

# Choose the Right Deficit for Your Body

Not faster. Not harder. Just smarter.

There's no one-size-fits-all when it comes to fat loss.

This mini-guide gives you 3 flexible deficit styles, so you can pick the one that fits your energy, mindset, and lifestyle.

The goal isn't to suffer, it's to stay consistent.

Let's find your fit.

## ◆ 1. Progressive Deficit – “The Soft Entry”

### What is it?

A progressive deficit is a gentle, adaptive approach to fat loss.

Instead of cutting a big chunk of calories all at once, you reduce your intake gradually usually by 100–150 kcal every 7 to 10 days.

The goal?

Let your body adjust slowly, without triggering stress, cravings, or fatigue.

### What's the point?

This approach helps prevent:

- Metabolic slowdown
- Mood swings
- Intense hunger
- Energy crashes
- Frustration or binge cycles

It's ideal if you want a steady, sustainable transformation without shocking your system.

Think of it as building metabolic trust, one step at a time.

### Example

Let's say your TDEE (maintenance level) is 2200 kcal/day:

- Week 1–2 → Eat 2100 kcal
- Week 3–4 → Drop to 1950 kcal
- Week 5 → Drop to 1800 kcal
- Week 6 → Pause, reassess, or continue

 Every drop is small, manageable, and aligned with your biofeedback.

## ✓ How to apply it now

- 📄 Step 1: Calculate your current TDEE
- 📄 Step 2: Subtract 100–150 kcal only
- 📄 Step 3: Maintain that for 10 days
- 📄 Step 4: Track your mood, hunger, energy, digestion
- 📄 Step 5: Adjust if needed, or hold steady

### 📌 Use your BodyReset Tracker to log:

- ⚡ Energy levels
- 🍴 Hunger
- 😴 Sleep quality
- 🍷 Cravings
- ⚖️ Body weight (optional)

### 🔍 Is this deficit right for you?

## ✓ It's a great fit if:

- You're new to nutrition or meal planning
- You tend to burn out or get overwhelmed quickly
- You've tried harsh diets before, and hated them
- You want a plan that respects your nervous system

## ✗ Maybe not for you if:

- You want fast results or have a short deadline
- You're highly impatient and need immediate visual changes

### 💡 Reminder:

“Going slow doesn't mean going weak. It means going smart.”

## ◆ 2. Cyclic Deficit – “Push & Recover”



### What is it?

A cyclic deficit alternates low-calorie days with maintenance or higher-calorie days. Instead of eating in a deficit every single day, you cycle your intake based on rhythm, recovery, and real life.

The idea?

Create an overall weekly deficit, without burning out your body or mind.



### What's the point?

Cyclic deficits:

- Help prevent metabolic slowdown
- Boost leptin & thyroid hormone (which regulate fat burn)
- Improve mood, training recovery & adherence
- Give you psychological relief — without breaking the strategy

Think of it like interval training for your metabolism.

You stress → recover → adapt → repeat. ✨



### Example:

Let's say your TDEE is 2200 kcal/day.

Instead of eating 1800 kcal every day, you do this:

- Monday: 1800 kcal (deficit)
- Tuesday: 1800 kcal (deficit)
- Wednesday: 2200 kcal (maintenance, refeed)
- Thursday: 1800 kcal
- Friday: 1800 kcal
- Saturday: 2000 kcal (light refeed)
- Sunday: 1800 kcal



You still create a weekly calorie deficit, but you give your body strategic breaks to reset, physically and mentally.

## ✓ How to apply it now

- 📄 Step 1: Set your average weekly calorie goal
- 📄 Step 2: Plan 1–2 “refeed” days (higher calorie days at or near maintenance)
- 📄 Step 3: Match refeed days to training, social events, or rest days
- 📄 Step 4: Track how your energy, digestion, mood, and sleep respond
- 📄 Step 5: Adjust your rhythm weekly if needed
- ✦ Use your BodyReset Tracker to spot:
  - Cravings disappearing after refeed
  - Better sleep on high-calorie days
  - More motivation to stick to your plan
- 🔍 Is this deficit right for you?

## ✓ Choose this if:

- You love flexibility and hate repetition
- You enjoy structured breaks to stay consistent
- You train hard, do HIIT, or lift weights
- You tend to burn out fast if you diet too long

## ✗ Avoid if:

- You’re extremely all-or-nothing
- You find “refeed” days trigger binge habits
- You’re just starting and need more simplicity

### 💡 Reminder:

“Smart recovery isn’t weakness, it’s what keeps you in the game.”

## ◆ 3. Targeted Deficit – “Strategic Burn”

### 🧠 What is it?

A targeted deficit means you only eat in a caloric deficit on specific days, usually rest or low-activity days.

On training days, you eat at maintenance or slightly above to fuel your performance.

On non-training days, you drop calories to create the weekly deficit.

This strategy protects your muscle, keeps your workouts strong, and still allows for effective fat loss.

## What's the point?

Instead of being in a daily deficit, you time your intake around your output. You don't under-eat on high-demand days, and you don't over-eat when your needs are low.

Your body stays:

- Energized for training 🏃
- Stable hormonally ⚖️
- In fat-burning mode across the week 🔥

Think of it like precision fuel management.

### Example:

Let's say your TDEE is 2200 kcal.






Here's how a targeted deficit week might look:

- Monday: 2200 kcal – Full-body training 🏃
- Tuesday: 1800 kcal – Rest day 😊
- Wednesday: 2200 kcal – Strength workout 🏋️
- Thursday: 1800 kcal – Light walk only 🚶
- Friday: 2200 kcal – Strength + mobility
- Saturday: 2000 kcal – Active recovery 🧘
- Sunday: 1800 kcal – Full rest

 This creates an average deficit of around 300–400 kcal/day.

 Your workouts stay fueled, your muscle stays protected, and fat loss keeps moving without burnout.

### How to apply it now

-  Step 1: Identify your training & rest days
-  Step 2: Set maintenance intake for training days
-  Step 3: Reduce calories on rest days (by 15–25%)
-  Step 4: Keep protein consistent every day
-  Step 5: Monitor performance, recovery, mood, and sleep

 You're not just “eating less”, you're eating intelligently.

## Is this deficit right for you?

### Choose this if:

- You work out 3–4x/week or more
- You want to retain/build muscle during your fat loss
- You like precision and structure
- You've plateaued with other methods

### Maybe not for you if:

- You don't have consistent workout days
- You feel triggered by variable intake
- You prefer habits that are the same every day

### Reminder:

"It's not about eating less. It's about eating right, at the right time."