Performance Fat Loss Plan

Darks

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1 The Current Issue

Easy traps when looking to lose weight

- Busy coaching = forget to eat
- Eating less = "leaner / working hard"
- Eating more = "slipping up"

From this it's easy to think

"If I eat less during work, fat loss will be faster."
For high output coaching and boxing environments, that often backfires.
Low daytime intake → energy crashes → evening overeating → slower fat loss → worse recovery → reduced sharpness.

The reframe

The key to fat loss is **consistently hitting daily targets across the week**.
Plan the day ahead and roughly map out meals and snacks **before the day gets busy**. This prevents accidentally going to bed well over or under calories.
When work and coaching gets hectic, most people don't overeat — they forget to eat, then overcompensate later. Planning ahead prevents this.
Consistency across the week drives fat loss, not perfection on individual days.

2 Daily Targets

Important

These aren't calorie limits. They're **calorie requirements** for performance, fat loss, and recovery.
They are designed to:

- Reduce body fat
- Maintain coaching sharpness
- Maintain fitness and reaction speed
- Prevent rebound overeating

Targets by day type

Day Type	Targets
Coaching / High Activity Day	Calories **2,500–2,700** Carbs **260–320g** Protein **170–190g** Fats **60–80g**
Lower Activity Day	Calories **2,200–2,400** Carbs **180–230g** Protein **170–190g** Fats **70–90g**

Rule

If energy is very low, hunger is high, or a day finishes more than ~**150 kcal under target**, add food before bed.
Examples:

- Extra yogurt + honey
- Banana + toast
- Glass of milk + cereal
- Peanut butter on toast

For someone with a high output job, under-eating causes fatigue, slower reaction time and evening overeating.
Eating slightly more occasionally causes nothing.
Fat loss comes from consistency across weeks, not perfection each day.
Eating below targets is not "being stricter" — it often slows fat loss by increasing hunger and reducing daily output.

3 Example Days

3.1 Example Lower Activity Day (Light coaching or rest day)

Day timeline

7–9am	**Breakfast** Greek yogurt 0% (Fage) 250g + muesli 50g + berries 30g + honey (light drizzle). Coffee with a splash of semi-skimmed milk.
12–2pm	**Lunch** 2 Sainsbury's large soft brown rolls + light spread of butter + cooked chicken breast 160g (pre-packed) + tomato/lettuce + salt and pepper. Add a fruit piece if hungry (apple / banana / orange).
4–6pm	**Snack** Option A: Greek yogurt 0% 150g + berries 30g + cinnamon + peanut butter 15g. Option B: 3 egg omelette + 2 slices ham + low-fat cheddar sprinkle + salt and pepper + few sprays olive oil.
7–9pm	**Dinner** Home meal / family meal. Example: rice packet 250g + protein meal 250g (chicken curry / lean beef mince dish / fish dish). Add vegetables if available.
9–10pm	**Pre-bed** Greek yogurt 0% 150g + berries 20g + cinnamon.

Daily totals (Lower Activity Day)

With yogurt + peanut butter snack

- Calories: ~2,300 kcal
- Protein: ~185 g
- Carbs: ~210 g
- Fat: ~70 g

With omelette instead

- Calories: ~2,350 kcal
- Protein: ~190 g
- Carbs: ~185 g
- Fat: ~80 g

3.2 Example Coaching / Pad Holding Day (High movement / multiple sessions)

Day timeline

Time	
7–9am	**Breakfast** Greek yogurt 0% (Fage) 250g + muesli 50g + berries 30g + honey (light drizzle). Coffee with a splash of milk.
11–1pm	**Between coaching blocks (Portable energy — very important)** 1 New York style bagel + 10g jam + protein shake *or* protein bar.
2–3pm	**Lunch** 2 Sainsbury's large soft brown rolls + light butter spread + cooked chicken breast 160g + tomato/lettuce + salt and pepper.
4–6pm	**During longer blocks (if needed)** Banana / sports drink / small cereal bar (only if needed to maintain output).
Immediately after final session	**Recovery** Medium banana + protein bar *or* protein shake.
7–9pm	**Dinner** Home meal / family meal. Example: rice packet 250g + homemade chicken curry / chilli / pasta dish 250g.
9–10pm	**Pre-bed** Greek yogurt 0% 150g + berries 20g + cinnamon.

Daily totals (Coaching Day)

Estimated total
- Calories: ~2,600 kcal
- Protein: ~180 g
- Carbohydrates: ~300 g
- Fat: ~65 g

3.3 Example Weekend / Flexible Day

Day timeline

7–10am	**Breakfast** Greek yogurt 0% 250g + muesli 50g + berries 30g + honey drizzle + coffee.
12–2pm	**Lunch (home meal or lunch out)** Option: 2 large soft brown rolls + homemade soup or sandwich filling. Add a protein boost: cooked chicken 160g / tuna / eggs.
4–6pm	**Snack** 1 plain tortilla + 2 slices ham + low-fat cheddar slice + salad veg. Fruit if hungry.
7–9pm	**Dinner** Home meal. Example: rice packet 250g + lean protein meal 250g.
9–10pm	**Pre-bed** Greek yogurt 150g + berries + cinnamon.

Daily totals (Weekend Day)

Estimated total
- Calories: ~2,350 kcal
- Protein: ~180 g
- Carbohydrates: ~230 g
- Fat: ~70 g

4 Alternative Meal Ideas

4.1 12–2pm Lunch Ideas

Lunch options

- **Chicken Roll (∼750 kcal)**
  2 large soft brown rolls + light butter spread + cooked chicken breast 160g + tomato/lettuce + salt and pepper.
- **Tuna Alternative (∼730 kcal)**
  2 large soft brown rolls + light butter spread + tin tuna (spring water) + light mayo + Greek yogurt mix + salt and pepper + salad veg.
- **Ham & Cheese Alternative (∼760 kcal)**
  2 large soft brown rolls + butter spread + 4 slices ham + 2 slices low-fat cheddar + pickles/salad veg.

4.2 Portable Coaching Fuel Ideas (between pad sessions)

Portable options

- Bagel + jam (∼320 kcal)
- Banana + protein bar (∼330 kcal)
- Protein shake + cereal bar (∼300 kcal)
- Wrap with chicken + salad (∼350 kcal)
- Fruit + handful nuts (∼250 kcal)

4.3 4–7pm Snack Ideas

Snack options

- **Greek yogurt bowl (∼400 kcal)**
  Greek yogurt 150g + berries + peanut butter 15g (protein bar optional).
- **Omelette (∼400 kcal)**
  3 eggs + ham + low-fat cheddar + veg + olive oil spray.
- **Ham & Cheese Wrap (∼300 kcal)**
  Tortilla + ham + cheese slice + salad veg.
- **Banana + protein bar (∼330 kcal)**

4.4 7–10am Breakfast Ideas

Breakfast options

- **Greek yogurt bowl (∼370 kcal)**
- **Porridge (∼380 kcal)**
  Oats 50g + milk 250ml + berries + honey drizzle.
- **Omelette breakfast (∼400 kcal)**
  3 eggs + ham + cheese + vegetables.
- **Toast & jam (∼350 kcal)**
  3 slices brown toast + jam.

5 Best Use

How to choose on different days

- **Normal coaching day:** Greek yogurt or porridge + portable snacks
- **Lower activity day:** Omelette breakfast works well
- **Heavy pad day:** Higher carb breakfast (porridge or toast & jam)
- **Busy morning:** Toast & jam or yogurt

6 Key Reminders

Keep these in mind

- Fat loss comes from weekly consistency, not perfect days
- Daytime fueling improves evening control
- Carbohydrates improve coaching sharpness and reaction speed
- Protein protects muscle during fat loss
- Family meals are encouraged for long-term sustainability

7 How to Track Food Intake

Pick the method you can repeat

There is no single "perfect" way to track food intake. The best method is the one you can do consistently without stress.

Fat loss comes from being roughly consistent across weeks — not from perfectly tracking every gram.

7.1 Method 1 — Structured Weighing + ChatGPT Calculation (Most Accurate)

How it works

1. Plan meals for the day in advance
2. Decide rough portion sizes
3. Weigh foods using kitchen scales where practical
4. Send the food list + weights into ChatGPT
5. ChatGPT calculates calories and macros for the day

Example message to ChatGPT

"I'm eating today: 250g 0% Greek yogurt, 50g muesli, 160g cooked chicken breast, 2 large brown rolls, 250g cooked rice, 250g chicken curry, 30g peanut butter, 1 banana, 1 protein bar. Please calculate calories and macros."

Why it works

- High accuracy
- Removes guesswork
- Teaches portion sizes over time
- Makes adjustments easier

7.2 Method 2 — Food Tracking Apps (Balanced Accuracy + Convenience)

How it works

- Log meals as you eat them
- Use barcode scanning for packaged foods
- Save frequently eaten meals to speed things up

Pros / Notes

- Faster than manual calculation
- Good balance between accuracy and convenience
- Best when meals vary a lot

7.3 Method 3 — Repeat Meal Structure (Low Effort, High Consistency)

How it works

Eat similar meals most days. Once calories are known for those meals, tracking becomes minimal.

Example

Breakfast: Greek yogurt bowl
Lunch: Chicken rolls
Snack: Yogurt or omelette
Dinner: Family meal with known portion size
Pre-bed: Protein snack if needed

7.4 Method 4 — Portion Estimation + Habit Tracking (Lowest Effort)

Simple portion guide

- **Protein:** palm-sized portion
- **Carbs:** fist-sized portion
- **Fats:** thumb-sized portion

Habit rules:

- Include protein in every meal
- Include carbohydrates around coaching sessions
- Keep snacks planned rather than reactive

7.5 Recommended Approach for Darks

Start simple, then reduce tracking over time

Start with planned meals and rough weighing where easy to do.
You do **not** need to weigh everything forever.
The goal is to:

- Learn portion sizes
- Build predictable meal habits
- Stay close to targets most days

Over time most people naturally move toward repeat meals and less tracking.

Practical tracking tips

- Plan food ahead of busy days (prevents under-eating then overeating)
- Focus on weekly consistency (daily variation is normal)
- If overwhelmed, prioritise accuracy for high-calorie foods: peanut butter, oils, nuts, rice/pasta portions, high-calorie snacks
- Family meals don't need perfect tracking — aim for protein + sensible portions

Tracking is a tool — not a rule.

8 Troubleshooting & Adjustments

If fatigue rises, hunger becomes excessive, or coaching output drops

Add **150–250 kcal** from carbs or fats for a few days.
If you regularly feel flat during the day, under-eating is often the cause.

If weight loss stalls for 2–3 weeks

Make a small adjustment:

- Reduce calories slightly, *or*
- Increase steps slightly

Avoid large swings. Consistency across weeks is the driver.

Targets are guides designed to keep energy high, performance sharp, and fat loss steady. Slightly over/under on a given day is normal — avoid large swings.