



# Quick Guide to Building Meals That Fit Your Goals

*Without restriction. Without overthinking.*

You don't need a restrictive diet to get results—you need one you can stick to.

**Most results come down to a few key things—not meal timing, not “clean eating,” not cutting carbs...**

- **Calories** → fat loss, maintenance, or muscle gain
- **Protein** → supports muscle and helps keep you full longer
- **Fiber** → helps with fullness, digestion, and gut health
- **Sustainability** → if you can't stick to it, it won't work

## Protein

**Protein isn't just about having some—it's about having enough to drive results.**

Aim for:

- ~25–40g per meal (scaled to your bodyweight and total daily protein target)
- ~0.7–1.0g per lb of goal bodyweight or 100 grams, whichever is higher

A small amount (like one egg or a handful of nuts) isn't enough on its own

**A simple way to evaluate your meal:**

Take the grams of protein and add a zero

(multiply by 10 for a quick estimate)

- If your calories are close to that number → it's a solid protein-focused meal

- If calories are much higher → the meal is more calorie-dense and may need adjustment

*Example (same protein, different calories):*

- 4 whole eggs → ~24g protein → ~280 calories
- 2 whole eggs + ½ cup egg whites → ~24–26g protein → ~200–220 calories

Both provide similar protein, but the second option gives you **the same protein for fewer calories**, making it a more efficient choice—especially for fat loss.

## Not All Protein Sources Are Equal

The example above highlights calorie efficiency—but where those calories come from also matters.

Some protein sources come with more fat than others, which increases total calories quickly.

A simple way to evaluate protein sources:

- **High efficiency (very lean)** → protein much higher than fat
- **Solid choice** → protein equal to or higher than fat
- **Be mindful** → protein and fat are similar
- **Limit** → fat significantly higher than protein

If fat loss is your goal, spending more of your meals in the “high efficiency” or “solid” range makes it much easier to stay within your calories.

## Fats

Fats are important—but easy to overdo.

Aim for:

- At least ~20% of total calories

Be mindful:

- Foods like nuts, granola, coconut are considered healthy but also calorie-dense

## Carbs

Carbs are not the enemy

- Carbs don't make you fat—**consistently eating more calories than your body needs does**
- Carbs support energy, workouts, and daily activity

## Fiber matters more than most people realize

Aim for:

- ~25–35g per day (*adjust based on calorie intake and individual needs*)
- Spread across meals to support fullness and digestion

Good sources of fiber:

- Fruits (focus on berries)
- Vegetables (e.g., cruciferous vegetables like broccoli, cauliflower)
- Potatoes & whole grains (e.g., oats, brown rice, quinoa, baked potatoes, sweet potatoes)

## Most meals should include:

- **A meaningful protein source (anchor your meal)**
- **A fiber source (volume and fullness)**
- **Carbs and fats based on your needs and goals**

## Choose Your Approach

There are two effective ways to apply everything above.

The best option depends on your personality, goals, and how much precision you want.

### Option 1: Build Your Plate

- Focus on protein and fiber at each meal
- Add carbs and fats based on your needs and goals
- No tracking required

Best for:

- Simplicity
- Long-term sustainability
- Those who don't want to track

## Option 2: Track First, Then Transition

For the first 1–2 weeks:

- Track everything you eat
- Weigh your food (in grams for accuracy)
- Don't intentionally change your diet—just stay consistent

Limit eating out during this time, since calorie tracking becomes less accurate.

What this does:

- Helps establish your maintenance calories
- Removes guesswork

Then:

- Decrease calories slightly for fat loss
- Increase calories slightly for muscle gain

Start with small changes:

- ~200–300 calories in either direction
- Up to ~500 calories if you have more fat to lose

This approach gives you a clear baseline based on your actual habits—not estimates or formulas.

Most people benefit from starting here, then transitioning to a more flexible approach over time.

## Keep in mind:

- There are no bad foods—it's about **how much** and **how it fits your day**
- Foods made with healthy ingredients can still be high in calories, leading to weight gain and slower fat loss.
- Foods labeled “unhealthy” can still fit into your diet—and even support metabolic health—when calories are controlled.

Your results are driven by total **calories, protein & fiber intake, effective training, sleep, stress management, and consistency**—not just the ingredients in your food.

Flexibility isn't required—but it often makes your approach more sustainable, which

is key for long-term results.

## **Final takeaway**

It's not about perfection—it's about using food and lifestyle habits strategically.

**Build your meals with intention. Repeat it consistency.**

This is the same approach I use with my clients to build muscle, lost fat, and improve long-term health and aging.

If you found this helpful and want 1:1 help in-person or online, applying this to your situation, scan the QR code below or reach out to learn more about coaching.

