



Meal Plan

Ryan Vowell

Prepared By: Ryan Vowell

Email: ryan@strongergreen.com

Created: 11-03-2016

Build Lean Muscle

Ryan Vowell,

This program is designed to help you increase lean muscle while lowering body fat! You can substitute for like foods as long as the macros are within the same range of the original food.

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Day 1

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Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	41	1/2 cups BLUEBERRY, RAW			
		101	1 large EGG, CHICKEN, SCRAMBLED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
Notes:						
Meal Totals:		Calories: 292	Carbs: 39g (52%)	Protein: 13g (17%)	Fat: 10g (30%)	Fluid: 21oz
10:00 am	Snack	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		46	1 cups COCONUT WATER			
		86	1/2 cups CHEESE, COTTAGE 1%			
		45	1 fruit TANGERINE, MANDARIN, RAW			
Notes:						
Meal Totals:		Calories: 177	Carbs: 23g (53%)	Protein: 18g (42%)	Fat: 1g (5%)	Fluid: 24oz
12:00 pm	Lunch	107	2 oz TURKEY BREAST, ROASTED			
		5	1 teaspoons MUSTARD, PREPARED, DIJON			
		65	3 crackers TRISCUIT WHEAT CRACKER, LOWER SODIUM			
		42	1/2 cups CARROT, BABY, RAW			
		4	1 oz TOMATO, RAW			
		75	1 roll ROLL, DINNER, WHOLE WHEAT			
2	16 fl oz ICED TEA, UNSWEETENED					
Notes:						
Meal Totals:		Calories: 300	Carbs: 26g (41%)	Protein: 20g (31%)	Fat: 8g (28%)	Fluid: 22oz
03:00 pm	Snack	91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
		0	12 fl oz WATER, DRINKING WATER, PURIFIED			
		105	1/2 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
Notes:						
Meal Totals:		Calories: 196	Carbs: 22g (43%)	Protein: 18g (35%)	Fat: 5g (22%)	Fluid: 20oz
06:00 pm	Dinner	162	3/4 cups BROWN RICE, LONG GRAIN, COOKED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		28	1 oz SHRIMP, COOKED			
		115	3/4 cups MIXED VEGETABLES, BOILED, NO SALT			
Notes:						
Meal Totals:		Calories: 305	Carbs: 57g (77%)	Protein: 15g (20%)	Fat: 1g (3%)	Fluid: 27oz
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Time	Meal Label	Calories	Meal Items			
08:00 pm	Snack	17 0 119 88	1 apricot APRICOT, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED 4 oz YOGURT, FRUIT, LOW FAT 1/2 oz ALMONDS, SLIVERED			
Notes:						
Meal Totals:		Calories: 224	Carbs: 28g (49%)	Protein: 9g (16%)	Fat: 9g (35%)	Fluid: 14oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		1494	195g (53%)	93g (26%)	34g (21%)	128oz



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Day 2

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Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	105	3/4 cups GOLEAN CEREAL, RTE			
		101	1 large EGG, CHICKEN, SCRAMBLED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		91	1 cups MILK, COW'S, NONFAT VIT-D ADDED (SKIM)			
Notes:						
Meal Totals:		Calories: 297	Carbs: 35g (43%)	Protein: 27g (33%)	Fat: 9g (25%)	Fluid: 18oz
10:00 am	Snack	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		47	2 date DATE, NATURAL & DRY			
		105	1/2 bar NUTRITION BAR 40-30-30, STRAWBERRY YOGURT			
Notes:						
Meal Totals:		Calories: 152	Carbs: 23g (58%)	Protein: 8g (20%)	Fat: 4g (23%)	Fluid: 17oz
12:00 pm	Lunch	170	1 wrap WRAP, 100% WHOLE WHEAT			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		45	1 oz AVOCADO, RAW			
		5	1 tablespoons SALSA			
151	1/2 cups BEAN, BLACK, BOILED					
Notes:						
Meal Totals:		Calories: 371	Carbs: 57g (60%)	Protein: 16g (17%)	Fat: 10g (24%)	Fluid: 21oz
03:00 pm	Snack	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		119	4 oz YOGURT, FRUIT, LOW FAT			
Notes:						
Meal Totals:		Calories: 209	Carbs: 44g (79%)	Protein: 7g (13%)	Fat: 2g (8%)	Fluid: 22oz
06:00 pm	Dinner	58	3/4 cups PEAS & CARROTS, BOILED, NO SALT			
		35	1 tablespoons SALAD DRESSING, BALSAMIC ITALIAN VINAIGRETTE			
		8	1 cups LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		68	1 1/2 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED			
		145	3/4 cups BARLEY, PEARLED, COOKED			
Notes:						
Meal Totals:		Calories: 314	Carbs: 50g (58%)	Protein: 22g (26%)	Fat: 6g (16%)	Fluid: 26oz
08:00 pm	Snack	88	1/2 oz ALMONDS, SLIVERED			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		86	1/2 cups CHEESE, COTTAGE 1%			
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Day 2

Day 2						
Time	Meal Label	Calories	Meal Items			
Notes:						
Meal Totals:		Calories: 174	Carbs: 6g (14%)	Protein: 18g (43%)	Fat: 8g (43%)	Fluid: 13oz
		Calories	Carbs	Protein	Fat	Fluid
Day 2 Totals:		1517	215g (54%)	98g (24%)	39g (22%)	117oz

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Meal Plan Shopping List

Category	Quantity	Item
Accompaniments	1 tablespoons	Salad Dressing, Balsamic Italian Vinaigrette Wish-Bone
	1 tablespoons	Salsa
	1 teaspoons	Mustard, Prepared, Dijon Grey Poupon
Beverages	1 cups	Coconut Water
	2 cups	Milk, Cow's, Nonfat Vit-d Added (skim)
	16 fl oz	Iced Tea, Unsweetened Generic
	140 fl oz	Water, Drinking Water, Purified
Bread	1 roll	Roll, Dinner, Whole Wheat
	1 wrap	Wrap, 100% Whole Wheat Sahara
Cereal and Grain Products	1/4 cups	Oats, Steel Cut (oatmeal) Quaker
	3/4 cups	Barley, Pearled, Cooked
	3/4 cups	Brown Rice, Long Grain, Cooked
Cereals, Ready to Eat	3/4 cups	Golean Cereal, Rte Kashi
Cookies & Crackers	3 crackers	Triscuit Wheat Cracker, Lower Sodium Triscuit
Dairy Products	1 cups	Cheese, Cottage 1%
	2 large	Egg, Chicken, Scrambled
	8 oz	Yogurt, Fruit, Low Fat
Finfish and Shellfish Products	1 oz	Shrimp, Cooked
Fruits	1/2 cups	Blueberry, Raw
	1 apricot	Apricot, Raw
	1 fruit	Tangerine, Mandarin, Raw
	1 oz	Avocado, Raw
	1 small	Banana, Raw
	2 date	Date, Natural & Dry
	Legumes	1/2 cups
Nuts and Seeds	1 oz	Almonds, Slivered Blue Diamond
Poultry	1 1/2 oz	Chicken, Broiler, Breast, Meat, Roasted
	2 oz	Turkey Breast, Roasted
Side Dishes	3/4 cups	Mixed Vegetables, Boiled, No Salt
Sport and Diet Nutritionals	1 bar	Nutrition Bar 40-30-30, Strawberry Yogurt Zone Perfect
Vegetables	1/2 cups	Carrot, Baby, Raw
	3/4 cups	Peas & Carrots, Boiled, No Salt
	1 cups	Lettuce, Cos Or Romaine, Raw
	1 oz	Tomato, Raw







Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

 Golf Ball ¼ cup 1 oz 2 tbsp	 Tennis Ball 1/3 cup	 Computer Mouse ½ cup	 Baseball 1 cup	 Rounded Handful ½ cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 Thin Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 ½ oz cheese	 Kids' School Milk Carton 8 oz drink

Useful Examples

 Bread & Grains 1 cup of cereal = 1 baseball ½ cup cooked rice = computer mouse ½ cup cooked paste = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 Fruits & Vegetables ½ cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball ¼ cup almonds = about 23 almonds ¼ cup pistachios = about 24 pistachios
 Dairy & Cheese 1 ½ oz cheese = stacked dice 1 cup yogurt = baseball ½ cup ice cream = computer mouse	 Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox