



6-MONTH DIET APP **FAT LOSS** CHALLENGE





Welcome to your RP Fat Loss Journey!

There are two sections of this PDF that will *really help* you TRANSFORM!

1

The Periodization Graphic

- Shows you exactly what the long-term plan is
- **CLICK** on the weeks at the bottom of the chart to access the weekly guide

2

The Weekly Guide

- Shows you what videos to watch and how to program your app for each milestone week
- **CLICK** on the video links to watch listed videos

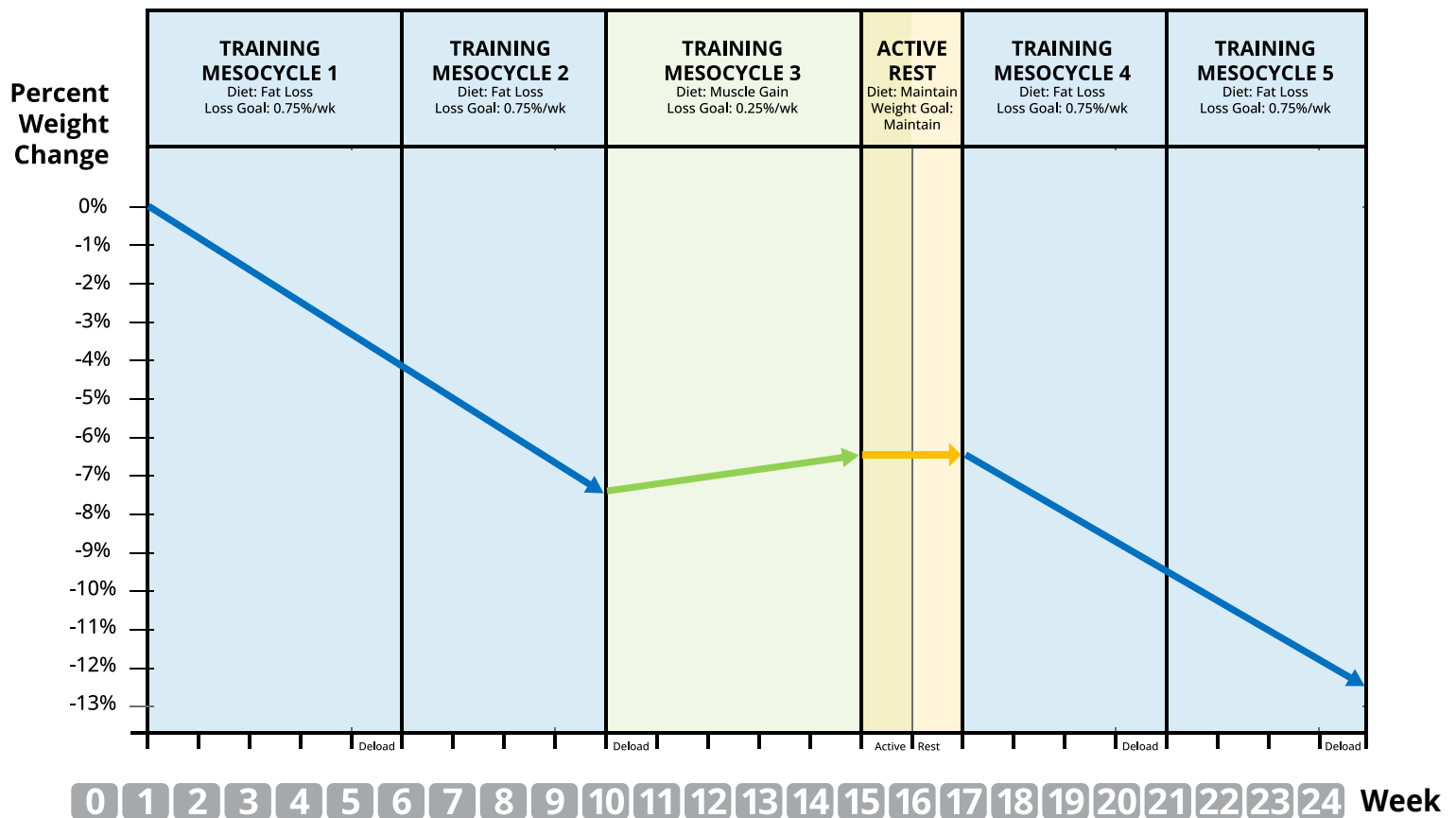
Alright, scroll to the next page to begin your journey,
and do this **A WEEK BEFORE YOU PLAN TO START!**



RP Diet Coach App Challenge Pack

Fat Loss Periodization

6 Months = 15-25lbs of fat lost



Click on the weeks above to access the weekly guide.



The Weekly Guide

- Here are your week-by-week instructions
- Click on the video links to watch each video
- Check the box when you're done

If you're ever lost, look at that week in the periodization graphic and you'll know exactly what to do.

- Scroll to the next page!



The Weekly Guide

WEEK 0



3 days BEFORE you start your diet journey:

Watch Dr. Mike's
Diet Guide videos 1-11



Check out the [Periodization Graphic](#)

Watch Dr. Davis's
Diet Mindset videos 1 and 2



Create a new diet in the RP Diet Coach App
10 week fat loss diet at 0.75% loss per week



Check out the [Meal Prep Guide](#)

Check out the [On the Go Eating Guide](#)



The Weekly Guide

WEEK 1

Begin your RP Diet Coach App 10 week fat loss diet!

Training Mesocycle #1 begins



[See periodization graphic](#)

Consider the [RP Hypertrophy App](#) for quick and easy training programs!

Watch Dr. Davis's
Diet Mindset video 3





The Weekly Guide

WEEK 2



Watch Dr. Mike's
Diet Guide videos 12-19



Watch Dr. Davis's
Diet Mindset video 4



Watch Nick Shaw and
Dr. Mike's Struggle and
Success video





The Weekly Guide

WEEK 3

No homework
Keep on keepin' on!

WEEK 4

Watch Dr. Mike's
Diet Guide video 20



Watch Dr. Davis's
Diet Mindset video 5





The Weekly Guide

WEEK 5

Deload training



Adjust your diet up one increment of nutrients in the Weekly Review to be ready to deload



WEEK 6

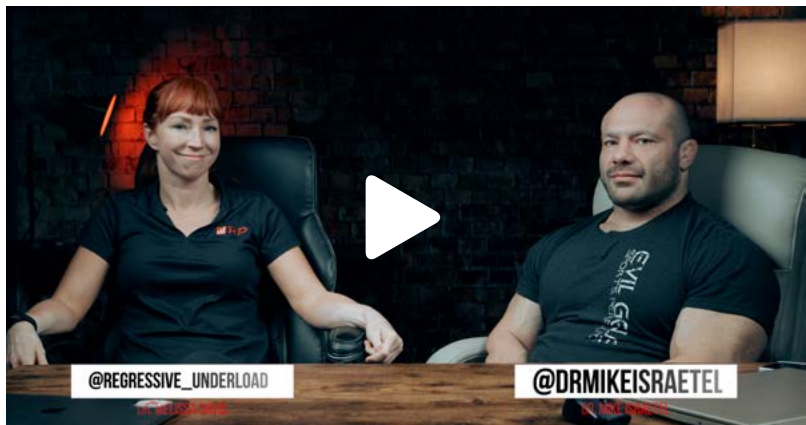
Training Mesocycle #2 begins



[See periodization graphic](#)

Consider the [RP Hypertrophy App](#) for quick and easy training programs!

Watch Dr. Davis's
Diet Mindset videos 6 and 7



WEEK 7, 8, 9

No homework
Keep on keepin' on!



The Weekly Guide

WEEK 10

Deload training



Adjust your diet up one increment of nutrients in the Weekly Review to be ready to deload



Watch Dr. Mike's
Diet Guide videos 21-26



Watch Dr. Davis's
Diet Mindset video 8





The Weekly Guide

WEEK 11

Start new diet in the RP Diet Coach App

4 week muscle gain at 0.25% gain per week



Training Mesocycle #3 begins



See periodization graphic

Consider the RP Hypertrophy App for quick and easy training programs.

WEEK 12, 13, 14

No homework

Keep on keepin' on!

WEEK 15

Active Rest Week 1

Deload training



Adjust your diet up one increment of nutrients in the Weekly Review to be ready to deload



WEEK 16

Active Rest Week 2

No training

No app use for a week

Eat healthy, be active, have fun, and REST and RELAX



The Weekly Guide

WEEK 17

Start new diet in the RP Diet Coach App

8 week fat loss at 0.75% loss per week



Training Mesocycle #4 begins

See periodization graphic

Consider the RP Hypertrophy App for quick and easy training programs.



WEEKS 18, 19

No homework

Keep on keepin' on!

WEEK 20

Deload training



Adjust your diet up one increment of nutrients in the Weekly Review to be ready to deload



WEEK 21

Training Mesocycle #5 begins

See periodization graphic

Consider the RP Hypertrophy App for quick and easy training programs.





The Weekly Guide

WEEKS 22, 23



No homework

Time to finish strong!

WEEK 24



Deload training



You're DONE! You did it!

Recommended: Start new diet in the RP Diet Coach App

6 week maintenance

Consider the Hypertrophy Training App Challenge Pack to gain some muscle!



MEAL PREP

GUIDE





Meal Prep Guide

by

Dr. Mike Israetel



Hey you, it's me, Dr. Mike, from the internet! I made this quick and easy guide to meal prepping so that you could just straight up be more likely to succeed on your diet. It might sound crazy, but at RP, we actually want you to reach the fitness goals that are important to you, and guides like this, as well as your handy-dandy RP Diet Coach App, are important pieces in that puzzle. Ok, cool intro bro, shut up and tell me useful things now!

What is meal prep?

Meal prep is the fitness-junkie term for “cooking.” It’s called meal prep for a few reasons. One is that because fitness folks eat so many times a day (often 4+ meals), their meals have to be made quicker, and thus “prep” does a lot more justice to what’s going on than “cooking,” which gives it too much credit. I mean, you CAN gourmet-cook every meal you’ll eat on your diet, but it will drain so much of your time, you’ll end up regretting it. And the term “meal” and not “food” is in there because in fitness eating and especially via the RP Diet Coach App, we think meal by meal, as the meals add up to our daily totals, and allow us to eat exactly what we need at exactly the right time to maximize the likelihood we’ll achieve our goals.

You’ve probably cooked before, so you might be wondering what the hell I could possibly tell you here that you don’t already know. Maybe nothing. But, maybe a bit of something helpful, because meal prep is a bit different than just regular cooking. First, your macros (proteins, carbs, fats) in a diet like the one you’re about to embark on (or are already doing when you’re reading this) will be a bit different than typical macros in normal eating. Often much more protein, and much less fat. You might typically make all sorts of meals, but on this diet, you might be scratching your head as to what to make that will fulfill the macros you need. Second, you’ll have to eat a whole bunch of these meals, which means that if you make stuff that takes a lot of effort or time to make, you might as well just quit the diet right now, because there’s no way you’ll be willing to spend this much time on it. Third, you might have one or two go-to ideas about what a good diet meal looks like, but since you’ll be dieting for at least a few months, you could get terribly sick of the same one or two meals, and that will make your diet harder and stack the deck further against your success. That all being said, let’s see if I’m just bullshitting you or if I actually have some insightful shit to say. Onwards!

Meal prep upsides

Us fitness junkies don't do meal prep cause it sounds cool and we want to fit in. We do it because it has distinct and rather large upsides, such as:

1 It saves you a crazy amount of time.

If you meal prep, and especially if you do bulk cooking (we'll get to that later on in its own section), you can shave off 9/10th of the time it would take you to make your food in every week of your diet. I won't sell this point any further because holy shit, duh.

1 It saves you tons of physical effort.

You work hard enough at your job, with your kids, with your hobbies, and with your partner (or in my case, the bare wall I speak to because no one loves me). You can do without the extra needless labor of traditional cooking when you're on a diet that's hard enough on you as is!

3 It saves you loads of mental bandwidth.

Meal prep is meal simplicity. Once I lay out the structure of how to meal prep, you're going to think "oh wow, a poorly-trained chimp can do this." Being a poorly-trained chimp myself and having meal prepped, I agree, and the best part is that the less mental effort you spend thinking about how to make your food, the more you can spend on your work, school, hobbies, kids, partner, and preventing your secret life as a CIA agent from bleeding into your normal life as a regular member of the community.

4 It makes getting off-plan much less likely.

When you get home from work hungry and pissed (same emotion, really), you might look into the fridge, and seeing nothing you can eat right at that very moment, your chances of just saying "fuck it" and ordering 3 orders of Thai food for yourself increase (and then smirking when they pack 3 pairs of napkins and utensils but you know they know it's all just for you). Because eating 4500 calories of Thai food in one sitting doesn't really help you lose fat, having something in the fridge that's already prepped or is just two minutes away (much quicker than Uber Eats) from being prepped can be the difference between

diet success and diet derailment. Put simply, if you have meal prepped meals, the default of laziness that characterizes the hardest parts of your fat loss diet will, ironically, set you up for success because just eating the prepped meals is the easier choice.

5 It makes following the diet plan way easier.

All the stuff from above paints the picture that because dieting itself is hard (the hunger, the FOMO of watching your officemates eat Halloween candy, etc.), anything you can do to reduce effort and simplify is going to make the diet easier. And, no surprise, easier things are more likely to get done successfully, which is the whole point!

That all being said, I have to be honest with you and share some downsides about meal prep, because it's not all roses and kittens!

Meal prep downsides

1 It takes *SOME* time.

Keeping your office desk clean and organized saves you tons of time when you're actually working and looking for important stuff. But it does take *some* time upfront to clean and organize it. Much the same way, while meal prep saves you a huge amount of total weekly time, it does take a bit of front-end commitment.

2 The food will be a level down from the best.

You're on a diet, and the food you make has to be amenable to quick prep speed, and, in bulk meal prep, refrigeration, freezing, and re-heating. This limits the options you can use and also just straight up means the food won't taste as good compared to if you took two hours to gourmet cook every meal. This is just something you'll have to come to grips with, but there are two pieces of silver lining here. First, the meals not being amazing comports with the overarching experience of you being on a diet, which is to say, doing something that's a bit challenging. Nobody said this would be easier than not being on a diet, and the toughness of the plan is something you signed up for, because you're ready to pay the cost and build your dream body, dammit! Second, as you get hungrier and cravier over the course of the plan, you'll be thankful that your food doesn't taste so good that you want more and more of it, even at the end of each meal. Because your food will taste "just fine," you'll be able to be way more chill about the portions, and just eat, enjoy (a bit), and move on with your day.

3 Some monotony is standard.

Being comfortable with streaks of monotony may be one of the biggest tips to success in general, and it's certainly true in the fat loss diet realm as well. Yes, it would be fun if every single meal you made was different and fun, but that's going to cost you more time than it brings you benefit, so embrace the grind a bit and in your weakest moments, remember this: the diet is only like 12 weeks long... it's not forever!

Meal prep recommendations

Ok, let's learn about meal prep finally!

The basic structure of most meals

Most of your meals will have just four components:

- A protein source, often a lean meat.
- A veggie, often something green.
- A carb, usually a grain, but can be whole grain bread and/or fruit as well.
- A healthy fat source, like olive oil, almond butter, or avocado, for example.

Lean Meats:	Veggies:	Healthy Carbs:	Healthy Fats:
Chicken breast	Broccoli	Brown rice	Avocado
Turkey breast	Spinach	Quinoa	Nuts (almonds, walnuts, cashews, etc.)
Lean ground beef	Asparagus	Sweet potato	Olive oil
Fish (salmon, tuna, tilapia, etc.)	Brussel sprouts	Oats	Flax seeds
Lean pork (loin, tenderloin)	Bell peppers	Whole wheat pasta	Chia seeds
Egg whites	Cauliflower	Beans (black, kidney, chickpeas)	Peanut butter (natural, no added sugar or oil)

How do these foods get assembled into a meal?

The simple rotation approach

What you want to do is choose 2-4 sources of lean meats, 2-4 sources of veggies, 2-4 sources of healthy carbs, and 2-4 sources of healthy fats. Here's a quick sample:

When you have your sources assembled in a list, just mix and match from that list to make meal ideas. It's THAT simple. For example, you could choose chicken breast, spinach, brown rice, and avocado. Or, you could combine lean ground beef, broccoli, white rice, and add a dollop of peanut butter on the side. Because your RP Diet Coach App tells you exactly how much of each food to weigh out into your meal if you simply enter it into the meal, your process of meal prep just got incredibly simple.

And, there are no wrong answers, because all of the foods in your list are diet-approved, and because they are all single-ingredient foods, they are easy as hell to just make in isolation (throw the meats on a grill, throw some rice into a pot on the stove, cut up some celery, etc.) and just combine in the same bowl, plate, or Tupperware based on how much of each the app tells you to put into the meal. With your all-powerful food scale, you're unstoppable! Yes, taste and preference can be a thing, so just combine the stuff you think will go well together, and don't sweat it if you end up combining and it just tastes ok because remember, you're on a diet, and diets are supposed to be a little tough! We just don't want them to be tougher than you can handle.

Flavoring

"But Dr. Mike, what abouts deh flavorz?!" Yes, yes, I know, you're still painfully human and need food-mediated joy in your life. JK, but for real, other than the natural flavor of your food, you can eat AS MUCH salt and ANY calorie-free seasonings you'd like on this diet. No joke. For some weird old fitness lore reason, folks just assume they have to give up all salts and flavors on a diet, and that's just straight up BS. Check out some of these options that Chat GPT recommends, cause your boy sure as hell only knows like two of them:

- Salt and pepper
- Garlic powder
- Onion powder
- Italian seasoning
- Cajun seasoning
- Curry powder
- Chili powder
- Paprika
- Meat rub mixes of any kind
- Cinnamon
- Red pepper flakes

These are just a few examples of popular sprinkle-on seasonings. There are many others to choose from depending on your personal taste and the types of dishes you like to cook.

You can use any of them on your meats or grains or veggies or all of it anytime you like, as much as you like. Awesome! And if you have others you want to use, so long as they are calorie free or very close to it, no wrong answers!

Breakfasts on the run

Nobody (literally, no one) is stopping you from taking your time and cooking up four egg whites and two whole eggs with whole grain pancakes with nut butter spread for breakfast. And if you have the time, like maybe if it's a weekend day, please, by all means, indulge yourself. But if you're on the run and need a quick breakfast, here are some ideas that might fit the bill:

Protein smoothie: Blend together some protein powder, frozen fruit, and almond milk for a quick and easy protein-packed breakfast.

Overnight oats with protein powder: Mix together oats, protein powder, and almond milk the night before and let it sit in the fridge overnight. In the morning, you'll have a protein-packed breakfast ready to go.

High-protein cereal with milk: Look for cereals that are high in protein, such as Special K Protein or Kashi Go Lean, and add milk for additional protein and calcium.

Toast with nut butter and a protein shake: Toast a slice of whole-grain bread and top it with nut butter. Consume with a protein shake for a quick and easy high-protein breakfast.

Evening meals

In your last meal of the evening, a slow-digesting protein source with limited number of carbs is often what's called for. And, you might not want to eat the traditional fitness fare of "lean meat, veggie, and grain." No worries, because we have a few time-tested options you might like. First, you can always rely on good old fashioned fat free Greek yogurt. Flavored or unflavored, it's your call. You can also try Icelandic yogurt, and many of the similar yogurt types in the yogurt section of your local grocery store. There's some good stuff there that's loaded with protein and easy on the carbs and fats. You can add in (or eat on the side) and kind of nuts or nut butters, spread the nut butters onto some whole grain toast, or throw in a crapload

(well, whatever the app tells you is the right amount) of fresh cubed fruit or berries, and you're set! If you're really low on macros and the cravings are killing you, just throw however much casein protein you need for that meal into a bowl, add a tiny bit of water, mix for a while, and keep adding water and mixing until the consistency is makes it a pudding and is to your liking. Look, this meal won't win any culinary awards, but it will squash your hunger and takes around 30 seconds to make. Do please mix thoroughly, or else you'll choke on the casein powder chunks... gross!

What is bulk meal prep?

Alright, so you know how to make a single meal by now, no problem. That's awesome and will save you loads of time, but the real galaxy-brain move in fat loss dieting is *bulk* meal prep. This just means you're going to fill in all the foods for your main meals of the week into your RP Diet Coach App, and it will give you a shopping list of exactly how much total food you need to buy. Then, you can cook all of the ingredients for your main meals at the same time at the beginning of the week, place them all into each meal, and you're kind of just done cooking for the whole week. This process, shopping included, might take a total of 4 hours, and, other than on-the-go breakfasts and evening meals, you're done working on food for the whole week. It's a huge deal.

Bulk meal prep upsides

1 Timesaving.

Compared to cooking all the meals every day or meal by meal, it's no contest. Bulk meal prep, especially after doing it a few times and getting the hang of it, can just go by SO FAST that it saves you literally 9/10ths of the time you'd normally need to make food. In fact, when people say they haven't done fat loss diet because they don't have time to cook... you will now, after mastering bulk meal prep, know that they are *lying*. Well, maybe just unknowingly. But still!

2 Simplifying.

When you make two different proteins, two different grains, three different veggies, and pour some olive oil on all that, you realize that food prep can be simpler than tying your shoes. This is amazing because

food prep can be annoying and intimidating, and bulk prep just wipes that all away. And the cognitive bandwidth problem is GONE... just throw on a podcast or some tunes, zip around the kitchen for a few hours on a Sunday morning, and you're DONE FOR THE WEEK. Every meal is just a trip to the fridge and a hand-reach to the next Tupperware in line.

3 Makes falling off the wagon REALLY HARD.

It's hard to cheat on the diet when your food is ALREADY MADE for you and just a microwave button click away. If you can avoid cheating for the 4 total hours of shopping and cooking it takes to bulk meal prep, you're on easy street.

Bulk meal prep downsides

1 You'll need to buy, and regularly wash, a lot of Tupperware.

But they have this cool thing called a washing machine! I legit don't know how to use it, but my wife does (she calls me mean names when she remembers that I can't use it), and you can probably figure it out if you're, you know... smart enough to tie your shoes and work at a real job. That ain't me!

2 You'll have to eat perhaps the same 2-3 meals for a whole week or half week.

You can certainly try to make things more complex and get more variety going, but that's all on you because more complexity means more work. If you're in, cool, but if not, you will have to eat a lot of the same stuff through the week. Here's the kicker, though: a few weeks into you diet, you'll start getting hungry enough that even this low variety is going to hit the spot, and you'll actually be enjoying these meals much more than you thought was possible.

3 Food doesn't taste the same after a day or two in the fridge, and definitely not the same after the freezer.

This just is what it is. Until you have an at-home robot that can prep your meals for you one meal at a time, this will continue to be a thing. That being said, the longer you get into your diet and the hungrier you become, the less this is an issue. And, by keeping your food from being so tasty that you want to binge on too much of it, this actually becomes a weird advantage precisely when you need the boost to adherence.

Bulk meal prep recommendations

1 Keep it as simple as you can.

You can use complex ingredients, 6 different protein choices, and all kinds of other techniques that will make your food more fun to eat, but it's important to remember that you're doing this mostly to make things easier. Stick to a few simple options that are also themselves easy to cook, and you'll thank yourself later!

2 Choose foods that don't taste like total shit once thawed and reheated.

Egg white and oatmeal do not reheat well, that's all I'm going to say. When you make your meats and grains, try to under-cook them a tiny bit if they are all going to be reheated, and keep a bit more moisture in them as well, so that when you reheat them, they come out better than worse. As you eat such meals on your diet for longer and longer, you'll get a much better feel for what kinds of foods, and with what kind of prep, do better and worse reheated.

3 Label all your Tupperware before sorting the food in.

Label it with the macros of the meal, the meal number in the day and the day of the week. This way, you can make sure you put the Tupperware on the food scale, zero it out, and place the right amount of proteins, carbs, veggies, and fats into each meal before taking it off the scale and putting the lid on. If you re-zero (tare) your scale between each serving (after the Tupperware is placed, then after the protein is placed, then after the veggies are placed, etc.), you can make meal creation even faster and easier with literally no math required. Just look at that meal on the app, place the food in, tare, repeat, and you're on!

4 Sort meals into the fridge and freezer by time.

When you put your meals into stacks in the fridge and freezer, place the later meals in first and the earlier meals in on top, such that the next meal you're supposed to eat is always the first one you reach for!

5 Feel free to eyeball when you're experienced.

If you have 10 meals to make, each with 100g of rice, and you have cooked 1000g of rice, you don't need to

bust out the food scale for the sorting. You can just eyeball and slop in a roughly even amount of rice into each container. If you're off by a bit here and there, just take a bit from one and put it into the other. The benefit to your weight and fat loss results if you're spot on with measurement vs. if you're even 20% off on each meal is very, very, very close to ZERO and isn't remotely worth your time.

6 Avoid the mini-containers.

Can you make your own healthy version of Thai peanut sauce and put it into those adorable little Tupperware sauce containers and pack them in with your meals? Yes. Is this going to be worth your time and effort? Possibly, but give it some thought. Remember that time and effort saving are key, and your fat loss diet with RP doesn't last forever, so you can always do fancy meal prep when you're not grinding through a tough fat loss diet!

7 Place fresh fruit on the side.

If you'd like fruit to compose part or all of a meal, just have some fruit placed next to each meal's Tupperware container so that you can start eating the fruit as you heat up the food in the container. Life hack!

Well, that's it folks, there's your meal prep guide. Best of luck to you, and do your best. If you simply follow the app's directions, your results WILL COME! You can do this, and I think you will!

And if you're ever tired of doing the whole meal prep thing yourself, you can check out our meal prep delivery partner [Trifecta Nutrition](#).

—Dr. Mike Israetel



ON THE GO

EATING GUIDE





On The Go Eating Guide

by

Dr. Mike Israetel



Yo, what up? It's me, Dr. Mike, your guide for all things diet and training related! Let's talk about how to be successful with your diet plan even though you're out on the run... hopefully not from the law, but listen, I'm not here to judge.

Preparing always comes first

Being ready to eat on the go *does not mean* that you're always eating on the fly. No matter how go-ready your diet is, preparing meals ahead of time is still better, and usually by a long shot. So, the first big insight on eating on the go is that you want to minimize it as much as possible. Kind of like the first rule of surviving a bear attack is to... not be around bears that might attack you.

When you can't prepare, don't panic (that by itself is huge as panic usually leads to dumb eating)

Interestingly enough, very similarly to surviving a bear attack, panic is about the worst thing you can do. When you panic, your brain usually turns down your logical processes and turns up your instinctual ones. When you're on a tough fat loss diet, guess what your instincts tell you to do; that's right, eat donuts. Your body is in a bit of starvation mode, so it's going to default to choosing foods that take it out of that mode, and into fat gain mode. Since that's literally the opposite of what you want to do on a fat loss diet, that's no good. So, rule 2 is: don't panic. If you're at the airport and your flight gets rebooked, or if you're driving and hit traffic, or if you get to work and realize you left your meals in the cooler on your kitchen counter, just think "ok, no worries, what are my best options *in the scenario in which I'm in now?*" That "in now" part is super important because we all often just kind of wish the scenario was optimized, and are frustrated that it's not. But frustration is a pretty useless emotion in most cases, so the sooner you can put on your calm, logical, problem-solving hat on, the better.

Emergency snacks on hand

If you're really into being prepared, then you can nearly always avoid panic by simply having go-to snack options in most cases. For example, if you're stuck in your car... why not have some non-perishable or long-lasting foods in your glove compartment? If you forget your food from home and get to work without it, maybe you can have some go-to snacks in the office fridge or even in that shelf in your desk where evil CEOs typically keep that door opener that opens up the floor in front of the desk to the shark pit below!

Ok, so now that I've maybe oversold the snack preparation, let's get to some common scenarios and talk about what snacks work. Oh and just before that, when you eat them, just plug them into the RP Diet Coach App for the meal they are supposed to replace. They'll often be a bit less calories than that meal, but that just means you can move the uneaten calories to a future meal and be all set on hitting your day's goals!

Snacks for the commute

Because you don't want to cram food in without any fluid, just keeping a few bottles of water around the car (especially within reach when in traffic) is a smart first move. Now, for your second move, what foods should you pack? Protein powder is kind of out because trying to mix that into a shaker while driving should probably land you in jail for reckless endangerment. Fresh fruits are out because we want something that *lasts*, even if you forget you ever put it into your glove compartment. Leave a few apples in the glove compartment on a hot summer's week and you might just leave your car in the parking lot one day to be taken straight to the scrap yard. No worries, however, we're left with at least three awesome snack foods: protein bars, jerky, nuts, and pretzels.

Protein bars can last a very long time, often have a wide range of macros you can fit to most any meal, and are easy to eat literally while you're driving. Pro tip: if it's a hot day, leave a bar in front of your air conditioning vent for 10 minutes before eating it, or you might look like you've been eating feces when you get to work (it's chocolate, but how would your shocked co-workers know that?). Jerky, of the beef, chicken, bison, turkey or any variety is often super high in protein, super low in fat and carbs, and lasts maybe, I don't know... forever? Super easy to eat, even while driving... it's the ultimate hack. If you need

more fats in the meal, you can order little baggies of nuts off of Amazon (Planters makes small bags of every kind of nut on earth, seemingly, and sell them in bulk). These store incredibly well, are easy to open and eat, and are single-use so you don't have to re-seal and put them back while weaving through traffic at 90mph to make your 9am meeting. You can also pack your own Ziplock baggies of nuts of any kind at home and dump them in the glove compartment for a rainy day. This way you can save crazy money and also get the macros per bag exactly where you want them. Pretzels... no, not the soft Philly ones with mustard, unfortunately. You're still on a diet, mother*\$%#\$! But, regular dry pretzels are super long-lasting in storage, and are essentially a source of nearly pure carbohydrates. If you have some in your car at all times, along with protein bars, jerky, and nuts, you can fulfill near any meal's macro requirements, no problem.

Home and work snacks

Stating the obvious; you can use every single one of the snacks from your commute at work and at home, where they will last even longer and be easier to reach for and consume, than in your car. But, because your home and maybe even your work has a fridge, you can expand your snack choices significantly. Some deli turkey, some low-carb or regular wraps, some low fat cheese, and some mustard can make assembling a meal on the go incredibly quick and easy. Because all of those food items are almost always labeled with their exact per-serving macros on the package, you don't even need to weigh them out on a food scale in most cases. Swap for any other lunchmeat, any other bread type, and any other additional ingredients and sauces, and you're set for a near-infinite snack generator at home and at work. If you can keep fresh, pre-washed fruits around (like whole apples, pears, oranges, peaches, etc.), you can add in as many carbs to your snacks as you need to hit your target macros for that meal. I would include rice cakes in that list, but let's be honest, rice cakes are one of the messiest foods ever, and you don't need that kind of drama when you're in a rush. If you're too rushed to eat a meal by chewing it, having ready-to-drink proteins around (like Muscle Milk Lights) for example, can be huge time saver. A protein shake and two fresh fruits can take 3 minutes to eat and hit the spot macros and health wise... amazing!

Gas station recommendations

If you're driving and it's time to eat but you have nothing in the car, most gas stations (or petrol stations if

you're fancy like that) have a few go-to items that can really save you in a pinch. Most have protein bars, jerky, nuts, and pretzels, but many also have fresh fruit and often protein shakes in the fridge. Grab a water or a sugar free soda, and you're set. The biggest challenge in most gas station situations is not in finding foods like these that comport with your diet journey, but rather in resisting the temptation to purchase tasty junk food instead. If you're serious about your results (and I know you are because you're reading this), you have to put your blinders on, and home in on the good stuff, Terminator-style.

Airports and airplanes

The airport terminal itself is almost always packed with places to buy the same kinds of healthy snack goodies you would at a gas station, but for one million times the price. And of course, if you're going to be on a long flight, you can just bring protein bars, pretzels, and nuts in your carry-on, and you don't even have to pay an arm and a leg for them at the airport because you can bring them from home. I travel a lot, and I bring snacks from home on nearly every single flight. I like to have at least a few protein bars in my carry on no matter what, because you never know if your plan lands and gets stuck on the tarmac waiting for another plane to pull out of the gate for like... hours?

Now, that's all good and well, but what if you didn't plan, or left the protein bars at home by mistake, you're on a 6 hour flight and your app buzzes in hour 1 to remind you it's time to eat a meal? Obviously, this is a less than ideal situation, but there are, as in nearly every situation, better and worse choices you can make. The big rule I like to follow if I'm in this situation (and unfortunately, I have been in it before) is this: purchase items that have as much protein in them as possible. For example, when they come around the aisle and offer you food for purchase (again, at a roughly one trillion percent markup), the menu might have a fruit and cheese plate, hummus and pita chips, and, hopefully, something like a turkey sandwich. Now look, the turkey sandwich is for regular people, not soon-to-be fitness androids like you. So the protein content will be depressingly low. But, low is better than trivial, so the recommendation here is to just get the sandwich or wrap or whatever it is that has some damn protein in it. Eat the food, enjoy the flight, stay hydrated, and you're good to go. Will you want to eat more food cause the sandwich was barely filling? Yes. Should you? No, because *you're on a mission, dammit*. You're doing this for YOU, and YOU MATTER. So sit there, eat that \$16 sandwich, and try to fake a smile or something. No joke, this is literally what diet success looks like: doing some shit you'd rather not be doing it, when most people in your situation would have given up.

Special events: purse or pockets only

You're invited to a wedding or baby shower or kids birthday party, and it's time to eat when you don't have food around. If it's a wedding, there will be loads of food you can eat later, it's one of those wedding ceremonies that takes 4 hours, which is exactly 3 hours and 55 minutes longer than you and 90% of the attendees wanted it to take. If it's a birthday party of one of your kids' friends, sure, there's food, but it's pizza and ice cream, served to you by a literal clown, which is both nutritionally a poor match for your needs and also psychologically disconcerting. Why are clowns, anyway?

In any case, you can be prepared for such scenarios even if you're only down to your pockets or your purse. As weird as it might seem to other people, you can pack 2-3 protein bars on your person, and whip them out when your app reminds you to eat. If you're really, really self-conscious about eating diet foods at celebratory occasions, don't be! Most people there either wish they looked like you, wished they had your dedication, or both. But, if you're really just a bit shy... you're gonna have to take one for the team (the team is you and the RP Diet Coach App, by the way) and run off really quick to scarf your protein bars in the parking lot, behind the building, in that cluster of trees over there, or, in your very pit of desperation, the bathroom stall. Is this strange? Yes. Does the meal have to get eaten one way or another? You bet it does.

The big psychological approach: do your best with what you have, don't sweat it

Thanks so much for reading this guide, and I wish you the best success with it and your RP Diet Coach Journey. Please remember this last thing: the overarching, foundational, fundamental tip for success with your diet, especially in regards to on the go eating is to just make the best choice you can with what you have available in front of you. And once you make that choice, be cool with it, don't sweat it, and move on. Your next meal and your next day always offers the chance to do better, no matter the choice you made yesterday or in your last meal. Guilt isn't adaptive; doing the right stuff and not sweating the small stuff is.