

Nutrition Cheat Sheet

Calories, macros, plate-builder, and a high-protein food chart.

Calorie Starting Points (bodyweight × multiplier)

Goal	Multiplier (lb)	Multiplier (kg)	Notes
Fat loss	11–12	24–26	300–500 cal deficit
Maintenance	14–15	31–33	Recomp + performance
Muscle gain	16–17	35–37	+200–300 cal surplus

Macro Split (any goal)

Macro	Per lb BW	Per kg BW	Why
Protein	0.8–1.0 g	1.8–2.2 g	Muscle, satiety, recovery
Fat	0.3–0.45 g	0.7–1.0 g	Hormones, cell membranes
Carbs	remaining cals	remaining cals	Training fuel

Plate Builder (no tracking required)

- ½ plate non-starchy veg (greens, peppers, broccoli, salad).
- ¼ plate protein (palm-sized): chicken, fish, lean beef, tofu, eggs, Greek yogurt.
- ¼ plate carb (cupped hand): rice, potato, oats, fruit, beans.
- Thumb of fat: olive oil, nuts, avocado, cheese.

High-Protein Foods (per 100 g cooked)

Food	Protein	Calories	Notes
Chicken breast	31 g	165	Lean staple
Lean ground beef (93/7)	26 g	175	Iron, B12
Greek yogurt (0%)	10 g	59	Snack base
Cottage cheese (1%)	12 g	72	Slow-digesting
Eggs (2 large)	12 g	143	Whole-food complete
Tofu, firm	17 g	144	Plant option
Lentils, cooked	9 g	116	Plant + fiber
Whey protein (1 scoop)	24 g	120	Convenience

Daily Habits That Move the Needle

- Protein at every meal — anchor the plate first.
- Hydrate: bodyweight (lb) ÷ 2 = oz of water/day. Add 16 oz per training hour.
- Eat 80% whole foods; leave 20% for what you love.
- Weigh in 3–4× per week, average it. Don't react to single days.

Ready for the full system?

This sheet is one slice of **The Recomp Blueprint** — a 25-page program with macros, training splits for any equipment, recovery + sleep protocols, and a 12-week roadmap.

Get it for \$7 → recompblueprint.com