



NUTRITION

MEAL PLAN  
**BUILD**  
YOUR OWN  
MACRONUTRIENTS

*Fit* BOOST

BY TOSCA RENO



Copyright © 2019. Tosca Reno Interactive Media. All Rights Reserved  
TOSCARENO.COM | Medical Disclaimer

# HI FRIENDS AND FITNESS LOVERS.

I am so excited to be here with you. You will soon be getting started on my [EAT-CLEAN® FITNESS BOOST](#) and your life is going to improve because we are going to make serious positive changes that will help you learn what to eat, when to eat it and how to train. I will be doing it with you and posting regularly about what I am doing and how I am doing it.

To get the job done right we need to know about how to eat. Nutrition is critical to success. The entire [EAT-CLEAN®](#) series has been built on this undeniable fact. Here we have put together a two week menu plan complete with all 6 meals to be eaten each day. It's the most prescriptive, simple and practical menu plan you could hope for, loaded with meals and snacks to nourish you while supporting the exchange of fatty tissue with lean, gorgeous, fat-burning muscle tissue.

Follow the Meal Equation below to figure out what *your* meal frequency is and the type of meal it is. I have also included a Build-Your-Own component in my [FITNESS BOOST](#) because the most effective way to help you learn and adopt Eat Clean principles into your new, healthy 2015 lifestyle, is to teach *you* how to do it. When Build-Your-Own pops up in your menu plan, refer to the [Macronutrient Chart](#) to build a complete meal.



## NUTRITION

This way you will understand that from Breakfast to Dinner, each of the necessary macronutrient components are present. You will be able to whip up a breakfast smoothie on the fly - opening up your blender, adding a scoop of protein, and knowing this is the right protein portion. Then you will know you must add healthy fat, so you can toss in an avocado or a scoop of coconut oil. Now you need complex carbs so it's time to toss in fruit and perhaps some oats. When it's dinner time, you may start with a piece of grilled salmon and know that is the protein component so you still have to add fats and carbs. Fats can come from the fish itself or what you may have cooked it in. You may also add fats like butter, coconut oil or olive oil to your steamed greens (I love rapini) and half of a sweet potato. That is meal building on the fly

# MEAL EQUATION:

Each meal adds up to a total day of complete nutrition.

#1 BREAKFAST

---

#2 SNACK

---

#3 LUNCH

---

#4 SNACK

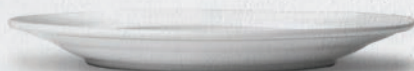
---

#5 DINNER

---

#6 SNACK

---



# MEAL BREAKDOWN:

YOU WILL BE EATING 6 MEALS PER DAY	
#1	<i>Breakfast is considered Meal 1</i>
#2	<i>Mid-morning Snack is considered Meal 2</i>
#3	<i>Lunch is Meal 3</i>
#4	<i>Mid-afternoon Snack is Meal 4</i>
#5	<i>Dinner is Meal 5</i>
#6	<i>Bedtime Snack is Meal 6; it is the last meal you eat, a minimum of one hour before bed.</i>

## TIPS

Meals eaten every 2-3 hours, no longer. This frequency is crucial for keeping your metabolic rate functioning correctly and at the most efficient pace.

Please do not skip one meal as this stops your metabolic efficiency. Even snacks are considered a meal and play a role.

If you find that you are hungry, remember to always turn to raw vegetables like chopped fennel, cucumber, radish, celery and peppers. Pair these with hummus or bean dip to ensure you are balancing your complex carbohydrates from vegetables with lean protein and healthy fat.

# INTRODUCTION TO MACRONUTRIENTS, HOW THEY WORK & BUILD-YOUR-OWN

The greatest value I could possibly provide you, in addition to this prescriptive program, is to teach you how to build your own Eat Clean meals so that you have full confidence to create meals of your own choosing forevermore. Throughout both weeks of menu plans, you will see the occasional prompt to Build-Your-Own Breakfast, Lunch, Snack or Dinner.

This should not strike fear into you. Rather, it is a challenge for you to build a clean meal using the components of healthy, clean nutrition undertaken in the company of the **EAT-CLEAN® FITNESS BOOST** community #FitCommit, where others will be doing the same.

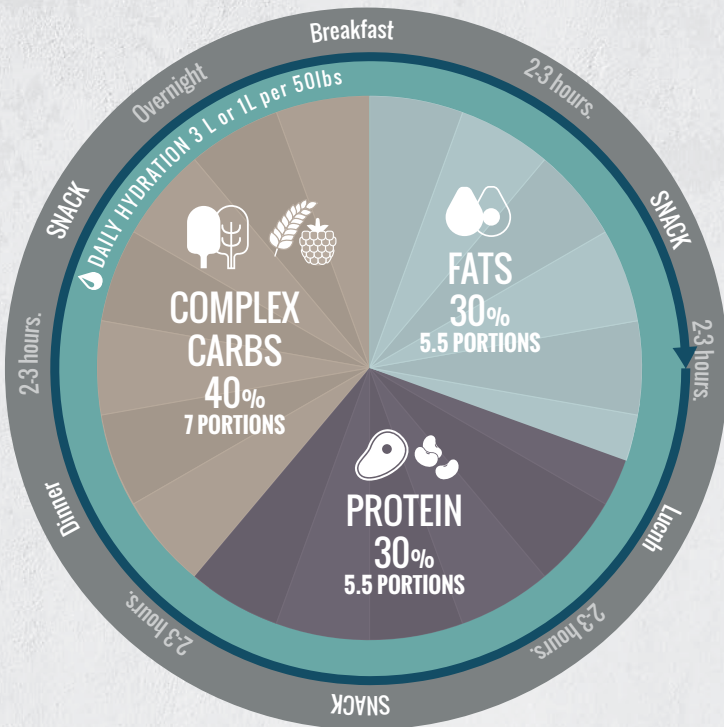
**I WILL BE BUILDING MY OWN MEALS RIGHT ALONG WITH YOU AND SHARING MY CREATIONS ON MY SOCIAL MEDIA PAGES. THE IDEA OF PARTICIPATING IN SUCH A DYNAMIC ENVIRONMENT IS CRUCIAL FOR OUR MUTUAL SUCCESS!**



# ECD WHEEL OF HEALTH

## THE COMPLETE MEAL

What is a complete meal? A complete meal is comprised of the following  
**MACRONUTRIENT EQUATION:**



# EAT CLEAN DIET®

## 1-2-3 PRINCIPLES

$$6 \text{ MEALS Daily} \times 3 \text{ MACROS at Each Meal} = 18 \text{ PORTIONS of Macros Daily}$$

#1 BREAKFAST

#2 SNACK

#3 LUNCH

#4 SNACK

#5 DINNER

#6 SNACK



COMPLEX  
CARBS

→ 7



Greens, Fruits,  
Veggies and/or Grains



PROTEINS

→ 5.5



HEALTHY  
FATS

→ 5.5

# ECD PORTION USE YOUR OWN HAND

What portion size is right for you? Everyone should measure their portion sizes using their palm.



**COMPLEX CARBS**  
Greens



**COMPLEX CARBS**  
Fruit, Veggies, Grains



**P**



**F**





## NUTRITION

**MACRONUTRIENTS:** Macronutrients are the main energy sources for human metabolism, and are, therefore, the largest part of your meal equation. We require three main forms and encourage you to have all three at each meal.



**LEAN PROTEIN:** Lean protein comes from both animal and plant sources. It infuses our body with essential amino acids so we can build, repair, and grow.



### COMPLEX CARBOHYDRATES:

Complex carbohydrates come in the form of fruits, vegetables, and whole grains. They contain fiber, nutrients and natural sugar chains for energy.



**HEALTHY FAT:** A combination of unsaturated fats, saturated fats, and essential fatty acids are necessary for healthy cell membranes, skin and hair, as well as regular body temperature and brain function.

# BUILD-YOUR-OWN COMPLETE MEAL EXAMPLE

## HERE'S A QUICK EXAMPLE OF HOW TO TAKE THIS EQUATION AND BUILD YOUR OWN MEAL:

Choose a lean protein (eg. tilapia) and pair it with your choice of complex carbohydrates (eg. sweet potato and asparagus) and then add a healthy fat (eg. olive oil).



TILAPIA



SWEET POTATO & ASPARAGUS



OLIVE OIL

**= A COMPLETE MEAL**

To build your own meal, use the equation above and choose your food options from the [full macronutrient list](#).

# MACRONUTRIENT LIST

## BUILD-YOUR-OWN COMPLETE MEAL

DISCLAIMER: These lists are guidelines only and not complete lists.  
Use to help you learn what choices can be made.

This is not an exhaustive list but this is a general idea of the foods that can be included in the Build Your Own Meals component of the plan.



## PROTEIN

### PLANT-BASED PROTEINS:

- Spirulina  
1 tsp contains 2 grams protein
- Chlorella  
3 Tbsp contains 16 grams protein
- Edamame -  
½ cup contains 17 grams protein -
- Protein powder  
1 scoop according to manufacturer's recommendation
- Non-dairy milks  
1 cup = 9 grams protein
- Avocado  
one medium = 10 grams
- Broccoli  
1 cup = 5 grams
- Alfalfa sprouts  
100 grams = 4 grams protein
- Broccoli rabe  
100 grams = 3.2 grams protein
- Spinach  
1 cup = 5 grams
- Kale  
2 cups = 5 grams
- Sweet potato  
1 cup = 5 grams
- cannellini  
17 grams
- cranberry 17 g
- navy - 16g
- split - 16g
- anasazi - 15g
- black - 15g
- kidney - 15g
- great northern - 15g
- lima - 15g
- pink - 15g
- black eyed - 14g
- mung - 14g
- pinto - 14g
- green - 14g
- lentils - 18 grams
- refried beans - 15.5 g
- hummus - 14.5 grams
- tahini  
3Tbsp = 8g



### BEANS & LEGUMES 1 cup cooked

- tempeh  
30 grams
- adzuki beans  
17 grams
- soybeans  
28 grams
- chickpeas  
28 grams



## NUTRITION

### MACRONUTRIENT LIST Cont.



#### HIGH-PROTEIN GRAINS: 1 cup cooked

- triticale - 25 grams
- millet - 8.4
- amaranth - 7g
- oat bran - 7g
- bulgur - 7g
- buckwheat - 6g
- teff - 6g
- oat groats - 6g
- barley - 5g
- brown rice - 5g
- wheat germ - 6g
- spelt - 5g
- quinoa - 9 grams
- oatmeal 6 grams
- sprouted grain breads - 1 slice = 4 grams

#### NUTS + SEEDS HIGH IN PROTEIN

- chia seeds  
1/4 cup = 12 grams
- flax seeds  
1/4 cup = 8 grams
- sunflower seeds  
1/4 cup = 8 grams
- salba - 1/4 cup = 7.4 grams
- pumpkin seeds  
1/4 cup = 7 grams
- Brazil - 1/4 cup = 5 grams
- hazlenut  
1/4 cup = 5 grams

- Hemp seeds  
1/4 cup = 12 grams
- sesame seeds  
1 ounce = 6.5 grams
- walnuts 1/4 cup or 2 ounces = 5 grams
- cashews - 1 ounce = 4.4 grams protein
- almonds - 2 Tbsp = 4 grams protein
- pistachios  
1 ounce = 5.8 grams
- peanuts  
1 ounce = 6.5 grams
- nut butters - peanut, almond, cashew  
2 Tbsp = 2 grams

#### ANIMAL-BASED PROTEINS: 4.6 ounce.



- grass fed meats
- bison
- venison
- elk
- free range chicken
- free range turkey
- wild salmon
- wild Arctic char
- flounder
- tilapia
- shrimp
- tuna
- free-range organic eggs

## COMPLEX CARBS

**20%** LEAFY GREENS  
& VEGGIES

**20%** FRUITS & GRAINS

#### VEGETABLES:



- asparagus
- broccoli
- broccoli rabe
- sunchokes
- Brussels sprouts
- cauliflower
- cabbage
- fennel
- garlic
- herbs
- onions, shallots, leeks
- mushrooms
- sea vegetables
- okra
- sweet potatoes
- corn
- peas
- carrots
- winter squash
- summer squash
- collard greens
- kale
- mustard greens
- cucumber
- radishes
- beans
- spinach

## NUTRITION

### MACRONUTRIENT LIST Cont.



#### FRUIT COMPLEX CARBOHYDRATES

- avocado
- banana
- berries
- kiwi
- apples
- pears
- grapefruit
- watermelon
- orange
- tomato



#### WHOLE GRAIN COMPLEX CARBOHYDRATES

- farro
- teff
- brown rice
- bulgur wheat
- wheat berries
- buckwheat
- rye berries

## HEALTHY FATS



- Extra-virgin olive oil
- Rice bran oil
- Coconut oil
- Avocado oil
- Sunflowerseed oil
- Pumpkinseed oil
- Grapeseed oil
- Flaxseed oil
- Sesame oil
- Hemp seed oil
- Nut butters (cashew, almond, peanut)
- Nuts (almonds, cashews, pistachios, walnuts, pecans)
- Seeds (sesame, hemp, flax, pumpkin, chia)
- Avocados
- Butter
- Ghee