

NUTRITION BLUEPRINT

NUTRITION BLUEPRINT

What This Blueprint Will Do For You

From Confused to Confident With Food

This is not a "just eat this" meal plan.

This guide teaches you **how nutrition works** so you can:

- Understand calories, macros, and how they affect your body.
- Build your **own** days of eating that match your goals and lifestyle.
- Look at any food, restaurant, or grocery store and know how it fits.

Think of this as a **mini course in fat-loss nutrition** written in plain English. You don't need to be "good at science." You just need to read, apply, and be honest with yourself.

NUTRITION BLUEPRINT

How to Use This Blueprint So You Don't Get Overwhelmed

1. Read for understanding, not perfection.

You don't have to memorize every word. Your goal is to get the **big ideas**.

2. Apply in small pieces.

Start with calories and protein. Then layer in carbs, fats, food choices, and timing.

3. Ask "why?" as you go.

Any time you see a rule, there will be a reason behind it. The more you understand the "why," the easier this becomes.

4. Build, don't copy.

Sample days and examples are **training wheels**. The real win is when you can build your own day that still respects the principles.



PART 2

CALORIES & ENERGY

Calories & Macros 101

CALORIES & MACROS

Calories & Macros 101

The Simple Basics of How Food Becomes Energy

Calories are a way to measure **energy**. Your body uses this energy to stay alive, move, think, and train. Every bite and every sip has calories.

Think of your body like a **bank account**:

- **Calories in** = money you deposit (food and drinks)
- **Calories out** = money you spend (movement + just being alive)

Over time, your **weight trend** is just your "bank balance" changing.



CALORIES & MACROS

Why Calories Matter

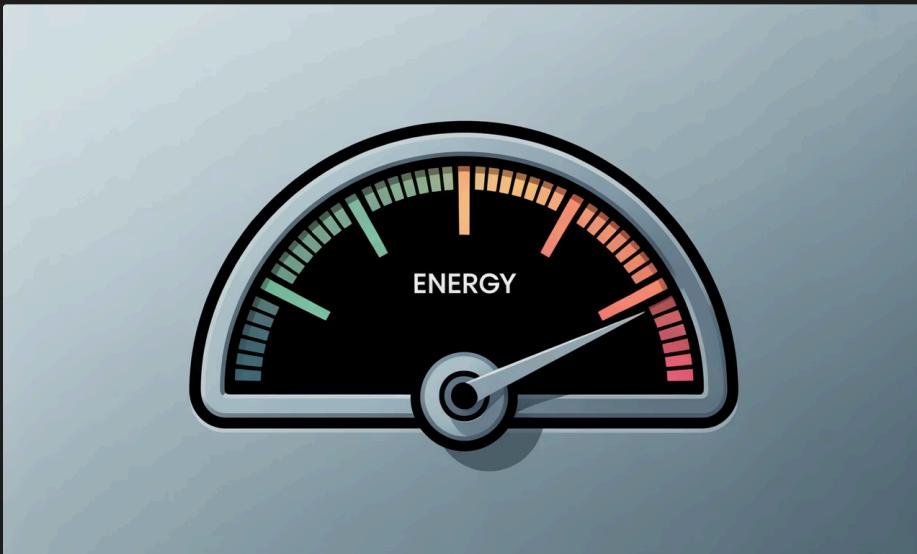
How Eating and Moving Change Your Body

Your body is always using energy—even when you sleep. Food and drinks give you the calories to power:

- Breathing and heartbeat
- Brain and organs
- Walking, training, and daily movement

When you eat **more** calories than you use, the extra gets stored as **body fat** (and sometimes muscle if you lift).

When you eat **less** calories than you use, your body must pull from **stored energy** (fat, sometimes muscle). That's how fat loss really happens.



NUTRITION CONCEPTS

Energy Balance

Deficit, Maintenance, and Surplus

Energy balance = calories in vs. calories out. There are only three options:

DEFICIT

You eat **less** than you burn. Your body uses stored fat for energy.

Weight trend: slowly goes **down**.

MAINTENANCE

You eat about the **same** as you burn. Body fat stays about the same. **Weight trend:** mostly **stable**.

SURPLUS

You eat **more** than you burn. Extra energy is stored, mostly as fat.

Weight trend: slowly goes **up**.

- You can eat "clean" and not lose fat if calories are too high. You can eat fun foods and still lose fat if your **overall** calories stay in a deficit. We care about **weekly trends**, not one random weigh-in.



CALORIES & MACROS

What Is TDEE?

How Many Calories You Burn Each Day

Your **TDEE (Total Daily Energy Expenditure)** is how many calories you burn in a full day.

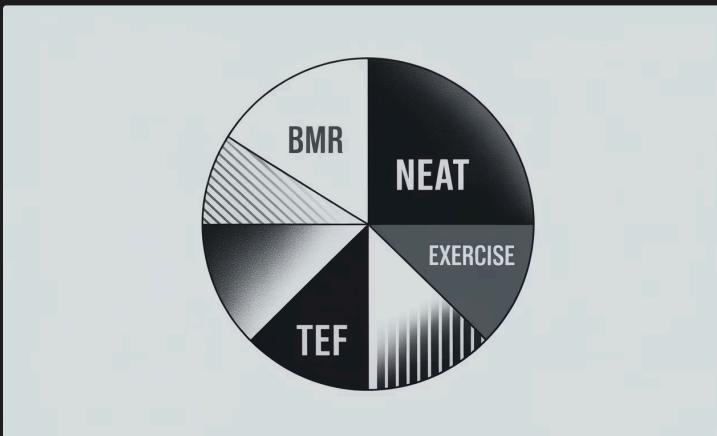
It has 4 parts:

- **BMR** – energy to stay alive at rest
- **NEAT** – everyday movement (walking, chores, fidgeting)
- **Exercise** – workouts and sports
- **TEF** – energy used to digest food

We **estimate** your TDEE at first—it's not perfect. Then we watch your:

- Weekly weight trend
- How your clothes fit
- Hunger and energy

If things aren't moving how we want, we adjust calories or activity.



Adaptive Thermogenesis

Why Dieting Gets Harder Over Time

What Happens:

When you eat less and lose weight, your body tries to **protect** itself:

- You weigh less → you burn fewer calories.
- You may move less without noticing (lower NEAT).
- You're eating less food → TEF goes down.
- Hunger hormones go **up**, fullness hormones go **down**.

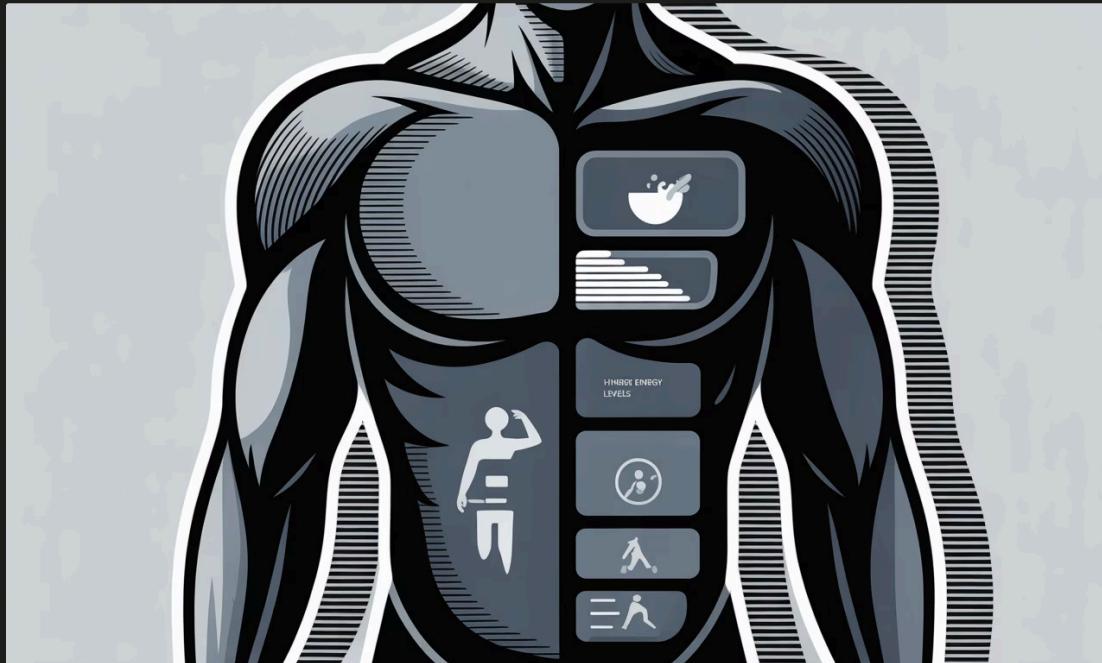
What It Means:

This slowdown is called **adaptive thermogenesis**. It's a big reason for **plateaus**.

When weight has stalled for a couple of weeks and you've been consistent, the solution is usually:

- Small calorie drop (-100 to -200/day),
- Or slightly more movement,
- Or tighter tracking.

Plateaus are **normal**, not failure.



CALORIES & MACROS

Calories & Energy Cheat Sheet

Fast Definitions

Term	Simple Meaning
Calorie	Unit of energy ; "fuel" for the body.
Energy Balance	Relationship between calories in and calories out.
Deficit	Eating less than you burn → fat loss over time.
Maintenance	Eating about what you burn → weight stable.
Surplus	Eating more than you burn → weight gain over time.
TDEE	Total calories you burn per day.
BMR	Calories burned at rest just to stay alive.
NEAT	Everyday movement that is not exercise.
Exercise	Planned workouts/sports.
TEF	Calories burned digesting food.
Adaptive Thermogenesis	Body burning fewer calories during a diet.



PART 3

MACROS 101

Protein, Carbs, Fats, Fiber

MACROS 101

What Are Macros?

Protein • Carbs • Fats • Fiber

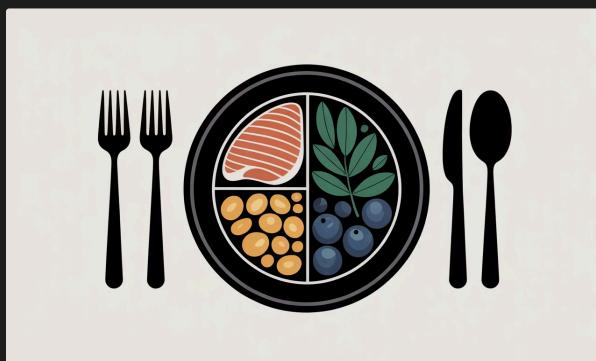
Macronutrients ("macros") are the big nutrients that give you calories:

- **Protein**
- **Carbohydrates**
- **Fats**

These three control:

- How full you feel
- How well you keep or build muscle
- Your energy for training and daily life

We'll also talk about **fiber**, which is technically a type of carb but acts differently and helps with fullness and digestion.



MACROS 101

Protein

Muscle, Fullness, and Recovery

What Protein Does:

- Builds and repairs **muscle** after training.
- Helps you feel **full** and reduces cravings.
- Has a high **thermic effect**—your body burns more calories digesting it.

For fat loss and muscle, most people do well with **0.8–1.2g of protein per pound of goal bodyweight**.

How to Think About Protein:

- Every meal should have a **clear protein source**.
- Bigger people need more absolute grams.
- If you're hungry all the time, protein is one of the first levers to pull up.

You don't need perfect numbers. You just need **enough** protein most days.



Carbohydrates

Energy and Performance

What Carbs Do:

Carbs are your body's **preferred fuel** for harder efforts: lifting, sprinting, sports.

They:

- Refill glycogen (energy stored in muscles).
- Support workout performance.
- Affect blood sugar and how stable your energy feels.

How to Think About Carbs:

- You don't need "no carb" to lose fat; you need a **calorie deficit**.
- Higher-carb meals around training often feel better.
- "Better most of the time" options: rice, potatoes, oats, fruit, beans, whole-grain bread.

Very processed carbs (candy, pastries, big sugar drinks) are easy to over-eat. They can fit sometimes, but they shouldn't be the **base** of your diet.



Fats

Hormones, Health, and Flavor

What Fats Do:

Fats:

- Support **hormones** (testosterone, estrogen, etc.).
- Help absorb vitamins A, D, E, K.
- Play a role in brain and joint health.

Too **little** fat for long periods can mess with hormones, mood, and hunger.

How to Think About Fats:

- Most people do well with around **0.3–0.4g of fat per pound of goal bodyweight**.
- Fats are **calorie dense** (9 calories per gram). Small portions add up fast.
- Focus on: olive oil, avocado, nuts (measured), whole eggs, fatty fish.

Don't fear fat—but respect how calorie-dense it is.



Fiber

Fullness, Digestion, and Stable Energy

Fiber is the part of carbs your body can't fully break down.

It helps by:

- Slowing digestion = **more stable energy**.
- Helping you feel **full** on fewer calories.
- Supporting digestion and regular bathroom habits.

Good sources: fruits, veggies, beans, lentils, oats, whole-grain bread.

Aim for roughly **20–35g per day**, depending on your size. Increase slowly and drink water so your stomach doesn't hate you.



MACROS 101

Macro Cheat Sheet

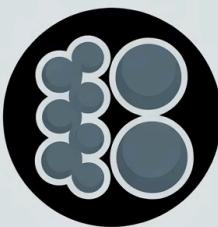
Quick Reference

Macro	Main Jobs	Simple Target
Protein	Muscle, fullness, recovery	0.8–1.0g per lb of goal bodyweight
Carbs	Energy, performance	Whatever calories remain after protein + fats
Fats	Hormones, brain, joints	0.3–0.4g per lb of goal bodyweight
Fiber	Fullness, digestion	20–35g/day

These are **starting ranges**, not perfect rules. You'll adjust based on progress and how you feel.



PROTEIN



CARBS



FATS

PART 4

SETTING YOUR NUMBERS

Educational

SETTING YOUR PLAN

Choosing Your Goal

Fat Loss, Maintenance, or Muscle Gain

Your **nutrition setup** depends on your main goal:

Fat Loss (Cut):

You'll eat in a **calorie deficit**. The goal is to lose fat while keeping as much muscle as possible.

Maintenance:

You'll eat at roughly **maintenance calories**. Great for practicing habits and holding your current body comp.

Muscle Gain (Lean Bulk):

You'll eat in a **small surplus** to add muscle over months, accepting some fat gain.

The science is simple:

- To lose weight → you must spend more than you take in.
- To gain weight → you must take in more than you spend.
- To maintain → those two should be close.



SETTING YOUR PLAN

How We Choose Starting Calories

Simple Math + Real-World Feedback

The Estimate:

For fat loss, a common starting point is:

Calories $\approx 11\text{--}12 \times \text{current bodyweight (in pounds)}$

This creates a reasonable deficit for many adults.

Example: 200 lb $\rightarrow \sim 2,200\text{--}2,400$ kcal.

The Reality Check:

This is just a **guess** based on population averages. Your job is to:

- Eat near that target for 2–3 weeks.
- Track your weekly average weight.
- Notice hunger, performance, and mood.

Then we adjust. The goal is **slow, steady progress**, not seeing how low you can go.



SETTING YOUR PLAN

How Calories Turn Into Macros

Why We Start With Protein

The Science:

Each macro has a "calorie value":

- 1g **protein** = 4 calories
- 1g **carbs** = 4 calories
- 1g **fat** = 9 calories

When we set macros, we're just deciding **how to spend your calorie budget**.

The Logic:

We start with:

1. **Protein** → protects muscle and helps fullness.
2. **Fats** → support hormones and health.
3. **Carbs** → fill the rest based on energy needs and preference.

This is why two people can have the **same calories**, but very different macro splits depending on their training, hunger, and taste.



SETTING YOUR PLAN

Example – From Calories to Macros

See the Process Step by Step

Example person:

- Current: 200 lb
- Goal: 185 lb
- Starting calories: 2,200 kcal

01

Set Protein

Goal bodyweight = 185 lb → target **185g protein**

Protein calories = $185 \times 4 = \mathbf{740 \text{ kcal}}$

02

Set Fats

0.35g per lb goal weight ≈ 65g fat

Fat calories = $65 \times 9 = \mathbf{585 \text{ kcal}}$

03

Carbs Are the Rest

Calories used so far: $740 + 585 = 1,325$

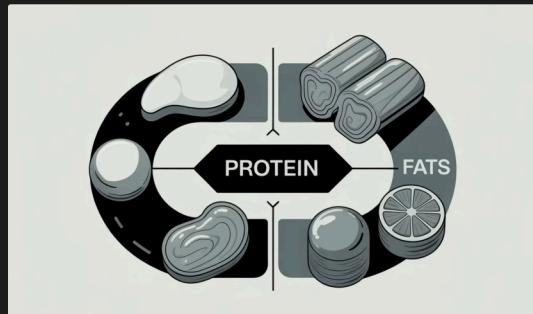
Left for carbs: $2,200 - 1,325 = \mathbf{875 \text{ kcal}}$

Carbs = $875 \div 4 \approx \mathbf{220 \text{g carbs}}$

Final starting macros:

- 2,200 kcal
- 185g protein / 65g fat / 220g carbs

You don't have to do this math in your head every time. The point is to understand **why** numbers look the way they do.



SETTING YOUR PLAN

Adjusting Your Numbers

What to Look At Before You Change Anything

Data to Check:

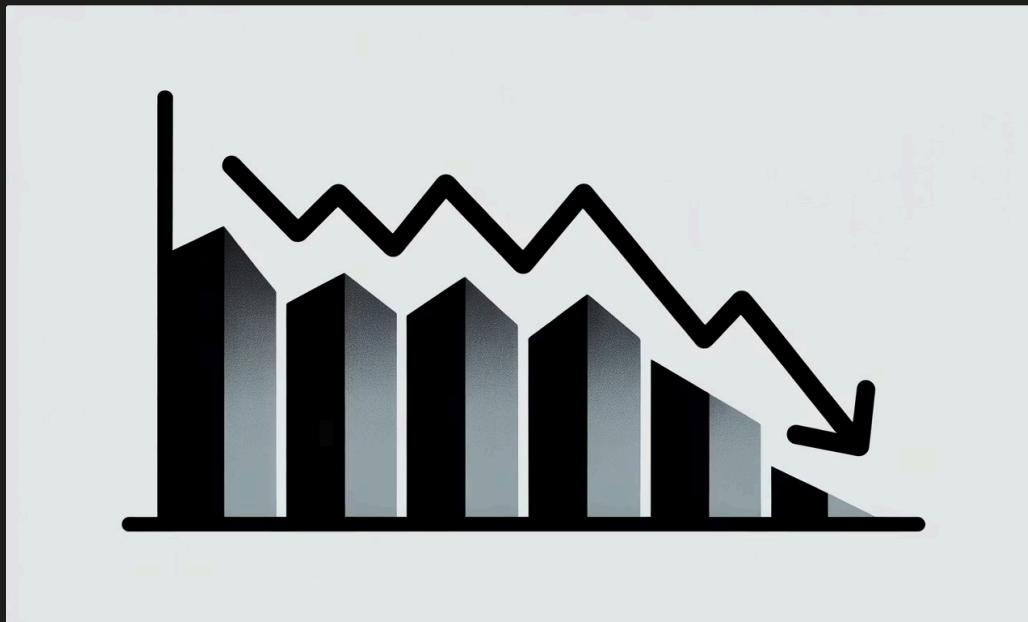
Before changing macros, check:

- **Weekly average weight**
- **Hunger** (all the time vs sometimes)
- **Energy** (especially during training)
- **Adherence** (are you actually close to the plan 80%+ of the time?)

How Adjustments Work:

- If weight hasn't changed in 2+ weeks and adherence is high → small calorie drop (-100 to -150/day) or slightly more movement.
- If you're losing **too fast** and feel terrible → add 100–200 calories back.
- If hunger is brutal → raise protein or fiber, or shift more calories earlier in the day.

Tiny changes beat giant swings.



PART 5

FOOD SELECTION & GROCERY EDUCATION

FOOD EDUCATION

How to Think About Foods Categories, Not "Good" and "Bad"

Instead of "good" vs "bad," think in **categories**:

Foundation foods

make up most of your intake; high in nutrients and/or protein, fairly filling.

Support foods

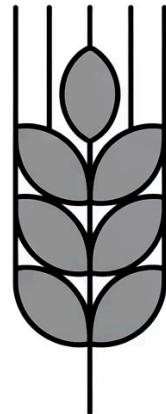
add flavor, fats, or carbs but are easy to over-do.

Fun foods

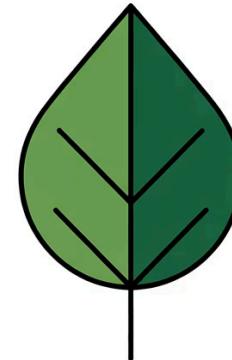
taste great, not very filling, mostly for enjoyment.

You can eat from **all three**, but foundation foods should take up most of your calories if your goal is fat loss.

Foundation foods



Support foods



Fun foods



Knowing Your Body & Trigger Foods

Design Your Environment, Not Just Your Willpower

What Are Trigger Foods?

Trigger foods are foods that are **hard for you to stop eating** once you start, even if they're not "junk."

For one person that might be ice cream. For another, it might honestly be **berries** or peanut butter.

How to Use This:

- Pay attention: after eating a food, do you feel **satisfied** or do you want to keep going?
- Foods that always lead to "keep going" should be:
 - Bought in **small servings**, or
 - Kept for **social** situations only, or
 - Avoided for a while.

Trigger foods are personal. Someone else's "healthy snack" might be your "I just ate the whole bag."



GROCERY EDUCATION

How to Shop for YOUR Brain

Not Just "Eat Chicken and Rice"

Foundation Checklist:

When you shop, ask:

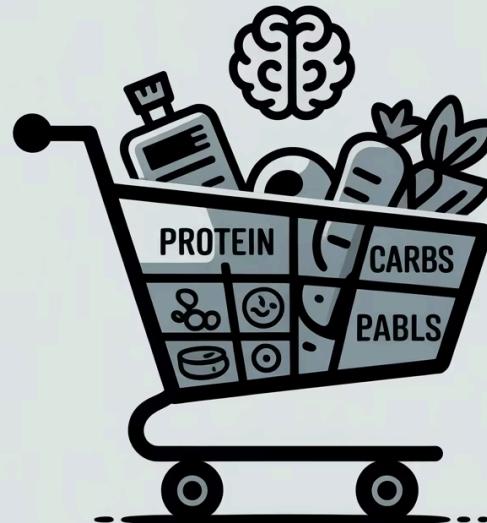
- Do I have **2–4 protein options** I like and will actually cook?
- Do I have **carb sources** I enjoy but don't binge on?
- Do I have **veggies/fruit** I'll realistically eat?

Start here before you grab extras.

Matching Food to Your Personality:

- If you **graze** mindlessly → buy more foods that must be **cooked or assembled**, fewer "grab and inhale" snacks.
- If you love variety → rotate protein types, spices, and carb sources, but keep the **structure** the same.
- If you over-do certain "healthy" foods (like nut butter or berries) → buy **pre-portioned** containers or skip them for now.

The goal is to make your default environment match your **weak spots**, not pretend you don't have any.



GROCERY EDUCATION

How to Read a Food Label

The 3 Things That Actually Matter

When you look at a label, focus on:

1 Serving size

What is "one serving"? Is it half a package or the whole thing?

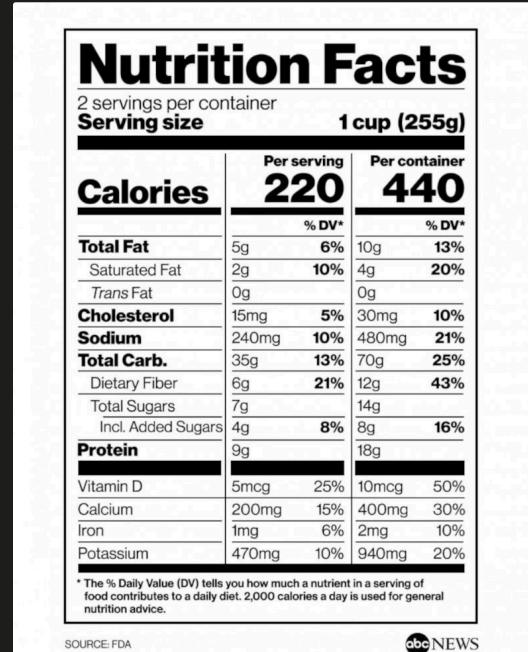
2 Calories per serving

How much of your daily budget does this take?

3 Macros per serving

Especially **protein** and **fat**.

You don't need to obsess over every line. But you should know if a "little snack" is 80 calories or 400.



Satiety 101

Why Some Foods Stick With You

The Science in Simple Terms:

Foods tend to be more filling when they:

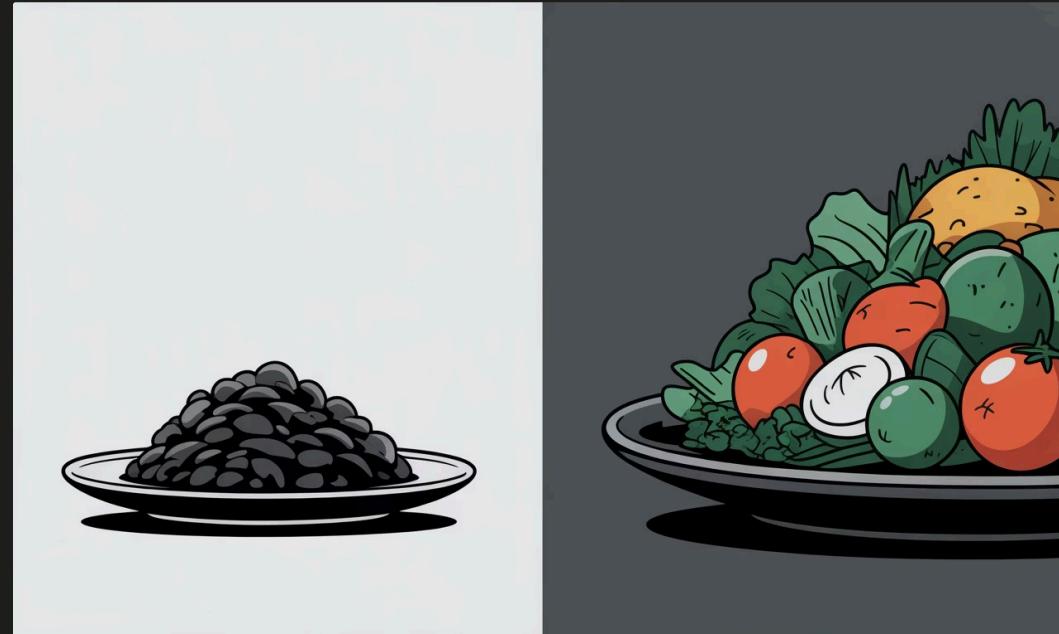
- Have **protein**
- Have **fiber**
- Have **water/volume** (think big salads, soups, fruit)

Foods that are **low in fiber and protein but high in fat + sugar** are usually the least filling.

How to Use This:

- Build meals around protein + fiber.
- Use high-volume foods (salads, veggies, watery fruits) to make plates look big.
- Keep most fat sources **measured**, not free-poured.

Ask yourself: "How long did that meal keep me full?" Adjust ingredients based on the answer.



PART 6

MEAL STRUCTURE & TIMING

Educational

MEAL STRUCTURE

How Many Meals Per Day? What the Science Says (In Normal Words)

The Basics:

For **fat loss**, total **calories and protein per day** matter far more than the exact number of meals.

However, meal frequency changes how you feel:

- Fewer, bigger meals → feel very full, longer gaps.
- More, smaller meals → more frequent hits of food, less fullness each time.

Matching to Real Life:

- Busy people who don't like thinking about food might do well with **2–3 meals**.
- People who get very hungry may prefer **3–5 smaller meals**.
- Intermittent fasting (e.g., eating in an 8-hour window) can work if it helps you control calories, not because it's magic.

Pick a structure that:

1. Lets you hit protein.
2. Controls your hunger.
3. Fits your schedule.

MEAL TIMING

Before You Train

Why Pre-Workout Nutrition Matters

The "Why":

Before training, the goals are:

- Have **enough carbs** in your system to fuel hard sets.
- Have some **protein** available to start recovery.
- Avoid feeling heavy or sluggish.

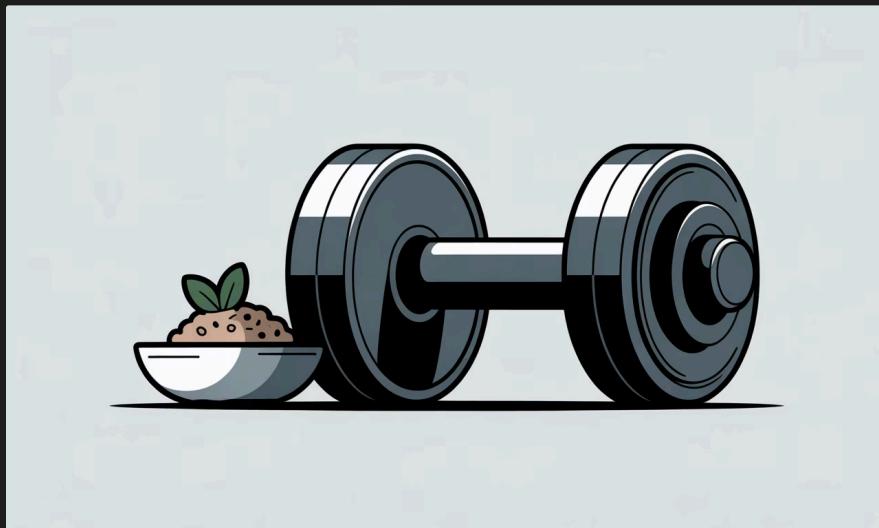
Carbs raise blood sugar and refill muscle energy; protein provides amino acids (building blocks for muscle).

How to Apply:

1–3 hours before lifting:

- Eat a meal with **protein + carbs**, lower fat.
- Example structure (not specific foods):
 - 1 serving protein (meat, yogurt, eggs, shake)
 - 1 serving carbs (rice, bread, fruit, oats)
 - Minimal heavy fats (limit lots of cheese, fried food).

If you train very early, even a **small snack** (shake + fruit) is better than nothing.



MEAL TIMING

After You Train

Supporting Recovery and Muscle

The "Why":

After training, muscles are more ready to:

- Use **protein** to repair and grow.
- Use **carbs** to refill glycogen (stored energy).

The total protein you eat **by the end of the day** matters most, but a solid post-workout meal can help recovery and performance.

How to Apply:

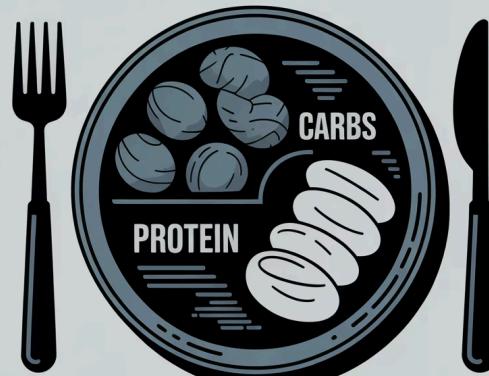
Within a few hours after training:

- Get **20–40g of protein**.
- Add a moderate serving of carbs.

Structure:

- 1 protein source (meat, fish, eggs, dairy, shake)
- 1–2 carb sources (rice, potatoes, pasta, fruit, etc.)

Fats are fine here, just don't turn it into a 1,500-calorie feast.



MEAL STRUCTURE

Snacks & Grazing Using Snacks On Purpose

The Problem with Random Snacking:

Snacking is not evil—but **mindless grazing** often:

- Adds calories you never track.
- Uses low-protein, low-fiber foods.
- Leaves you hungry again 30 minutes later.

How to Snack Intentionally:

Good reasons to snack:

- Long gap between meals.
- To add more protein or fiber.

Make most snacks **mini-meals**:

- Protein + fruit
- Protein + veg
- Protein + small carb portion

This keeps snacks part of the plan, not the reason the plan fails.

PART 7

SAMPLE DAYS AS EDUCATION

EXAMPLE DAYS

Example: 3-Meal Day

How Principles Look in Real Life

This is **not** "the diet." It's an example of how someone might use the rules you've learned.

Breakfast (Protein + Carbs + Fiber)

- Protein source
- Carb source
- Fruit or veg

Lunch (Protein-Centered Meal)

- Protein source
- Carb source that fits their calories
- Veg or salad for volume

Dinner (Post-Workout or End-of-Day Meal)

- Protein
- Carbs (more here if training was later)
- Some fats for taste

What to Notice:

- Every meal has **protein**.
- Fiber and volume are used to control hunger.
- Carbs are placed where they help energy the most.

EXAMPLE DAYS

Example: 4–5 Eating Events For People Who Get Hungry Often

Structure (for someone who prefers to eat more frequently):

Meal 1:

Protein-focused breakfast

Snack 1:

Protein + fruit

Meal 2:

Protein + carbs + veg

Snack 2:

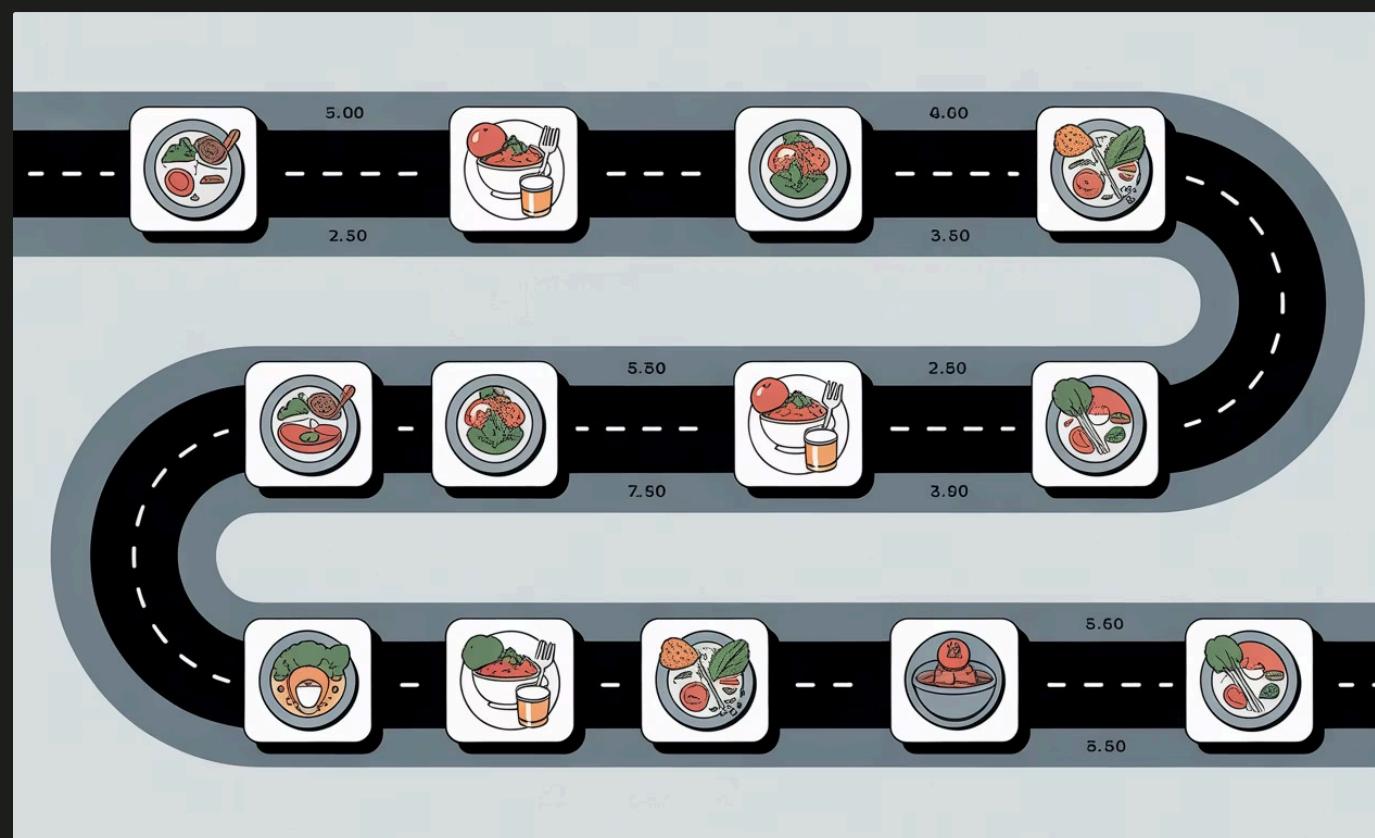
Protein-based (like yogurt or shake)

Meal 3:

Protein + carbs + veg + fats

What to Notice:

- Total calories still match their target.
- Protein is spread throughout the day.
- Snacks are **purposeful**, not random.



HANDS-ON PRACTICE

Build Your Own Day

Use What You've Learned

Use this page like a worksheet.

1. Write your **daily calories and macros** at the top.
2. Decide how many **meals/snacks** you want (2–5).
3. For each meal, fill in:
 - Main **protein** source
 - Carb source (if any)
 - Veg/fruit
 - Fats (if any)

At the bottom, ask:

- "Will this keep me full?"
- "Does this fit my day and training?"
- "Is there a trigger food I should swap or portion better?"

PART 8

EATING OUT, ALCOHOL & SPECIAL SITUATIONS

Principle-Based

EATING OUT

Why Eating Out Makes Fat Loss Tricky

It's Not Just Willpower

Restaurants are built to:

- Make food **taste amazing**.
- Get you to order more.

This usually means:

- Bigger portions than you'd make at home.
- More hidden fats (oils, butter, sauces).
- Easier access to high-calorie drinks and desserts.

None of this is "bad," but it means you have to be more **intentional** to keep calories under control.



EATING OUT

How to Order at Restaurants Apply the Same Rules Anywhere

Big Picture:

When you look at a menu, ask:

1. Where is the **protein**?
2. How big is the **carb/fat bomb** (sides, sauces, extras)?
3. Is there a way to keep the same **idea** of the meal with fewer calories?

Practical Swaps:

- Choose grilling, baking, or roasting over deep-fried.
- Ask for sauces/dressings **on the side**.
- Keep at least half the plate as **protein + veg**.
- If portions are giant, decide **before** you start that you'll stop at halfway or take leftovers.

You're not trying to eat like a bodybuilder. You're just respecting your calorie budget.



ALCOHOL

Alcohol & Fat Loss

Understanding What Actually Happens

The Science (Simple):

- Alcohol has **7 calories per gram**.
- Your body treats it like a **priority toxin**: it pauses burning other fuels (fat and carbs) to clear alcohol first.
- Alcohol can lower inhibitions → easier to over-eat.

What That Means for You:

- Drinking doesn't instantly "turn into fat," but it **slows down** fat burning and often leads to extra food.
- Occasional drinks within your calories can fit.
- Frequent heavy drinking will almost always slow or stall progress, even if food is "clean."



ALCOHOL

Using Alcohol Without Wrecking Progress If You Choose to Drink

If you drink, think "strategy," not "wing it":

Set a **limit** before the night (for example, 2–3 drinks).

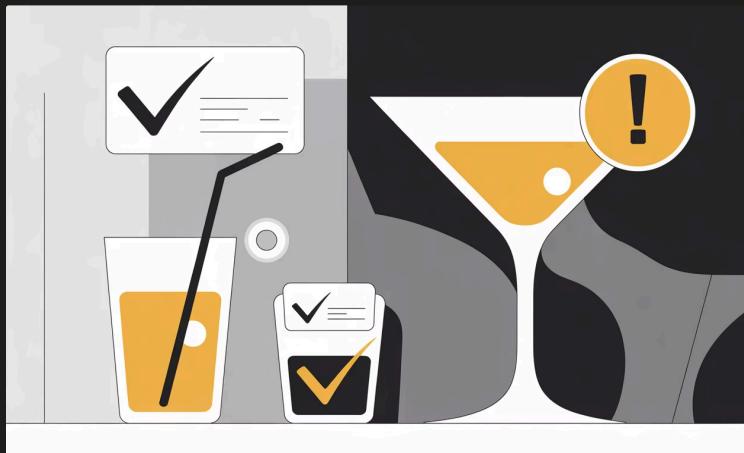
Pick lower-calorie options: spirits + zero-cal mixer, light beer, dry wine.

Avoid huge creamy or sugary cocktails unless you plan for the calories.

On drinking days:

- Keep protein high.
- Keep other treats lower.

The biggest win is knowing what **you** tend to do when drinking (binge eating, late-night drive-thru, etc.) and planning around that.



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PART 9

REVIEW

Advanced Concepts for Continued Progress

In this final section, we'll dive into advanced topics like insulin sensitivity, and the strategic approaches of bulking versus cutting to help you refine your nutrition blueprint even further.

NUTRITION CONCEPTS

What Is Insulin Sensitivity?

Your Body's Nutrient Response

Insulin is a hormone that helps shuttle nutrients like glucose and amino acids from your bloodstream into your cells. Insulin sensitivity describes how responsive your cells—especially muscle cells—are to that signal.

Enhanced Nutrient Uptake

With high sensitivity, your muscles efficiently absorb glucose to refill glycogen stores, supporting energy and training. Insulin also effectively limits muscle protein breakdown after workouts, aiding recovery.

Impaired Nutrient Utilization

Low sensitivity means nutrients are less effectively directed to muscle cells, increasing the likelihood of fat storage. This can lead to feelings of sluggishness, increased hunger, and slower recovery.

Better insulin sensitivity means your body more effectively uses calories for performance, recovery, and muscle growth, rather than storing them as fat.



Why Big Bulks Often Backfire

Understanding Efficient Muscle Gain

Trying to "bulk up" by eating significantly more calories than needed often leads to more fat gain than muscle. Here's why:

Muscle Growth is Gradual

Even with optimal training and sleep, muscle synthesis is a slow process:

- **Beginners:** ~0.5–2.0 lb/month
- **Intermediates:** ~0.25–1.0 lb/month
- **Advanced:** ~0–0.5 lb/month

These are monthly averages, not weekly gains.

Modest Energy Cost

Building approximately one pound of new muscle tissue requires around 800 calories. Spread across a month, this translates to a modest surplus of only ~20-30 extra calories per day, far less than the common 300–1,000 calorie surplus in traditional bulks.

Fat Gain Reduces Sensitivity

As body fat percentage increases, insulin sensitivity tends to decrease. This shifts nutrient partitioning away from muscle cells and towards fat storage, making each extra calorie less effective for muscle growth and more likely to be stored as fat.

Translation: Overshooting calories adds fat quickly, doesn't make muscle grow much faster, and can actively slow future muscle gain by blunting insulin sensitivity.

NUTRITION CONCEPTS

Why Being Leaner Improves Insulin Sensitivity (and Gains)

Optimize Your Body's Fuel Management

More Body Fat = More "Noise"

Excess body fat sends chemical signals that reduce muscle sensitivity to insulin. This means fewer carbs and amino acids enter muscle for fuel and repair, and more are stored as fat.

Leaner = Better Insulin Function

When you're leaner, your muscles respond more readily to insulin. They "open the doors" to nutrients more easily, efficiently refilling glycogen stores and protecting muscle after workouts.

Reduced Ectopic Fat

Being leaner minimizes fat accumulation in places like muscle and liver. This keeps cellular signals for growth and recovery clear and strong, preventing interference with nutrient processing.

Improved Nutrient Partitioning

At maintenance or a small caloric surplus, a leaner body directs more of what you eat towards muscle growth. A large surplus often adds fat, further reducing insulin sensitivity and hindering progress.

Practical Takeaway: Maintaining a healthy body fat range (men ~10–15%, women ~18–25%) generally keeps insulin sensitivity high. If your waist or weight starts to creep up, a short "tidy-up" phase can reset nutrient partitioning before resuming muscle-building efforts.

PART 10

WRAP-UP & NEXT STEPS

REVIEW

Putting the Pieces Together

What You Should Be Able to Do Now

After going through this blueprint, you should be able to:

- Explain **calories and energy balance** to someone else.
- Set a **starting calorie target** based on your goal.
- Turn calories into **protein, carb, and fat** targets.
- Walk into a **grocery store** and build a cart that fits your macros and your personality.
- Spot **trigger foods** that don't belong in your everyday environment.
- Build your own **day of eating** that matches your numbers.
- Make smarter choices when you're **eating out or drinking**.

That's how you go from "just following a plan" to actually **understanding nutrition**.