



WEIGHT LOSS NUTRITION STARTER GUIDE

Simple. Balanced. Realistic.

A practical starting point for your weight-loss journey.

WHAT'S INSIDE

- 3 full sample days + estimated macros
- Protein-forward, balanced meal ideas
- Pescatarian, vegetarian + vegan swaps
- Breakfast, lunch + dinner mix-and-match ideas
- Smart snacks, grocery list + consistency tools

with Coach Guam

General guidance only - not an individualized calorie prescription.



A little structure can go a long way.

This guide is for the woman who wants to clean things up, feel more intentional with her meals and create a routine she can actually stick with.

No extremes. No all-or-nothing mindset. Just simple examples of balanced meals you can mix, match and make your own.

A note from Coach Guam

Use this as inspiration - not a rulebook. Your body, schedule, training and goals are personal. Consistency will always matter more than trying to eat perfectly.

IMPORTANT

This is a universal, general meal guide. It is not customized to your individual calorie needs, medical history, allergies, medications, activity level or goals. Macro and calorie numbers are estimates and can vary by brand and preparation.

Want something built specifically for you? Reach out to Coach Guam for customized options and current pricing.



Keep your plate simple.

Most meals do not need to be complicated. Start with these four building blocks.

01

PROTEIN

Chicken, turkey, fish, eggs, Greek yogurt, tofu, tempeh, beans.

02

PRODUCE

Vegetables and fruit for fiber, volume, color and variety.

03

SMART CARBS

Oats, potatoes, rice, quinoa, whole-grain bread and fruit.

04

HEALTHY FATS

Avocado, olive oil, nuts, seeds and nut butter.



SAMPLE MEAL PLAN

Sample Day 1

Balanced + familiar | Approx. 1,650 kcal | 130 g protein | 166 g carbs | 51 g fat

BREAKFAST

Protein Oat Bowl

385 kcal | 26P 49C 11F

1/2 cup oats | 3/4 cup Greek yogurt | 1/2 cup blueberries | 1 tsp chia | 2 tsp almond butter

LUNCH

Chicken Power Bowl

455 kcal | 42P 39C 15F

4 oz chicken | 1/2 cup brown rice | greens | cucumber + tomato | 1/4 avocado | 1 tsp olive oil

SNACK

Apple + Cottage Cheese

220 kcal | 20P 31C 3F

3/4 cup low-fat cottage cheese | 1 small apple

DINNER

Salmon, Potato + Greens

500 kcal | 37P 43C 21F

4 oz salmon | 6 oz potatoes | 1.5 cups broccoli | 1 tsp olive oil

OPTIONAL

Mini Snack

90 kcal | 5P 4C 1F

1 cup strawberries | 1 light string cheese



SAMPLE MEAL PLAN

Sample Day 2

Fresh + filling | Approx. 1,610 kcal | 128 g protein | 158 g carbs | 49 g fat

BREAKFAST

Egg + Avocado Toast

390 kcal | 28P 35C 16F

2 eggs + 2 egg whites | 1 slice whole-grain toast | 1/4 avocado | 1 cup berries

LUNCH

Turkey Wrap + Crunchy Veg

410 kcal | 38P 43C 10F

4 oz turkey breast | whole-grain wrap | greens + tomato | 2 tbsp hummus | carrots

SNACK

Greek Yogurt Crunch

215 kcal | 19P 22C 7F

3/4 cup Greek yogurt | 1/2 banana | 1 tbsp chopped walnuts

DINNER

Shrimp Rice Bowl

505 kcal | 38P 54C 15F

5 oz shrimp | 3/4 cup cooked rice | 1.5 cups mixed vegetables | 1 tsp olive oil | salsa

OPTIONAL

Fruit + Cheese

90 kcal | 5P 4C 1F

1 clementine | 1 light string cheese



SAMPLE MEAL PLAN

Sample Day 3

Easy + meal-prep friendly | Approx. 1,670 kcal | 132 g protein | 172 g carbs | 50 g fat

BREAKFAST

Berry Protein Smoothie

405 kcal | 33P 49C 11F

1 scoop protein | 1 cup unsweetened milk | 1 banana | 1 cup berries | 1 tbsp peanut butter

LUNCH

Turkey Taco Bowl

470 kcal | 42P 52C 10F

4 oz lean ground turkey | 1/2 cup black beans | 1/2 cup rice | lettuce | salsa | 2 tbsp Greek yogurt

SNACK

Hummus Snack Plate

245 kcal | 12P 31C 9F

1/4 cup hummus | 1 cup vegetables | 1 hard-boiled egg | 1 small fruit

DINNER

Sheet-Pan Chicken Dinner

460 kcal | 40P 36C 19F

4 oz chicken | 6 oz sweet potato | 1.5 cups green beans | 2 tsp olive oil

OPTIONAL

Yogurt Bite

90 kcal | 5P 4C 1F

1/2 cup Greek yogurt | cinnamon



Breakfast ideas.

Use these as inspiration when you want variety without reinventing your whole routine.

Protein Overnight Oats

~380 kcal | ~27g protein

1/2 cup oats + 3/4 cup Greek yogurt + berries + chia

Egg Scramble Plate

~400 kcal | ~30g protein

2 eggs + 2 whites + vegetables + whole-grain toast + fruit

Greek Yogurt Bowl

~360 kcal | ~28g protein

1 cup Greek yogurt + berries + 1/4 cup granola + 1 tsp nut butter

Protein Smoothie

~390 kcal | ~32g protein

Protein powder + unsweetened milk + fruit + spinach + nut butter

Cottage Cheese Toast

~350 kcal | ~28g protein

3/4 cup cottage cheese + whole-grain toast + tomato + fruit



MIX + MATCH

Lunch + dinner ideas.

Build around a protein, add produce, then choose a carb and fat that fit the meal.

Mediterranean Chicken Bowl

~470 kcal | ~40g protein

Chicken + quinoa + cucumber + tomato + greens + hummus

Tuna Crunch Wrap

~420 kcal | ~38g protein

Tuna + Greek-yogurt dressing + whole-grain wrap + lettuce + tomato

Turkey Burger Plate

~500 kcal | ~42g protein

Lean turkey burger + roasted potato wedges + side salad

Tofu Stir-Fry

~480 kcal | ~27g protein

Tofu + mixed vegetables + rice + light stir-fry sauce

White Fish Tacos

~460 kcal | ~36g protein

White fish + corn tortillas + cabbage slaw + avocado + salsa



Swap it - don't overthink it.

Different eating style? Keep the structure and swap the protein source. Exact macros will change.

CHICKEN

Pescatarian: shrimp or white fish

Vegetarian/Vegan: tofu + edamame

GREEK YOGURT

Vegetarian: keep it

Vegan: unsweetened soy yogurt + plant protein

GROUND TURKEY

Pescatarian: chopped shrimp

Vegetarian/Vegan: tempeh or lentil-tofu blend

SALMON

Pescatarian: keep it

Vegetarian/Vegan: tempeh + a small portion of avocado



EASY WINS

Smart snack ideas.

Snack because it helps your hunger, schedule or training - not simply because a plan says you have to.

Greek yogurt + berries

3/4 cup + 1/2 cup

Apple + peanut butter

1 small + 1 tbsp

Eggs + fruit

2 eggs + 1 clementine

Edamame

1 cup shelled

Protein shake

1 serving + unsweetened milk

Hummus + vegetables

1/4 cup + 1-2 cups

Cottage cheese + pineapple

3/4 cup + 1/2 cup



Starter grocery list.

Stock flexible staples that can work across several meals.

PROTEINS

Chicken breast, lean turkey, salmon, shrimp, eggs, Greek yogurt, cottage cheese, tofu, tempeh, edamame

PRODUCE

Berries, bananas, apples, greens, cucumber, tomato, avocado, broccoli, green beans, carrots, lemons

CARBOHYDRATES

Oats, brown or white rice, quinoa, potatoes, sweet potatoes, whole-grain bread, wraps, corn tortillas

HEALTHY FATS

Olive oil, avocado, almond or peanut butter, walnuts, chia seeds

FLAVOR

Garlic, pepper, paprika, herbs, vinegar, mustard, salsa, low-sodium seasonings



MAKE IT EASIER

The 60-minute prep reset.

You do not have to meal-prep every bite. Prep a few basics so your week has less friction.

1. PICK 2 PROTEINS

Cook two versatile proteins such as chicken + turkey, or tofu + shrimp.

2. MAKE 1-2 CARBS

Batch rice, quinoa, potatoes or sweet potatoes.

3. WASH + CHOP

Prep a few vegetables and fruit so they are easy to grab.

4. BUILD YOUR FLAVOR

Keep salsa, hummus, lemon, herbs and simple dressings ready.

5. PORTION A FEW SNACKS

Make the convenient choice easier when your day gets busy.



Yes, you can still eat out.

The goal is not to make every restaurant meal 'diet food.' Enjoy your meal, make an intentional choice and move on.

START WITH PROTEIN

Look for grilled fish, chicken, lean meat, tofu or another protein-forward entree.

ADD SOME COLOR

Vegetables, salad or fruit can add volume and balance.

PICK THE CARB YOU WANT

Rice, potatoes, bread or tortillas can all fit.

WATCH THE EXTRAS

Sauces, fried toppings and drinks can add up quickly. Awareness is enough.

MOVE ON

One higher-calorie meal does not erase your progress. Return to your normal routine.



CONSISTENCY

Your 7-day reset.

Check the habits you practiced. This is about awareness - not perfection.

	M	T	W	T	F	S	S
Protein with meals	☐	☐	☐	☐	☐	☐	☐
Vegetables / fruit	☐	☐	☐	☐	☐	☐	☐
Water throughout the day	☐	☐	☐	☐	☐	☐	☐
Planned meals / snacks	☐	☐	☐	☐	☐	☐	☐
Movement / training	☐	☐	☐	☐	☐	☐	☐

MY FOCUS FOR NEXT WEEK

ONE WIN I'M PROUD OF



READY FOR MORE?

This free guide gives you a taste of what more intentional nutrition can look like. If you're ready for structure, accountability and something built around your goals, let's work.

CUSTOM NUTRITION

Personalized meal-plan options based on your goals and preferences. Reach out for current pricing.

VIRTUAL COACHING

Train with Coach Guam online via Zoom for real-time coaching, structure and accountability.

IN-PERSON COACHING

Hands-on training and personalized support with Coach Guam.

DM @Guam_fit for details + current pricing.

In-person + virtual coaching available.