

DIET & NUTRITION GUIDE

The primary goal of this nutrition plan is to lose fat while shaping and maintaining the body. This is achieved by creating a caloric deficit while preserving muscle mass through structured nutrition and training support.

Caloric Strategy

Calories are reduced gradually week by week.

- Example
 - Body weight: 80 kg (≈176 lbs)
 - Maintenance calories: ~2600 kcal/day
 - Starting calories: ~2100 kcal/day
 - Weekly reduction: 50–80 kcal
 - Target range over time: 1700–1500 kcal/day

This slow reduction helps maintain energy, performance, and muscle mass.

Carbohydrate Sources (Only These Are Used)

- Rice
- Sweet potatoes
- Oatmeal

No other carbohydrate sources are included in this program.

Protein Sources

- 90% lean beef
- Chicken breast
- Eggs:
 - 3–4 whole eggs
 - Remaining egg whites as needed

Protein intake is prioritized to support muscle retention and recovery.

Vegetable Intake

- Greens: Unlimited

Vegetables support digestion, micronutrient intake, and satiety.

Sample Daily Food Quantities

- *(Exact amounts may vary based on caloric needs)*
 - Eggs: 4–8 total (3–4 whole, rest whites)
 - Oatmeal: 50–100 g
 - Lean beef: 250–300 g
 - Chicken breast: 300–400 g
 - Rice: 200–400 g
 - Greens: Unlimited

Carb Cycling Strategy

- Carbohydrates are adjusted based on training demand:
 - Leg days: Higher carbohydrate intake
 - Rest days: Lower carbohydrate intake

This method supports performance on heavy training days while maximizing fat loss on lighter days.

Fat Sources

- Olive oil
- Coconut oil
- Peanut butter



Supplements

Core Supplements:

- Vitamin D
- Omega-3
- Optional Supplements:
- Creatine
- Arginine
- Glutamine

Supplements support health and performance but do not replace proper nutrition!



Key Principles to Follow

- Maintain a caloric deficit
- Use strict food selection
- Adjust carbs based on activity level
- Be consistent and patient

Consistency over time is what delivers results.