



## Meal Plan

Tim Mousel

Prepared By: Tim Mousel

Email: [tim@edge-trainer.com](mailto:tim@edge-trainer.com)

Created: 09-18-2016

Date Range: 2016-09-26 - 2016-10-03

## **Tim Mousel's Phase 1 - Week 1**



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Day 1

### Day 1 - 9/26/2016

Time	Meal Label	Calories	Meal Items			
07:00 am	Breakfast	300	1 cups OATS, ROLLED, OLD FASHIONED (OATMEAL)			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		155	2 egg EGG, CHICKEN, WHOLE, HARD, BOILED			
		83	1 cups BLUEBERRY, RAW			
		120	1 muffin ENGLISH MUFFIN, 100% WHOLE WHEAT			
		35	1 teaspoons BUTTER			
Notes:						
Meal Totals:		Calories: 693	Carbs: 99g (55%)	Protein: 30g (17%)	Fat: 22g (28%)	Fluid: 25oz
10:00 am	Snack	30	1 cups Silk Unsweetened Vanilla Almond Milk			
		203	2 tablespoons ALMOND BUTTER, NO SALT			
		154	42 grams Shakeology			
Notes:						
Meal Totals:		Calories: 387	Carbs: 25g (25%)	Protein: 23g (23%)	Fat: 24g (53%)	Fluid: 9oz
12:00 pm	Lunch	151	2 pita BREAD, PITA, WHOLE WHEAT			
		83	1 cups CARROT, BABY, RAW			
		2	1 leaf LETTUCE, COS OR ROMAINE, RAW			
		8	2 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		176	20 crackers CRACKER, WHEAT THIN, BAKED			
		321	6 oz TURKEY BREAST, ROASTED			
Notes:						
Meal Totals:		Calories: 741	Carbs: 58g (35%)	Protein: 58g (35%)	Fat: 22g (30%)	Fluid: 25oz
03:00 pm	Snack	90	1 small BANANA, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		80	1 piece STRING CHEESE			
		187	10 toasts CRACKER, MELBA TOAST, WHEAT			
Notes:						
Meal Totals:		Calories: 357	Carbs: 62g (68%)	Protein: 14g (15%)	Fat: 7g (17%)	Fluid: 20oz
06:00 pm	Dinner	226	3/4 cups BEAN, BLACK, BOILED			
		147	4 oz TILAPIA, FRESH			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		90	3/4 cups CORN, NIBLETS, FROZEN			
		240	1/2 cups QUINOA			
Notes:						

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## Day 1

### Day 1 - 9/26/2016

Time	Meal Label	Calories	Meal Items			
Meal Totals:		Calories: 703	Carbs: 105g (59%)	Protein: 54g (30%)	Fat: 9g (11%)	Fluid: 20oz
08:00 pm	Snack	61 0 179 180	1 large PEACH, RAW 8 fl oz WATER, DRINKING WATER, PURIFIED 6 oz YOGURT, FRUIT, LOW FAT 2 bars GRANOLA BAR, OATS 'N HONEY			
Notes:						
Meal Totals:		Calories: 420	Carbs: 76g (71%)	Protein: 13g (12%)	Fat: 8g (17%)	Fluid: 19oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals:		3301	425g (52%)	192g (23%)	92g (25%)	118oz



## Recipes

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### **Italian Chicken (totals) (serves 4)**

#### Ingredients

4 dash Pepper, Black, Ground  
2 teaspoons Oregano, Dried, Ground  
2 clove Garlic, Raw  
4 teaspoons Lemon Juice  
2 tablespoons Olive Oil  
16 oz Chicken, Breast W/o Skin, Raw

#### Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



## Recipes

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### **Chicken Vegetable Soup (totals) (serves 4)**

#### Ingredients

- 2 tablespoons Vegetable Oil, Canola
- 2 medium Onion, Raw
- 2 cups Carrot, Raw
- 4 large Zucchini W/skin, Raw
- 2 tablespoons Parsley, Dried
- 2 teaspoons Oregano, Dried, Leaves
- 1/2 teaspoons Black Pepper, Ground
- 8 cups Vegetable Cooking Stock
- 16 oz Chicken Breast, Boneless, Roasted, Meat Only

#### Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



### Meal Plan Shopping List

Category	Quantity	Item
Accompaniments	3 teaspoons	Mayonnaise, Olive Oil, Artisan   Spectrum
Beef	8 oz	Beef, Flank, Flank Steak, Lean, 0" Trim, Broiled
Beverages	8 cups	Milk, Fluid, Part Skim, 1% Bf
	32 fl oz	Iced Tea, Unsweetened   Generic
	552 fl oz	Water, Drinking Water, Purified
Bread	2 wrap	Wrap, 100% Whole Wheat   Sahara
	6 slice	100% Whole Wheat Bread   Sara Lee
	7 muffin	English Muffin, 100% Whole Wheat   Thomas'
	8 pita	Bread, Pita, Whole Wheat
	8 roll	Roll, Dinner, Whole Wheat
Cereal and Grain Products	1/2 cups	Quinoa   Arrowhead Mills
	2 1/4 cups	Oats, Rolled, Old Fashioned (oatmeal)   Quaker
	2 1/2 cups	Brown Rice, Long Grain, Cooked
	16 oz	Pasta, Macaroni Whole Wheat, Cooked
Cereals, Ready to Eat	4 cups	Oat Bran Flakes Cereal, Rte   Complete All-Bran
Cookies & Crackers	62 toasts	Cracker, Melba Toast, Wheat
	80 crackers	Cracker, Wheat Thin, Baked   Nabisco
Dairy Products	4 large	Egg, Chicken, Hard-boiled
	4 teaspoons	Butter
	4 3/4 cups	Cottage Cheese, 2% Fat
	7 cups	Silk Unsweetened Vanilla Almond Milk
	7 egg	Egg, Chicken, Whole, Hard, Boiled
	8 piece	String Cheese   Kraft
	30 oz	Yogurt, Fruit, Low Fat
Fats and Oils	5 1/2 teaspoons	Olive Oil, Extra Virgin   Bertolli
Finfish and Shellfish Products	4 oz	Albacore Tuna In Water, Chunk White, Canned, Lower Sodium   Chicken of the Sea
	4 oz	Salmon, Atlantic, Wild, Baked Or Broiled
	4 oz	Tilapia, Fresh   Wegmans
Fruits	4 large	Peach, Raw
	4 pear	Pear, Raw
	4 small	Apple W/skin, Raw
	4 tablespoons	Cranberry, Dried, Sweetened
	4 1/2 cups	Blueberry, Raw
	6 small	Banana, Raw
	12 oz	Grape, Raw

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### Meal Plan Shopping List

Category	Quantity	Item
Ingredients	3 teaspoons	Balsamic Vinegar   Spectrum
Legumes	1 3/4 cups	Bean, Black, Boiled
Nuts and Seeds	3 oz	Almond, Raw
	20 tablespoons	Almond Butter, No Salt
Poultry	10 oz	Turkey Breast, Roasted
	11 1/2 oz	Chicken, Broiler, Breast, Meat, Roasted
Sausages and Lunch Meats	4 oz	Roast Beef Lunchmeat   Hillshire Farm
Snacks	12 bars	Granola Bar, Oats 'n Honey   Nature Valley
Sport and Diet Nutritionals	294 grams	Shakeology
Vegetables	3/4 cups	Corn, Niblets, Frozen   Green Giant
	1 cups	Zucchini W/skin, Boiled, No Salt
	2 cups	Kale, Boiled, No Salt
	2 cups	Spinach, Boiled, No Salt
	3 cups	Lettuce, Cos Or Romaine, Raw
	5 leaf	Lettuce, Cos Or Romaine, Raw
	5 3/4 cups	Carrot, Baby, Raw
	11 oz	Tomato, Raw
	16 oz	Sweet Potato, Baked, No Salt



### Recipe Shopping List
















Category	Quantity	Item
Spices	4 dash	Pepper, Black, Ground
Vegetables	2 clove	Garlic, Raw
	2 medium	Onion, Raw
	4 large	Zucchini W/skin, Raw
Beverages	4 teaspoons	Lemon Juice
Fats and Oils	2 tablespoons	Olive Oil
	2 tablespoons	Vegetable Oil, Canola
Poultry	16 oz	Chicken Breast, Boneless, Roasted, Meat Only
	16 oz	Chicken, Breast W/o Skin, Raw
Soup	8 cups	Vegetable Cooking Stock   Imagine
Spices	1/2 teaspoons	Black Pepper, Ground   McCormick/Schilling
	2 tablespoons	Parsley, Dried
	2 teaspoons	Oregano, Dried, Ground
	2 teaspoons	Oregano, Dried, Leaves
Vegetables	2 cups	Carrot, 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	Tennis Ball	Computer Mouse	Baseball	Rounded Handful
$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup	$\frac{1}{2}$ cup
1 oz				1 oz dried goods
2 tbsp				
				
Hockey Puck	Matchbox	Deck of Cards	Thin Paperback Book	Thumb
3 oz muffin or biscuit	1 oz serving of meat	3 oz of chicken, meat, or fish	8 oz serving of meat	1 tsp
				
Poker Chip	Shot Glass	CD	3 Dice	Kids' School Milk Carton
1 tbsp	1 oz	1 slice of bread	1 $\frac{1}{2}$ oz cheese	8 oz drink
	2 tbsp	1 oz lunch meat		

### Useful Examples

		
Bread & Grains	Fruits & Vegetables	Meats, Fish & Nuts
1 cup of cereal = 1 baseball	$\frac{1}{2}$ cup grapes = about 16 grapes	3 oz lean meat or poultry = deck of cards
$\frac{1}{2}$ cup cooked rice = computer mouse	1 cup of strawberries = about 12 berries	3 oz tofu = deck of cards
$\frac{1}{2}$ cup cooked paste = computer mouse	1 cup of salad greens = 1 baseball	2 tbsp peanut butter = golf ball
1 slice of bread = CD	1 cup cooked vegetables = 1 baseball	$\frac{1}{4}$ cup almonds = about 23 almonds
3 cups of popcorn = 3 baseballs	1 baked potato = computer mouse	$\frac{1}{4}$ cup pistachios = about 24 pistachios
		
Dairy & Cheese	Fats & Oils	Sweets & Treats
1 $\frac{1}{2}$ oz cheese = stacked dice	1 tbsp butter or spread = poker chip	1 slice cake = deck of cards
1 cup yogurt = baseball	1 tbsp salad dressing = poker chip	1 cookie = about 2 poker chips
$\frac{1}{2}$ cup ice cream = computer mouse	1 tbsp oil or mayonnaise = poker chip	1 piece of chocolate = matchbox