



The Teal Yogi

THE TEAL YOGI

Member resource

NO. 03 · NUTRITION

Nutrition starter guide

How our meal plans work: pick the plan for your body weight, then build every meal from foods you like, in the right portions.

INSIDE

- 01 The 4 rules
- 02 Pick your plan by weight
- 03 Build any meal in 4 parts
- 04 Ease in over 4 weeks
- 05 Adjust for your goal

CLASS TIMES

Mon–Thu 6:30am–7:30pm · Fri 6:30am–8am ·
Sat 8am–9:30am · Sun 8am–6pm

FRONT DESK

(815) 336-5009

yoga@thetealyogi.com

VISIT

16127 Farrell Road, Lockport

THE BASICS

Four rules, 80% of the time

You don't need a perfect diet. Follow these at most meals and your training will start to show.

01

Protein at every meal

It builds muscle and keeps you full longer than anything else.

02

Vegetables at every meal

One or two fists of vegetables for fiber, vitamins and volume.

03

Drink water first

About half your body weight (lb) in ounces a day, more on training days.

04

Mostly whole foods

Treats are fine when you choose them on purpose, not by habit.

Pick your meal plan by weight

There are four plans. Each one lists the right portion of every food for that weight range, plus a grocery list. Use your current weight.

YOUR WEIGHT	CALORIES A DAY	PROTEIN A DAY	EXAMPLE PORTION
Under 150 lb (under 68 kg)	1,350	115 g	4½ oz chicken
150–199 lb (68–90 kg)	1,750	155 g	6 oz chicken
200–249 lb (91–113 kg)	2,200	190 g	7½ oz chicken
250 lb and up (113 kg and up)	2,650	230 g	9 oz chicken

All plans are set for steady fat loss and are approximate. To maintain your weight, add 1 carb and 1 fat serving a day. To gain, use the Bulking Guide.

HOW IT WORKS

Build any meal in four parts

Every meal on your plan is one serving from each list. You choose the foods; your plan sets the amount.



Protein

Chicken, fish, eggs,
Greek yogurt, lean
beef, tofu



Carb

Rice, potatoes, oats,
fruit, bread, beans



Fat

Olive oil, avocado,
nut butter, nuts,
cheese



Veggies

Any green or
colourful vegetable,
as much as you like

Ease in over four weeks

WEEKS 1-2

Eat the right foods

Only eat foods from your
plan's lists, until you're
satisfied. Don't worry about
amounts yet.

WEEKS 3-4

Eyeball the portions

Use your plan's portions with
measuring cups or your hand:
a palm of protein, a fist of
carbs, a thumb of fat.

WEEK 5 ON

Measure and fine-tune

Weigh your protein and carbs
for a week to calibrate your
eye. Then adjust with your
coach.

Adjust for your goal

Lose fat

Follow your plan as written. If
nothing changes in 2 weeks,
drop 1 carb serving a day.

Maintain

Add 1 carb and 1 fat serving a
day, ideally around your class.

Gain muscle

Follow the Bulking Guide. It
starts from your plan and
adds food step by step.



Eat 1.5 to 2 hours before class

A full meal right before a workout feels heavy. Finish your last meal 1.5 to 2 hours before class, or have a small snack like a banana 30 minutes before.