



AGING STRONG

NUTRITION PROGRAM

A sustainable system for body composition, muscle maintenance, conditioning, recovery, and lifelong habits.

CORE IDEA

You do not need a perfect diet. You need repeatable structure that supports your training, your energy, and your long term health.

This program helps you:

- Build meals around protein and whole foods.
- Support fat loss without extreme dieting.
- Maintain muscle while improving conditioning.
- Create simple routines you can repeat.
- Handle real life meals without falling apart.

The Aging Strong approach:

- Structure before perfection.
- Protein first.
- Hydration daily.
- Carbs with purpose.
- Consistency over extremes.

Created for Aging Strong Fitness members by Jesse La Valle



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MEMBER NOTE

This is not a medical nutrition plan. If you have diabetes, kidney disease, digestive disease, food allergies, an eating disorder history, or medical restrictions, follow your healthcare provider's guidance.



1. Program Philosophy

Most diets fail because they are built around short term restriction. The Aging Strong Nutrition Program is built around sustainable structure. The goal is not to eat perfectly. The goal is to eat in a way that supports training, muscle maintenance, energy, body composition, and independence for the long term.

This program is designed for adults who want to look better, feel better, move better, and stay capable as they age. It supports the same philosophy used in Aging Strong training: build strength, improve mobility, keep things practical, and stay consistent enough to create results.

What This Program Supports

Physical Goals

- Sustainable fat loss.
- Muscle maintenance.
- Strength training recovery.
- Conditioning and energy.
- Healthy aging and independence.

Lifestyle Goals

- Simple meals you can repeat.
- Less confusion around food.
- Better restaurant decisions.
- Less all or nothing thinking.
- Long term consistency.

IMPORTANT

This is not a crash diet, keto plan, or extreme meal plan. It is a structure for eating in real life while supporting the Aging Strong training system.

2. The Aging Strong Methodology

The Aging Strong Methodology is simple: train consistently, eat with structure, recover well, and adjust gradually. Nutrition should make your training better, not make your life miserable.

The 6 Pillars of Aging Strong Nutrition		
Pillar	What It Means	Why It Matters
Protein First	Build meals around a clear protein source.	Supports muscle, recovery, fullness, and body composition.
Meal Structure	Use repeatable meal times and meal templates.	Reduces grazing and makes consistency easier.
Smart Carbs	Use carbs intentionally instead of fearing them.	Supports training, walking, energy, and long term adherence.
Produce and Fiber	Include vegetables, fruits, beans, or whole foods often.	Supports fullness, digestion, micronutrients, and heart health.
Hydration and Recovery	Drink water consistently and support sleep and recovery habits.	Improves training quality and helps reduce low energy eating.
Real Life Flexibility	Use rules for restaurants, holidays, and social meals.	Keeps the plan sustainable instead of fragile.
THE STANDARD	A good nutrition plan should improve your life. If it only works when every day is perfect, it is not strong enough for real life.	

3. The 4 Phase Nutrition System

The original Aging Strong Nutrition Program used four phases: Build Structure, Protein First, Sustainable Fat Loss, and Maintenance and Longevity. This expanded version keeps that foundation and gives members a clearer path for what to focus on, when to progress, and how to adjust.

Phase Overview			
Phase	Primary Goal	Main Focus	Typical Timeframe
1. Build Structure	Create consistency.	Hydration, meal timing, reducing grazing, simple meals.	1 to 3 weeks
2. Protein First	Support muscle and fullness.	Protein at meals, protein support, better food choices.	2 to 4 weeks
3. Sustainable Fat Loss	Create gradual progress.	Portion control, activity, moderate carbs, weekly trends.	Ongoing as needed
4. Maintenance and Longevity	Keep results long term.	Flexible structure, small adjustments, performance and lifestyle.	Long term
HOW TO USE IT	Do not rush the phases. Master the basics first. Most members get better results by improving consistency before cutting calories aggressively.		

4. Phase 1: Build Structure

Phase 1 is about creating control before chasing weight loss. Many people do not need a more complicated diet. They need fewer random snacks, better hydration, more intentional meals, and a repeatable daily rhythm.

PHASE 1	Build Structure Create consistency with meals, hydration, and daily routines.
Main Focus	Hydration, meal timing, reducing processed snacks, improving consistency, and creating intentional meal times.
Action Steps	• Pick a meal schedule you can repeat most days. • Drink water early in the day and continue through the afternoon. • Reduce constant grazing and unplanned snacking. • Start planning your first meal and dinner before the day gets chaotic. • Keep easy protein options available.
Ready To Progress When	You are eating at mostly intentional times, drinking water consistently, and no longer relying on random snacks to get through the day.

Good Phase 1 Targets • 2 to 4 structured eating times daily. • Water with or between meals. • Protein available in the house. • A basic dinner plan most nights.	Avoid in Phase 1 • Trying to be perfect immediately. • Cutting calories too hard. • Removing all carbs. • Skipping meals then overeating later.
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5. Phase 2: Protein First

Phase 2 builds meals around protein. Protein is important for adults 40+ because it supports muscle retention, training recovery, fullness, and body composition. The goal is to make protein the anchor of the meal instead of an afterthought.

PHASE 2	Protein First Build meals around protein sources while improving fullness, recovery, and body composition.
Main Focus	Protein at meals, protein support when needed, better breakfast/lunch/dinner structure, and fewer low protein snack meals.
Action Steps	• Choose a protein source first at each main meal. • Use a protein shake when real food is not practical. • Add eggs, chicken, turkey, beef, fish, Greek yogurt, or lean meat to meals. • Pair protein with vegetables, fruit, or a controlled carb source. • Notice which meals keep you full longest.
Ready To Progress When	You regularly include protein at most meals and you feel more satisfied with fewer snack cravings.

Meal	Protein Examples	Simple Pairings
Breakfast or first meal	Eggs, Greek yogurt, protein shake, turkey, steak, cottage cheese	Fruit, oats, potatoes, peppers, spinach, or berries
Lunch	Chicken, turkey, lean beef, tuna, eggs, protein shake	Salad, wrap, rice, potatoes, vegetables, or fruit
Dinner	Chicken, steak, fish, beef, turkey meatloaf, venison	Broccoli, green beans, rice, potatoes, salad, or mixed vegetables

6. Phase 3: Sustainable Fat Loss

Phase 3 is where body composition becomes the focus. The Aging Strong approach does not use starvation dieting. It uses structure, protein, portion awareness, consistent training, walking, and weekly trend tracking.

PHASE 3	Sustainable Fat Loss Create gradual fat loss while supporting strength, conditioning, and muscle maintenance.
Main Focus	Structured meals, moderate carbohydrates, controlled extras, consistent activity, and weekly trend tracking.
Action Steps	• Keep protein consistent. • Choose one main carb portion at meals instead of stacking multiple extras. • Increase walking and daily movement before drastically cutting food. • Limit liquid calories and constant desserts. • Use the scale trend, measurements, energy, and clothing fit to assess progress.
Ready To Progress When	Weight, measurements, or clothing fit are trending in the right direction while energy, strength, and recovery remain acceptable.

FAT LOSS RULE	If progress stalls, first improve consistency. Then adjust portions slightly. Do not jump straight to extreme restriction.
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Smart Adjustments • Reduce snack calories. • Use smaller carb portions on inactive days. • Swap fries for vegetables sometimes. • Stop eating when satisfied, not stuffed.	Do Not • Cut protein. • Skip all meals after a heavier day. • Punish yourself with exercise. • Declare the week ruined after one meal.
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7. Phase 4: Maintenance and Longevity

Phase 4 is where most people struggle because they stop doing what worked. Maintenance does not mean the plan ends. It means the plan becomes more flexible while the core habits stay in place.

PHASE 4	Maintenance and Longevity Maintain results long term while adjusting portions based on goals, activity, and life.
Main Focus	Sustainable routines, flexible meals, performance, recovery, and healthy aging habits.
Action Steps	• Keep protein at the center of meals. • Use carbs around training, walking, active days, and social meals. • Adjust portions up or down based on trend data. • Keep the same meal structure even when food choices vary. • Use restaurant and holiday strategies without guilt.
Ready To Progress When	You can maintain your body composition and energy while enjoying normal life, training consistently, and recovering well.

If Your Goal Is	Keep Doing	Adjust
Maintain weight	Protein, meals, hydration, training	Allow more flexibility with carbs and treats while watching trends.
Lose more fat	Protein, walking, structured meals	Reduce extras, tighten portions, and track weekly trends.
Build strength	Protein, carbs around training, recovery	Increase calories slightly if performance or recovery is poor.

8. Flexible Meal Timing Options

Meal timing should fit the member. Some people do best with breakfast. Others prefer a later first meal. The best schedule is the one that controls hunger, supports training, and can be repeated consistently.

Schedule	Time	Meal Structure	Best For
Later First Meal	11:00 AM	Protein meal	People who prefer intermittent fasting or are not hungry early.
Later First Meal	3:00 PM	Protein support	Protein shake, Greek yogurt, eggs, or apple with peanut butter.
Later First Meal	7:00 PM	Dinner	Protein, vegetables, and a controlled carb if desired.
Traditional Schedule	8:00 AM	Breakfast	People who train early or feel better eating earlier.
Traditional Schedule	12:30 PM	Lunch	Protein plus produce or a structured carb.
Traditional Schedule	3:00 PM	Protein support	Prevents random snacking and supports protein intake.
Traditional Schedule	7:00 PM	Dinner	Balanced dinner with protein as the anchor.

PRACTICAL RULE

Do not choose a schedule because it sounds impressive. Choose the schedule that helps you eat better most days.

9. The Aging Strong Plate Method

The plate method is the simplest way to build meals without counting every calorie. It works at home, restaurants, diners, and social events.

Build Your Plate

Plate Part	Fat Loss Portion	Maintenance Portion	Examples
Protein	1 to 2 palms	1 to 2 palms	Eggs, chicken, steak, fish, turkey, lean beef, Greek yogurt, protein shake
Vegetables/Fruit	1 to 2 servings	1 to 2 servings	Broccoli, spinach, peppers, salads, berries, melon, apple, green beans
Carbs	1 controlled serving	1 to 2 servings based on activity	Potatoes, rice, oats, fruit, beans, whole grain bread, sweet potato
Fats/Flavor	Small intentional amount	Moderate intentional amount	Cheese, dressing, oil, avocado, nuts, butter, sauce

Lower Carb Plate

- Protein anchor.
- Vegetables or salad.
- Small fat source or sauce.
- Best for less active days.

Training Day Plate

- Protein anchor.
- Vegetables or fruit.
- Carb source like potatoes, rice, or oats.
- Best around workouts or busy active days.

10. Daily Meal Templates

These templates give members simple ways to build days without needing a rigid meal plan. Swap foods within the same category while keeping the structure consistent.

Sample Meal Day Structures

Day	First Meal	Protein Support	Dinner
Sample Day 1	Western omelet with cheese and small potatoes	Protein shake with berries	Chicken, broccoli, and rice
Sample Day 2	Eggs with oatmeal and fruit	Apple with natural peanut butter	Turkey meatloaf with vegetables
Sample Day 3	Greek yogurt with berries and nuts	Protein shake	Beef with potatoes and salad
Sample Day 4	Eggs, peppers, onions, and fruit	Greek yogurt or boiled eggs	Steak with green beans and sweet potato
Sample Day 5	Protein shake plus berries and oats	Turkey roll ups or cottage cheese	Fish, salad, and rice

MEMBER TIP

Repeat meals that work. You do not need a brand new menu every day. Repetition makes nutrition easier.

11. Food Lists and Grocery Strategy

A strong week usually starts with having the right foods available. Grocery shopping should not be complicated. Think in categories: protein, carbs, produce, fats, convenient backups, and flavor builders.

Category	Best Choices	Use For
Protein	Chicken, turkey, eggs, beef, venison, fish, Greek yogurt, cottage cheese, protein powder	Muscle support, fullness, recovery
Carbohydrates	Potatoes, rice, oatmeal, fruit, whole grain bread, beans, sweet potatoes	Energy, training support, meal satisfaction
Vegetables	Broccoli, spinach, peppers, salads, green beans, mixed vegetables	Volume, nutrients, fiber
Fats and Flavor	Olive oil, avocado, nuts, peanut butter, cheese, dressing, sauces	Taste and satisfaction when portions are controlled
Convenience Foods	Protein shakes, Greek yogurt cups, boiled eggs, frozen vegetables, pre cooked chicken	Busy days and consistency

Foods To Limit

- Sugary beverages.
- Constant processed snacks.
- Excess desserts.
- Large late night snacks.
- Mindless grazing.

Do Not Overcomplicate

- You can eat normal foods.
- Carbs are not banned.
- Restaurant meals can fit.
- One imperfect meal is not failure.

12. Hydration, Creatine, and Electrolytes

Supplements are not the foundation. The foundation is training, protein, whole foods, hydration, sleep, and consistency. Supplements can help fill gaps, but they should keep the routine simple.

Simple Supplement Philosophy

Supplement	Purpose	Aging Strong Reminder
Protein powder	Supports protein intake when meals are busy or protein is low.	Helpful, but not a replacement for all real food.
Fish oil	Supports general wellness.	Use as part of an overall healthy routine.
Vitamin D3	Supports general health, especially when sunlight is limited.	Check with your healthcare provider when needed.
Magnesium	Supports recovery, relaxation, and normal muscle function.	Fits best as part of a recovery routine.
Creatine and electrolytes	Supports strength, hydration, performance, and training consistency.	Useful when paired with hydration, protein, and regular training.

SAFETY NOTE

Always check with your doctor before starting supplements, especially if you take medications, have kidney disease, heart disease, blood pressure issues, or other medical conditions.

13. Restaurant and Real Life Eating Rules

A nutrition program that falls apart at restaurants is not a real program. Aging Strong nutrition teaches members how to make better choices in normal situations without avoiding life.

The 5 Step Restaurant Method

Step	Question	Action
1	What is my protein?	Choose eggs, chicken, turkey, fish, steak, lean beef, shrimp, Greek yogurt, or another clear protein.
2	Can I add produce?	Add vegetables, salad, fruit, or greens when available.
3	What carb do I want most?	Choose potatoes, rice, bun, pasta, tortilla, bread, or dessert intentionally.
4	What extras matter?	Control cheese, sauces, alcohol, fries, bread baskets, and desserts.
5	What happens next?	Get back to normal at the next meal. Do not punish yourself.

REAL LIFE RULE

You can have anything, but not everything every time. Choose what matters most and move on.

14. Progress Tracking and Adjustments

Progress should be measured with trends, not emotion. Daily scale weight can change from water, salt, digestion, soreness, and hormones. Use weekly trends and multiple measures.

Metric	How Often	What It Tells You
Body weight trend	2 to 4 times per week or weekly average	Whether body weight is generally moving, maintaining, or increasing.
Waist measurement	Every 2 to 4 weeks	Body composition changes that the scale may miss.
Energy and hunger	Weekly check in	Whether the plan is too aggressive or not structured enough.
Training performance	Weekly check in	Whether nutrition is supporting strength and conditioning.
Clothing fit	Every 2 to 4 weeks	Practical body composition feedback.

If Progress Is Too Slow

- Tighten snacks and extras.
- Increase walking.
- Reduce portions slightly.
- Improve meal consistency first.

If Energy Is Too Low

- Increase protein and fluids.
- Add carbs around training.
- Improve sleep.
- Do not cut calories harder.

15. Common Problems and Simple Fixes

Most nutrition problems do not require a completely new plan. They usually need a simple adjustment applied consistently.

Problem	Likely Cause	Simple Fix
Hungry at night	Low protein earlier or too little food structure	Increase protein at first meal and dinner. Add a planned protein support snack.
Craving sweets	Skipping meals, low protein, stress, poor sleep	Use a structured meal, protein support, and a planned small treat if needed.
Scale not moving	Weekend extras or portions are higher than expected	Track the weekly trend and reduce extras before cutting meals.
Low workout energy	Not enough carbs, fluids, or total food	Add fruit, potatoes, rice, oats, or hydration around active days.
Eating out derails the week	All or nothing mindset	Use the restaurant method and return to normal at the next meal.
Too busy to cook	No backup options	Keep protein shakes, Greek yogurt, eggs, frozen vegetables, and simple meats ready.

COACHING POINT

Do not confuse a hard week with failure. The goal is to keep returning to the structure.

16. Sample 7 Day Meal Structure

This sample week shows how flexible the program can be. Portions should be adjusted based on the member's goals, hunger, training schedule, and progress.

Day	First Meal	Protein Support	Dinner
Monday	Western omelet with cheese and small potatoes	Protein shake with berries	Chicken, broccoli, and rice
Tuesday	Eggs with oats and fruit	Greek yogurt or boiled eggs	Turkey meatloaf and vegetables
Wednesday	Greek yogurt with berries and nuts	Apple with peanut butter	Beef, potatoes, and salad
Thursday	Protein shake with berries and oats	Turkey roll ups or cottage cheese	Fish, green beans, and rice
Friday	Eggs with peppers and onions	Protein shake	Burger bowl with salad or vegetables
Saturday	Omelet with fruit	Greek yogurt	Steak, broccoli, and small potato
Sunday	Eggs or protein smoothie	Fruit and protein support	Family meal using protein first method

FLEXIBILITY

Swap meals freely. The structure matters more than copying the exact foods.



17. Member Checklist and Action Plan

Use this page to start applying the program. Keep it simple. Choose a few habits, practice them, then build from there.

Daily Checklist

- Did I drink water today?
- Did I have protein with my main meals?
- Did I eat at intentional times?
- Did I include fruit or vegetables?
- Did I avoid random grazing?
- Did I return to structure after an imperfect meal?

Weekly Checklist

- Did I complete my workouts?
- Did I walk or stay active?
- Did I review my weight or measurement trend?
- Did I plan easy protein options?
- Did I handle restaurants with structure?
- Did I recover and sleep enough?

30 Day Starting Goal

For the next 30 days, focus on the basics: consistent meals, protein first, water, structured snacks, and showing up for training. Do not chase perfection. Chase repeatability.

FINAL WORD

Move consistently. Train smart. Eat with structure. The goal is not a diet you survive for a few weeks. The goal is a system you can live with while getting stronger for life.

Aging Strong Fitness

<https://agingstrongfitness.com/>

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