

NUTRITION PLAN – TEMPLATE FOR EVERY OBJECTIVE

THE TEMPLATE FOR CREATING YOUR OWN NUTRITION PLAN



CREATE A NUTRITION PLAN USING THE TEMPLATE

The goal:

Was the total calorie count too high to lose weight? Did you consume too little protein during a caloric deficit? Your nutrition plan will tell you. It gives you control over every step of your journey to your desired physical target, allowing you to make simple adjustments along the way. The template allows you to determine not only the total calorie count, but also the ratio of proteins, carbohydrates and fats in every meal. That makes it easy to log each individual meal of the day exactly.

In addition to exercise, nutrition is the key to physical fitness and long-term success in training. That is why it is very useful to keep an eye on your diet at all times. Only a proper nutrition plan will allow you to perfectly customise your diet to match your physical objectives. A detailed log of everything you eat helps you to quickly identify any deficits in your diet that could prevent you from achieving your physical target. Slight adjustments are then quick and easy to implement.

How it works:

Just add the full meals and drinks of the day in the space provided in the nutrition plan template. It is important to accurately weigh and log the meals, including the total number of calories and the macro nutrient ratio of proteins, carbohydrates and fats. There are a number of nutritional databases and apps that can help you with that.

At the end of each day you will then be able to check if you have achieved your calorie and nutrient goal, provided you have noted down everything correctly.

We wish you every success with your nutrition plan and are happy to answer any questions you may have.

 @foodspring_uk

How your lunch might look:

Meal	Food & drinks	Kcal & macros
Lunch	 200 grams of boiled rice	474 kcal
	200 grams of grilled chicken breast	57,2 g Protein
	100 grams of broccoli	2,29 g Fat
	10 grams of ketchup	53,2 g Carbs

YOUR STATUS QUO

Your goal

Weight loss

Muscle definition

Muscle building

Weight maintenance

Mass building

Daily calorie requirement for your goal:

kcal

Daily nutrient ratio for your goal:

Proteins

Carbohydrates

Fats

Workouts per week:

Date:













Age:




Weight:

Height (cm):

**Optimise your nutrients and achieve your goals
quicker with foodspring sports nutrition**













DAY 1




Meal	Food & drinks	Kcal & macros
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

Sport	Duration	Consumption during exercise (Food/Drinks)	Kcal & macros
		 _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

	Kcal	Proteins	Carbohydrates	Fats
Daily target	g	g	g	g
Achieved today	g	g	g	g













DAY 2




Meal	Food & drinks	Kcal & macros
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

Sport	Duration	Consumption during exercise (Food/Drinks)	Kcal & macros
		 _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

	Kcal	Proteins	Fat	Kohlenhydrate
Daily target	g	g	g	g
Achieved today	g	g	g	g













DAY 3




Meal	Food & drinks	Kcal & macros
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

Sport	Duration	Consumption during exercise (Food/Drinks)	Kcal & macros
		 _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

	Kcal	Proteins	Carbohydrates	Fat
Daily target	g	g	g	g
Achieved today	g	g	g	g













DAY 4




Meal	Food & drinks	Kcal & macros
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

Sport	Duration	Consumption during exercise (Food/Drinks)	Kcal & macros
		 _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

	Kcal	Proteins	Carbohydrates	Fats
Daily target	g	g	g	g
Achieved today	g	g	g	g













DAY 5




Meal	Food & drinks	Kcal & macros
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

Sport	Duration	Consumption during exercise (Food/Drinks)	Kcal & macros
		 _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

	Kcal	Proteins	Carbohydrates	Fats
Daily target	g	g	g	g
Achieved today	g	g	g	g













DAY 6




Meal	Food & drinks	Kcal & macros
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

Sport	Duration	Consumption during exercise (Food/Drinks)	Kcal & macros
		 _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

	Kcal	Proteins	Carbohydrates	Fats
Daily target	g	g	g	g
Achieved today	g	g	g	g

DAY 7

Meal	Food & drinks	Kcal & macros
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs
 ____ : ____	 _____ _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

Sport	Duration	Consumption during exercise (Food/Drinks)	Kcal & macros
		 _____	_____ kcal _____ g Protein _____ g Fat _____ g Carbs

	Kcal	Proteins	Carbohydrates	Fats
Daily target	g	g	g	g
Achieved today	g	g	g	g