

Why This Matters

Anything worth being successful at takes time, effort, and attention to detail – and nutrition is no different. The first step is knowing exactly how much to eat each day. You can load your plate with healthy foods, and even get to the gym consistently, but if your calorie intake misses the mark, you'll spin your wheels and stay stuck.

Training hard in the gym is only half the battle. Without giving your nutrition the same level of attention, progress can feel frustrating.

The solution isn't guessing, or winging it...and it definitely isn't just eating less. It's eating the **right amount** for your body so your hard work in the gym pays off – both in the mirror and in how you feel.

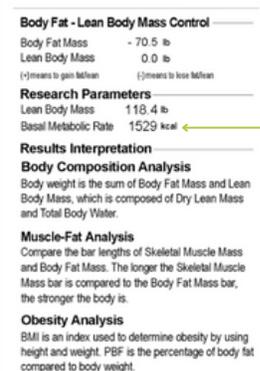
That's exactly what this guide is for.

Using your InBody scan, you'll gather two key numbers to follow every day:

- Calories (for steady fat loss)
- Protein (to build, protect and power your body)

Step 1. Find Your Daily Calorie Range

BMR (InBody, kcal)	Estimated Daily Burn (kcal)	Fat-Loss Calories (range)
1200	1680	1250-1380
1300	1820	1320-1520
1400	1960	1460-1660
1500	2100	1600-1800
1600	2240	1740-1940
1700	2380	1880-2080
1800	2520	2020-2220
1900	2660	2160-2360
2000	2800	2300-2500
2100	2940	2440-2640
2200	3080	2580-2780



✓ Example: If your BMR is 1529 kcal, aim for 1600-1800 calories per day.

✓ Estimated Daily Burn = Maintenance Calories

✓ These estimates assume moderate daily activity (desk job, walking around a bit), plus gym sessions a few times a week. Actual needs may vary slightly based on job, steps per day, and workout intensity.

Step 2. Find Your Protein Goal

Protein is not just for your muscles, it literally is the raw material for nearly every tissue and in your body. It does preserve muscle but it also keeps you full, stabilizes blood sugar, and supports every cell, hormone, and enzyme you run on. This is an important number for you to know and use daily.

LBM (InBody, lb)	Protein (g/day)
90-100	100
110	110
120	120
130	130
140	140
150	150
160	160
170	170
180	180
190	190
200	200



Lean Body Mass (LBM)

✓ Example: If your LBM is 118.4 lb (in-between), round up and eat 120 g protein daily. This number provides a *minimum* number to hit daily.

Step 3. Determine Number of Meals

Yes, meals. Not snacks. More on that later. Most active people do best with 3-4 meals/day. Use your calorie range to guide how many meals to eat daily.

If you are at:

- Calories 1250-1800: Eat 3 meals/day
- Calories 1900-2200: Eat 3-4 meals/day
- Calories 2300+: Eat 4 meals/day

Step 4. Choose Your Path

Now that you know your calories and protein, you've got two options for implementing them daily.

The Simple Way (no tracking)

If you don't want to log food in an app, you can use simple estimations with your hands and repeat easy meal combinations. In fuel resource #2 we will get more specific with foods.

Build each meal with 4 things. Use these portions:

- Protein: 1-2 palms
- Veggies: 1-2 fists
- Carbs: 1-2 cupped hand
- Fats: 1-2 thumbs



Protein



Veggies



Carbs



Fat

Prioritize *Precise* Protein Intake:

Protein is the one food I recommend weighing out initially. This means having a food scale near by to assure that you are actually getting what you need. Treat this as an experiment to learn how much you need. Once you get a feel for the amounts, you can start to eyeball portions and use the hand guide above (1-2 palms). You want to aim for 30-45 g protein *per meal*. Trust me, getting enough protein will be nothing short of life changing. You'll feel fuller, better, more stable, and experience less cravings.

Protein (cooked)

	~30 g protein	~45 g protein
Chicken breast	4 oz	6 oz
Chicken thighs	5 oz	7 oz
Lean ground turkey (93%)	4 oz	6 oz
Lean ground beef (90%)	4 oz	6 oz
Steak (sirloin)	4 oz	6 oz
Pork loin	4 oz	6 oz
Salmon	4.5 oz	6 oz
Cod	5.5 oz	7.5 oz
Tilapia	5 oz	6.5 oz
Tuna	4 oz	6 oz
Shrimp	6 oz	9 oz
Eggs + egg whites	2 whole + 5 whites	3 whole + 7 whites
Greek yogurt (zero sugar, low-fat)	11 oz	20 oz



Once you've portioned out your protein, fill in the rest of your meal with carbs, fats and vegetables using the hand estimations above.

The Detailed Way (track in an app)

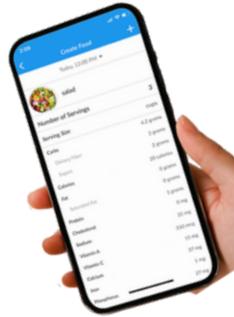
If you want to get a more precise with how much you're eating, use your calorie and protein targets and track your food with an app (I recommend Loselt or MyFitnessPal). Remember, even tracking everything could be a *temporary* tool for learning. You can weigh your food and track for a few weeks to gain the knowledge and insight you need, and then start to eyeball your portions.

When tracking:

- Staying inside your caloric range is absolutely essential above all (e.g., 1600–1800).
- Protein is your second non-negotiable, be sure to hit your target (e.g., 130 g/day). This will be easier if you eat 3–4 meals with the portion sizes above.
- To start, don't worry about hitting carb or fat targets.

How to log without going crazy:

- Eat the same meals or similar meals on repeat weekly
- Pre-log your go-to meals in MyFitnessPal or Loselt
- Put a timeline on how long you are tracking (2 weeks, 3 weeks, 30 days) and then evaluate its effectiveness.



Step 5. 7-Day Calibration

Each morning (after bathroom, before food), record your weight.

After 7 days:

- Not losing 0.5–1.0 lb/week? → lower ~100–150 cal/day. Pull from carbs and fats, not protein.
- Energy or lift tanking? → add ~50–100 cal around workouts.
- Check your InBody again every 4–6 weeks to confirm progress!

FAQ

Do I change protein on rest days?

No, keep it steady all week.

Which path is better?

The one you'll actually stick to. Both work. Increasing awareness even slightly with portion control will have a positive impact on your health, weight, and discipline.

What if I don't hit exact calories each day?

Try to stay very close to your range and protein. Consistency is what you want to aim for, not perfection.

Can I switch paths?

Yes — you can track for a couple weeks to be more precise, then move to the simple way and see how you progress.

Do I need to eat before a workout?

It depends. Let's think of this as an experiment too.

- If eating beforehand makes you feel good and powers your session → do it.
- If you train super early or food makes you feel groggy before a work out → you may want to skip it.
- What matters most is hitting your daily protein and calorie targets, and doing that consistently over time — not whether you eat right before or after a single workout.