



# ACTION PLAN ONE



✓ 1. Start With Your Numbers (from the Tracker in the introduction)

✦ Use your TDEE and macro results from the calculator.

🧠 This plan is built on your real metabolism, not on a guess or a trend.

Total calories per day →

----- kcal

Protein target →

----- g

Fat target →

----- g

Carb target →

----- g

Fiber target →

----- g

Sugar max →

----- g

Fill this section before moving on. These numbers are your foundation.

## 2. Pick Your Fuel — Macronutrient Food List (+ Fiber & Sugar)

 Choose from these foods to build your meals based on your targets.

(All values per 100g — approximations)

Food	Kcal	Protein	Carbs	Fats	Fiber	Sugar
Chicken breast (grilled)	165	31g	0g	3.5g	0g	0g
Turkey breast (cooked)	135	29g	0g	1g	0g	0g
Eggs (whole)	143	13g	1.1g	10g	0g	1.1g
Egg whites	52	11g	0.7g	0.2g	0g	0.7g
Salmon (grilled)	208	20g	0g	13g	0g	0g
Canned tuna (in water)	116	25g	0g	1g	0g	0g
Oats (dry)	389	11.7g	66g	6.9g	10g	1g
Cooked white rice	130	2.4g	28g	0.3g	0.4g	0g
Cooked quinoa	120	4.1g	21g	1.9g	2.8g	0.9g
Sweet potato (boiled)	86	1.6g	20g	0.1g	3g	4.2g
Banana	89	1.1g	23g	0.3g	2.6g	12g
Apple	52	0.3g	14g	0.2g	2.4g	10g
Avocado	160	2g	8.5g	14.7g	6.7g	0.3g
Almonds	579	21g	22g	49g	12.5g	3.9g
Walnuts	654	15g	13g	65g	6.7g	2.6g
Chia seeds	486	17g	42g	31g	34g	0g
Tofu (firm)	144	15g	3g	8g	0.3g	0.6g
Greek yogurt (0%)	59	10g	3.6g	0.4g	0g	3.2g
Cottage cheese (low fat)	98	11g	3.4g	4.3g	0g	2.6g
Broccoli (steamed)	35	2.8g	6.6g	0.4g	2.6g	1.4g
Spinach (raw)	23	2.9g	3.6g	0.4g	2.2g	0.4g
Carrots (raw)	41	0.9g	10g	0.2g	2.8g	4.7g
Olive oil (1 tbsp)	119	0g	0g	13.5g	0g	0g
Coconut oil (1 tbsp)	117	0g	0g	13.6g	0g	0g
Peanut butter (unsweetened)	588	25g	20g	50g	6g	8g

there are many more, so it's up to you to do your own research and don't limit yourself to this book.



## 3. Recipe Inspiration — Plug and Play Meals

💡 Simple meal ideas with full macro + fiber + sugar breakdown

### 🥣 Breakfast – Protein Oats Bowl

- 50g oats
- 1 scoop protein powder
- 1 tbsp peanut butter
- Cinnamon & berries

⚡ ~450 kcal | 30g P | 40g C | 15g F | 8g fiber | 6g sugar

### 🥗 Lunch – Chicken Recomp Plate

- 150g grilled chicken
- 100g cooked rice
- 1 cup broccoli
- 1 tsp olive oil

⚡ ~520 kcal | 40g P | 35g C | 20g F | 3.5g fiber | 1.5g sugar

### 🍲 Dinner – Tofu Stir Fry

- 150g tofu
- 200g mixed veggies
- 1 tsp sesame oil
- 75g rice noodles

⚡ ~500 kcal | 28g P | 45g C | 18g F | 5g fiber | 4g sugar

these are just examples of what your meals could look like, you need something structured to start with, but you can still have alternatives, it's not compulsory to follow the same diet all the time, you can make alternatives.



# 4. Design Your Personal Daily Regimen

📌 Build your own day of eating, based on your real needs.

🧠 Use this space to structure your typical day. Fill in your meals, key foods, and how they match your targets. Don't aim for perfection — aim for alignment and clarity.



## Breakfast

🕒 Time: \_\_\_\_\_

🍴 foods:

⚡ Estimated calories: \_\_\_\_\_ kcal

1	2
3	4

 Macros:

- Protein: \_\_\_\_\_ g
- Carbs: \_\_\_\_\_ g
- Fats: \_\_\_\_\_ g
- Fiber: \_\_\_\_\_ g
- Sugar: \_\_\_\_\_ g

📝 Notes:



# Lunch

🕒 Time: \_\_\_\_\_

🍽️ Main foods:

⚡ Estimated calories: \_\_\_\_\_ kcal

1	2
3	4

 Macros:

- Protein: \_\_\_\_\_ g
- Carbs: \_\_\_\_\_ g
- Fats: \_\_\_\_\_ g
- Fiber: \_\_\_\_\_ g
- Sugar: \_\_\_\_\_ g

📝 Notes:



# Dinner

🕒 Time: \_\_\_\_\_

🍽️ Main foods:

⚡ Estimated calories: \_\_\_\_\_ kcal

1	2
3	4

 Macros:

- Protein: \_\_\_\_\_ g
- Carbs: \_\_\_\_\_ g
- Fats: \_\_\_\_\_ g
- Fiber: \_\_\_\_\_ g
- Sugar: \_\_\_\_\_ g

📝 Notes:



# Snack (optional)

🕒 Time: \_\_\_\_\_

🍽️ Main foods:

⚡ Estimated calories: \_\_\_\_\_ kcal

📊 Macros:

- Protein: \_\_\_\_\_ g
- Carbs: \_\_\_\_\_ g
- Fats: \_\_\_\_\_ g
- Fiber: \_\_\_\_\_ g
- Sugar: \_\_\_\_\_ g

📝 Notes:



## Daily Totals

✓ Calories: \_\_\_\_\_ kcal

✓ Protein: \_\_\_\_\_ g

✓ Carbs: \_\_\_\_\_ g

✓ Fats: \_\_\_\_\_ g

✓ Fiber: \_\_\_\_\_ g

✓ Sugar: \_\_\_\_\_ g



## 5. Final Notes

- ✓ Your first version won't be perfect. That's OK.
- ✓ Focus on balance, consistency, and energy.
- ✓ Review and tweak each week based on how your body feels.