



CUT

April – June

Caloric deficit to lose body fat while preserving muscle. Eat strategically, not starving.

MEAL 1: BREAKFAST

~30% OF DAILY TOTAL

- 4 egg whites + 1 whole egg, scrambled
- 1/2 cup oats with cinnamon
- 1 cup berries (low calorie, high volume)
- Black coffee or green tea

YOUR CHOICE: _____

MEAL 2: LUNCH

~30% OF DAILY TOTAL

- 8 oz grilled chicken breast (extra protein)
- Large spinach salad with cucumber and tomato
- 2 tbsp low-cal dressing or lemon juice
- 2 rice cakes or 1/2 cup rice

YOUR CHOICE: _____

MEAL 3: DINNER

~25% OF DAILY TOTAL

- 6 oz white fish (tilapia, cod) or extra-lean ground turkey
- 1 cup roasted zucchini and bell peppers
- 1 small sweet potato or 1/2 cup rice

YOUR CHOICE: _____

SNACK

~15% OF DAILY TOTAL

- Protein shake with water (not milk)
- Celery + 1 tbsp peanut butter
- Nonfat Greek yogurt with berries

YOUR CHOICE: _____

YOUR DAILY TARGETS

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

PHASE 2 TIPS

- Prioritize protein at every meal — it's your muscle insurance policy
- Manage hunger with high-volume, low-calorie foods (veggies, egg whites)
- Don't cut too aggressively — aim for 1–2 lbs per week max
- Keep training intensity high — the deficit comes from food, not extra cardio

• HYDRATION TARGET •

Half your bodyweight (lbs)
in ounces of water daily

Extra water helps manage hunger