Why the Meal Builder System?

• Gives guidance and individualization without exact “diet plan”
  ➢ Fills the gap between the general nutrition recommendation and clinical prescription

• Teaches the different categories of foods in addition to portion sizes

• Allows for flexibility and versatility
The Meal Builder

4 Steps

1. Identify your Goal
   Lose, maintain, or gain weight

2. Find Your Fuel Zones
   Based on current weight, age, & gender

3. Nutrition Blueprint

4. Build Your Meals
## Nutrition Blueprint

### Locate Your Nutrition - Operational Series

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or “fueling times”. The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

<table>
<thead>
<tr>
<th>STEP 3</th>
<th>1400 - 1600</th>
<th>1600 - 1800</th>
<th>1800 - 2000</th>
<th>2000 - 2200</th>
<th>2200 - 2400</th>
<th>2400 - 2600</th>
<th>2600 - 2800</th>
<th>2800 - 3000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains</strong></td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td><strong>Proteins</strong></td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>0 to 1</td>
<td>0 to 1</td>
<td>0 to 1</td>
<td>0 to 1</td>
<td>0 to 1</td>
<td>0 to 1</td>
<td>0 to 1</td>
<td>0 to 1</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Fats</strong></td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td><strong>Calorie Range</strong></td>
<td>350 - 400</td>
<td>175 - 200</td>
<td>280 - 320</td>
<td>280 - 320</td>
<td>140 - 160</td>
<td>550 - 600</td>
<td>275 - 300</td>
<td>440 - 480</td>
</tr>
</tbody>
</table>

*Meal Replacement Shake or Bar:*

- 1
- 1+ fruit

### Additional Information

- Each meal group represents the recommended number of servings.
- The calorie range is provided for each meal group.
- The fueling times are denoted as breakfast, snack, lunch, dinner, and snack.
- Adjustments can be made based on individual caloric needs.

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**Build Your Meals**

**Fueling Series**

**Meal Builder**

**Step 4**

**Map Your Blueprint**

The food list below has foods from each of the categories found in your Nutrition Blueprint.

**Size Up Your Servings**

The size of the serving in each food category equals one serving, e.g. 1 slice of whole wheat bread = 1 grain serving.

**Mix It Up**

Each serving may be used interchangeably. For example, if you like fruit, you can eat it with any of the foods listed in the food column.

You are now prepared to create customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day, as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quantity and quality of your food choices.

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**Proteins**

- Whole eggs (1 large)
- Baked beans (1 cup)
- Chicken breast (1 3-4 oz)
- Fish (broiled or grilled)
- Beef (1 3-4 oz)
- Turkey (1 3-4 oz)
- Nuts (1 3-4 oz)

**Vegetables**

- Green beans (1 cup)
- Carrots (1 cup)
- Broccoli (1 cup)
- Spinach (1 cup)
- Brussel sprouts (1 cup)
- Brussels sprouts (1 cup)

**Grains**

- Whole wheat bread (1 slice)
- Whole wheat pasta (1 cup)
- Brown rice (1 cup)
- Quinoa (1 cup)

**Fats**

- Olive oil (2 tbsp)
- Ground flax seed (1/2 tsp)
- Greek yogurt (1 cup)

**Desserts**

- Greek yogurt (1 cup)
- Fresh fruit (1 cup)

**Meal Replacements/Protein Shakes**

1. 1 scoop Whey Protein
2. 1 scoop Casein Protein

**Meal Replacement Considerations**

- Choose foods that are high in fiber and low in sugar.
- Include a variety of foods in each meal.
- Plan your meals ahead of time.

**At Clean Eat Often Hydrate Recover Mindset**

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How Do the Numbers Add Up?

Modified Exchange System

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Grains/Starches</th>
<th>Proteins</th>
<th>Fruits</th>
<th>Vegetables</th>
<th>Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbs (g)</td>
<td>15</td>
<td>Trace</td>
<td>15</td>
<td>5</td>
<td>Trace</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>3</td>
<td>21</td>
<td>Trace</td>
<td>~2</td>
<td>Depends</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>Trace</td>
<td>1-5</td>
<td>0</td>
<td>Trace</td>
<td>5-7</td>
</tr>
<tr>
<td>CALORIES</td>
<td>80</td>
<td>~115</td>
<td>60</td>
<td>~25</td>
<td>~65</td>
</tr>
</tbody>
</table>

Carbohydrate = 4 kcal/gram
Protein = 4 kcal/gram
Fat = 9 kcal/gram
Attached:

- Navy Operational Fueling Workbook

- Entire NOFFs program available online and free downloadable mobile App:

http://www.navyfitness.org/fitness/noffs/