



BUILT

WITH SCIENCE

CUSTOM MEAL PLAN BUILDER

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INTRODUCTION

This interactive PDF will walk you through how to build your own custom meal plan for fat loss:

1. Determine your target calorie and protein requirements for fat loss. Answer the questions on the following page and this will be automatically calculated for you!
2. Fill in your Custom Meal Plan Builder:
Pick and choose which foods you'd like to include in your meal plan using the [Protein and Calorie Reference Charts](#) on pages 5-9, then plug them into the [Custom Meal Plan Builder](#) on page 13. Each food is listed based on per 100 calories, and it lists the volume and amount of protein it contains. This way, you can mix and match to hit your protein and calorie goals and know how much food to eat. Aim to hit within 10% of your protein and calorie goals per day. See [page 12](#) for an example.

If you would like a more customized meal plan tailored to your body composition, goals and dietary preferences, along with specific recipes and nutritional breakdowns, check out our [Built With Science Custom Nutrition Plans](#) created by our team of Registered Dietitians.



INPUT YOUR DATA

NOTE: In order to use the automatic calculations on this PDF and display all the interactive features, please use the free Adobe Acrobat PDF reader application when viewing the PDF. You can easily download the application on your [desktop](#), [Apple](#) or [Android](#) phone. If the PDF is not able to perform the automatic calculations for you, please refer to the [Appendix](#) that shows you how to calculate all of this by hand.

My body fat % is approximately % (refer to the chart below).

I am a ☐ Male ☐ Female

I am years old.

I weigh kg.

I am cm tall.

I exercise:

How many meals/snacks would you like to eat every day?

UNIT CONVERTER

feet inches

≈ cm

pounds

≈ kg

TO LOSE FAT, I SHOULD AIM FOR WITHIN 10% OF:

calories per day

g
protein per day

g
protein per meal

(automatically calculated)

MEN



WOMEN



PROTEIN AND CALORIE REFERENCE CHARTS

PROTEINS

Protein (100 Calories)			
FOOD	WEIGHT	VOLUME	PROTEIN
Egg Whites	240g	1 cup	26g
Plain Fat-Free Greek Yogurt	165g	$\frac{3}{4}$ cup	15g
Low Fat Cottage Cheese	140g	$\frac{2}{3}$ cup	17g
Chicken Breast (cooked)	65g	$\frac{1}{2}$ cup	20g
95% Lean Ground Beef (cooked)	55g	-	15g
Protein Powder	30g	1 scoop	25g
Tilapia (cooked), or other white fish	75g	~1 fillet	21g
Salmon (cooked) (from here)	50g	-	13g
Tuna, canned in water, drained	100g	$\frac{4}{5}$ of a can	25g
Extra Firm Tofu	100g	-	11g
Tempeh	50g	$\frac{1}{3}$ cup	10g

PORTION SAMPLES



EGG WHITES



PLAIN FAT-FREE GREEK YOGURT



CHICKEN BREAST (COOKED)



95% LEAN GROUND BEEF (COOKED)



PROTEIN POWDER

CARBOHYDRATES

Carbs (100 Calories)			
FOOD	WEIGHT	VOLUME	PROTEIN
Potatoes (cooked)	100g	$\frac{2}{3}$ cup	3g
Brown Rice (cooked)	90g	$\frac{1}{2}$ cup	3g
Pasta (cooked)	75g	Ranges from $\frac{2}{3}$ - $\frac{3}{4}$ cup depending on type of pasta	4g
Whole Wheat Bread	40g	~1 slice	5g
Oats	25g	$\frac{1}{3}$ cup	4g

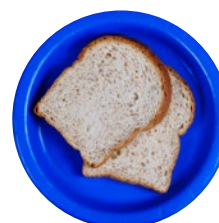
PORTION SAMPLES



POTATOES (COOKED)



BROWN RICE (COOKED)



WHOLE WHEAT BREAD



PASTA (COOKED)



OATS

FATS

Fats (100 Calories)			
FOOD	WEIGHT	VOLUME	PROTEIN
Whole Egg	70g	~1 jumbo-sized or ¼ cup	9g
Avocado	55g	⅓ of medium- sized or ⅓ cup	1g
Nuts	15g	1 ½ tbsp	3g
Nut Butters	15g	1 tbsp	3g
Oils	10g	2 ½ tsp	0g

PORTION SAMPLES



WHOLE EGG



AVOCADO



NUT BUTTERS



NUTS



OILS

VEGETABLES

Vegetables (100 Calories)			
FOOD	WEIGHT	VOLUME	PROTEIN
Zucchini	500g	3 medium-sized	6g
Tomato	500g	2 cups diced, or 4 cups of cherry tomatoes	5g
Spinach	350g	12 cups	10g
Broccoli	250g	2 ¾ cup	7g
Bell Peppers	325g	3 ½ medium- sized	3g
Asparagus	500g	4 cups	11g
Green Beans	325g	3 ¼ cup	6g
Mushrooms	450g	4 ½ cup	14g
Eggplant	400g	5 cup	4g
Carrots	250g	2 ¼ cup	2g

PORTION SAMPLES



ZUCCHINI



TOMATO



SPINACH



BROCCOLI



BELL PEPPERS

FRUITS

Fruits (100 Calories)			
FOOD	WEIGHT	VOLUME	PROTEIN
Strawberry	275g	2 cups	2g
Apple	170g	1 medium-sized	0g
Blueberry	160g	1 cup	1g
Grapes	100g	1 ⅔ cup	1g
Banana	100g	1 small-sized	1g
Orange	200g	1 ½ medium-sized	2g
Kiwi	150g	2 medium-sized	2g

PORTION SAMPLES



STRAWBERRY



APPLE



BANANA



BLUEBERRY

APPROVED CONDIMENTS & SEASONINGS

These condiments and seasonings contain an insignificant amount of calories and protein per serving and can be added to your meal plan as desired to improve taste!

- Hot Sauce
- Sugar-Free BBQ Sauce
- Sugar-Free Syrup
- Stevia (or other artificial sweeteners)
- Soy Sauce
- Low Sugar Ketchup
- Salt & Pepper
- Herbs (e.g. Cilantro, Basil, Chives, Oregano, Parsley)
- Spices (e.g. Cinnamon, Turmeric, Curry, Paprika, Cumin)
- Sriracha
- Mustard
- Salsa
- Lemon/Lime Juice
- A1/HP Sauce
- Worcestershire Sauce
- Tamari



WAIT! WANT AN EXPERT TO ELIMINATE THE GUESSWORK INVOLVED WITH BUILDING YOUR MEAL PLAN?

Our BWS Dietitians will do just that for you, and create a customized meal plan that's specific to your body, goals, lifestyle, and tastebuds. With it, you'll have tasty and easy to make recipes designed specifically for you and your target calories and macros. To get started today, click the link below:



NOTE: Our meal plans are made by real, human, well qualified dietitians. Because of that we only have limited capacity available. If you're interested, take action while you still can.

EXAMPLE MEAL PLAN

Target: 1900 Calories, 180g Protein

MEAL/ SNACK	PROTEIN	CARB	FAT	VEGETABLE	FRUIT	TOTAL CALORIES	TOTAL PROTEIN
Meal 1	240g Egg Whites	50g Oats	15g Peanut Butter	-	-	400	37
Meal 2	130g Chicken Breast	90g Brown Rice	-	250g Broccoli	-	400	50
Meal 3	30g protein powder	-	15g Almonds	-	100g Banana	300	24
Meal 4	110g Ground Beef	100g Potatoes	55g Avocado	325g Bell Peppers	-	500	37
Meal 5	330g Greek Yogurt	-	-	-	160g Blueberries	300	30
Meal 6	-	-	-	-	-	-	-
FINAL TOTAL						1900	184



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MEAL/ SNACK	PROTEIN	CARB	FAT	VEGETABLE	FRUIT	TOTAL CALORIES	TOTAL PROTEIN
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
FINAL TOTAL							

APPENDIX: CALCULATIONS

NOTE: In order to use the automatic calculations on this PDF and display all the interactive features, please use the free Adobe Acrobat PDF reader application when viewing the PDF. You can easily download the application on your [desktop](#), [Apple](#) or [Android](#) phone. If the document is unable to do this, here are the steps to perform these calculations by hand:

First calculate your Basal Metabolic Rate (this is how many calories you burn at rest):

Are you relatively lean (Men \leq 15% body fat, Women \leq 25% body fat) AND resistance train \geq 4 days per week?

YES → $24.8 \times \text{ (weight in kg) } + 10 = \text{_____}$

NO → Men = $(10 \times \text{ weight in kg) } + (6.25 \times \text{ height in cm) } - (5 \times \text{ age in years) } + 5 = \text{_____}$
 Women = $(10 \times \text{ weight in kg) } + (6.25 \times \text{ height in cm) } - (5 \times \text{ age in years) } - 161 = \text{_____}$

Example: Male who is 5 foot 9 inches, 25 years old, 180lb (81.8kg), 20% body fat → 1800 calories

* Note that 1 foot = 12 inches, 1 inch = 2.54 cm, and 2.2 lbs = 1 kg

Now take into account how much calories you burn from your daily movements and exercise.

$\text{_____ Basal Metabolic Rate} \times \text{_____ Activity Factor}$
 $= \text{_____ Total Daily Energy Expenditure}$

ACTIVITY LEVEL	ACTIVITY FACTOR
No exercise	$\times 1.2$
1-3 days/week	$\times 1.3$
3-5 days/week	$\times 1.5$
6-7 days/week	$\times 1.7$

Example: Exercises 1-3 times per week → 1800 calories $\times 1.3 = 2340$ calories

Then multiply this number by 0.8 to create a calorie deficit. This is your final target calorie intake!

My final target calorie intake is _____ $\times 0.8 =$ _____ calories per day

Example: 2340 calories $\times 0.8 = \sim 1900$ calories

STEP 2. CALCULATE YOUR PROTEIN REQUIREMENTS

Is your body fat % relatively high? (> 25% for men, > 30% for women)

If YES, aim for 0.8g protein per lb of your bodyweight:

$\text{_____ lb} \times 0.8\text{g/lb} = \text{_____ g protein/day}$

If NO, aim for 1g protein per lb of your bodyweight:

$\text{_____ lb} \times 1\text{g/lb} = \text{_____ g protein/day}$

Example: Male who is 20% body fat, 180 lb → 180lb $\times 1\text{g/lb} = 180\text{g protein/day}$. Note that 1kg = 2.2lb.

STEP 3. DETERMINE THE NUMBER OF MEALS

How many meals/snacks would you like to eat every day? _____ (Aim for 3-6 meals/snacks per day).

$\text{_____ g Target Protein Intake} \div \text{_____ Daily Meals} = \text{_____ g of protein to aim for at each meal}$

Example: 180g protein $\div 5$ meals per day = Aim for $\sim 35\text{g}$ protein per meal

Now pick and choose which foods you'd like to include in your meal plan using the [Protein and Calorie Reference Charts](#) on pages 5-9, then plug them into the [Custom Meal Plan Builder](#) on page 13. See [page 12](#) for an example of this.

DISCLAIMER

The content provided in this PDF is for informational and educational purposes only. Jeremy Ethier is not a medical doctor, psychologist, therapist, nutritionist, or registered dietitian. The contents of this document should not be construed as medical, psychological, dietary, nutritional, or healthcare advice of any kind. The contents of this document are not intended to diagnose, treat, cure, or prevent any health conditions, nor are they intended to replace a physician, dietitian, nutritionist, or other qualified healthcare professional's advice. You should always consult your physician, dietitian, or other qualified healthcare professional on any matters regarding your health, engagement in physical activity, and/or diet before starting any fitness program or meal plan to determine if it is suitable for your needs. This is especially important if you (or your family members) have a history of high blood pressure or heart disease, if you have ever experienced chest pain while exercising, or if you have experienced chest pain in the past month when not engaged in physical activity. You should also consult your physician, dietitian, or other qualified healthcare professional before starting any fitness program, meal plan, or dietary regimen if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity or diet. Do not start or continue any fitness program, meal plan, or dietary regimen if your physician, dietitian, or health care provider advises against it. If you experience faintness, dizziness, pain, shortness of breath or any other form of discomfort at any time while exercising or while following any meal plan/dietary regimen, you should stop immediately. If you are in Canada and think you are having a medical or health emergency, call your health care provider, or 911, immediately.

Please note the following:

- any and all exercise that you do as a result of what you read in this PDF shall be performed **solely at your own risk**;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used **solely at your own risk**; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed **solely at your own risk**.

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