



JoyfullyFit³⁶⁵

YOUR 24/7 TOTAL TRANSFORMATION SOLUTION

BLOCK NUTRITION PLAN GUIDE



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BLOCK NUTRITION PLAN

What exactly IS a block?

A block is a unit of measure used to simplify the process of making balanced meals.

7 grams of protein = 1 block of protein

9 grams of carbohydrate = 1 block of carbohydrate
1.5 grams of fat = 1 block of fat (There is an assumption that there is about 1.5 grams of fat in each block of protein, so the total amount of fat needed per 1 block meal is 3 grams.)

When a meal is composed of equal blocks of protein, carbohydrate, and fat, it is 40 % carbohydrate, 30 % protein and 30% fat.

Pages 3 and 4 list common foods, their macronutrient category (protein, carbohydrate or fat), along with a conversion of measurements to blocks.

There are two methods to using the block nutrition guide.

1. The first is to keep balanced and equal meals. It's the conventional method for those who prefer heavy structure but still desire options in their diet.

This "block chart" is a convenient tool for making balanced meals. Simply choose 1 item from the protein list, 1 item from the carbohydrate list, and 1 item from the fat list to compose a 1 block meal. Or choose 2 items from each column to compose a 2 block meal, etc.

Here is a sample 4 block meal:

4 oz. chicken breast 1 artichoke 1 cup of steamed vegetables w/ 24 crushed peanuts 1 sliced apple

This meal contains 28 grams of protein, 36 grams of carbohydrate, and 12 grams of fat. It is simpler, though, to think of it as 4 blocks of protein, 4 blocks of carbohydrate, and 4 blocks of fat.

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2. The second is to simply use the total daily allowance for proteins, carbs and fats as a budget and not attempt to make meals equal in blocks. This means that you could select foods that might be 3 blocks of protein and only 2 blocks of carbs and a different number of blocks of fats.

This perfectly acceptable being that you'll subtract those blocks from each category from the total number of blocks of each.

For example, if you used what's mentioned here, and you had 10 total blocks of each category, you would have 7 blocks of protein remaining, 8 blocks of carbs remaining and if you had 1 block of fats, you'd have 9 remaining fats.

It doesn't matter when you eat or how you get your allotted blocks in, so long as you get the prescribed number of blocks for each macronutrient (macronutrients are carbs, fats and proteins).

Why Using Blocks Work

The key here is to have the right amount of calories throughout your day based upon your energy expenditure, which is how many calories you burn at rest plus how many calories you burn with your activity. Consuming less calories than this expenditure will create a deficit that decreases body fat.

Blocks are simply a balance of macronutrients to spread your calories evenly to produce the proper energy source, a healthy level of hormones and muscle repair.

This is the next best method after doing custom macronutrients and flexible dieting and based upon the same principles.

BLOCKS

Choose which body type best fits you to determine your block requirement. This will be an estimate for a starting point.

(We'll most likely have to adjust, which is why you'll have the nutrition guidance from me to help you!)

Breakfast	Lunch	Snack	Dinner	Snack	Total Daily Blocks	Body Type
2	2	2	2	2	10	Small Female
3	3	1	3	1	11	Medium Female
3	3	2	3	2	13	Large Female
4	4	1	4	1	14	Athletic- Well Muscled Female
4	4	2	4	2	16	Small Male
5	5	1	5	1	17	Medium Male
5	5	2	5	2	19	Large Male
4	4	4	4	4	20	X-Large Male
5	5	3	5	3	21	Hard Gainer
5	5	4	5	4	23	Large Hard Gainer
5	5	5	5	5	25	Athletic -Well muscled male



FOOD LIST

Block Chart

Protein (cooked quantity)	Carbohydrate (cooked)	Carbohydrate (cooked)	Fat (quantity)
chicken breast 1 oz	oatmeal 1/3 cup	fava beans 1/3 cup	almonds ~3
turkey breast 1 oz	artichoke 1 small	kale 1 1/4 cup	avocado 1 Tbs
ground turkey 1 1/2 oz	asparagus 12 spears	kidney beans 1/4 cup	canola oil 1/3 tsp
veal 1 oz	green beans 1 cup	leeks 1 cup	macadamia nuts ~1
beef 1 oz	beet greens 1 1/4 cup	lentils 1/4 cup	olives ~5
ground beef 1 1/2 oz	black beans 1/4 cup	okra 3/4 cup	peanut butter 1/2 tsp
canadian bacon 1 oz	bok choy 3 cups	onions 1/2 cup	peanuts ~6
corned beef 1 oz	broccoli 1 1/4 cup	sauerkraut 1 cup	cashews ~3
duck 1 1/2 oz	brussel sprouts 3/4 cup	spagetti squash 1 cup	peanut oil 1/3 tsp
ham 1 oz	cabbage 1 1/3 cup	spinach 1 1/3 cup	olive oil 1/3 tsp
lamb 1 oz	cauliflower 1 1/4 cup	swiss chard 1 1/4 cup	tahini 1/3 tsp
ground lamb 1 1/2 oz	chick peas 1/4 cup	tomato sauce 1/2 cup	guacomole 1/2 Tbs
pork 1 oz	collard greens 1 1/4 cup	tomatoes 3/4 cup	vegetable oil 1/3 tsp
ground pork 1 1/2 oz	dill pickles 3 (3 in)	yellow squash 1 1/4 cup	mayonnaise 1/3 tsp
calamari 1 1/2 oz	eggplant 1 1/2 cup	zucchini 1 1/3 cup	mayo, light 1 tsp
catfish 1 1/2 oz			sesame oil 1/3 tsp
clams 1 1/2 oz	Carbohydrate (raw)	Carbohydrate (raw)	sunflower seeds 1/4 tsp
crabmeat 1 1/2 oz	alfalfa sprouts 7 1/2 cup	grapes 1/2 cup	bacon bits 2 1/2 tsp
flounder/sole 1 1/2 oz	bean sprouts 3 cups	grapefruit 1/2	butter 1/3 tsp
lobster 1 1/2 oz	broccoli 2 cups	honeydew 1/2	half and half 1 Tbs
salmon 1 1/2 oz	cabbage 2 1/4 cups	kiwi 1	cream, light 1/2 tsp
sardines 1 oz	cauliflower 2 cups	lemon 1	cream cheese 1 tsp
scallops 1 1/2 oz	celery 2 cups	lime 1	sour cream 1 tsp
swordfish 1 1/2 oz	cucumber 1 (9 in)	nectarine 1/2	tartar sauce 1/2 tsp
shrimp 1 1/2 oz	lettuce, Iceberg 1 head	orange 1/2	lard 1/3 tsp
tuna steak 1 1/2 oz	lettuce, romaine 6 cups	peach 1	veg. shortening 1/3 tsp
canned tuna 1 oz	mushrooms 3 cups	pear 1/2	
protein powder 1 oz	onion 2/3 cup	pineapple 1/2 cup	
seitan 1 oz	peppers 1 1/4 cup	plum 1	
soy burgers 1/2 patty	radishes 2 cups	raspberries 2/3 cup	
soy sausage 2 links	salsa 1/2 cups	strawberries 1 cup	
spirulina (dried) 1/2 oz	snow peas 3/4 cup	tangerine 1	
soy cheese 1 oz	spinach 4 cups	watermelon 2/4 cup	
firm tofu 2 oz	tomato 1 cup		
soft tofu 3 oz	apple 1/2	Combo Items (quantity)	
whole egg 1 large	apple sauce 3/8 cup	milk 1 cup	
egg whites 2 large	apricots 3 small	yogurt (plain) 1/2 cup	
egg substitute 1/4 cup	blackberries 1/2 cup	soybeans 1/4 cup	
cottage cheese 1/4 cup	cantaloupe 1/4	soymilk 1 cup	
cheese 1 oz	cherries 7	tempeh 1 1/2 oz	
feta cheese 1 1/2 oz	fruit cocktail 1/3 cup		
ricotta cheese 2 oz	blueberries 1/2 cup		

*Note: combo items contain 1 block of protein and 1 block of carbohydrate



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Carbohydrate (quantity)

Vegetables

Acorn Squash	3/8 cup
Baked Beans	1/8 cup
Beets	1/2 cup
Black-eyed peas	1/4 cup
Butternut Squash	1/3 cup
Cooked carrots	1/2 cup
Corn	1/4 cup
French Fries	5
Hubbard squash	2/3 cup
Lima beans	1/4 cup
Parsnips	1/3 (9 in)
Peas	1/3 cup
Pinto Beans	1/4 cup
Potato, boiled	1/3 cup
Potato, mashed	1/5 cup
Refried beans	1/4 cup
Sweet Potato, baked	1/3 (5 in)
Sweet potato, mashed	1/5 cup
Turnip	3/4 cup

Fruit

Banana	1/3 (9 in)
Cranberries	1/4 cup
Cranberry sauce	4 tsp
Dates	2
Figs	3/4
Guava	1/2 cup
Kumquat	3
Mango	1/3 cup
Papaya	2/3 cup
Prunes	2
Raisins	1 Tbs

Fruit Juice

Apple juice	1/3 cup
Cranberry juice	1/4 cup
Fruit Punch	1/4 cup
Grape juice	1/4 cup
Grapefruit juice	3/8 cup
Lemon juice	1/3 cup
Orange juice	3/8 cup
Pinapple juice	1/4 cup
Tomato juice	3/4 cup

Carbohydrate (quantity)

Grains and Breads

Bagel	1/4
Barley	1Tbs
Biscuit	1/4
Baked Potato	1/3 cup
Bread crumbs	1/2 oz
Bread	1/2 slice
Breadstick	1
Buckwheat	1/2 oz
Bulgur wheat	1/2 oz
Cereal	1/2 oz
Corn bread	1 in ₂
Cornstarch	4 tsp
Croissant	1/4
Crouton	1/2 oz
Donut	1/4
English muffin	1/4
Flour	1 1/2 tsp
Granola	1/2 oz
Grits	1/3 cup
Melba toast	1/2 oz
Muffins	1/4
Noodles	1/4 cup
Instant oatmeal	1/2 pkt
Pasta, Cooked	1/4 cup
Pasta, high protein	1/3 cup
Pancake	1/2 (4 in)
Pita bread	1/4
Popcorn	2 cups
Rice	3 Tbs
Rice cake	1
Roll (hamburger, hot dog)	1/4
Roll (dinner)	1/2
Taco shell	1
Tortilla (corn)	1 (6 in)
Tortilla (flour)	1/2 (6 in)
Udon noodles	3 Tbs
Waffle	1/2

Carbohydrate (quantity)

Condiments

BBQ sauce	2 Tbs
Catsup	2 Tbs
Cocktail sauce	2 Tbs
Honey	1/2 Tbs
Jelly/jam	2 tsp
Plum sauce	1 1/2 Tbs
Molasses	2 tsp
Pickle (bread and butter)	6 slices
Relish (sweet)	4 tsp
Steak sauce	2 Tbs
Brown sugar	1 1/2 tsp
Granulated sugar	2 tsp
Confectioners sugar	1 Tbs
Maple syrup	2 tsp
Teriyaki sauce	1 1/2 Tbs

Alcohol

Beer	8 oz
Liqour	1 oz
Wine	4 oz

Snacks

Chocolate bar	1/2 oz
Corn chips	1/2 oz
Graham crackers	1 1/2
Ice cream	1/4 cup
Potato chips	1/2 cup
Pretzels	1/2 oz
Tortilla chips	1/2 oz
Saltine crackers	4



MACRO GUIDANCE



FUNCTION

- Promotes absorption of fat-soluble vitamins (A, E, & K)
- Insulation of the body
- Supports energy storage, as too much fat storage could result in health complications
- Essential fats support basic metabolism and could help avert heart disease
- Helps with hormone balance and function



FUNCTION

- Necessary in the repair of tissue and growth
- Essential for producing hormones and enzymes
- Could be used as a source of energy carbs energy is insufficient
- Highest Thermic Effect of Feeding (TEF) causing higher calorie burn from digesting it




FUNCTION

- Preferred source of energy for the body
- Fibrous carbs help prevent constipation, and also aid in fat loss by slowing down digestion
- Fibrous carbs can help to regulate blood sugar and keep you feeling full and satisfied for longer periods of time.
- prevents muscle loss by sparing protein from being used as an energy source.



SOURCES

- Walnuts
- Avocado 
- Tuna
- Flax seeds
- Canola oil
- Peanuts
- Soybean oil
- Salmon
- Olive oil
- Sesame seeds
- Cashews
- Trout 
- Butter



SOURCES

- Liquid Egg Whites
- Soybeans
- Protein Shake
- Beans
- Steak 
- Fish
- Chicken
- Eggs
- Seeds
- Turkey 
- Tofu
- Navy beans
- Kidney beans



SOURCES

- Rye bread
- Beans
- Quinoa 
- Oats
- Lentils
- Whole grain bread
- Fruits
- Sweet potatoes
- Bran flakes
- Pinto beans
- Oatmeal 
- Fruit Smoothie
- Whole grain pasta