**Part 4 – Roadmap to Achieving Your Nutritional Goals**

**Key Takeaways**

* Structuring your meals around **protein and calorie goals** is the foundation of fat loss.
* A balanced plate includes: **lean protein, quality starch, vegetables or fruits, and healthy fats**.
* You must plan your meals around your **schedule and habits** to stay consistent.
* Building a **Go-To Meals list** helps maintain variety while hitting your targets.

**Action Steps**

1. **Determine Your Meal Frequency**
   * Decide how many meals you eat per day and per week
2. **Calculate Per-Meal Targets**
   * Divide your daily calorie and protein goals across your meals
   * Example: 2000 cal & 150g protein split into 4 meals = 500 cal & ~38g protein each
3. **Account for Eating Out**
   * Subtract expected restaurant meals from your total meals
   * Plan to prep the rest or order from a **meal prep service**
4. **Build Your Balanced Meals**
   * Use the “balanced plate” template
   * Choose foods you like from each category: lean protein, starch, veggies/fruits, healthy fats
   * Refer to the **Table of Proteins**, **Carbs & Fiber**, and **Calories in Foods** spreadsheets
5. **Create & Save Your Go-To Meals**
   * Find meals that hit your numbers and are easy to prepare
   * Save them in MyFitnessPal or a personal list to rotate regularly
6. **Check Your Daily & Weekly Averages**
   * Use MyFitnessPal to confirm you’re hitting calorie and protein targets
   * Review averages at the end of the week (go to Sunday > Food > Weekly View)

**Common Mistakes to Avoid**

* Picking meals without checking if they meet your calorie/protein goals
* Relying too heavily on eating out without planning ahead
* Not adjusting meals over time to keep variety and prevent boredom

**Related Resources**

* 📈 **Table of Proteins** (Excel)
* 📈 **Carbs & Fiber** (Excel)

**Video Timestamps**

00:00 Introduction: What to Expect

01:26 Balanced Meal Approach

02:05 Prepare Meals Around Your Schedule

05:34 Go-To Meals List

06:33 Lean Proteins List + Leanness Ratio

07:47 Carbs/Starches List

08:08 Fruits/Veggies List

08:45 Benefits of Carbohydrates

09:03 Healthy Fats List

09:35 Example Meals: Chili, Pasta A La Vodka, Salmon Salad

12:44 Checking Daily and Weekly Averages

13:34 Checking Daily Average

16:10 Checking Weekly Average

17:27 Step-by-Step Summary