PHASE 1: RESET

FOOD SUCCESS PACKET

Print this packet & keep it where you cook!

WHAT'S INSIDE

2-4	**Protein, Carb & Fat Cheat Sheets:** making it handy
5	**Where Macros Overlap:** how we sort the foods that are more than 1 thing
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7	**30 Meals, Less Thinking:** 10 breakfasts, 10 lunches, 10 dinners
8	**One Meat, Three Meals:** cook 1 meat, don't get bored

PROTEIN 20–30g CHEAT SHEET

Prioritize lean meats & seafood in your daily routine; enjoy fattier meats & seafood weekly to keep your macros balanced. *Most meats will lose about 25% of their weight when cooked. Not all hands are the same size! Measure once so you know where your anatomy falls.*

3.5 to 4 oz COOKED



One flat hand

As long as your hand, as thick as your palm.

Lean meats & seafood

	PER HAND
Chicken breast	**31g**
Turkey breast	**30g**
Top round & flank steak	**30g**
Venison, bison, elk	**29g**
Tuna, fresh	**29g**
Pork tenderloin	**26g**
Tilapia	**26g**
Ground beef 93/7	**26g**
Shrimp	**24g**
Haddock, sole & flounder	**24g**
Cod & halibut	**23g**
Canned chicken	**22g**
Scallops	**21g**
Canned tuna	**20g**
Lean deli meat *	**15–19g**

*** These run light on protein.** 1.5–2 servings will get you closer to your target. Enjoy!

Fattier meats & seafood

	PER HAND
Chuck roast, braised	**30g**
Top sirloin	**27g**
Ground beef 80/20	**26g**
Chicken thigh	**25g**
Pork chop, bone-in	**25g**
Tinned sardines	**25g**
Ribeye, NY strip	**24g**
Pork shoulder roast	**23g**
Salmon	**22g**

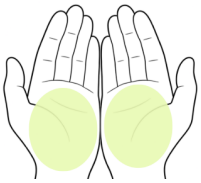
NOT MEASURED BY HAND

Protein powder	**20–25g** / 1 scoop
Low fat cottage cheese	**21g** / ¾ cup
Whole eggs	**19g** / 3 large
Greek yogurt, nonfat	**17g** / ¾ cup
Egg whites	**13g** / ½ cup
Jerky	**9g** / 1 oz

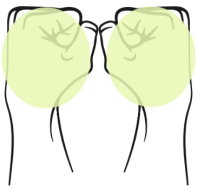
Common serving sizes—these will not always provide target protein.

CARB 25–30g CHEAT SHEET

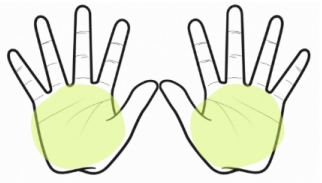
Prioritize phytonutrient-rich fruits and vegetables, but enjoy grains and legumes, too! **Note: this list is not exhaustive.** *Not all hands are the same size! Measure once so you know where your anatomy falls.*



2 cupped hands
⅔ cup
Grains, beans & starches
Cooked, or canned & drained



2 fists
1 ⅓ cup
Fruit



2 flat hands (or more!)
FREE FIBER! Eat as much as you like.

PER 2 CUPPED HANDS	
Plantain	**31g**
Rice	**30g**
Chickpeas	**30g**
Pasta	**29g**
Sweet potato	**28g**
Black beans	**27g**
Lentils	**27g**
Quinoa	**26g**
Banana (raw)	**23g**
Corn	**21g**
Potato	**20g**
Acorn squash	**20g**
Oatmeal *	**19g**
Green peas *	**17g**
Butternut squash *	**15g**
Delicata squash *	**12g**

PER 2 FISTS	
Grapes	**36g**
Mango	**33g**
Cherries	**29g**
Pineapple	**29g**
Blueberries	**29g**
Orange	**28g**
Pear	**28g**
Apple	**23g**
Peach	**20g**
Raspberries	**20g**
Cantaloupe *	**18g**
Watermelon *	**15g**
Strawberries *	**15g**

PER 2 FLAT HANDS	
Arugula	Fresh herbs
Asparagus	Green beans
Bell peppers	Kale
Bok choy	Mushrooms
Broccoli	Onions
Brussels sprouts	Radish
Cabbage	Romaine
Carrots	Snap Peas
Cauliflower	Spaghetti Squash
Celery	Spinach
Cucumber	Tomatoes
Eggplant	Zucchini

*** These run light on carbs.** 1.5+ servings will get you closer to your target. Enjoy!

NOT MEASURED BY HAND

Dried fruit	**28g** / ¼ cup
Sourdough bread	**23g** / 1 slice*
Honey*	**17g** / 1 tbsp
Thin sliced whole grain bread*	**15g** / 1 slice

FAT 15g CHEAT SHEET

One serving, three shapes depending on whether you pour it, spoon it, or pick it up. *Not all hands are the same size! Measure once so you know where your anatomy falls.*



1 Tbs

1 thumb
Pour it



2 Tbs

2 thumbs
Spoon it



¼ cup

1 small palmful
Pick it up (perfect as garnish!)

PER THUMB	
Olive oil	**14g**
Avocado oil	**14g**
High oleic sunflower oil	**14g**
Coconut oil	**14g**
Ghee	**13g**
Butter	**12g**

PER 2 THUMBS	
Mayo	**21g**
Tahini	**18g**
Nut & seed butters	**16g**
Pesto	**15g**
Creamy dressing	**14g**
Heavy cream	**11g**

PER PALMFUL	
Almonds, pecans	**18g**
Sunflower, pumpkin seeds	**17g**
Walnuts	**16g**
Cashews	**14g**
Shredded coconut	**13g**
Avocado (½ whole)	**11g**

NOT MEASURED BY HAND

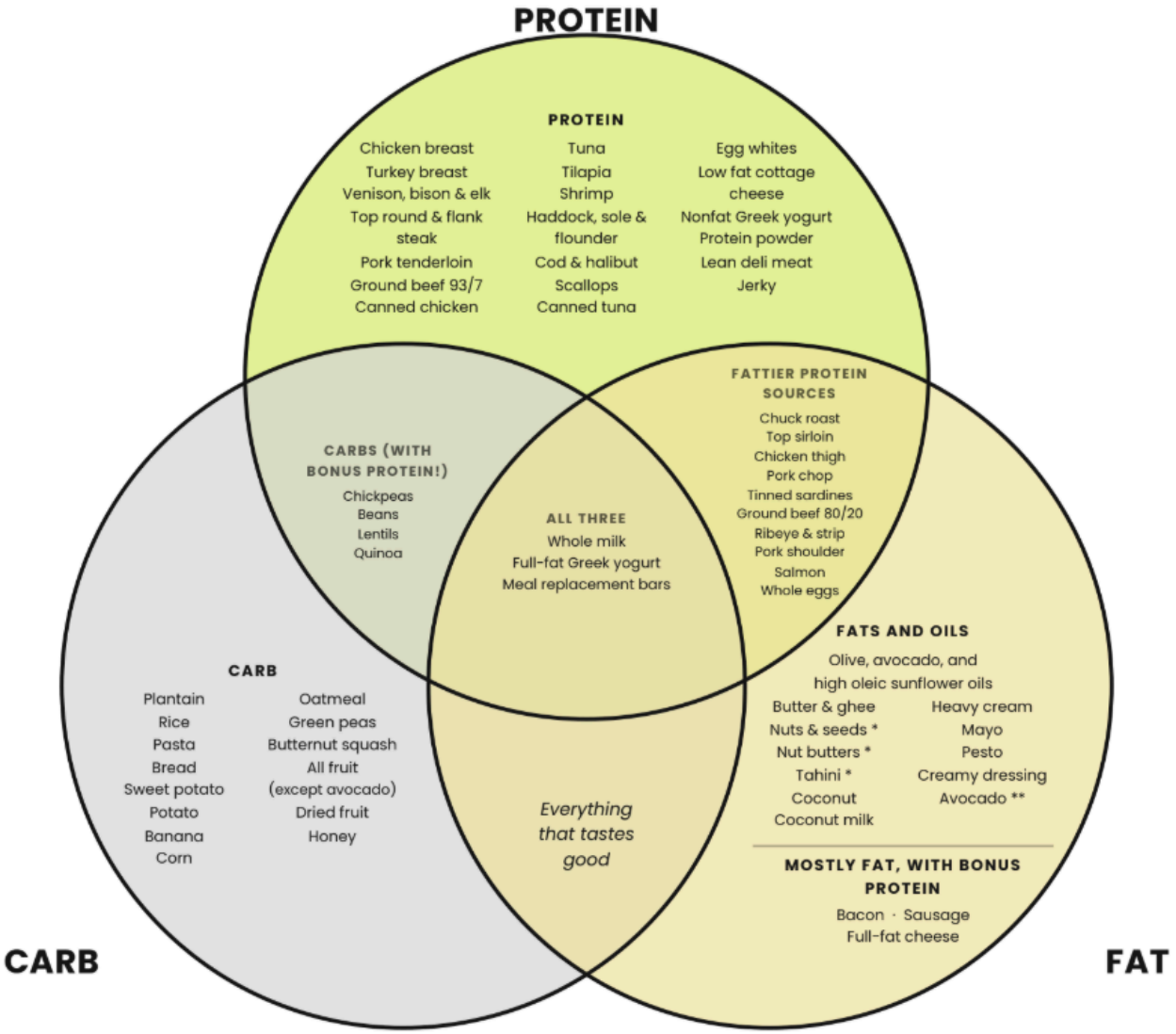
Bacon	**15g** / 4–5 slices
Sausage	**15g** / 2 oz
Coconut milk, canned	**13g** / ¼ cup
Full-fat cheese	**14g** / 1½ oz
Whole eggs	**15g** / 3 large

FAT ALREADY ON YOUR PLATE?

Ribeye **22g** · Chuck roast **20g** · Pork shoulder **19g** · Ground beef 80/20 **18g** · Top sirloin **14g** · Pork chop **13g** · Salmon **12g** · Tinned sardines **12g** · Chicken thigh **8g**

WHERE MACROS OVERLAP

Real food rarely contains just one macronutrient! We tend to categorize overlapping foods as shown below. **(You will NOT be tested on this!)**



Note: "Free fiber" sits outside this map entirely!

* Nuts, seeds, and nut butters provide negligible protein, so we don't count them as both.

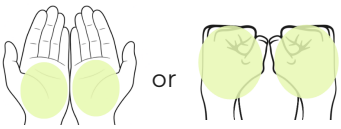
** Avocados' carbohydrate content is almost entirely from fiber, so we don't count it as a fat/carb combo.

YOUR PLATE, SIMPLIFIED

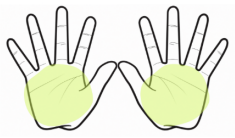
Pick one from each column, starting with Protein and working your way to the Garnish to pull it all together!



STEP 1
Protein
1 flat hand



STEP 2
Carb
2 cupped hands / 2 fists



STEP 3
Fiber
2 flat hands (or more)!



STEP 4
Garnish
Thumb(s) or palm

LEANER CUTS
Chicken breast
Turkey breast
Top round, flank steak
Venison, bison, elk
Pork tenderloin
Ground beef 93/7
Tuna, fresh
Tilapia
Shrimp
Haddock, sole, flounder
Cod, halibut
Scallops
Canned chicken
Canned tuna

FATTIER CUTS
Chuck roast
Top sirloin
Ground beef 80/20
Chicken thigh
Pork chop
Tinned sardines
Ribeye, NY strip
Pork shoulder
Salmon

MEASURED, NO HANDS
Protein powder, 1 scoop
Cottage cheese, ¾ cup
Whole eggs, 3 large
Greek yogurt, ¾ cup
Egg whites, ½ cup
Lean deli meat, 1½ hands

2 CUPPED HANDS
Cooked, or canned & drained
Plantain
Rice
Quinoa
Oatmeal
Potato
Sweet potato
Corn
Green peas
Butternut, acorn, delicata squash
Banana (raw)
Chickpeas
Black beans
Lentils

2 FISTS
Grapes
Mango
Cherries
Pineapple
Blueberries
Orange
Pear
Apple
Peach
Raspberries
Cantaloupe
Watermelon
Strawberries

MEASURED, NO HANDS
Bread, 1 slice
Dried fruit, ¼ cup
Honey, 1 tbsp

Arugula
Asparagus
Bell peppers
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Fresh herbs
Green beans
Kale
Mushrooms
Onions
Radish
Romaine
Snap peas
Spaghetti squash
Spinach
Tomatoes
Zucchini

1 THUMB
Olive oil
Avocado oil
High oleic sunflower oil
Coconut oil
Ghee
Butter

2 THUMBS
Mayo
Tahini
Nut & seed butters
Pesto
Creamy dressing (Ranch, etc)
Heavy cream

1 SMALL PALMFUL
Almonds, pecans
Sunflower, pumpkin seeds
Walnuts
Cashews
Shredded coconut
Avocado, ½ whole

MEASURED, NO HANDS
Bacon, 4–5 slices
Sausage, 2 oz
Full-fat cheese, 1½ oz
Coconut milk, ¼ cup

GETTING ENOUGH

One plate lands around **475 calories**—a little less with lean protein, a little more with fattier cuts. Use the TDEE calculator in the On-Ramp to determine what you need, then see the chart below to help get comfortable eyeballing it.

YOUR DAILY NEED	MEALS ~475 calories	SNACKS ~200 calories	LANDS AT
1,600	**3**	**1**	**1,625**
1,800	**3**	**2**	**1,825**
2,000	**3**	**3**	**2,025**
2,200	**4**	**1**	**2,100**
2,400	**4**	**2**	**2,300**

30 MEALS, LESS THINKING

These are just *Your Plate, Simplified* in action. Every meal is near a 475 calorie target, and is built in the same order **(protein → carb → fiber → fat/garnish).** Amounts/measurements are aligned with hand cues, so once you see the pattern, you can eyeball future meals easily with just your hands.

10 Breakfasts

Veggie Scramble (450 cals)
2 whole eggs · ½ c egg whites · ⅔ c diced cooked potato · spinach, peppers & onion · ½ Tbs (½ thumb) butter

Berry Yogurt Bowl (475 cals)
¾ c Greek yogurt · 1 ½ c strawberries · 1 Tbs honey · ¼ c walnuts

PBJ Yogurt Bowl (460 cals)
¾ c Greek yogurt · 2 Tbs berry jam · 2 Tbs peanut butter

Loaded Berry Smoothie (480 cals)
½ c Greek yogurt · 1 scoop protein powder · ½ c orange juice · 1 ½ c frozen berries · ¼ c coconut milk

Loaded Tropical Smoothie (455 cals)
½ c Greek yogurt · 1 scoop protein powder ·1 ¼ c frozen mango · ½ cucumber · ¼ c light coconut milk

Orange Julius Smoothie (455 cals)
1 c orange juice · ⅓ c 0% Greek yogurt · 1 scoop protein powder · ¼ c coconut milk · ½ tsp vanilla · ice cubes (optional)

Cottage Cheese Bowl (460 cals)
1 c cottage cheese · 1 ¾ c pineapple · ¼ c shredded coconut

Breakfast Hash (440 cals)
4 oz lean (93/7) ground beef · ¾ c cooked sweet potato · onion & bell pepper · ½ Tbs (½ thumb) sunflower oil

Salmon Toast (445 cals)
3 ½ oz salmon · 1 slice sourdough · arugula & tomato · ½ avocado

Chicken Apple Hash (455 cals)
4 oz chicken breast · 1 large apple, chopped & sauteéd · sauteéd onion to taste · 1 Tbs butter · cinnamon & sage to taste

Sausage Skillet (465 cals)
2 whole eggs · ¼ c egg whites · ¾ c cooked potato · cooked zucchini to taste · 2 oz sausage (cook first, then drain)

10 Lunches

The Big Salad (495 cals)
3 oz chicken breast · ½ c chickpeas · cucumber, tomato & red pepper · dressing: 1 Tbs oil + 1 Tbs red wine vinegar + ½ tsp honey

Tuna Plate (475 cals)
1 can tuna (4 oz) · 1 large apple · celery · 6 sourdough crackers · dressing: 1 Tbs mayo + 3 Tbs Greek yogurt

Burrito Bowl (450 cals)
4 oz lean ground beef (93/7) · ⅔ c rice · peppers, red cabbage & salsa · ¼ avocado (½ palmful)

Meaty Half Sando (450 cals)
6 oz deli meat · 1 slice sourdough · greens, tomato & onion · 1 Tbs mayo · 1 Tbs Greek yogurt

Deli Plate (485 cals)
4 oz deli meat · 8 sourdough crackers · carrots, celery & hummus · 1 oz cheese

Shrimp Rice Bowl (475 cals)
5 oz shrimp · ⅔ c rice · broccoli & snap peas · 1 Tbs sesame oil · 1 Tbs coconut aminos

Summer Salad (490 cals)
3 oz grilled chicken · 2 c strawberries · mixed greens · 1 oz feta · dressing: 1 Tbs olive oil + 1 tsp honey + 1 Tbs vinegar

Steak Salad (480 cals)
3 oz flank steak · ¾ c sweet potato · arugula & radish · 1 Tbs olive oil

Sardines on Toast (485 cals)
1 tin sardines, drained · 2 slices toast · arugula & tomato · ½ Tbs (½ thumb) oil (if tin doesn't already have oil)

Waldorf Chicken Salad (480 cals)
1 can chicken (4 oz drained) · ½ apple, chopped · ¼ c grapes · celery, romaine · 2 Tbs (½ palmful) pecans · dressing: 1 Tbs mayo + 3 Tbs Greek yogurt

10 Dinners

Sheet Pan Chicken (450 cals)
3.5 oz chicken breast · ¾ c potato · Brussels sprouts · 1 Tbs oil for roasting

Taco Time (460 cals)
4 oz lean (93/7) ground beef, cooked with taco seasoning · cabbage, tomato, peppers & onion · ¼ c shredded cheese · ¾ c corn, black beans, or handful of corn chips

Harvest Chicken Bowl (480 cals)
3 ½ oz chicken breast · 1 Tbs dried cranberries · butternut squash & Brussels sprouts roasted in 1 Tbs sunflower oil · dressing: 1 tsp honey + 1 Tbs apple cider vinegar + ¼ tsp dijon

Bison Skillet (470 cals)
4 oz ground bison · ⅔ c black beans · onion & tomato · ¼ avocado (½ palmful)

Salmon & Rice (465 cals)
4 oz salmon · ⅔ c rice · bok choy & mushrooms · ½ Tbs (½ thumb) sesame oil

Pot Roast (445 cals)
3 ½ oz chuck roast · ¾ c potato · carrot & green beans · 2 Tbs pan juices

Pork Chops & Apples (460 cals)
4 oz pork chop · 1 large apple, roasted · sauteéd green cabbage

Fish Taco Bowl (480 cals)
5 oz cod · 1 c ripe plantain · red cabbage · ¼ avocado (½ palmful) · 2 Tbs sour cream

Scallops & Chutney (450 cals)
6 oz scallops · 1 ¼ c mango · lime, cilantro, cucumber, red onion · 2 Tbs coconut cream

Pork, Potato & Pepps (490 cals)
4 oz pork tenderloin · ¾ c sweet potato · peppers & onion · 1 Tbs olive oil

10 SNACKS *Snacks are meant to be healthy, yet flexible and filling (not addictive)!*

1. Meat stick & fruit or dried fruit
2. Deli turkey with apple slices
3. Apple with peanut butter
4. Hard boiled eggs & fruit
5. Cheese & crackers
6. Fruit & nuts
7. Jerky, fruit, & coconut flakes
8. A few bites of leftovers
9. Carrots, hummus, & hard boiled egg
10. Pepperoni & crackers

Note: all meats and eggs mentioned above are meant to be *cooked*. (We hope that goes without saying.)

ONE MEAT, THREE MEALS

No more eating the same leftovers all week! Cook your meat plain (not bland; salting and browning are a must!) and make it into different meals all week long.

NOTES:
Each meal makes 2 servings; calorie counts are per serving *inclusive of the "serve with" suggestion!*
Bloom your dried spices! Ground spices go into hot fat/oil for 30 seconds before adding meat. Dried leafy herbs want moisture and time, so simmer or steep them. Better yet, crush them right before using to release more flavor.

	MEAL ONE (Serves 2)	MEAL TWO (Serves 2)	MEAL THREE (Serves 2)
GROUND BEEF Salt and brown 2—2 ¼ lbs over medium-high heat. Drain. **≈ 6 servings**	**Taco Night (475 cals)** Bloom 1 tsp cumin and 1 tsp chili powder in 2 Tbs (2 thumbs) of fat/oil. Then add plain beef to heat and coat. **Serve with** ⅔ c rice, black beans, or a handful of corn chips, sliced peppers and onion, pico, cilantro and lime.	**Meaty Marinara (495 cals)** Heat 1 Tbs (1 thumb) fat/oil. Add 2 cloves minced garlic. When softened, add 1 c marinara. Stir in beef and simmer 10 mins. **Serve with** ⅔ c cooked pasta or spaghetti squash with 1 slice garlic toast. Top with 1 Tbs grated parmesan.	**Bulgogi Bowl (495 cals)** Whisk 2 Tbs soy sauce or coconut aminos, 2 cloves minced garlic, 1 tsp grated ginger, 2 tsp sesame oil and 1 tsp honey. Heat 1 Tbs (1 thumb) oil, then add beef to warm and coat. **Serve with** ⅔ c rice, cucumber and carrot.
CHUCK ROAST Salt and sear one 2.5 lb roast. Slow cook with broth and onion. Done when it shreds easily with a fork. Save the juice! **≈ 6 servings**	**Pot Roast (460 cals)** Warm the shredded beef in its own juices with 1 tsp thyme, 1 bay leaf and ½ sliced onion. **Serve with** ⅔ c baked potato (scooped from the skin) and green beans, 1 Tbs juices spooned over.	**Barbacoa (500 cals)** Bloom 1 tsp chipotle powder and 1 tsp cumin in the reserved juices. Add juice of ½ orange and ½ lime. Toss with beef, spread on a sheet pan, and broil 3–5 mins until the edges crisp. **Serve with** ⅔ c rice, red cabbage, ¼ avocado (½ palmful) and cilantro.	**Vietnamese Beef Bowl (490 cals)** Whisk 2 Tbs fish sauce, juice of 1 lime, 2 cloves minced garlic and 1 tsp chili oil. Heat in a pan, then toss with beef to warm and coat. **Serve with** ⅔ c rice, pickled carrot, fresh cucumber and mint.
CHICKEN BREAST Salt 2lbs (~4) chicken breasts an hour ahead, then roast at 425°F until the inside reaches 165°F (~20 mins). Rest before slicing or shredding. **≈ 6 servings**	**Mediterranean (515 cals)** Whisk juice of ½ lemon with 1 Tbs (1 thumb) of oil and 1 tsp dried oregano, crushed. Let it sit 10 mins, then toss with sliced chicken. **Serve with** ⅔ c chickpeas, cucumber and tomato, and 1 oz feta.	**Buffalo Ranch (480 cals)** Toss shredded chicken in 4–6 Tbs buffalo sauce until coated. **Serve with** ⅔ c sweet potato, romaine, and celery in lettuce cups, with a drizzle of ranch or a Greek yogurt–ranch blend.	**Coconut Curry (495 cals)** Bloom 2 tsp curry powder and 1 tsp ground ginger in 1 Tbs (1 thumb) of oil for 30 seconds. Add ½ c light coconut milk, peppers, and green beans, and simmer until they soften. Add diced chicken until warmed through. **Serve with** ⅔ c rice
PORK TENDERLOIN Salt and sear two pork loins (about 2 lbs), then roast at 400°F until inside reaches 145°F (~20 mins). **≈ 6 servings**	**Apple & Mustard (500 cals)** Whisk together 1 Tbs Dijon, 1 tsp thyme and 3 Tbs (3 thumbs) of oil. Dress sliced pork with ⅓ of mixture, toss brussels sprouts and apples in the rest. Roast Brussels sprouts and apples at 425° for 20-25 mins, adding pork for the last 5 mins. **Serve with** love!	**Cuban Mojo (460 cals)** Heat 1 Tbs (1 thumb) of oil and add 3 cloves minced garlic, 1 tsp cumin and 1 tsp oregano (it should sizzle, but not brown). Whisk in juice of 1 orange and 1 lime. Spoon over cold or room-temp pork. **Serve with** ⅔ c black beans, ⅓ c rice and cabbage.	**Sweet & Sour (510 cals)** Bloom 1 tsp ground ginger in 2 Tbs (2 thumbs) of oil. Add ½ c chopped pineapple, peppers, snap peas, and 1 Tbs soy sauce or coconut aminos and sauté until the vegetables slightly soften, then toss the pork to glaze. **Serve with** ⅔ c rice
SHRIMP Salt and boil or roast 3 lbs for 2–3 mins. Pull when it curls into a C (not an O). Chill fast and eat cold! Reheated shrimp goes rubbery. **≈ 6 servings**	**Shrimp Salad (480 cals)** Whisk 2 Tbs Greek yogurt, ¼ c mayo and a squeeze of lemon. Fold in cold shrimp and 1 chopped celery rib. **Serve with** 1 apple on a bed of romaine.	**Ceviche Bowl (450 cals)** Toss cold shrimp with juice of 2 limes, ¼ c chopped cilantro and ¼ thin-sliced red onion. Let it sit 10 mins. **Serve with** red cabbage; ¾ c plantain or 1 ½ c mango; and ½ avocado (1 palmful).	**Cold Sesame Bowl (465 cals)** Whisk 1 Tbs rice wine vinegar, 1 tsp minced ginger and 2 Tbs (2 thumbs) sesame oil, then toss with cold shrimp. **Serve with** ⅔ c rice, cucumber, and snap peas.