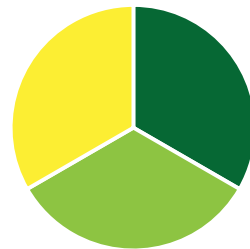
What do you think makes a “balanced diet”? Is it making sure you hit the right ratios of the food pyramid? Is it eating 33.3% of each macronutrient (carbs, protein, fat) every day? Is it making sure you are getting enough fruit and veggies?

I’ll give you a hint...there is no right answer to this question. Every human being is unique, therefore our bodies all need different nutrients to keep it running smoothly.

Some people need a few more carbohydrates to give them more energy for the day, whereas some people need higher amounts of protein or fat depending on their individual goals.

Each person also has various dietary restrictions and dislikes. Dietary restrictions can be based on spiritual beliefs, allergies and many more reasons. Therefore a Vegan “balanced diet” would look quite different from a Gluten-Free/Pescatarian “balanced diet”.

This guide will help you determine what your “balanced diet” looks like and how to work toward creating meals and snacks for your needs.



How to Determine Your Calorie and Macronutrient Breakdowns.

Goal	Calorie Change	Protein	Carb	Fat
Lose Fat	Decrease	High	Low	High
Lose Fat, Gain Muscle	Maintain	High	Medium	Medium
Maintain Weight	Maintain	Medium	Medium	Medium
Gain Muscle	Maintain	Medium	High	Medium
Gain Weight, Gain Muscle	Increase	High	High	Low

Before determining your calorie and macronutrient breakdowns, you have to determine your goal(s). Whether that be lose weight, gain weight, maintain or gain muscle – there is a macronutrient breakdown that will suit you.

In order to calculate your exact calories and macronutrient percentages, you will need to sign up for your free trial at balanceondemand.com. However, this will definitely serve as a handy chart in the meantime. If your goals change, you can always reference this chart and change your calories and macronutrients accordingly.

Fiber is also important in any balanced diet. Fiber is a type of carb and there are two types of fiber. Insoluble fiber helps regulate your digestive system, while soluble fiber aids in lowering cholesterol. Each person should aim to eat at least 25 grams of fiber each day.

Sugar is another type of carbohydrate. Sugar goals can vary vastly from person to person, so please consult your doctor to help determine your sugar levels. However, I will be listing lower sugar items in this e-book to help reach your sugar goals, whatever they may be.

Goal: Lose Fat - High Protein, Low Carb, High Fat Meal Ingredients

1. Omnivore

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Chicken, Beef, Pork, Eggs (Whites), Turkey, Cod, Salmon, Bass, Tuna, Shrimp, Lamb	Chicken, Beef, Pork, Eggs (Whites), Turkey, Cod, Salmon, Bass, Tuna, Shrimp, Lamb	Chicken, Beef, Pork, Eggs (Whites), Turkey, Cod, Salmon, Bass, Tuna, Shrimp, Lamb	Chicken, Beef, Pork, Eggs (Whites), Turkey, Cod, Salmon, Bass, Tuna, Shrimp, Lamb
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage
Dairy	Greek Yogurt, Milk, Almond Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Almond Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Mayo, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Mayo, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

2. Pescatarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Cod, Salmon, Bass, Tuna, Shrimp, Tofu, Textured Veg Protein, Faux Meat	Eggs (Whites), Cod, Salmon, Bass, Tuna, Shrimp, Tofu, Textured Veg Protein, Faux Meat	Eggs (Whites), Cod, Salmon, Bass, Tuna, Shrimp, Tofu, Textured Veg Protein, Faux Meat	Eggs (Whites), Cod, Salmon, Bass, Tuna, Shrimp
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado, Grapefruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage
Dairy	Greek Yogurt, Milk, Almond Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Almond Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Mayo, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Mayo, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

3. Vegetarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites)
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage
Dairy	Greek Yogurt, Milk, Almond Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Almond Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Mayo, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Mayo, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

4. Vegan

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	NONE
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage
Dairy	Almond Milk, Vegan Cheese	Almond Milk, Vegan Cheese	Almond Milk, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

Goal: Lose Fat, Gain Muscle - High Protein, Medium Carb, Medium Fat Meal Ingredients

1. Omnivore

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Couscous, Corn, Whole Wheat Bread, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas, Lentils	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash, Spinach, Cabbage
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

2. Pescatarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, CousCous, Corn, Whole Wheat Bread, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

3. Vegetarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites)
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Couscous, Corn, Whole Wheat Bread, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

4. Vegan

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	NONE
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Sweet Potato	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Couscous, Corn, Whole Wheat Bread, Sweet Potato	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Pineapple, Avocado
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Tomatoes, Carrots, Spaghetti Squash
Dairy	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

Goal: Maintain Weight – Medium Protein, Medium Carbs, Medium Fat Meal Ingredients

1. Omnivore

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Couscous, Corn, Whole Wheat Bread, Rice Cereal, Sweet Potatoes, White Potatoes	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

2. Pescatarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Couscous, Corn, Whole Wheat Bread, Rice Cereal, Sweet Potatoes, White Potatoes	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

3. Vegetarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites)
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Couscous, Corn, Whole Wheat Bread, Rice Cereal, Sweet Potatoes, White Potatoes	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

4. Vegan

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	NONE
Grains	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Corn, Whole Wheat Bread, Couscous, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Farro, Couscous, Corn, Whole Wheat Bread, Rice Cereal, Sweet Potatoes, White Potatoes	Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Cucumbers
Dairy	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Brown Mustard, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard

Goal: Gain Muscle – Medium Protein, High Carbs, Medium Fat Meal Ingredients

1. Omnivore

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp, Salmon	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp, Salmon	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp, Salmon	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp, Salmon
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

2. Pescatarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Salmon, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Salmon, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Salmon, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Salmon
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

3. Vegetarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites)
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Greek Yogurt, Milk, Cheese, Cottage Cheese	Greek Yogurt, Milk, Cheese, Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

4. Vegan

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites)
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Avocado, Banana, Apple, Tomato
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk
Sauce	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

Goal: Gain Weight, Gain Muscle – High Protein, High Carbs, Low Fat Meal Ingredients

1. Omnivore

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp	Chicken, Lean Beef, Pork, Eggs (Whites), Turkey, Cod, Bass, Tuna, Shrimp
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Greek Yogurt, Skim Milk, Cheese, Low-Fat Cottage Cheese	Greek Yogurt, Skim Milk, Cheese, Low-Fat Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

2. Pescatarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp, Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Cod, Bass, Tuna, Shrimp
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Rice Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Greek Yogurt, Skim Milk, Cheese, Low-Fat Cottage Cheese	Greek Yogurt, Skim Milk, Cheese, Low-Fat Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

3. Vegetarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites), Tofu, Textured Vegetable Protein, Faux Meat	Eggs (Whites)
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Greek Yogurt, Skim Milk, Cheese, Low-Fat Cottage Cheese	Greek Yogurt, Skim Milk, Cheese, Low-Fat Cottage Cheese	Lactose-Free Milk, Soy Milk, Lactose-Free Yogurt, Vegan Cheese	Almond Milk
Sauce	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

4. Vegan

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	Tofu, Textured Vegetable Protein, Faux Meat	NONE
Grains	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Quinoa, Chickpea Pasta, Polenta, Oats, Corn, Rice, Rice Cereal, Almond Flour, Sweet Potatoes, White Potatoes	Quinoa, Pasta, Polenta, Oats, Farro, Bread, Couscous, Rice, Cereal, Flour (Breaded Food), Sweet Potatoes, White Potatoes	Yuca Root Flour (Breaded Food), Sweet Potato
Seeds	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Peanut Butter, Almond Butter, Beans, Chickpeas	Almonds, Walnuts, Seeds (Pumpkin, Sunflower, Chia, Flax), Almond Butter
Fruit	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple, Tomato	Strawberries, Blueberries, Grapefruit, Orange, Raspberries, Pineapple, Banana, Apple
Veggies	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers	Broccoli, Cauliflower, Asparagus, Brussel Sprouts, Zucchini, Carrots, Spinach, Squash, Pumpkin, Peppers, Cucumbers
Dairy	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk, Vegan Cheese, Soy Yogurt	Almond Milk
Sauce	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Butter, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Sauce, Buffalo Sauce, Hot Sauce, Pesto Sauce, Barbecue Sauce, Teriyaki Sauce, Mustard, Honey, Balsamic	(little) Olive Oil, Tomato Paste, Homemade Pesto, Brown Mustard, Honey

Goal: Keto Diet – Medium Protein, Low Carb, High Fat

1. Omnivore

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Chicken, Beef, Pork, Eggs, Pepperoni, Turkey, Cod, Bass, Salmon, Shrimp, Lamb, Crab, Sausage, Salami	Chicken, Beef, Pork, Eggs, Pepperoni, Turkey, Cod, Bass, Salmon, Shrimp, Lamb, Crab, Sausage, Salami	Chicken, Beef, Pork, Eggs, Pepperoni, Turkey, Cod, Bass, Salmon, Shrimp, Lamb, Crab, Sausage, Salami	Chicken, Beef, Pork, Eggs, Turkey, Cod, Bass, Salmon, Shrimp, Lamb, Crab
Grains	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	None
Seeds	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Almond Butter, Pistachios
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers
Dairy	Cheese, Cream, Cream Cheese, Almond Milk, Coconut Milk	Cheese, Cream, Cream Cheese, Almond Milk, Coconut Milk	Vegan Cheese, Almond Milk, Coconut Milk	Almond Milk, Coconut Milk
Sauce	Olive Oil, Butter, Mayo, Sour Cream, Heavy Cream, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Butter, Mayo, Sour Cream, Heavy Cream, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Butter, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Mustard, Pesto

2. Pescatarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs, Cod, Salmon, Bass, Tuna, Shrimp, Scallops	Eggs, Cod, Salmon, Bass, Tuna, Shrimp, Scallops	Eggs, Cod, Salmon, Bass, Tuna, Shrimp, Scallops	Eggs, Cod, Salmon, Bass, Tuna, Shrimp, Scallops
Grains	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	None
Seeds	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Almond Butter, Pistachios
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers
Dairy	Cheese, Cream, Cream Cheese, Almond Milk, Coconut Milk	Cheese, Cream, Cream Cheese, Almond Milk, Coconut Milk	Vegan Cheese, Almond Milk, Coconut Milk	Almond Milk, Coconut Milk
Sauce	Olive Oil, Butter, Mayo, Sour Cream, Heavy Cream, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Butter, Mayo, Sour Cream, Heavy Cream, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Butter, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Mustard, Pesto

3. Vegetarian

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Eggs, Tofu, Faux Meat	Eggs, Tofu, Faux Meat	Eggs, Tofu, Faux Meat	Eggs
Grains	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	None
Seeds	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Almond Butter, Pistachios
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers
Dairy	Cheese, Cream, Cream Cheese, Almond Milk, Coconut Milk	Cheese, Cream, Cream Cheese, Almond Milk, Coconut Milk	Vegan Cheese, Almond Milk, Coconut Milk	Almond Milk, Coconut Milk
Sauce	Olive Oil, Butter, Mayo, Sour Cream, Heavy Cream, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Butter, Mayo, Sour Cream, Heavy Cream, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Butter, Mustard, Pesto, Balsamic, Hot Sauce	Olive Oil, Mustard, Pesto

4. Vegan

	No Restrictions	Gluten-Free	Dairy-Free	Paleo
Protein	Tofu, Faux Meat	Tofu, Faux Meat	Tofu, Faux Meat	NONE
Grains	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	Almond Flour, Coconut Flour	NONE
Seeds	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Peanut Butter, Almond Butter, Peanuts, Pistachios	Almonds, Walnuts, Pumpkin Seeds, Sunflower Seeds, Almond Butter, Pistachios
Fruit	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato	Strawberries, Blueberries, Grapefruit, Blackberries, Raspberries, Avocado, Tomato
Veggies	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers, Pickles	Broccoli, Cauliflower (Rice), Asparagus, Brussel Sprouts, Zucchini, Carrots, Spaghetti Squash, Spinach, Cabbage, Peppers
Dairy	Almond Milk, Coconut Milk, Vegan Cheese, Coconut Cream	Almond Milk, Coconut Milk, Vegan Cheese, Coconut Cream	Almond Milk, Coconut Milk, Vegan Cheese, Coconut Cream	Almond Milk, Coconut Milk
Sauce	Olive Oil, Mustard, Pesto, Balsamic, Vegan Butter, Hot Sauce	Olive Oil, Mustard, Pesto, Balsamic, Vegan Butter, Hot Sauce	Olive Oil, Mustard, Pesto, Balsamic, Vegan Butter, Hot Sauce	Olive Oil, Mustard, Pesto

How to Create a Balanced Meal

1. Goal: Lose Fat - High Protein, Low Carb, High Fat

Breakfast – Non-Vegan

Balanced Format	Example
2 Protein, 1 Seed, 1 Vegetable	Eggs, Ground Turkey and Spinach Omelet. Almonds on the side.
2 Protein, 1 Seed, 1 Fruit	Egg Whites and Bacon. Strawberries topped with Chia Seeds.
1 Protein, 1 Dairy, 1 Seed, 1 Fruit	Scrambled Eggs with Cheese. Almonds and Blueberries on the side.
1 Protein, 1 Vegetable, 1 Grain, 1 Seed	Scrambled Eggs with Chopped Peppers. Oats cooked in Water topped with Walnuts.

Breakfast - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Vegetable	Vegan Breakfast Bowl with Corn, Lentils and Avocado and Olive Oil.
1 Protein, 1 Grain, 1 Vegetable, 1 Fruit	Vegan Quinoa Breakfast Bowl with Quinoa, Faux Meat, Avocado and Peppers.
1 Dairy, 2 Seed	Soy Yogurt Topped with Almonds and Chia Seeds.

Meal – Non-Vegan

Balanced Format	Example
2 Protein, 1 Seed, 1 Vegetable	Turkey, Bacon, Chickpeas and Spinach for a Salad.
1 Protein, 1 Seed, 2 Vegetables	Almond-crusted Cod with Roasted Broccoli and Carrots.
1 Protein, 1 Dairy, 1 Seed, 1 Fruit	Ground Beef, Cheese, Lentils, Avocado for a Taco Bowl.
1 Protein, 1 Vegetable, 1 Grain, 1 Seed	Quinoa, Walnuts, Carrots and Grilled Chicken for a Quinoa Bowl.

Meal - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Vegetable	Corn Tortillas, Roasted Chickpeas and Mushrooms for Vegan Tacos.
1 Protein, 1 Grain, 1 Vegetable, 1 Fruit	Faux Meat, White Rice, Broccoli and Avocado for Stir-Fry.

Sauce Rules

Sauce Type	Rule
High Calorie – Butter, Oil, Mayonnaise, etc.	Max of ½ tbsp per Item
Low Calorie – Tomato Sauce, Hot Sauce, Mustard, etc.	Max of ½ tbsp per Item

2. Goal: Lose Fat, Gain Muscle – High Protein, Medium Carb, Medium Fat

Breakfast – Non-Vegan

Balanced Format	Example
2 Protein, 1 Fruit, 1 Vegetable	Eggs, Lean Ground Turkey and Spinach Omelet. Berries on the side.
2 Protein, 1 Seed, 1 Fruit	Egg Whites and Ham. Banana with Peanut-Butter.
1 Protein, 1 Dairy, 1 Seed, 1 Fruit	Scrambled Eggs. Fat-Free Greek Yogurt topped with Chia Seeds and Blueberries.
1 Protein, 1 Vegetable, 1 Grain, 1 Dairy	Scrambled Eggs with Feta Cheese and Spinach. Roasted potatoes on the side.

Breakfast - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Vegetable	Vegan Breakfast Bowl with Quinoa, Chickpeas and Kale.
1 Protein, 1 Grain, 1 Vegetable, 1 Fruit	Vegan Breakfast Bowl with Corn, Faux Meat, Avocado and Peppers.
1 Dairy, 1 Fruit, 1 Seed	Soy Yogurt Topped with Strawberries and Chia Seeds.

Meal – Non-Vegan

Balanced Format	Example
2 Protein, 1 Seed, 1 Vegetable	Chicken, Hardboiled Egg, Romaine and Sunflower Seeds for a Cobb Salad.
1 Protein, 1 Seed, 1 Vegetable, 1 Grain	Shrimp, White Beans, Tomatoes and Rice for a Shrimp Creole.
1 Protein, 1 Dairy, 1 Grain, 1 Vegetable	Tofu, Cheese, Rice and Broccoli for a Casserole.
1 Protein, 1 Vegetable, 1 Grain	Ground Beef, Chickpea Pasta and Zucchini.

Meal - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Vegetable	Mexican Rice, Pinto Beans and Red Peppers.
1 Protein, 1 Grain, 1 Vegetable, 1 Dairy	Faux Meat, Ezekiel Bread, Vegan Cheese and Lettuce for a Vegan “Burger”.
1 Protein, 1 Seed, 1 Fruit, 1 Vegetable	Tofu, Sunflower Seeds, Strawberries, and Spinach for a Salad.

Sauce Rules

Sauce Type	Rule
High Calorie – Butter, Oil, Mayonnaise, etc.	Max of ½ tbsp per Item
Low Calorie – Tomato Sauce, Hot Sauce, Mustard, etc.	Max of 1 tbsp per Item

3. Goal: Maintain Weight – Medium Protein, Medium Carbs, Medium Fat

Breakfast – Non-Vegan

Balanced Format	Example
1 Protein, 1 Fruit, 1 Vegetable, 1 Grain	Egg and Bell Pepper Omelet, Roasted Potatoes and Side of Berries.
2 Protein, 1 Dairy, 1 Grain	Egg Whites and Ground Turkey Muffins with Oats in Almond Milk.
1 Protein, 1 Dairy, 1 Seed, 1 Fruit	Scrambled Eggs. Greek Yogurt Topped with Sliced Banana with Peanut-Butter.
1 Protein, 1 Vegetable, 1 Grain, 1 Seed	Egg Whites with Spinach. Toast with Almond-Butter.

Breakfast - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Vegetable	Roasted Sweet Potato Topped with Roasted Chickpeas and Kale.
1 Protein, 1 Grain, 1 Vegetable, 1 Fruit	Textured Vegetable Protein with Couscous and Peppers. Berries on the Side.
1 Dairy, 1 Seed, 1 Grain	Oats with Almond Milk and Topped with Peanut-Butter.

Meal – Non-Vegan

Balanced Format	Example
1 Protein, 1 Grain, 1 Vegetable , 1 Fruit	Lean Beef Burger with a Bun Topped with Avocado and a Side of Roasted Brussel Sprouts.
1 Protein, 1 Seed, 1 Vegetable, 1 Grain	Chicken Breast, Hummus, Quinoa and Cucumbers for a Mediterranean Bowls.
1 Protein, 1 Dairy, 1 Grain, 1 Vegetable	Flank Steak, Brown Rice, Peppers and Cheese.
1 Protein, 1 Vegetable, 1 Grain	Pork Tenderloin, Sweet Potato Fries and Roasted Broccoli.

Meal - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Vegetable	Chickpea Pasta, Roasted Chickpeas and Zucchini.
1 Protein, 1 Grain, 1 Vegetable, 1 Dairy	Faux Meat, Farro, Broccoli and Vegan Cheese.
1 Protein, 1 Seed, 1 Fruit, 1 Vegetable	Tofu, Spinach, Pumpkin Seeds and Avocado for a Salad.

Sauce Rules

Sauce Type	Rule
High Calorie – Butter, Oil, Mayonnaise, etc.	Max of .5 tbsp per Item
Low Calorie – Tomato Sauce, Hot Sauce, Mustard, etc.	Max of 1 tbsp per Item

4. Goal: Gain Muscle – Medium Protein, High Carbs, Medium Fat

Breakfast – Non-Vegan

Balanced Format	Example
1 Protein, 1 Fruit, 1 Vegetable, 1 Grain	Quinoa, Spinach and Topped with Over-Easy Eggs. Banana on the Side.
1 Protein, 1 Dairy, 1 Grain, 1 Fruit	Ham and Cheese Sandwich with Berries on the Side.
1 Protein, 1 Dairy, 1 Seed, 1 Fruit	Scrambled Eggs. Greek Yogurt Topped with Chia Seeds and Pineapple.
1 Protein, 1 Vegetable, 1 Grain, 1 Seed	Scrambled Egg Whites with Peppers. Oats Topped with Walnuts.

Breakfast - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Fruit	Vegan Bread with Avocado and Chia Seeds.
1 Grain, 1 Vegetable, 1 Fruit	Quinoa, Berries and Carrots for a Breakfast Salad.
1 Dairy, 1 Seed, 1 Grain	Rice Cereal with Almond Milk and Topped with Almonds.

Meal – Non-Vegan

Balanced Format	Example
1 Protein, 1 Grain, 1 Vegetable , 1 Fruit	Tuna Sandwich with Chopped Pickles (Relish) and Tomatoes.
1 Protein, 1 Seed, 1 Vegetable, 1 Grain	Pulled Pork, Peanuts, White Rice and Broccoli for a Stir-Fry.
1 Protein, 1 Dairy, 1 Grain, 1 Vegetable	Turkey Burger with a Bun and Cheese. Roasted Asparagus on the Side.
1 Protein, 1 Vegetable, 1 Grain	Baked Salmon, Rice and Yellow Squash.

Meal - Vegan

Balanced Format	Example
1 Grain, 1 Seed, 1 Vegetable	Corn, Lentils and Roasted Cauliflower.
1 Grain, 1 Seed, 1 Fruit	Roasted Sweet Potato with Almond Butter and Sliced Banana.
1 Protein, 1 Seed, 1 Fruit, 1 Vegetable	Faux Meat, Roasted Chickpeas, Tomatoes and Cucumbers.

Sauce Rules

Sauce Type	Rule
High Calorie – Butter, Oil, Mayonnaise, etc.	Max of .5 tbsp per Item
Low Calorie – Tomato Sauce, Hot Sauce, Mustard, etc.	Max of 1.5 tbsp per Item

5. Goal: Gain Weight, Gain Muscle – High Protein, High Carbs, Low Fat

Breakfast – Non-Vegan

Balanced Format	Example
1 Protein, 1 Fruit, 1 Vegetable, 1 Grain	Scrambled Egg Whites with Spinach. Roasted Potatoes and a Banana.
2 Protein, 1 Dairy, 1 Grain, 1 Vegetable	Egg Whites, Chicken Breast, Cheese and Spinach Sandwich.
1 Protein, 1 Dairy, 1 Fruit, 1 Grain	Scrambled Eggs. Oats Cooked in Milk and Topped with Berries.
1 Protein, 1 Fruit, 1 Grain, 1 Seed	Protein Waffles Topped with Strawberries and Chia Seeds. Chicken Sausage on the Side.

Breakfast - Vegan

Balanced Format	Example
1 Grain, 1 Dairy, 1 Fruit, 1 Seed	Oats Cooked in Almond Milk topped with Blueberries and Walnuts.
1 Protein, 1 Grain, 1 Vegetable, 1 Fruit	Textured Vegetable Protein, Roasted Potatoes, Spinach and Tomato Hash.
1 Dairy, 1 Grain, 1 Fruit	Soy Yogurt Topped with Oats and Peaches.

Meal – Non-Vegan

Balanced Format	Example
1 Protein, 1 Grain, 1 Vegetable , 1 Fruit	Quinoa, Turkey, Kale and Blueberries for a Quinoa Salad.
1 Protein, 1 Seed, 1 Vegetable, 1 Grain	Almond-Crusted Baked Chicken, Mashed Sweet Potatoes and Green Beans.
1 Protein, 1 Dairy, 1 Grain, 1 Vegetable	Lean Beef, Pasta, Cheese and Spinach for a Hamburger Helper Dish.
1 Protein, 1 Vegetable, 1 Grain, 1 Dairy, 1 Seed	Chicken Burrito with Cheese, Pinto Beans and Peppers.

Meal - Vegan

Balanced Format	Example
1 Grain, 1 Fruit, 1 Vegetable, 1 Seed	Chickpea Pasta with Spinach, Pine Nuts and Tomatoes.
1 Protein, 1 Grain, 1 Vegetable, 1 Seed	Sautéed Tofu with Rice, Beans and Peppers.
1 Protein, 1 Grain, 1 Vegetable, 1 Fruit	Textured Vegetable Protein with a Side of Polenta, Tomatoes and Brussel Sprouts.

Sauce Rules

Sauce Type	Rule
High Calorie – Butter, Oil, Mayonaise, etc.	Max of .5 tbsp per Item
Low Calorie – Tomato Sauce, Hot Sauce, Mustard, etc.	Max of 2 tbsp per Item

6. Goal: Keto Diet – Medium Protein, Low Carb, High Fat

Breakfast – Non-Vegan

Balanced Format	Example
1 Protein, 1 Dairy, 1 Vegetable	Scrambled Eggs with Cheese and Spinach.
2 Protein, 1 Vegetable, 1 Seed	Egg, Sausage and Pepper Egg Muffins. Side of Walnuts.
2 Protein, 1 Fruit, 1 Dairy	Scrambled Eggs, Bacon and Berries with Cream.
1 Protein, 1 Seed, 1 Fruit	Hardboiled Eggs, Almonds and Sliced Avocado.

Breakfast - Vegan

Balanced Format	Example
1 Seed, 1 Fruit, 1 Vegetable	Coconut Cream with Strawberries and Almonds.
1 Protein, 1 Dairy, 1 Vegetable	Faux Meat with Vegan Cheese and Spinach.
1 Protein, 1 Seed, 1 Vegetable	Tofu with Pine Nuts and Broccoli.

Meal – Non-Vegan

Balanced Format	Example
1 Protein, 1 Grain, 1 Vegetable , 1 Dairy	Chicken Thighs Cooked in Almond Flour. Broccoli with Cheese.
1 Protein, 1 Dairy, 1 Seed, 1 Vegetable	Steak, Feta Cheese, Pumpkin Seeds and Kale Salad.
1 Protein, 1 Dairy, 1 Fruit, 1 Vegetable	Bun-less Burger Topped with Cheese and Avocado. Side of Brussel Sprouts.
1 Protein, 1 Fruit, 1 Dairy, 1 Seed	Chicken Cooked in Coconut Milk with Peanuts. Side of Berries.
2 Protein, 1 Vegetable, 1 Seed	Chicken Breast wrapped in Bacon with a side of Almond-Crusted Zucchini.

Meal - Vegan

Balanced Format	Example
1 Grain, 1 Fruit, 1 Vegetable, 1 Seed	Fried Zucchini, Pine Nuts and Tomatoes Covered in Almond Flour.
1 Protein, 1 Grain, 1 Vegetable, 1 Seed	Tofu Fried in Coconut Flour with Nuts and Broccoli.
1 Protein, 1 Dairy, 1 Vegetable	Faux Meat Burger with Vegan Cheese. Side of Asparagus.

Sauce Rules

Sauce Type	Rule
High Calorie – Butter, Oil, Mayonaise, etc.	Max of 1 tbsp per Item
Low Calorie – Hot Sauce, Mustard, etc.	Max of .5 tbsp per Item

How to Approximate Portion Sizes

1. Goal: Lose Fat - High Protein, Low Carb, High Fat

Protein	1 Cup
Grains (ones that expand)	¼ Cup (Dry)
Grains (potatoes, cereal, etc.)	½ Cup
Seeds	⅓ Cup
Fruit	½ Cup
Veggies	1 Cup
Dairy	½ Cup

2. Goal: Lose Fat, Gain Muscle – High Protein, Medium Carb, Medium Fat

Protein	1 Cup
Grains (ones that expand)	⅓ Cup (Dry)
Grains (potatoes, cereal, etc.)	⅔ Cup
Seeds	¼ Cup
Fruit	½ Cup
Veggies	1 Cup
Dairy	½ Cup

3. Goal: Maintain Weight – Medium Protein, Medium Carbs, Medium Fat

Protein	¾ Cup
Grains (ones that expand)	⅓ Cup (Dry)
Grains (potatoes, cereal, etc.)	⅔ Cup
Seeds	¼ Cup
Fruit	½ Cup
Veggies	1 Cup
Dairy	½ Cup

4. Goal: Gain Muscle – Medium Protein, High Carbs, Medium Fat

Protein	¾ Cup
Grains (ones that expand)	½ Cup (Dry)
Grains (potatoes, cereal, etc.)	1 Cup
Seeds	¼ Cup
Fruit	¾ Cup
Veggies	1 Cup
Dairy	½ Cup

5. Goal: Gain Weight, Gain Muscle – High Protein, High Carbs, Low Fat

Protein	1 Cup
Grains (ones that expand)	¾ Cup (Dry)
Grains (potatoes, cereal, etc.)	1 ½ Cup
Seeds	¼ Cup
Fruit	1 Cup
Veggies	1 Cup
Dairy	½ Cup

6. Goal: Keto Diet – Medium Protein, Low Carb, High Fat

Protein	1 Cup
Grains (ones that expand)	2 tbsp
Grains (potatoes, cereal, etc.)	NONE
Seeds	½ Cup
Fruit	½ Cup
Veggies	1 Cup
Dairy	¾ Cup (High Fat)

How to Meal Prep Efficiently

1. Plan your grocery list BEFORE you go to the store. Whether you use Balance on Demand's automated list or you create your own, have it ready before you leave your house.
2. Put your meal prep in actual "Meal Prep" containers. I own 3 compartment meal prep containers and it makes separating my food a breeze. Every day for lunch, I just take a new one out of the fridge and go to work!
3. Use mason Jars for meals/snacks that do not need to be separated. Mason jars are great for overnight oats, salads, soups and more! They are inexpensive, easy to use, airtight and cute as well.
4. Use the "Ziploc trick" for spreading oil over vegetables or other roasted food. Chop all your vegetables, place them in a gallon Ziploc bag and drizzle with olive oil. Close the bag and mix around in your hands to evenly distribute the oil. You will end up using less oil and each piece will be evenly coated.
5. Cook foods all at once! Your oven has multiple racks, so USE THEM! You can bake chicken, sweet potatoes and vegetables all at the same time.
6. Season, season, SEASON!!! Healthy food doesn't have to taste bland - make sure to season all your food with whatever flavors suit you best. Seasoning is little to no extra calories, so take advantage!!
7. Multi-task! When your water is boiling and cooking rice, go and chop your vegetables!
8. Use/Buy a crockpot. I use the crockpot EVERY. SINGLE. WEEK. You can use it to slow cook chicken, pork, meatballs and other meat (or meatless "meat"). You can also cook full meals with it like stews, chili, meatloaf and so much more. Cook your food while you're at work, running errands or even when you're sleeping.
9. Meal prep on your day(s) off! When you put off meal prepping to a day where you also have to work makes it this stressful chore, rushed and can cause you to not want to do it each week. If you use all the other tools I've listed, it will be easy to plan, grocery shop and meal prep all in a few hours.
10. Breakfast casseroles/muffins are easy and tasty suggestions for meal prepped breakfasts. Breakfast is important to help reach your goals, so try not to skip it! Everyone has busy lives and it is very difficult to make time to wake up early to eat breakfast, so definitely make sure to prepare it ahead of time as well.

How to Order Balanced Food at Restaurants

1. Always choose “Grilled” instead of “Fried” if that is an option. “Fried” automatically adds calories based on cooking the food in oil. Many times, “Fried” also implies that the food is breaded as well, which adds many additional carbs, too.
2. Salads are USUALLY good options. Choose salads with a variety of natural color, healthy fats (nuts, seeds, avocado), berries, vegetables and GRILLED leaner protein (chicken, fish, steak). Ask for the dressing on the side, so you can control how much you put on the salad.
3. Drink tons of water and limit your alcohol intake. I’m not saying you can’t ever have a drink, but definitely try to limit how much you drink. Alcohol is basically full of “empty” calories and contain zero nutritional value. Also try and avoid sugary alcoholic drinks as well. Club soda (zero sugar) is a great mixer for liquor drinks.
4. Share your apps and desserts. Have some fun with ordering a little extra and trying new apps and desserts. Sharing them will allow you to try new things without going completely overboard.
5. Choose lower calorie sauces such as mustard, buffalo sauce, hot sauce, tomato sauce and many others. White sauces (egg and oil-based) tend to be higher in calorie.
6. Pick a balanced combination – a leaner meat/protein (tofu/fish/egg for non-meat-eaters), one higher carb item (rice, potatoes, quinoa, pasta) and a vegetable. Use 1-2 tablespoons of sauce/dressing.
7. Add a little salt and pepper. Adding some seasoning can really change the taste of a meal. Once again, don’t go overboard with them, but as long as you are drinking water, you will stay hydrated even with a little salt.
8. Substitute a healthier side. Many times, an entrée will be paired with an item like French fries, but most restaurants will have other options you can choose.
9. Don’t be afraid to have LEFTOVERS. I’m all about not wasting food, but you can always take some home. Just because a restaurant sends you their idea of a “portion-size”, doesn’t mean it is the correct portion-size for YOU. Some restaurants definitely tend to have oversized portions, so taking home leftovers is a great idea.
10. Check the menu ahead of time. Most menus are online at this point, so you can always check out a menu beforehand to see the types of options they have that will work for you.

How to Order at Fast Food Restaurants

Arby's - Turkey Gyro with a Side Chopped Salad and Lite Italian Dressing – 560 Calories/30P/54C/26F/4Fiber/9S

Boston Market – Turkey Breast, Garlic Dill Potatoes, Green Beans, Poultry Gravy & Cornbread – 530 Calories/35P/61C/15F/5Fiber/17S

Burger King – Morning Star Veggie Burger with a Garden Side Salad – 450 Calories/25P/44C/21F/6Fiber/11S - **VEGETARIAN**

Chick-Fil-A – Chicken Cool Wrap with Zesty Buffalo Sauce and a Side of Chicken Noodle Soup – 510 Calories/46P/46C/20F/17Fiber/4S

Dairy Queen – Grilled Chicken Salad with Lite Italian and Buffalo Chicken Snack Melt – 580 Calories/49P/32C/18F/4Fiber/6S

Del Taco – Chicken Quesadilla Snacker, Salsa Chicken Taco and Carne Asada Street Taco – 520 Calories/34P/51C/21F/4Fiber/2S

Firehouse Subs – Small Pastrami Sandwich on Wheat, No Mayo and a Chopped Salad w/ Lite Italian – 460 Calories/30P/39C/21F/7Fiber/9S

KFC – 2 Piece Grilled Chicken, Green Beans Biscuit and Buffalo Sauce – 480 Calories/43P/28C/22F/4Fiber/2S

McDonald's – Artisan Grilled Chicken Sandwich w/ Buffalo Sauce and Side Salad w/ Low Fat Balsamic – 465 Calories/38P/53C/12F/3Fiber/12S

Moe's – Steak Bowl w/ Beans, Lettuce, Peppers, Jalapenos, Salsa, Lime, ½ Serving of Cheese and Guac – 400 Calories/32P/37C/12F/16Fiber/4S

Panda Express – Chicken Potstickers, String Bean Chicken Breast and Mixed Vegetables – 430 Calories/24P/49C/16F/10Fiber/11S

Panera – “You Pick Two” ½ Turkey Sandwich and ½ Ancient Grain & Arugula Salad w/ Chicken – 415 Calories/34P/47C/15F/8Fiber/9S

Starbucks – Red Pepper Sous Vide Egg Bites & Classic Oatmeal – 330 Calories/18P/41C/8F/5Fiber/2S - **VEGETARIAN**

Subway – 6 inch Subway Club, No Oil and a Side of Broccoli Cheddar Soup – 460 Calories/29P/59C/13F/6Fiber/10S

Taco Bell – 1 Crunchy Taco, 1 Soft Taco and a Side of Black Beans – 430 Calories/20P/43C/20F/11Fiber/1S

Wendy's – Grilled Chicken Wrap and a Side of Chili – 440 Calories/35P/40C/15F/6Fiber/9S

Zaxby's – Grilled Chicken Sandwich with a Potato Bun Plus Bacon with a Side Salad and Honey Mustard – 525 Calories/42P/47C/22F/5Fiber/13S

Zoe's Kitchen – Cauliflower Rice Bowl with Salmon and Tzatziki Sauce – 480 Calories/34P/15C/32F/5Fiber/7S - **PESCATARIAN**

Balanced Brand Recommendations

Bread

1. Healthy Life – Low Calorie, High Fiber, Low Sugar
2. Dave’s Killer Bread – High Protein, High Fiber, Organic, Whole Grains, Vegan Options
3. Zero Carb Bread – Low Net Carb, Low Calorie, Keto
4. Udi’s – Gluten-Free, Low Sugar, Whole Grains

Dips

1. Sabra Hummus – Low Calorie, Multiple Flavors, Versatile, Low Fat, Vegan
2. Cedar’s Tzatziki, Spinach and Onion Dip – Low Calorie, Versatile, Low Fat, Super Flavorful
3. Divina Olive Tapenade – Vegan, Low Calorie, Organic

Fruit & Nut Bars

1. Kind Fruit & Nut Bars – High Fiber, Amazing Taste, Vegetarian, Some Protein
2. Phyter – Vegan, Some Fiber, Some Protein, Gluten-Free
3. Larabar – Tons of Flavors, Some Protein, Low Sugar, Some Fiber

Granola/Cereal

1. Kashi Go Lean Cereal – High Fiber, High Protein, Low Calorie, Many Tasty Flavors
2. Paleonola – Gluten-Free, Paleo, Healthy Fats, Low Sugar
3. Bear Naked Granola – Low Calorie, Low Fat, Low Sugar, Sweet Taste

Pancakes and Waffles

1. Kodiak Cakes – Pancake Mix, Waffles, Oatmeal and More, Delicious, High Protein, Many Flavors, High Fiber
2. Birch Benders – Pancake/Waffle Mix, Paleo Option, High Protein, Great Texture
3. Vans – Waffles, Pancakes, Crackers and More, Gluten-Free, Dairy-Free, Vegan, Different Flavors,

Pasta

1. Banza Chickpea Pasta – High Fiber, High Protein, Gluten-Free, Great Taste, Vegan
2. Pow! Red Lentil Pasta – High Fiber, High Protein, Gluten-Free, Great Taste, Vegan
3. Barilla Red Lentil Pasta - High Fiber, High Protein, Gluten-Free, Great Taste, Vegan

Protein Bar

1. Quest – High Fiber, Low Sugar, Great Taste
2. One – Gluten-Free, High Fiber, Low Sugar, Pleasant Texture
3. Paleo Thin – Paleo, Keto, Low Net Carb, Low Sugar, Gluten-Free
4. Pure Protein – Inexpensive, Low Sugar, Low Fat, Favorite Texture
5. Simply Protein – Vegan, Gluten-Free, Low Fat, Great Taste

Protein Cake Mix

1. Lil Buff – Gluten-Free, Many Products, Microwaveable, Easy Recipes, Tasty
2. All American Nutrition Company – No Sugar Added, Organic, Vegan Options, Delicious, Many Options
3. Protein Cakery – No Sugar Added, Gluten-Free, Egg Free, Vegan Options, Many Options

Protein Ice Cream

1. Halo Top – High Protein, High Fiber, Low Sugar, Low Calorie, Many Flavors, Dairy-Free Options
2. Enlightened – High Protein, High Fiber, Favorite Taste, Ice Cream Texture
3. Wink – Keto, Very Low Calorie, Sugar Free, Low Carb
4. So Delicious – Dairy-Free, Low Calorie, Vegan

Salty/Crunchy Snacks

1. Pop Chip Nutter Puffs – High Protein, Low Calorie, Great Taste
2. The Good Bean – Plenty of Flavors, High Protein, Low Calorie, Vegan, Gluten-Free
3. Quest Protein Chips – Many Flavors, High Protein, Low Calorie, Low Carb, Low Fat, Sugar-Free
4. Skinny Pop – Gluten-Free, Low Calorie, Great Taste, Vegan
5. Crunchmaster Protein Crackers – Low Calorie, High Protein, Great with Cheese/Meat/Dips

Sauces

1. Moore's Buffalo Sauce – Low Calorie, Low Fat, Tons of Flavor, Sugar-Free
2. G Hughes Barbecue Sauce – Sugar-Free Options, Multiple Flavors, Low Calorie, Low Sugar
3. Thrive Market Tomato Sauce – Paleo, Vegan, Low Sugar, Organic

Seasoning

1. Trader Joe's Everything-But-the-Bagel Sesame Seasoning – Goes with Anything, Diverse Combination, Low Calorie
2. Montreal Steak Seasoning – Seasoning for Meat & Vegetables, Can Buy in Bulk
3. Mrs. Dash Seasoning – Plenty of Flavors, Delicious, Versatile
4. Old El Paso Seasoning – Taco, Enchillada, and Other Flavors, Low Calorie, Low Carb

Sweet Snacks

1. Skinny Dipped Almonds – Sweet Taste, Many Flavors, High Fiber, Some Protein
2. Smashmallow Marshmallows – Low Calorie, Gluten-Free, Organic
3. Emmy's Macaroons – Low Calorie, Low Sugar, Vegan, Gluten-Free

Vegan Plant-Based "Meat"

1. Beyond Meat – Vegan, Decent Flavor, Tons of Options, High Protein, Low Carb, Soy-Free
2. Quorn - Vegan, Decent Flavor, Tons of Options, High Protein, Low Carb, Soy-Free

Yogurt

1. Fage Greek Yogurt – High Protein, Fat-Free Options, Great Taste, Sold in Bulk, Low Calorie
2. Oikos – High Protein, Low Calorie, High Fiber, So Many Flavors
3. Kite Hill – Dairy-Free, High Protein, Low Sugar, Low Carb, Vegan