



BASELINE

January – March

Eat at maintenance calories to establish a baseline. Learn what your body needs. Build tracking habits.

MEAL 1: BREAKFAST

~30% OF DAILY TOTAL

- 3 whole eggs, scrambled or fried
- 2 slices whole wheat toast with butter
- 1 cup fruit (banana, berries, or apple)
- Coffee or tea (track any cream/sugar)

YOUR CHOICE: _____

MEAL 2: LUNCH

~30% OF DAILY TOTAL

- 6 oz grilled chicken breast or turkey
- 1 cup brown rice or quinoa
- Mixed greens salad with olive oil dressing
- 1 medium apple or orange

YOUR CHOICE: _____

MEAL 3: DINNER

~25% OF DAILY TOTAL

- 6 oz salmon, lean beef, or chicken thigh
- 1 cup roasted potatoes or sweet potato
- 1 cup steamed broccoli or mixed vegetables

YOUR CHOICE: _____

SNACK

~15% OF DAILY TOTAL

- Greek yogurt with honey and granola
- Protein shake with banana
- Handful of almonds + string cheese

YOUR CHOICE: _____

YOUR DAILY TARGETS

CALORIES: _____ kcal
PROTEIN: _____ g
CARBS: _____ g
FAT: _____ g

PHASE 1 TIPS

- Focus on consistency over perfection — just track everything
- Track even on bad days — the data matters more than the number
- Don't restrict anything — just observe and measure
- Weigh yourself 3x per week minimum, same time each day

• HYDRATION TARGET •

Half your bodyweight (lbs)
in ounces of water daily
+16–24 oz on training days