**Part 5 – Strategies to Achieving Your Nutritional Goals Over Time**

**Key Takeaways**

* You don’t need to hit your calorie/protein goals perfectly from Day 1—**gradual improvement wins**.
* Focus on making **small, sustainable changes** each week.
* Learning how different foods impact your calories and macros builds awareness and long-term success.
* Substitutions, portion control, and meal timing are tools to help—not rules to stress over.

**Action Steps**

1. **Start Where You Are**
   * Don’t aim for perfection—track and reflect first, then build improvements over time
2. **Apply These 9 Strategies Week-by-Week**
   * **Manage high-calorie foods**: Be mindful of dressings, sauces, nut butters, oils, etc.
   * **Find lower-calorie substitutes**: Use your "Substitute List" tab to swap smarter options
   * **Choose lean over fatty meats**: Use the "Table of Proteins" to compare
   * **Avoid fried foods**: Air fry or bake instead of deep-frying
   * **Make smarter choices when eating out**: Apply previous strategies when eating out
   * **Prioritize full meals over snacks**: More satisfying and better for hunger control
   * **Spread your protein evenly**: Aim for 20+g per meal, especially at breakfast
   * **Add fruits and veggies**: Every meal should contain at least one
   * **Drink water throughout the day**: Space your intake for better hydration and performance
   * **Bonus strategy**: Brush your teeth, mouth wash, or chew strong mint gum after meals to reduce post-meal snacking and overeating

**Common Mistakes to Avoid**

* Trying to change everything all at once
* Skipping protein at breakfast
* Overeating snacks due to under-fueling with meals
* Taking for granted how small adjustments can go a long way, especially when compounded over time (Being a little better every week)

**Related Resources**

* 📈 **Calories in Foods & Drinks + Substitutes** (Excel)
* 📈 **Table of Proteins** (Excel)

**Video Timestamps**

00:00 Introduction: Improving Your Nutrition Over Time

01:25 Strategy #1 – Manage Your Portions of High-Calorie Foods

01:51 Calories in Different Foods

04:14 Strategy #2 –Find Lower-Calorie Substitute

05:08 Substitute List

06:42 Calories in Different Drinks

07:56 Strategy #3 – Replace Fatty Meats With Leaner Ones

08:49 Strategy #4 – Avoid Fried Foods

09:58 Strategy #5 – Make Adjustments When Eating Out

10:39 Comparing Two Chick-Fil-A Orders

11:45 Comparing Protein Options From Panda Express

12:25 Strategy #6 – Favor Full Meals Over Snacks

12:59 Examples of High Protein Snacks

13:20 Strategy #7 – Disperse Your Protein Evenly Throughout the Day

14:21 Strategy #8 – Add Fruits and Vegetables

15:21 Strategy #9 – Drink Water Throughout the Day

15:42 How to Properly Hydrate

16:16 Bonus Strategy – Brush Your Teeth After Your Meal