OVERVIEW

Your BRDR program reminders, and your Phase 2 Recomp process.

FIRST THINGS FIRST

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CONTENT & ACCESS NOTES

- **Content unlocks weekly** to keep you on track; On Ramp can be more than 1 week per your discretion. *You're not behind, you're in process.*
- **New weeks open on Mondays,** with prep notes for the following week, just like in Reset.
- **The monthly support call schedule is posted in the community,** just like in Reset. Bring your questions!
- **There are TWO Phase 2 Recomp Fitness Plans:** Recomp 1 is first and starts in On Ramp; Recomp 2 starts in Week 9. Both are available as PDFs and in the Ideal Age Fitness app free trial.
- **Login details are the same,** but the Phase 2 course is new. Open your course Library and find Body Recomp Done Right Course: Recomp (blue-green tile) or tap the links from your email every Monday.

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> **Note: Remember to prioritize your health and well-being** by seeking professional guidance and making informed decisions.

HOW TO USE THIS OVERVIEW

Here you'll find important reminders about the BRDR approach, as well as the Phase 2 Recomp process and your tools for making this more demanding (but still rewarding) phase work.

> **Note: This is not a to-do list! It's a guide to prepare you for (and help you succeed at) the Recomp process.** Instructions and action items are in the Phase 2 Recomp course, released to you weekly to keep you accountable and engaged. You'll receive an email every Monday when the content opens to you.

THE LEVEL SET

- **Don't forget what this program is all about.** BRDR is about doing the right things in the right order: regulating your system first, *then* asking your body for change. Recomp doesn't replace what you built in Reset; when done right, it builds on it.

- **There is one path to recomp: a calorie deficit (fat loss) and resistance training with proper protein intake (muscle gain).** But there is more than one way to *approach* those factors. This program is about specific tools for doing it conscientiously, with a system you feel good about, and WITHOUT a stressful deficit or going too far, too fast.

  We didn't track calories or macros in Phase 1, but you should expect to keep tabs on them to some degree (and track other measures) in Phase 2. There are a few ways to do this; choose based on what is truly doable for YOU and not what you think will be quickest.

- **The most important thing to remember: slow, steady, and not always linear.** You're building from your Reset foundation, working WITH your body *while* you ask it to change. This process takes time and attention, and a willingness to pivot, recalibrate, and recalculate when necessary.

  Everyone has different histories, genetics, and daily realities, which means results (and timelines) will vary. Some will spend the full 16 weeks simply getting adjusted and accustomed to a Recomp plan. THAT IS OK; you are IN PROCESS. It takes however long it takes, but the tools are always the same. Commit to the long haul.

- **Use the Community as a support system and not a comparison trap.** Don't gauge your success by the experiences of others.

> **Note: If tracking, logging, and metric-taking is too stressful for you as presented, reach out.** We can find a path and a timeline that works better for you.

Next, important reminders →

REMINDERS

Reminder: Body Recomp Done Right is built on The Regulation Framework. Phase 1 Reset and Phase 2 Recomp make up over 6 months of coaching, accountability, and support. *The optional Phase 3, the Real Life VIP membership, opens after Recomp concludes.*

PHASE ONE · ☑ DONE

Reset

10 weeks: 1+ week of On Ramp, 8 weeks of Reset, and 1 "Bridge to Recomp" week. **This is where you implement your Anchors and watch the 5 Signs.** We regulate the system and build the base every Recomp plan should have.

PHASE TWO · YOU ARE HERE

Recomp

18 weeks: 1+ week of On Ramp, 16 weeks of Recomp, and 1 "Bridge to Real Life" week. This is the body recomposition work that builds on your Reset foundations. The Anchors and 5 Signs stay (with small, intuitive shifts), and **additional tracking and metrics begin.**

PHASE THREE (OPTIONAL)

Real Life VIP

This optional membership opens to you after the 6 month Reset/Recomp journey, and **it comes with more resources for your "maintenance phase:"** Masterclasses, expert guests, office hours, and ongoing support for anything life throws your way.

REVIEW: THE REGULATION FRAMEWORK

OUTSIDE IN

FOOD is the messenger that tells your body it's safe and resources are available.

INSIDE OUT

FITNESS builds you up instead of breaking you down, and **FASCIAL WORK** slows your pace enough to tell your body it's not in danger.

TOP DOWN

EXPRESSIVE WRITING is the cognitive work that establishes safety by releasing mental stress and overwhelm (the "danger" signals we miss).

WHY RESET CAME FIRST

In Reset, you gave your body what it needed (enough food, movement that builds you up, and regular signals that it's safe) without asking for anything back, because we can't leverage the metabolism-nervous system connection in a body that's under-fueled and over-stressed.

WHY RECOMP COMES SECOND

A regulated body and mind are better able to handle the stressors you CHOOSE—like a calorie deficit. That's the foundation you built in Phase 1, alongside the habits and self-awareness that will carry you through Phase 2.

Now, what's new and what changes from Reset to Recomp →

STAYING, SHIFTING, & NEW

While your 5 Signs remain unchanged, you'll notice a slight evolution in your anchors, food, and fitness. A few things are totally new (and necessary for Recomp).

	WHAT	WHAT YOU NEED TO KNOW	PAGE
STAYING	**The 5 Signs**	Hunger, energy, sleep, stress runway & mood, and digestion are still your nightly check-in. They help tell you how you're handling the deficit, so they matter even more in Recomp.	10
SHIFTING	**Your anchors**	Your nervous system anchors (flows and expressive writing) combine into one line item: Nervous System Work. This makes room for an additional anchor: Prep. Look for the ⚓ symbol.	6
	Food	You'll eat a lot of the same foods you ate in Reset, but with a greater emphasis on protein and prep. In Reset, the focus was quality; in Recomp, quantity matters too, and you'll have tools for making that easier.	7
	Fitness	The Recomp 1 and Recomp 2 Plans are focused, like the Phase 1 Reset plan, on resistance training for muscle development. This process accelerates with unilateral work and more dynamic challenges. Specific, 4-week conditioning cycles are also implemented.	8
NEW	**The energy deficit**	You will begin your energy deficit for fat loss in Recomp. There are several ways to calculate and achieve this deficit; choose (and pivot) based on your needs. We have tools to make it easier.	9
	Tracking	Tracking of additional data and Recomp metrics (like weight*, RMR, and body composition) begins in Phase 2 Recomp. **We'll discuss where the scale is and is not relevant in the course.*	10
	The Path Planner	Choose one of three paths to recomp (Tune In, Dial In, or Lock In) based on what feels most doable for you right now. You can switch at any time.	11

Let's learn more about what's shifting, starting with your anchors →

ANCHORS

Like in Reset, your anchors are what keep you steady, even when you're making big moves in your life. Shifting priorities in Phase 2 Recomp mean your anchors need to evolve, too. The biggest change: your nervous system flows and expressive writing combine into one anchor, Nervous System Work.

RESET ANCHOR	RECOMP ANCHOR	WHAT YOU DO
Breakfast	⚓ **Protein, starting with breakfast** UPDATED OUTSIDE IN	Try for 30 grams of protein within an hour of waking, and make every other meal protein-forward. The Food Strategy packet will help.
Nervous System Flow + Writing	⚓ **Nervous System Work** UPDATED INSIDE OUT/TOP DOWN	2-3+ days/week, in whatever combination works for you. Both are still important, but by now you know which works best for you and when.
—	⚓ **Prep** NEW OUTSIDE IN	Every weekend, prep your protein *at minimum*. Pre-planned meals make it all possible (that's what the Food Strategy packet is for).
Workout and/or Recovery	⚓ **Workout and/or Recovery** INSIDE OUT	Every day, either a challenging workout (lifting and conditioning) OR true recovery (steps and rest). Additional steps on workout days are ok, too.
Course & Community	⚓ **Course & Community**	Log in on Mondays for your new course content, and check the community frequently. Post consistently, attend live calls, and participate!

WHY STILL FIVE?

Note: we stick with 5 because it's working for us, and because all the habits are linked: prep ensures you have protein available, starting with breakfast; movement gives your protein something to do; recovery lets it do it; your nervous system work ensures your system can handle it all; and the course and community help you stay engaged for long enough that it matters.

Let's learn how the food approach shifts in Recomp →

RECOMP FOOD (CALORIES & MACROS)

Food is the "Outside In" direction from your Regulation Framework; in Phase 2 Recomp, you'll still eat like you did in Reset (protein stacked, carbs and fiber flowing, fat reasonable) but we get more precise about calories and macros. This is necessary for intentional body recomposition, but don't worry: there are several paths to choose from to get you there.

CALORIE & MACRO TARGETS

FINDING YOUR TARGETS

You'll make several calculations to find important targets using your Goals & Calculations packet: your maintenance target, your deficit target, and your macro targets. Depending on your Path, you'll do a 2-week test (a maintenance test or a deficit test) to verify those calculations.

For the most precision, get your TDEE assessed at a clinic or gym to start. You can also use an online calculator (less precise).

HITTING YOUR TARGETS

Once you know your targets, you'll keep tabs on them based on your chosen Path so you can hit them consistently. You'll choose your Path based on your lifestyle, goals, and timeline. A food logging app (like Cronometer or MyFitnessPal) makes it easier, especially on the Lock In path; more in your Food Strategy packet.

The metrics and data you track give you insight on how it's working. You can switch or mix strategies as needed.

CONFUSED?

All the details you need are in your On Ramp curriculum, your Goals & Calculations packet, your Food Strategy packet, and your Tracking & Checkpoints packet. Work your way through them all (take your time), and the picture will become more clear.

WHAT TO THINK ABOUT RIGHT NOW

- **Structure, not rigidity.** Research shows that flexibility is helpful, not harmful. Enjoy breaks where indicated (we'll talk about this in On Ramp) and be flexible with the learning curve, too. The 80/20 rule still applies, although we manage it slightly differently in Recomp.
- **BORING IS BENEFICIAL.** Complex recipes taste good, and weighing and measuring keeps you on track, but both take time and energy that may be better channeled elsewhere, especially at the beginning. Use simple recipes and pre-calculated meals from the Menu Planner and Food Strategy Packet often to help manage your time, energy, and efforts.
- ⚓ **Protein and Prep.** These are crucial (that's why they're Recomp anchors). Protein is the most important of your macros in Recomp, so prioritize it. And prioritize prep, so you actually have it available to eat.

Now, let's learn how our fitness approach shifts in Recomp →

RECOMP FITNESS

Fitness is one of your "Inside Out" directions from your Regulation Framework, and the structure stays consistent (compound movements across every pattern—hinge, squat, push, pull), but with more challenging variations to stimulate growth. Get it done using the PDFs or the Ideal Age Fitness app.

STRUCTURE: 4 CYCLES + 1 DELOAD

CYCLE 1 · ON RAMP → WK 3	CYCLE 2 · WKS 4–7	WEEK 8 · DELOAD	CYCLE 3 · WKS 9–12	CYCLE 4 · WKS 13–16
Introducing supported single-leg lifts and metabolic conditioning with body weight moves. **3-4 sets, 8-12 reps**	Stepping work starts and single-leg work progresses. Metcons add weights and rotation. **3-4 sets, 8-12 reps**	Load remains the same, but sets decrease. Major movement patterns, no accessory work. **2 sets, 8-12 reps**	Bigger skill steps: more single-leg work, and more dynamic Metcons. **3-4 sets, 8-12 reps**	Load, range, and intent increase the challenge. Metcons get faster and more athletic. **3-4 sets, 8-12 reps**

WHAT TO THINK ABOUT RIGHT NOW

- **Recomp fitness can feel REPETITIVE.** It's not a huge departure from Reset fitness, and that's not a bad thing: it's how we stimulate the right muscles, repeatedly, so they'll grow. Random fitness makes you tired and sore; it does not grow muscles systematically.
- **Short metabolic conditioning sessions balance effort and results.** Long or very intense cardio doesn't beat simpler activity for fat loss, and in a deficit it can cost you recovery. Resistance training is your body recomposition bread and butter; metabolic conditioning is for heart and lung fitness (and the mood boost).
- **Home is possible, but the gym is better!** At minimum, you'll want a set of adjustable dumbbells, resistance bands, mini bands, and a slam ball. (See **SHOP**) If it's within budget, a gym membership or fitness pass to your local community center is even better.
- **Don't forget about walking.** Steps are part of your Workout or Recovery anchor: aim for about 8,000 a day, including a few brisk walks each week. Walking helps with fat loss and blood sugar without costing you the recovery your muscles need.

Now you know what's changing and evolving. Let's see what's completely new →

THE ENERGY DEFICIT

Body recomposition means losing fat and gaining muscle (or changing your muscle-to-fat ratio). You can do both in the same timespan with challenging resistance training, sufficient protein, and a small calorie deficit. (The Path Planner will help you decide what this looks like.)

BOTH SIDES OF THE DEFICIT EQUATION

ENERGY IN

Food is your main source of energy, but not your only one: stored body fat is energy, too. In Recomp, you'll eat a little less than you need, so your body fills the gap from fat stores.

A small deficit is enough. A bigger gap can speed up fat loss, but can stall muscle gain—and that's the opposite of recomp.

ENERGY OUT

Activity: spend your energy on things that build you up! Resistance training builds (and protects) muscle, walking helps build blood sugar regulation, and conditioning builds cardiorespiratory fitness.

Plus, staying active is one of the best predictors of keeping your results (and your health) for the long haul.

WHAT A SMALL DEFICIT LOOKS LIKE*

The research-supported approach is to aim to lose about ¼ to ½ a percent of your total body weight per week. (This won't happen every week; remember, the journey isn't linear.) At higher deficits (around 500 calories a day or more), muscle gain starts to stall. **A how-to for calculating your deficit is in the Goals & Calculations packet.**

**If your BMI is 30+ or your body fat is 40%+,* *your 2-week test and your deficit might look a little different. See "BMI 30+ or Body Fat 40%+? Start Here" in your Goals & Calculations packet.*

DEFICIT PROGRESSION

		2-WEEK TEST WINDOW															
DEFICIT	FIND & PRACTICE YOUR #S	VERIFY YOUR #S OR SMALL DEFICIT							MAIN-TEN-ANCE	SMALL DEFICIT, RECALCULATED IF NECESSARY							TBD
WEEK	ON RAMP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	BRIDGE TO REAL LIFE

Your 2-week test can start any time in Weeks 1-4. On a maintenance test, your deficit starts when the test ends; on a deficit test, it starts with the test.

Most people won't start in an immediate, intentional deficit, because you can't know your precise deficit until you know your maintenance. In On Ramp, you'll choose your path and find your numbers. Then, depending on the path you choose, you may verify those numbers with a 2-week test when you're ready.

Note: Week 8 is a maintenance week. If your deficit started in Week 5 or later, maintenance that week is optional for you; you can go straight into your second deficit block.

The energy deficit is key, but it has to be calculated right. Here's how you make sure →

TRACKING

You'll continue tuning in to your 5 Signs, but you'll also probably want to track some basic data and metrics of body recomposition. The path you choose on the next page will guide how much (and what) you track.

STAYING: YOUR 5 SIGNS

Hunger	**Energy**	**Sleep**	**Stress runway & mood**	**Digestion**

NEW IN RECOMP: YOUR DATA AND METRICS

More information on these options is in the On Ramp and your Tracking & Checkpoints Workbook. You don't have to track them all! Your Path Planner will help you decide.

DATA	**Weekly Average Weight***	**How Clothes Fit**	**Photos**
METRICS	**RMR**	**Body Composition**	

*WHY THE SCALE MISLEADS DURING RECOMP

The scale weighs everything, not just fat; and because you're losing fat while building muscle, scale changes can be minimal even when your body is changing. That's why the scale is just ONE data point, and why we ask that it not be your ONLY one.

DATA & METRICS CHECKS

Depending on the path you choose, you might gather data throughout the week and do several metrics checks throughout the program (around Weeks 6/7, and between Weeks 12 and 16). Change shows up over weeks, not days! More information in your Tracking & Checkpoints Workbook.

WHAT DO MY METRICS SAY ABOUT ME?

Note: many of us have a negative history with metrics, weighing, and tracking, because we attach emotion and personal value to the results. But the truth is: numbers, trends, and tracking in pursuit of realistic, healthy goals provides *information* to help guide your way. This information says nothing about your worth as a person. Still, if the emotional charge is too great, reach out to discuss other options.

Now that you know the tracking options, it's time to choose your path →

THE PATH PLANNER

Everyone followed the same overall path in Reset; in Recomp, you have 3 paths to choose from based on what feels most doable and aligned.

THERE'S NO WRONG PATH

Every path can lead to recomp; the difference is mostly precision and time. The more precisely you track, the sooner you'll know whether your deficit is working (and the sooner you can adjust). Less tracking can mean a longer road, and that's okay.

SWITCHING PATHS

You can check in or switch paths at any time. There are also built-in, natural times to reassess: your Week 6/7 metrics check and Week 8, your maintenance week. Not sure where to start? The Dial In path is a great middle ground.

	PATH #1: TUNE IN *Reset, plus tuning in to how your body is changing, and making adjustments when it feels right*	**PATH #2: DIAL IN** *Reset, plus keeping tabs on your food & tracking a little more*	**PATH #3: LOCK IN** *Full jump into Recomp: keeping tabs on your food and tracking all available metrics.*
FOOD	Keep your Reset habits. Use your deficit number to pick one or two cuts to your usual food (like one less snack, or a smaller second breakfast), and boost your protein intake.	Keep your Reset habits, and keep tabs on your calories and macros ~80% of the time (the Menu Planner is built for this, and logging apps can help, too). The other 20% should still be eyeballed as within calorie and protein range most of the time.	Keep your Reset habits, but quantify your calories and macros in detail almost all the time. The Menu Planner is built for this; a logging app like Cronometer or MyFitnessPal is also helpful.
TRACKING	Pick 1-2 data points and/or metrics to track.	Track 1-2 data points and at least 1 metric; or all data points if metrics aren't available to you.	Track all data and metrics that are available to you.
2-WEEK TEST	Optional	Yes, when ready (maintenance or deficit test)	Yes, when ready (maintenance or deficit test)
WORKOUTS	Recomp 1 & 2 (Day 4 optional)	Recomp 1 & 2 (Day 4 optional)	Recomp 1 & 2, all 4 days
BENEFITS	This is the easiest place to start (it's the closest to what you already know) with the least stress around the numbers at the beginning.	A more precise starting point and a more targeted approach can compress your timeline without making "calories and protein" your job.	The clearest feedback and the most precise numbers, so you can adjust fastest.
DOWNSIDES	Less precision in the numbers can mean a slower path to results, more pivoting in the long run, and accidentally creating a deficit that's too large, which can be stressful and stall muscle gain.	The middle ground for results: not as precise as the Lock In path.	Takes the most time and attention. More tracking, plus a 4th workout, plus a deficit is a lot to handle, so watch your 5 Signs closely.
BEST FOR	Anyone who is overwhelmed by the information presented in Recomp, and who needs a bit more time to adjust.	Most people, and anyone who isn't sure where to start.	Those who like data, have the time, and feel neutral about tracking. (It isn't the "best" path; it's just the one with the most data.)

No matter what path, everyone will spend their time in a similar way →

RECOMP SNAPSHOT

Here are the actions you'll take in Phase 2 Recomp, with the help of the course, community, and resource packets. Reach out for help strategizing.

WHERE YOUR TIME GOES (ALL PATHS)

WHAT	HOW MUCH TIME	ANCHOR
Prep	**1–2 hours, once, over the weekend** to prep you for Monday and the week ahead. At minimum, prep your protein. You'll get more efficient over time!	Prep · Protein
Workouts	**2-3 hours (maintenance) or 3-4 hours (muscle gain)** of resistance training during the week. Metabolic conditioning follows select workouts.	Workout or Recovery
Walking	**~8,000 steps/day,** including 2-3 brisk, 20-30 minute walks each week when possible.	Workout or Recovery
Regulation	**15 minutes a day, 2-3+ days a week.** This includes fascial flows and cognitive work (easily broken up into a few minutes, AM and PM).	Nervous System Work
Logging In	**1 hour total across the week.** Course materials are 30-45 minutes (mostly audio); community check-ins are quick.	Course & Community
Tracking, if applicable	**Variable.** 2 to 3 min nightly (5 Signs + anchors), a few minutes for each data point, and keeping tabs on your food, which depends on your path (more for logging, less for eyeballing).	—

Note: If there's a day when you can only manage one thing, prioritize the logging in so you can draw motivation, accountability, and support from the community! Phase 2 Recomp is all about making it work; there's nothing like a community that cares to give you the nurturing (or nudge) you need. And if an off day turns into multiple days, reach out for some strategizing—or a kick in the pants.

Your resource packets will help you handle it all →

RECOMP RESOURCE PACKETS

Print the packets during On Ramp for quick guidance and help staying on track in Phase 2 Recomp!

GOALS & CALCULATIONS

WHAT'S IN IT	WHAT IT'S FOR
What You Want	What do you see for yourself by the end of Phase 2 Recomp?
Your Targets	Use the Recomp Targets Calculator to find your starting maintenance, deficit, and protein targets.
Your 2-Week Test	Which test is right for you, when to start, and how to read your results.
Visualize Your Week	Keep habits and anchors solid by sketching out a plan.

FOOD STRATEGY

WHAT'S IN IT	WHAT IT'S FOR
Keeping Tabs On Your Intake	Ways to keep tabs on your food, from eyeballing to precise logging.
Hitting Your Targets	Protein at every meal, meal sizes, and easy ways to plan your days with the Menu Planner.
Quick Meals & Snacks	Simple, mix-and-match options for busy days. (Full recipes live in the Menu Planner and the Recomp Recipe Book.)

TRACKING & CHECKPOINTS

WHAT'S IN IT	WHAT IT'S FOR
Tracking: Data, Metrics, Signs & Anchors	What to track, how to track it, and why it matters.
Support Sheets	Weekly bedside tracker with your 5 Signs, Anchors, and data/metrics.

All this is great, but what makes it better? Helpful course content every week! →

RECOMP CURRICULUM

Here's what you'll find in the course every week. After On Ramp, each week has 3 lessons: what to know and what to do; a metric or mindset check OR a topic highlight for added insight into parts of the BRDR approach; and a check-in to prep for next week.

TOPIC HIGHLIGHTS & CHECKS

WEEK	LESSON 2
On Ramp	[Orientation: patience & consistency, the scale, metrics, and realistic goals.]
Week 1	Topic Highlight: **Calorie Deficits & The Nervous System**
Week 2	Topic Highlight: **Macros: Protein (And Everything Else)**
Week 3	**Q&A + Mindset Check**
Week 4	Topic Highlight: **Making The Right Adjustments**
Week 5	Topic Highlight: **When To Recalibrate**
Week 6	**Q&A + Metrics Check**
Week 7	Topic Highlight: **Cardio (& Intensity)**
Week 8	Topic Highlight: **Recovery**
Week 9	**Q&A + Mindset Check**
Week 10	Topic Highlight: **Is It Really A Plateau?**
Week 11	Topic Highlight: **Muscle & Muscle Gains**
Week 12	**Q&A + Metrics Check**
Week 13	Topic Highlight: **Metabolism, Hormones, & Recomp**
Week 14	Topic Highlight: **Real Sustainability**
Week 15	**Q&A + Mindset & Metrics Check**
Week 16	Topic Highlight: **Phase 2 Complete**
Bridge to Real Life	**Bridge to Real Life**

Here's what all this leads us to →

AFTER RECOMP

By Bridge to Real Life week, if you've found consistency, been accountable to your anchors, and challenged yourself in your workouts for most of Phase 2 Recomp, you should see obvious and encouraging body recomposition results! You've proven to yourself that habits can stick and change can happen, and your journey doesn't have to end here.

WHAT YOU SHOULD NOTICE BY THE END OF RECOMP

- **Your scans show more muscle, less fat, or steady muscle, less fat.** This is THE result—body recomposition—and we take the time to gather data and take metrics so you TRULY know what happened under the surface!
- **Your clothes (and your confidence) tell the story.** Your test item (see the Tracking & Checkpoints Workbook) fits differently, and you feel GOOD in your skin.
- **You're stronger, and you feel more capable in the gym.** You lift more, you know when to push, and you consistently challenge yourself in your workouts.
- **You know how to adjust when needed.** The journey doesn't end just because 16 weeks has passed. You know how to read your data and navigate ups and downs, and no one number sends you spiraling.
- **The good habits have rooted, and you don't plan to stop.** You can't imagine a week without meal prep, protein, and a few good workouts, and you know when your nervous system needs extra care.

WHAT COMES NEXT: BRIDGE TO REAL LIFE

Whether you want to continue your body recomposition efforts or you're ready to step into maintenance, the optional Real Life VIP membership unlocks after you complete the Bridge to Real Life module survey.

The take-home: doing the right things in the right order doesn't just change your body composition. It also changes how you show up for yourself, and in your life, *for good*.

BRDR & PHASE 2 RECOMP

GOALS & CALCULATIONS

This is your first stop after the Overview: getting clear about what you want from Recomp, and the numbers that will get you there.

FIRST THINGS FIRST

WHAT'S INSIDE

2	**What You Want:** what you see for yourself by the end of Phase 2 Recomp
3	**Your Targets:** the Recomp Targets Calculator and when to use it
4-7	**Your 2-Week Test:** what it is, when to start it, and which test is right for you
8-9	**Interpreting Your 2-Week Test:** what your results mean and your next step
10	**Deficit & My Numbers:** why the deficit stays small, and all your numbers in one place
11	**Visualize Your Week:** where your anchors, workouts, and prep actually fit

HOW TO USE THIS PACKET

- **Print it during Recomp On Ramp** and work through it in order, after you've read the Overview packet. Be sure to read "Your 2-Week Test" BEFORE you open the calculator, so your results make sense when you see them.
- **The Recomp Targets Calculator does the math for you.** You'll use it up to three times: in Recomp On Ramp, after your 2-week test, and at Week 8. Print your results each time and keep them with this packet.
- **You'll also want to write your numbers in the My Numbers box** on the Deficit & My Numbers page, so they're in one place when you come back to the calculator.
- **Put pen to paper,** just like in Reset. The writing is part of the process.

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WHAT YOU WANT

Write down what you want.

You wrote down your wants at the start of Reset. Look back at them: what's still true, what's changed, and what's new now that you've found consistency? Now write down what you want at the end of Phase 2 Recomp. Do you have a specific end point in mind? Do you just want to see what unfolds when you do the process right? Write it ALL down below. No "want" is wrong.

Now go back and pick the 3 that are most important to you. Let these be your "why" for the next 16 weeks, especially on the weeks when you're feeling unsure or unmotivated.

1

2

3

NOW PONDER: WHAT FEELS HARD ABOUT THE NEXT 16 WEEKS?

(And what have you already figured out, perhaps in Reset, that tells you "I can handle this!")

YOUR TARGETS

Your targets are your maintenance calories (TDEE), your Recomp calories (maintenance minus a small deficit), and your protein grams. Fat and carb targets are optional. The **Recomp Targets Calculator** does the math; this page tells you more about your options.

RECOMP TARGETS CALCULATOR

idealage.com/brdr_P2_recomp_targets_calculator

Print your results (or save them as a PDF) after every visit. The calculator also remembers your entries on the device you use.

SCAN TO OPEN

USE THE CALCULATOR UP TO 3 TIMES

1 RECOMP ON RAMP

Get your starting numbers

Your maintenance guess, your options for the 2-week test, and the numbers to practice at.

If you're skipping the test, you'll get your deficit numbers right away.

2 AFTER YOUR 2-WEEK TEST

Get your result

Choose "I just finished my 2-week test" and enter your weigh-ins. You'll get your result and your new targets.

3 WEEK 8

Update for the second half

Choose "It's Week 8: let's update!" Eat at your updated maintenance during Week 8, then use your new deficit for Weeks 9 to 16.

If your deficit started in Week 5 or later, maintenance is optional for you; you can go straight to your new deficit. Your training stays the same.

WHICH STARTING OPTION?

- **I already have my TDEE** from a clinic/gym scan/breath test. (This is the closest starting point.)
- **I have my RMR, but not my TDEE.** The calculator multiplies your RMR by your activity level.
- **I have my body fat percentage** from a scan (DEXA, InBody, Bod Pod, etc.), but no RMR/TDEE.
- **I don't have any scans.** The calculator works from your height, weight, and age.

> **Notes:** If you have a BMR estimate from an InBody scan, don't use it. Use your body fat % instead.
>
> If you're between two activity levels, pick the lower one.

YOUR PROTEIN

The calculator runs a series of checks so your protein target is attainable for you *while* still giving you what you need to keep and build muscle. It starts from your body weight (or, at BMI 30+ or body fat 40%+, the top of your healthy weight range or your lean mass), and keeps protein between about 25% and 30% of your calories. **130 g covers what most women need; more is always fine if you can manage it.** Aim for at least 30 g at every meal, starting with breakfast.

YOUR 2-WEEK TEST

WHAT IT IS

Every calorie number you start with is a guess, even one from a scan (although a scan gets you closer). Your 2-week test checks your guess against real life: you eat at one calorie target for 2 weeks, weigh in as you go, and compare your weight to your baseline. The calculator reads the result and gives you your next set of numbers.

There are two versions of the test: a maintenance test and a deficit test.

The maintenance test

You'll eat at your "maintenance guess" for 2 weeks to assess whether your weight holds steady. This establishes your actual maintenance calories, which is important for setting the right deficit for you. This is a little work at the beginning for a more precise journey in the weeks to come, and it helps ensure you don't choose a deficit that's too big from the beginning.

The deficit test

You'll eat a little below your maintenance guess for 2 weeks and assess any changes in your weight and whether you're losing at the expected pace. You'll adjust from there. While starting with a deficit might seem like a more direct route to recomp, it can actually be less precise for some, and there's a bigger risk of starting with a deficit that's too big for you.

See "Which Test Is Right For You?" below for more.

WHEN TO START

Earlier is better. Your deficit is only as good as the number it's built on. The sooner you test, the sooner you have a more precise number to go on. *But...*

Later is still fine. Adherence to your calorie goal is important for the 2-week test; it's the data that all your numbers are based on. But if you're not ready to commit to eating with tight consistency for 2 weeks, or your life just won't allow for it in the immediate future (*think: vacation, holidays*), it's better to wait a few weeks than set yourself up for failure.

If that's you, take the time between now and your 2-week test to *practice*. Your practice weeks aren't wasted, either: you're building prep, protein, and the routines that make a deficit stick. Buffer weeks are built into your community access for exactly this reason, and your course access never expires. **You've committed to the long haul, and this is part of it.**

> **The rule of thumb:** start when you're ready, but aim to start your 2-week test by Week 4. If you're not there by Week 4, reach out.

YOUR 2-WEEK TEST, CONTINUED

WHICH TEST IS RIGHT FOR YOU?

The calculator tells you your options after you enter your details.

IF YOU'RE...	YOUR OPTIONS
Below a BMI of 30 with body fat levels under 40%	**Option A: Test your maintenance (more precise start).** Eat at your maintenance guess. If your weight holds steady, your guess is confirmed and your deficit starts right after the test. **Option B: Test a deficit (start sooner, less precise).** Eat at a deficit target from the start. The calculator checks whether you're losing at the expected pace. Because the loss you're looking for is small, this read is rougher, so your Week 8 update matters even more.
At BMI 30+ or body fat 40%+	**A deficit test.** Maintenance calorie and protein targets will feel unattainable; it's safe for you to start with a deficit test. See "BMI 30+ or Body Fat 40%+? Start Here."

Not sure between A and B? Choose A if you want the most precise number, or if you've spent a long time eating less than you need. Choose B if you're ready to start your deficit now and fine with a rougher first read, and the possibility of a longer road to recomp.

Who tests? Refer to the Path Planner in your Overview. If you're not weighing yourself, see the box on the next page.

PRACTICE FIRST

Take the time before you start your 2-week test to **practice for a minimum of one week**. For those starting their 2-week test right away (during Recomp Week 1), On Ramp is your practice week. For those starting later, start practicing in On Ramp and keep practicing until you're ready to test.

How to practice? Do your calculations in the Recomp Calculator, plan your meals in the Menu Planner, and see how it all works together when you prep. If you plan to use a logging app like Cronometer or MyFitnessPal, play with it, too—but the Menu Planner might be all you need.

Your practice week(s) is also when you find your baseline weight, which is what we compare your 2-week test to. Just weigh yourself 3x/week and write it down on your Support Sheets in the Tracking & Checkpoints packet. You'll bring your last 3 practice weigh-ins to your 2-week test.

CONSISTENCY, NOT PERFECTION

Adherence is important to make the 2-week test count, but perfection isn't required. The most important thing is that your intake is roughly the same most days (this usually means eating at home whenever possible). If you hit your calories within about 100 to 150 on most days, with protein close, you're good to go. **Don't put off your test waiting for conditions to be 100% perfect, and don't feel like you have to "start over" if you have an off day. Off days average out!**

YOUR 2-WEEK TEST, CONTINUED

DURING YOUR TEST

- **Eat at the same calorie target for 2 weeks**, and keep tabs on your intake the same way every day. The Menu Planner will help!
- **If you're using the scale, weigh in at least 3 mornings a week** (first thing, after the bathroom, before eating or drinking). Record this data in the "AM Weight" section on your Support Sheets.
- **Be flexible:** holiday on the horizon? Wait on the test. Off day? Don't restart—it will average out.

WHY THE SCALE SWINGS (I.E., DON'T PANIC!)

We don't weigh ourselves to obsess over every ounce! We weigh ourselves so we can get a more accurate picture of where you are, because scale weight moves in both directions with body water, sodium, carb intake, digestion, and hormones. A deficit test can also lead to quick changes on the scale—another reason a maintenance test is helpful.

If you found consistency in Reset, your signal should be clear. If you didn't, reach out before you begin your test.

ANY PATH

Not weighing yourself?

That's an option on any path. You'll skip the 2-week test, since it's built around weigh-ins. You still need a "starting weight" number for the calculator; this can come from a scan, a doctor's visit, or a single weigh-in. Estimating is not recommended.

- **In the Recomp Calculator:** on Tune In, choose "No, I won't do the 2-week test." On Dial In or Lock In, check "I'm not weighing myself right now." You'll get your deficit numbers right away.
- **Watch your evidence:** your 5 Signs, the fit of one non-stretchy piece of clothing, and photos or scans if you'd like them. Repeat any scan under the same conditions.
- **At Week 8:** if you have a Week 6-7 scan, plug it in to the Recomp Calculator as planned. No scan? Eat at your On Ramp maintenance guess for Week 8, then go back to your Recomp target for Weeks 9 to 16. Your 5 Signs and how your clothes fit will tell you if anything needs to change.

BMI 30+ OR BODY FAT 40%+? START HERE

If your BMI is 30 or higher, or your body fat is 40% or higher, a few things work a little differently for you. The calculator will tell you if this applies to you.

YOUR 2-WEEK TEST IS A DEFICIT TEST

A maintenance test might present unattainable calorie and protein levels, so instead, you'll practice and test at a deficit target from the start. Your weigh-ins will show whether you're losing at about the expected pace.

YOUR PROTEIN

Your protein is based on the top of your healthy weight range (or your lean mass), not your current weight. This ensures your protein target stays realistic. **130 g covers what most women need; more is always fine if you can manage it.**

THE ½% COLUMN IS AN APPROPRIATE PACE FOR YOU

Body fat is protective of muscle mass in a deficit, so ½% will work if you're comfortable starting there. ¼% is always fine, too. The calculator ensures your target stays well above your RMR.

> **What doesn't change:** your anchors, your 5 Signs, your Week 8 update and deload, and the fact that we're going for slow, steady, and sustainable.

INTERPRETING YOUR 2-WEEK TEST

The calculator compares your baseline (the average of your last 3 practice weigh-ins) to your test week 2 average, and tells you which result you got. This page explains what each one means and what to do.

IF YOU TESTED YOUR MAINTENANCE

Your stable range is 1 lb (2 lb if your period fell during your test).

YOUR RESULT	WHAT IT MEANS	WHAT TO DO
Maintenance confirmed: your guess was right	Your average stayed within your stable range.	Your deficit starts now. Choose a column; for most women, ¼% is the better place to start.
Your maintenance is likely a little lower	Your average went up more than your stable range.	The calculator lowers your maintenance by 250 and gives you new deficit columns. Your deficit starts now.
Your maintenance is likely a little higher	Your average went down more than your stable range.	The calculator raises your maintenance by 250 and gives you new deficit columns. Your deficit starts now.

A change of more than about 2 lb beyond your stable range is bigger than we'd expect. Before adjusting, check your variables: make sure your weigh-in routine was consistent, and evaluate whether there was "user error" in your efforts to hit your targets (think: lax prep, inconsistent planning). Reach out if you're not sure.

IF YOU TESTED A DEFICIT

The calculator shows your expected loss per week (¼% or ½% of your baseline weight) next to your actual loss per week.

YOUR RESULT	WHAT IT MIGHT MEAN	WHAT TO DO
Losing slower than expected Less than half the expected pace, including no change or a gain	You might need more time, or you might need to review external factors, like how you kept tabs on your variables. It may also be due to internal factors (water retention, stress, or your cycle), or your maintenance estimate may be high.	Keep going 2 more weeks at the same target, and keep closer tabs on your intake before changing anything. Then enter weeks 3 and 4 in the calculator.
Losing at the right pace: keep going	Your deficit is working as intended.	Stay consistent!
Losing too fast More than the expected pace plus about 1 lb a week	You may be eating less than your target, losing more early water than usual, or your maintenance estimate may be low.	Make sure you're eating your full target, then add about 250 calories.

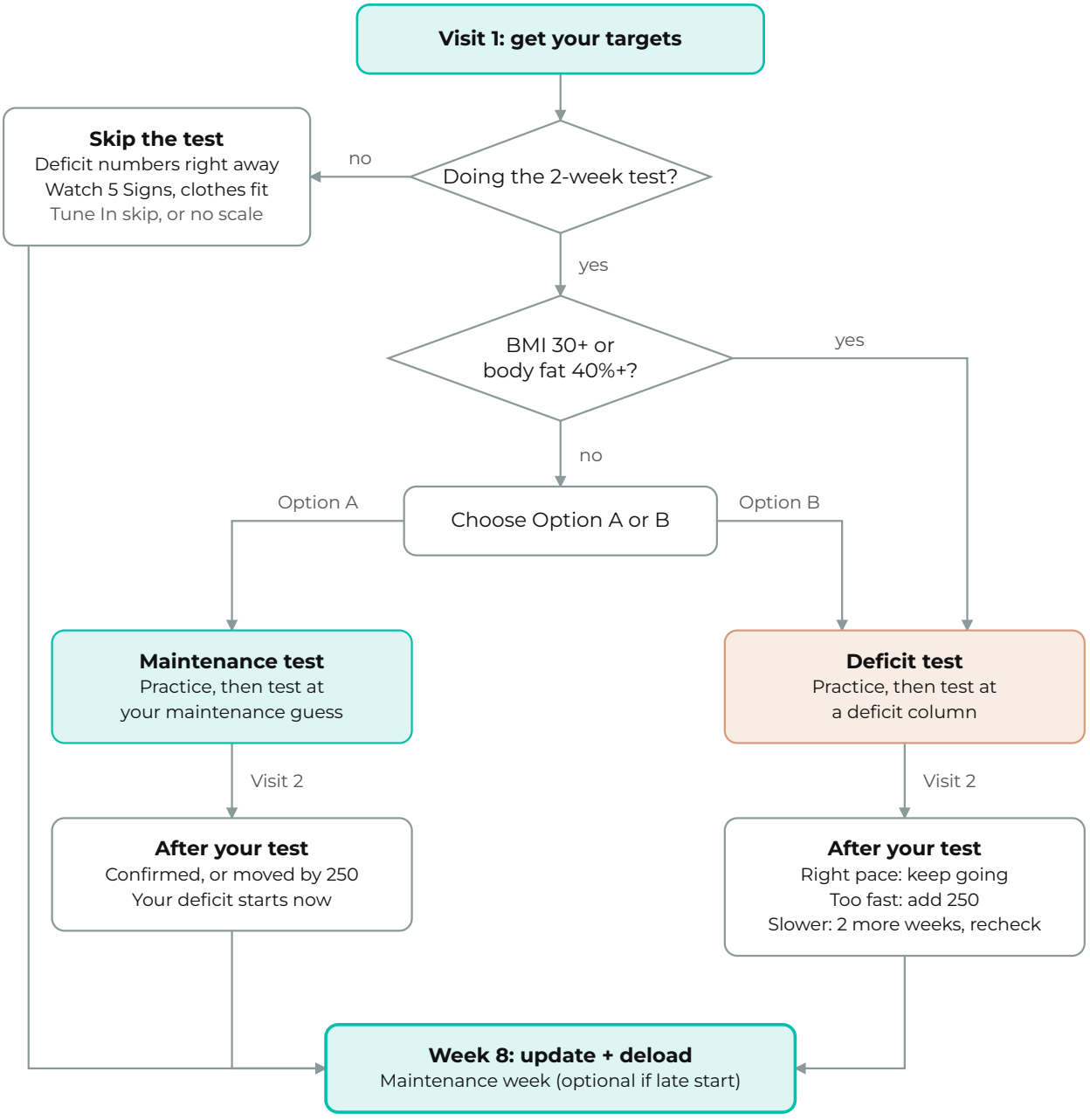
Still losing slower than expected after 4 weeks? The calculator treats your target as your actual maintenance and gives you a new deficit from there.

TWO SAFETY CHECKS THE CALCULATOR RUNS FOR YOU

- **Too close to your RMR:** if a new number would land below your RMR × 1.2, the calculator tells you to reach out instead of giving you a number. Please don't cut further; we'll look at it together.
- **A slow result never cuts your calories.** It only asks for more time and a closer look at your intake. The only result that changes your number right away is losing too fast, and that change is more food.

YOUR NEXT STEP

For the visual learners!



DEFICIT & MY NUMBERS

WHY THE DEFICIT STAYS SMALL

Your deficit is sized to your body weight: it's set so you lose about ¼ to ½% of your body weight per week (for a 150-lb woman, that's about 0.4 to 0.75 lb a week). **For most women, ¼% is the better place to start.** Keeping the deficit small is smart: muscle gain starts to stall at a deficit of around 500 calories a day (Murphy & Koehler, 2022), and your Recomp target should always sit well above your RMR. The calculator checks both and flags them if needed.

> **Calories and protein matter most.** Carbs and fat can flex from day to day; aim for the general ranges on most days, but remember: this is NOT a low-carb program! You need carbs to support your training and recovery. And if keeping tabs on your intake, weighing in, or taking metrics is too stressful for you as presented, reach out. We can find a route and a timeline that work better for you.

MY NUMBERS

Copy these from your calculator results into the boxes below each time you use it. Expect small changes: after a maintenance test, your maintenance stays the same or moves by 250 calories; after a deficit test, your target stays the same unless you're losing too fast. At Week 8, maintenance usually dips only slightly (about 10 calories for every pound you've lost), unless a new scan shows otherwise.

My path Tune In | Dial In | Lock In

My 2-week test Maintenance test | Deficit test | Skipping the test **Column** ¼% | ½%

MY DAILY TARGETS

PRACTICE & 2-WEEK TEST
Your test number from your first visit

Calories _____

Protein _____ g

AFTER MY TEST
Recomp target (right away, if skipping the test)

Calories _____

Protein _____ g

WEEK 8
Maintenance

Calories _____

Protein _____ g

WEEKS 9-16
Recomp target

Calories _____

Protein _____ g

SAVE FOR LATER *The calculator will ask for these.*

My maintenance guess	**From:** *your first calculator visit* **Needed:** *after your 2-week test*	_____
My RMR (scan or estimated)	**From:** *your first calculator visit* **Needed:** *after your 2-week test*	_____
My confirmed maintenance	**From:** *your results after your 2-week test* **Needed:** *at Week 8*	_____
My test week 2 average	**From:** *your Support Sheets, or your results after your test* **Needed:** *at Week 8, as your end-of-test weight*	_____

Not weighing yourself? *If you have a Week 6-7 scan, plug it in to the Recomp Calculator as planned. No scan? Eat at your On Ramp maintenance guess for Week 8, then go back to your Recomp target for Weeks 9 to 16.*

Build your days at these numbers in the Menu Planner.
idealage.com/brdr_P2_recomp_menu_planner

VISUALIZE YOUR WEEK

Your anchors and weekly prep are still the core of this program, and Recomp adds training days and a weekend prep session to fit around them. Start strong with a plan!

YOUR 5 ANCHORS: HOW WILL YOU MAKE SURE EACH ONE HAPPENS, AND WHERE WILL IT FIT?

⚓ **Protein** *starting with breakfast*

⚓ **Nervous System Work** *2-3+ days a week*

⚓ **Prep** *every weekend, protein at minimum*

⚓ **Workout and/or Recovery** *daily*

⚓ **Course & Community** *you're not doing this alone*

SKETCH OUT A POSSIBLE WEEK

Workout days, recovery days, walks, nervous system work, course and community check-ins, and your prep session.

MON	TUE	WED	THU	FRI	SAT	SUN

BRDR & PHASE 2 RECOMP

TRACKING & CHECKPOINTS

Print this workbook and keep it at your bedside for nightly check-ins! Helpful hint: print on both sides to save paper.

FIRST THINGS FIRST

WHAT'S INSIDE

2	**Tracking In Recomp:** data, metrics, and scans; what you can track, and when
3-4	**How To Track:** weigh-ins, clothing fit, photos, and scans (and your comfort level)
5-6	**My Metrics & Weekly Data At A Glance:** your scan results and your weekly averages in one place
7	**The 5 Signs Review:** how you're gauging your personal experiences (just like in Reset)
8-25	**Support Sheets:** Recomp On Ramp and Weeks 1-16

HOW TO USE THIS WORKBOOK

- **During Recomp On Ramp, read pages 2-4,** and choose your data (at least one option, but 2-3 is better).
- **Before Week 1, fill in your baseline:** the On Ramp row on page 6, and the On Ramp column on page 5 if you're getting scans.
- **Each night, fill in that day's Support Sheet:** your 5 signs and your Recomp anchors. On weigh-in days, record your morning scale weight.
- **During your 2-week test,** mark test week 1 and test week 2 at the top of those Support Sheets, and weigh in at least 3 mornings each week.
- **At the end of each week,** copy your weekly average and clothing fit to Weekly Data At A Glance on page 6.
- **Do your Metrics Checks** around Weeks 6-7 (optional) and between Weeks 12 and 16 (recommended), and record them on page 5.

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TRACKING IN RECOMP

In Reset, you tuned in to your 5 Signs and checked in on your anchors each night. You'll keep doing both, but you'll add **data and metrics** to keep tabs on how your body responds to your Recomp efforts.

YOU choose what to track. Pick at least one data option (2-3 is better), plus scans if you can. And if tracking, logging, and metric-taking is too stressful for you as presented, reach out in the community, via post or DM. We can find a route and a timeline that works better for you.

DATA

What you collect

Your weigh-ins (and weekly average), how your clothes fit, and photos. Your 5 Signs are data, too. Remember, we don't track these to obsess or judge. We track them to be PRECISE.

METRICS

What your body is made of

Your RMR, and your body fat and muscle or lean mass.

SCANS

How you get your metrics

An RMR breath test, DEXA, Seca, or InBody. Optional, but highly recommended, especially if you're not weighing yourself.

WHAT YOU CAN TRACK, AND WHEN

WHAT	HOW OFTEN	NOTES
5 Signs	Nightly chart	Track on the Support Sheets, just like in Reset.
Recomp anchors	Nightly	Track on the Support Sheets, just like in Reset.
Weigh-ins*	~3 mornings/week, same time and conditions (at least 3 during each week of your 2-week test)	Track on the Support Sheets during the week, and record your weekly average on the Weekly Data At A Glance chart (page 6) once a week.
Clothing fit	Once a week, same time and conditions	Same article of clothing each time. Track on the Weekly Data At A Glance chart, page 6.
Photos	On Ramp, Metrics Checks	Make sure to take photos in the same position, clothing, and light each time.
Metrics Scans	On Ramp, and around Weeks 6-7 and 12-16	Track on the My Metrics At A Glance chart, page 5.

***Note: weigh-ins need an at-home scale.** Not weighing yourself right now? You can still follow any path. Your *Goals & Calculations* packet (Your 2-Week Test) explains what to do instead.

WHAT DO MY NUMBERS SAY ABOUT ME?

Numbers, trends, and tracking simply provide data: information to help guide your way. Your data and metrics say absolutely nothing about your value or worth! They're just NUMBERS.

HOW TO TRACK YOUR DATA

Data is just information that lets us make smart decisions to shorten the timeline to Recomp. But Recomp can still happen with minimal data collection! Choose the path that's best for you.

WEIGH-INS

- **When:** 3 mornings a week, on the same days each week if you can. You'll collect "baseline" weigh-ins during your "practice" week(s) to compare to your 2-week test weigh-ins later.
- **How:** first thing in the morning, after the bathroom, before eating or drinking. Same scale, on a hard, flat floor, in the same clothing.
- **Your weekly average:** on your Support Sheets, you'll add up the week's weigh-ins and divide by how many you did. The average is your number.

  EXAMPLE: YOUR WEEKLY AVERAGE

  Mon **151.2** Wed **150.4** Fri **150.8** 151.2 + 150.4 + 150.8 = 452.4 ÷ 3 = **150.8 lb**

- **Expect noise.** One weigh-in can swing 1-4 lb from salt, a big meal, a hard workout, or your cycle. Overnight jumps like that are never fat. That's why we weigh frequently: not to obsess, but to get a clearer view of what's going on.

CLOTHING FIT

- **Pick one non-stretchy item,** like jeans or pants with a firm waistband.
- **Try it on once a week or every few weeks,** on the same day, at the same time of day (morning is best), and note how it fits on Weekly Data At A Glance (page 6).

PHOTOS

- **To your comfort level,** in the same place, light, and clothing, at the same time of day, with the phone at the same height and distance (use the timer or a helper).
- **Take a set during On Ramp and at each Metrics Check.** Do not look at your photos in between checks; there's no need.

HOW DOES TRACKING FEEL?

Even though data is non-emotional, and even if we feel like it doesn't affect us mentally, you might find that tracking has a negative effect on your mental health and your Recomp experience. It's OK to take a step back when needed. The minute you feel anxious, upset, or emotionally attached to the numbers, reach out in the community, via post or DM.

METRICS & SCANS

Scans give you information that the scale can't. They're optional, but highly recommended (especially if you're not weighing yourself). Many clinics offer scans for $100-$200. To find a clinic near you, search "Biometric scans" or the individual scan types + your locale.

SCAN	WHAT IT TELLS YOU
RMR breath test	Your resting metabolic rate, for a more accurate TDEE calculation. (Many clinics will also calculate your TDEE using your RMR.)
DEXA	Body fat, lean mass (everything in your body that's not fat), and bone density. The most precise for tracking fat mass, but does not tell you how much muscle you have.
Seca or InBody (Clinic) *Look for a professional (clinic-grade) model; at-home models are much less accurate.*	Body fat % and muscle mass, estimated from your body water. Less precise than DEXA, but it gives you a muscle mass number, so it's our preferred option to track muscle gain.

WHEN TO SCAN

BASELINE
Recomp On Ramp

METRICS CHECK 1
(OPTIONAL)
Weeks 6-7
before your Week 8 maintenance week (scanning in maintenance can skew results)

METRICS CHECK 2
(RECOMMENDED)
Weeks 12-16
at least 6 weeks after your last scan, and before the last week of Recomp

SAME CONDITIONS, EVERY TIME

- Same device, at the same place
- Morning, fasted, after the bathroom
- No hard training for 24-48 hours before
- No alcohol for 24 hours before
- Normal fluids (not extra, not less)
- Same point in your cycle, if you can
- No change in creatine use between scans

How to read your scans: Read data over time! A single scan tells you where you are; a series of scans tells you what's changing and where you're going. And remember, Seca and InBody estimate fat from body water, so water shifts can manipulate the result, and they're only accurate to about 2-4 lb of fat for any one person. Look for a trend over at least two scans: treat a fat-mass change as real when it's more than about 4-5 lb.

MY METRICS AT A GLANCE

The clinic you choose should give you tracking paperwork after your scans, but putting pen to paper to track for yourself helps you stay engaged and aware. ***Note: you do NOT need to take both DEXA and Seca/InBody. One modality is plenty.***

		RESULTS		
SCAN	**CONDITIONS**	**ON RAMP** *(my baseline)*	**WEEKS 6-7** *(optional)*	**WEEKS 12-16** *(recommended)*
RMR Notes:	Where _____ When _____ Cycle day _____	RMR _____ TDEE _____	RMR _____ TDEE _____	RMR _____ TDEE _____
DEXA Notes:	Where _____ When _____ Cycle day _____	Body fat _____ % Visceral fat _____ Lean mass _____ lb	Body fat _____ % Visceral fat _____ Lean mass _____ lb	Body fat _____ % Visceral fat _____ Lean mass _____ lb
Seca / InBody Notes:	Where _____ When _____ Cycle day _____	Body fat _____ % Muscle mass _____ lb	Body fat _____ % Muscle mass _____ lb	Body fat _____ % Muscle mass _____ lb

WEEKLY DATA AT A GLANCE

Copy your weekly average and clothing fit here at the end of each week, so you can see the trend in one place. Change shows up over weeks, not days! Mark your test weeks in the Notes column. **Not weighing yourself? Leave the weight columns blank and use clothing fit and notes, if you're comfortable.**

WEEK	WEEKLY AVERAGE (LB)	CHANGE FROM LAST WEEK +/-	CLOTHING FIT	NOTES
On Ramp *baseline (last 3 weigh-ins)*				
Week 1 *2-week test window*				
Week 2 *2-week test window*				
Week 3 *2-week test window*				
Week 4 *2-week test window*				
Week 5				
Week 6				
Week 7				
Week 8 *maintenance week*				
Week 9				
Week 10				
Week 11				
Week 12				
Week 13				
Week 14				
Week 15				
Week 16				

THE 5 SIGNS REVIEW

This is about how you **feel**, and becoming more attuned to your body. Over time you'll be able to scan your Support Sheets and see trends and improvements.

> Don't agonize over your score or over-analyze the signs. The examples below are for guidance; you don't have to fit perfectly in the boxes.

ASSESSING HUNGER

↑	B	↓
Ravenous or uncomfortably hungry more than once in a day	Balanced hunger, aligned with mealtimes	Not really hungry for most of the day

ASSESSING ENERGY LEVELS

1	2	3	4	5
Awful: super low energy, dragging, crash mode, no motivation	Not great: low energy, 1–2 crashes, motivation low	Neutral: no crashes & enough motivation for required tasks	Good: steady energy, good motivation, good productivity	Excellent: high energy, motivation, and productivity

ASSESSING SLEEP Bonus: next to your 1–5, add a "/#h" for hours of sleep (e.g. 4/8h)

1	2	3	4	5
Awful: could not fall asleep, woke multiple times, not restorative	Not great: difficulty falling asleep, woke up at least once, not restorative	Neutral: fell asleep fairly easily, not necessarily restorative but not disastrous	Good: fell asleep fairly easily, slept through, felt good waking up	Excellent: fell asleep easily, slept through, felt restored & energetic waking up

ASSESSING STRESS RUNWAY & MOOD

1	2	3	4	5
Awful: zero bandwidth & everything sets me off, feeling negative, STRESSED	Not great: low bandwidth, "off" day with above-average stress	Neutral: average bandwidth, not negative but not overtly positive, average stress	Good: decent bandwidth, feeling positive, coping well with stressors	Excellent: high bandwidth, positivity, and tackling stressors easily

ASSESSING DIGESTION

1	2	3	4	5
Awful: constant gas, bloating, irregularity, stool issues, or all of the above	Not great: intermittent discomfort and/or stool issues	Neutral: not perfect, but nothing life-limiting	Good: mostly predictable, and good stool formation	Excellent: like clockwork, regular, award-winning stool

YOUR CYCLE Optional

P Period	**F** Follicular	**L** Luteal	**M** Post-menopause

ON RAMP SUPPORT SHEET

ON RAMP

Grey = optional

RECOMP CALCULATOR

Find your targets in the Recomp Calculator and practice eating near them. Practice weigh-ins: 3 mornings this week. **Your last 3 On Ramp weigh-ins are your baseline,** *so circle them. Taking an extra On Ramp week? Use the next sheet too.*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *practice · 3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **ON RAMP AVERAGE WEIGHT (last 3 weigh-ins)** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Choose your data (pages 2-4) ☐ Book your scan(s) ☐ Recomp Calculator visit 1 ☐ *Goals & Calculations*: What You Want, Your Targets ☐ Scan results to page 5

ON RAMP SUPPORT SHEET

OPTIONAL EXTRA ON RAMP WEEK

Grey = optional

Only if you're taking an extra On Ramp week. Keep practicing your targets, and weigh in 3 mornings. **Your last 3 On Ramp weigh-ins are your baseline,** *so circle them (they may be on this sheet).*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *practice · 3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **ON RAMP AVERAGE WEIGHT (last 3 weigh-ins)** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Finish anything left on last week's to-do list

WEEK 1 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 2 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

RECOMP CALCULATOR

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 3 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

RECOMP CALCULATOR

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 4 SUPPORT SHEET

2-WEEK TEST WINDOW

Grey = optional

RECOMP CALCULATOR

Your 2-week test can start any week from Week 1 to Week 4 (see Your 2-Week Test in Goals & Calculations). Mark the box below when this is a test week.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week

Test weeks: weigh in at least 3 mornings (daily is even better).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 5 SUPPORT SHEET

Grey = optional

RECOMP CALCULATOR

Started your 2-week test in Week 4? This is test week 2; mark the box below.
Fill in each spot using The 5 Signs Review (page 7); weekend tune-ins are optional.

THIS WEEK IS: ☐ Test week 1 ☐ Test week 2 ☐ Not a test week *Test weeks: weigh in at least 3 mornings (daily is even better).*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ *B* ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x+ in test weeks*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6; if this was test week 2, also to My Numbers)*

THIS WEEK'S TO-DOS: ☐ Test week 2? Copy this average to My Numbers in *Goals & Calculations* ☐ Then Recomp Calculator visit 2 (see Interpreting Your 2-Week Test)

WEEK 6 SUPPORT SHEET

OPTIONAL METRICS CHECK WINDOW

Grey = optional

Optional: take your Weeks 6-7 metrics (photos, clothing fit, and a scan if you're getting one) this week or next, before Week 8. Record them in the Weeks 6-7 column of My Metrics At A Glance, page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 6-7 metrics (this week or next) to page 5

WEEK 7 SUPPORT SHEET

OPTIONAL METRICS CHECK WINDOW

Grey = optional

Last chance for your optional Weeks 6-7 metrics; record them in the Weeks 6-7 column on page 5. Heads-up: next week is your Week 8 maintenance week and deload.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 6-7 metrics to page 5, if not done yet

WEEK 8 SUPPORT SHEET

MAINTENANCE WEEK + DELOAD

Grey = optional

RECOMP CALCULATOR

Update your maintenance in the Recomp Calculator (choose "It's Week 8"), eat at it this week, and record your new numbers in My Numbers (Goals & Calculations). A small scale bump is water and glycogen, not fat. **Deficit started in Week 5 or later? Maintenance is optional this week.** *Not weighing yourself, and no Week 6-7 scan? Skip the update and eat at your On Ramp maintenance guess. Either way, take your deload (lower-volume workouts).*

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ *B* ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Recomp Calculator visit 3 (choose "It's Week 8") ☐ New numbers to My Numbers in *Goals & Calculations*

WEEK 9 SUPPORT SHEET

Grey = optional

Fill in each spot using The 5 Signs Review (page 7). Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 10 SUPPORT SHEET

Grey = optional

Fill in each spot using The 5 Signs Review (page 7). Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 11 SUPPORT SHEET

Grey = optional

Fill in each spot using The 5 Signs Review (page 7). Cycle phase is completely optional, and so are weekend tune-ins. Make notes as needed.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

WEEK 12 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 13 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 14 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 15 SUPPORT SHEET

RECOMMENDED METRICS CHECK WINDOW

Grey = optional

Recommended: take your Weeks 12-16 metrics at least 6 weeks after your last scan, and before the last week of Recomp, under the same conditions as before. Record them in the Weeks 12-16 column on page 5.

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics to page 5 (once, by Week 15)

WEEK 16 SUPPORT SHEET

FINAL WEEK

Grey = optional

Last week of Recomp! If you took your Weeks 12-16 metrics, make sure they're recorded on page 5. Fill in each spot using The 5 Signs Review (page 7).

TUNE IN: The 5 Signs

	Cycle phase *optional · P F L M*	Hunger ↑ B ↓	Energy *1–5*	Sleep *1–5*	Stress runway & mood *1–5*	Digestion *1–5*	AM weight *3x a week*	Notes
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6 *optional*								
Day 7 *optional*								

Check off each anchor in the evening. Add anything else intentional (steps, walks, AM/PM light, other personal goals) to "Extras."

CHECK IN: Recomp Anchors

	Course & community	NS work *2-3x+ a week*	Protein *breakfast · every meal*	Workout OR recovery	Prep *weekend*	Calories *on target? (±150)*	Extras?	Notes
Day 1	☐	☐	☐ ☐	☐		☐		
Day 2	☐	☐	☐ ☐	☐		☐		
Day 3	☐	☐	☐ ☐	☐		☐		
Day 4	☐	☐	☐ ☐	☐		☐		
Day 5	☐	☐	☐ ☐	☐		☐		
Day 6 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		
Day 7 *optional*	☐	☐	☐ ☐	☐	**Next week prep** ☐	☐		

END OF WEEK: **WEEKLY AVERAGE WEIGHT** _____ lb *(copy to Weekly Data At A Glance, page 6)*

THIS WEEK'S TO-DOS: ☐ Weeks 12-16 metrics recorded on page 5

BRDR & PHASE 2 RECOMP

FOOD STRATEGY

Strategies for hitting your numbers more easily, on busy days and easy ones.

FIRST THINGS FIRST

WHAT'S INSIDE

2-3	**The Basics:** what changes from Reset, and protein meal by meal
4	**Your Menu Planner:** the fastest way to build a day that hits your numbers
5-7	**Keeping Tabs, Hand Portions & Hitting Your Targets:** how closely to watch your intake on your path, and how to close any gaps
8	**Intake Adjustments:** what to do when your numbers feel like too much food
9-10	**Fast 400 & Snacks:** a mix-and-match chart for busy days, and protein-forward snacks

THE MENU PLANNER

idealage.com/brdr_P2_recomp_menu_planner

Build your day from pre-calculated BRDR meals, sized for Recomp. Add a booster or a trim, see your running total, then print your plan and your grocery list. **Full recipes are in the Menu Planner (digital) and your Recomp Recipe Book (analog).**

SCAN ME

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WHAT CHANGES FROM RESET

In Reset, you built your plate by hand: protein first, then carbs, fiber, and fat, eating to your hunger and your 5 Signs. **None of that goes away;** we just keep closer tabs on a few things in Recomp, because the goal is different.

WHAT STAYS THE SAME

- **Protein is the centerpiece of every meal,** including breakfast.
- **Real, simple food.** Every BRDR meal is a protein, a dense carb, a fiber, and a fat, put together a few different ways.
- **Prep on Days 6-7.** Cook a protein or two in bulk, and the week's meals come together fast. This is your 1 Meat, 3 Meals idea from Reset, reimagined for Recomp.
- **Your 5 Signs** still tell you how it's going, alongside your Recomp data.

WHAT'S NEW

- **You have daily targets: your calories and your protein.** They come from the Recomp Calculator and are found in the My Numbers box in your *Goals & Calculations* packet. Carbs and fat can flex from day to day (but remember, this is NOT a low-carb program).
- **Your meals are built in sizes.** Every pre-sized BRDR meal comes in a 400 and a 600 base, and boosters and trims fine-tune it. The Menu Planner does the math for you (page 4).
- **Close is good.** Within about 100 to 150 calories of your target, over or under, counts as on target.

AS YOUR BODY CHANGES, YOUR TARGETS CHANGE

Your numbers may change a few times in Recomp: after your 2-week test, at your Week 8 update, and again for Weeks 9 to 16. Each time, enter your new numbers in the Menu Planner. The meals stay the same; only the amounts change.

PROTEIN, FIBER, AND FULLNESS

In Reset, we focused on plates with plenty of protein and fiber to keep meals well-rounded. In Recomp, we emphasize protein + fiber for an additional reason: their bulk keeps you fuller, longer. This is key for managing hunger in a deficit.

PROTEIN, MEAL BY MEAL

Your daily protein number matters most; **how you spread it out matters too.** Your muscles respond to protein one meal at a time, and as we get older, it takes a bigger dose at each meal to get the same muscle-building response. A day with a light breakfast and a huge dinner can hit your number and still leave your muscles under-fed for most of the day.

WHAT TO AIM FOR

- **Your daily protein target** comes from the Recomp Calculator. **More is always fine if you can manage it.**
- **About 30 g of protein (or more) at each meal,** starting with breakfast. Every pre-sized BRDR meal does this for you: even the 400 base lands at about 30 g.
- **Snacks can carry protein too,** especially if your meals leave you a little short.

WHAT 30 G OF PROTEIN LOOKS LIKE

PROTEIN	FOR ABOUT 30 G OF PROTEIN	RAW WEIGHT	CALORIES
Chicken breast	**97 g cooked** (3½ oz)	about 130 g raw	150
Shrimp	**125 g cooked** (4½ oz)	about 145 g raw	125
Pork tenderloin	**115 g cooked** (4 oz)	about 155 g raw	155
Leanest ground beef or bison (95%+)	**103 g cooked** (3½ oz)	about 135 g raw	190
93% lean ground turkey	**111 g cooked** (4 oz)	about 150 g raw	235
Salmon	**136 g cooked** (4¾ oz)	about 170 g raw	270
Liquid egg whites	**275 g** (1⅛ cups)		135
Nonfat plain Greek yogurt	**295 g** (1¼ cups)		175
2% cottage cheese	**285 g** (1¼ cups)		235
Whey protein powder	**38 g** (1¼ scoops)		150

Raw weights are approximate: meat and fish lose about 20-25% of their weight as they cook. Eggs: 1 large egg has about 6 g of protein, so pair whole eggs with liquid egg whites and/or cottage cheese (the egg breakfasts in the Menu Planner do this for you).

> **Notice the calories.** Leaner proteins (chicken, shrimp, pork tenderloin, egg whites) give you 30 g of protein for fewer calories, which leaves more room for carbs and fat (hello, ranch dressing). Fattier proteins (salmon, ground turkey) carry their own fat, so those meals use less added fat.

YOUR MENU PLANNER

The Menu Planner is the easiest way to hit your numbers. You pick the meals; it does the math. Every BRDR meal is already measured and balanced, and brings about 30 g of protein.

WHAT IT DOES FOR YOU

- **Pre-planned BRDR meals in two sizes.** Each comes as a 400 or a 600 base, with every ingredient in grams and in cups, spoons, or ounces.
- **Boosters and trims.** Tap to add ¼ avocado or an extra ounce of chicken, or to trim a little rice. Your totals update as you go.
- **A running total.** See what you've planned and what's left, in calories and protein, right under your meals.
- **"Complete my day" suggestions.** Short on protein? Over by 150? It suggests the booster, snack, or trim that closes the gap.
- **Real life fits in.** Add a free meal (dinner out, a family meal) or your own snack with its calories and protein, and plan the rest around it.
- **A week at a time.** Plan up to 7 days, copy a day you like, then print your plan and a grocery list with raw weights for meat and dry weights for rice and pasta.

HOW TO USE IT

1. Enter your daily calories and protein from the My Numbers box in *Goals & Calculations*.
2. Add any free meals first, so you know what's left.
3. Add BRDR meals. Pick the 400 or 600 base for each.
4. Fine-tune with boosters and trims until you're within about 100 to 150 calories.
5. Fill any gap with a snack.
6. Copy the day, or build the next one. Print your plan and your grocery list.

OPEN THE MENU PLANNER
idealage.com/brdr_P2_recomp_menu_planner

EXAMPLE DAY (TARGET: 1,850 CALORIES, 130 G PROTEIN)

Breakfast: Morning Scramble, 600 base. Lunch: Taco Bowl, 600 base. Dinner: Sheet Pan Salmon, 400 base. Snack: ¾ cup Greek yogurt + ½ cup berries. **About 1,750 calories and 145 g protein.** Add a booster (¼ avocado, about 65) and you're on target.

TIPS

- **Your own recipes:** build them once in a food logging app, then enter the calories and protein as a free meal.
- **During your 2-week test:** the fewer unplanned meals, the better. The more of your day that comes from measured BRDR meals, the more accurate your test will be.
- **Your plan is saved on your device** (phone or computer) until you change it. Print it to keep a backup.

KEEPING TABS ON YOUR INTAKE

How closely you keep tabs on your food depends on your path. More precision gives you clearer answers, faster; less precision is still progress. Pick what you can keep up with, and switch any time.

PATH	HOW YOU KEEP TABS	BEST TOOLS
Tune In	Keep your Reset habits. Use your deficit number to pick one or two cuts to your usual food, and boost your protein.	Menu Planner, hand portions, your 5 Signs
Dial In	Keep your Reset habits, and keep close tabs on your calories and macros about 80% of the time. The other 20%, eyeball your meals as within your calorie and protein range.	Menu Planner, a logging app
Lock In	Keep your Reset habits, but quantify your calories and macros in detail almost all of the time.	Menu Planner, a logging app, a food scale

WAYS TO KEEP TABS, LOOSEST TO MOST PRECISE

1. **Hand portions:** the same flat hand, cupped hand, and thumb portions from your Reset Food Success Packet (next page). Great for eating out and busy days.
2. **The Menu Planner:** plan from measured BRDR meals.
3. **A logging app** (like Cronometer or MyFitnessPal): log what you eat, using measuring cups and spoons.
4. **A food scale + a logging app:** the most precise. Weigh in grams, log as you go.

LOGGING APP BASICS

- **Enter your targets** (calories and protein; carbs and fat are optional).
- **Choose verified or USDA entries,** or scan the label. User-entered foods are often wrong.
- **Cooked vs. raw:** BRDR meals list cooked weights for meat, fish, rice, pasta, quinoa, and potatoes. Weigh after cooking, and choose the matching "cooked" entry.
- **Save meals you repeat,** so logging them takes one tap.
- **Free fiber:** no need to weigh non-starchy veggies. Log a rough amount (like "2 cups mixed veggies") rather than skipping them. Starchy veggies (potatoes, corn, peas, squash) count as carbs.
- **Wiggle room:** labels can be off by as much as 20%. Logging gets you close; your data and metrics are your cross-check.

During your 2-week test: keep tabs the same way every day. Build as much of your day as you can from measured meals (the Menu Planner makes this easy), and keep free meals to a minimum.

HOW DOES KEEPING TABS FEEL?

If logging or weighing your food starts to feel stressful, or you notice yourself getting anxious about the numbers, step back to a looser method and reach out in the community, via post or DM.

HAND PORTIONS

No scale handy? Use your hands, just like in Reset. These match the Protein, Carb & Fat Cheat Sheets in your Reset Food Success Packet, so grab that packet for the full food lists. Hand portions are estimates, and they're great for eating out, busy days, and the Tune In path.

HAND	WHAT IT MEASURES	ABOUT
1 flat hand *as long as your hand, as thick as your palm*	Meat and seafood	20-30 g protein
1 cupped hand	Grains, beans, and starches (cooked, or canned and drained)	25-30 g carbs
2 cupped hands	Fruit	25-30 g carbs
2 flat hands (or more!)	Free fiber	as much as you like
1 thumb *pour it*	Oils and butter	15 g fat
2 thumbs *spoon it*	Mayo, nut butters, creamy dressing	15 g fat
1 small palmful *pick it up*	Nuts, seeds, ½ avocado	15 g fat

Not measured by hand: protein powder, cottage cheese, Greek yogurt, egg whites, bread, and cheese. Use the amounts on the Protein, Carb & Fat Cheat Sheets in your Reset Food Success Packet.

PUTTING IT TOGETHER

- **A Reset plate** (1 flat hand of protein, 1 cupped hand of carbs, 2 flat hands of free fiber, and 1 thumb of fat) lands around 475 calories, a little less with lean protein and a little more with fattier cuts.
- **Need more protein?** Make it 1½ hands, especially with the lighter proteins on your cheat sheet.
- **In a deficit,** trim the fat or carb portion first, never the protein.

> **Tip:** once you've weighed a few portions, your eyes get good at this fast. Use hand portions where weighing isn't practical, and let your 5 Signs and your weekly data tell you how it's working.

HITTING YOUR TARGETS

Some days you'll land right on your targets. Other days you'll be a little over or under. Here's how to close the gap without overthinking it.

IF YOU'RE UNDER	IF YOU'RE OVER
Check protein first. Short on protein? Add a protein booster or make your snack a protein snack (page 10).	**Trim fat first:** oil, butter, cheese, dressing, nuts, and nut butter. It's the easiest way to make a dent.
Then add a booster: a little carb or fat to round out a meal.	**Then trim carbs** a little: ¼ cup less rice or potatoes, half the avocado, half the cheese, or skip the drizzle.
Still short most days? Switch a meal to the 600 base, or add a 4th meal. If it's a struggle to eat that much, see Intake Adjustments (page 8).	**Don't trim protein.** It protects your muscle while you're in a deficit.

BOOSTERS

Small add-ons that bring a meal (or a day) up to your number. The Menu Planner suggests the boosters and trims that fit each meal. Calories are approximate; check your labels.

FAT BOOSTERS	CARB BOOSTERS	PROTEIN BOOSTERS
1 tsp olive oil or butter **40**	1 tsp honey **25**	½ cup nonfat Greek yogurt **70** · 12 g protein
¼ avocado **65**	½ banana **60**	½ scoop whey protein **60** · 12 g
1 Tbs ranch **65**	1 cup berries **75**	1 oz chicken breast **45** · 9 g
2 Tbs shredded cheddar **55**	½ cup cooked rice **100**	1 oz shrimp **30** · 7 g
1 Tbs walnuts or pecans **55**	1 slice sourdough **125**	1 egg **70** · 6 g
1 Tbs peanut butter **100**	¼ cup granola **130**	¼ cup 2% cottage cheese **45** · 6 g

Close is good. Food labels and databases are estimates, so you'll never be perfectly exact. **Within about 100 to 150 calories of your target, over or under, counts as on target.** Check the "Calories: on target?" box on your Support Sheet, and let your weekly average and your 5 Signs tell you whether anything needs to change.

INTAKE ADJUSTMENTS

Your starting numbers are a guess, and for some of us, they're a lot more food than we're used to. **You shouldn't have to override your hunger to find your maintenance!** If you can't comfortably reach your numbers for several days straight, start here. **Make these changes during your practice weeks, not partway through your 2-week test;** changing your intake mid-test makes your results harder to read. Already in your test and struggling? Reach out.

TROUBLESHOOTING

WHAT MIGHT BE GOING ON	WHAT TO TRY
Your digestion is still catching up. A big jump from your Reset intake can leave you uncomfortably full at first. Your body needs time to adjust to more food, just like it did in Reset.	**Spread it out:** switch from 3 meals to 4, or add a snack. **Step up gradually** during your practice weeks (about 150 to 200 more calories a day each week) so you're at your number by the time your test starts.
Your plate is high volume, low calorie. Lots of veggies, lean proteins, and low-fat foods fill you up fast without adding many calories. That's a great tool in a deficit, but it can work against you at maintenance.	**Make your calories more dense:** keep your protein, and lean on denser carbs and fats with the swaps below. Or, in the Menu Planner, choose a lower calorie base meal and add calorie-dense "boosters" like peanut butter or olive oil to hit your calorie target with less food volume. Free fiber is free on calories, not on stomach space, so it's ok to dial back your veggie portions a little.
Something else is turning your appetite down. Stress, poor sleep, illness, a hard training week, or a medication can all blunt your hunger.	**Reach out,** especially if low appetite comes with fatigue, poor recovery, or changes to your cycle.

CALORIE-DENSE SWAPS

Keep your protein, then try one or two of these.

INSTEAD OF	TRY
A big raw salad	Roasted veggies tossed in olive oil (they shrink as they cook)
Nonfat Greek yogurt	2% or whole-milk Greek yogurt, topped with granola
Plain fruit	Fruit with nut butter, or a little dried fruit
Chicken breast at every meal	Salmon or chicken thighs a few times a week (they bring their own fat)
Water in your smoothie	Milk, coconut milk, coconut water, or orange juice in your smoothie
The recommended portion of oil, cooking fat, or honey	Adding more. Every Tbs of cooking oil adds about 120 calories (butter adds about 100), and every Tbs of honey adds about 65.

The boosters on page 7 work here too: a drizzle of olive oil, a sprinkle of cheese, or honey on your oatmeal.

STILL CAN'T GET THERE?

Your starting number may just be high (every starting number is a guess, even one from a scan). If you've tried a few of these for a week and it still feels like too much food, reach out via post or DM before changing your number. We'll figure it out together!

FAST 400

For busy days and nights you don't feel like cooking, mix and match protein, carbs, fat, and fiber to get an (approximately) 400 calorie meal, fast!

30% PROTEIN 30 G	**40% CARBS** 40 G	**30% FAT** 13 G	**FREE FIBER** AS MUCH AS YOU LIKE
Deli turkey 165 g · about 6 oz	Cooked rice (microwave pouch) 140 g · about ⅞ cup	Ranch dressing 30 g · 2 Tbs	Cucumber
Chicken breast (rotisserie or leftover) 100 g · about 3½ oz	Cooked pasta 130 g · about 1 cup · **+8 g protein**	Olive or high-oleic sunflower oil 13 g · 1 Tbs	Bell pepper strips
Tuna pouches 125 g · about 4½ oz	Potato, microwaved 200 g · 1 medium	Avocado 90 g · about ½ avocado · **+8 g carb**	Baby carrots
Chicken pouches 160 g · about 5½ oz	Sweet potato, microwaved 195 g · 1 medium	Mayonnaise 17 g · about 1¼ Tbs	Snap peas
Cooked shrimp 125 g · about 4½ oz	Sourdough bread 80 g · about 1¾ slices · **+9 g protein**	Peanut butter 26 g · about 1½ Tbs · **+7 g protein, +5 g carb**	Cherry tomatoes
Nonfat plain Greek yogurt 295 g · 1¼ cups · **+11 g carb**	Banana 175 g · 1 large	Shredded cheddar 40 g · about ⅓ cup · **+10 g protein**	Celery
2% cottage cheese 285 g · 1¼ cups · **+14 g carb, +7 g fat**	Grapes 220 g · about 1⅓ cups	Almonds 26 g · about 3 Tbs · **+5 g protein, +6 g carb**	Broccoli or cauliflower
Cooked 93% ground turkey 110 g · about 4 oz · **+13 g fat**	Pretzels 50 g · about 1¾ oz	Crumbled feta 60 g · about ⅓ cup · **+9 g protein**	Bagged salad or slaw mix
			Raw or microwaved veggies run about 25-50 cal per cup.

Weights are cooked or ready-to-eat. Nutrition varies by brand, so check your labels, especially on pouches and deli meat. Many foods bring a little of another macro (marked in bold); that's why a Fast 400 lands right around 400 calories (about 400-450).

MIX AND MATCH IDEAS

TUNA, RICE, OIL

125 g tuna + about ⅞ cup microwave rice tossed with 1 Tbs olive or high-oleic sunflower oil + cucumber and snap peas **(about 425 cal, 34 g protein)**

CHICKEN, SWEET POTATO, OIL

3½ oz rotisserie chicken breast + 1 medium microwaved sweet potato + 2 tsp oil + broccoli **(about 415 cal, 35 g protein)**

YOGURT, BANANA, ALMONDS

1¼ cups nonfat Greek yogurt + ½ large banana (the yogurt already has some carbs) + 3 Tbs almonds **(about 425 cal, 37 g protein)**

Need a bigger meal? Multiply every amount except the fiber: 500 calories = **x 1.25**, 600 calories (the Menu Planner's other base) = **x 1.5**. Ground turkey, cottage cheese, and the fattier carbs and fats add up fast, so if one of them is in your meal, use a lighter pick from the other columns.

SNACKS

Snacks fill the gap between your meals and your daily number. **The Menu Planner shows you what's left for snacks.** Lead with protein, especially if your meals leave you short.

PROTEIN-FORWARD SNACKS

SNACK	CALORIES	PROTEIN
¾ cup nonfat Greek yogurt + ½ cup berries	145	19 g
2 hard-boiled eggs + 1 clementine	175	13 g
½ cup 2% cottage cheese + ½ cup pineapple	135	12 g
Protein shake: 1 scoop whey + water or ½ cup orange juice	120-180	24 g
1 string cheese + 1 apple	175	7 g
3 oz deli turkey rolled up with pickles or mustard	95	16 g
1 meat stick + ¼ cup dried pineapple	about 190	10 g
1 tuna pouch + 1 oz crackers	about 200	19 g
Half a 400-base BRDR meal	about 200	about 15 g

SNACK TIPS

- **Pair protein with a fruit or veggie** for something more filling with fewer fat calories.
- **Got a lot of snack calories left?** If it's more than about 400, you may be better off switching a meal to the 600 base or adding a 4th meal.
- **Keep a few ready to grab:** meat sticks and dried pineapple or fruit are beyond easy and accessible.

BRDR & PHASE 2 RECOMP

RECOMP RECIPE BOOK

All 34 BRDR meals from your Menu Planner, at the 400 and 600 base, ready to print and cook from.

WHAT'S INSIDE

2	**How To Use This Book**
3	**Breakfast:** Egg Breakfasts
4	**Breakfast:** Yogurt & Cottage Cheese Bowls
6	**Breakfast:** Protein Smoothies
7	**Breakfast:** Breakfast Hashes
9	**Lunch & Dinner:** Chicken
12	**Lunch & Dinner:** Ground Beef or Bison
14	**Lunch & Dinner:** Ground Turkey
15	**Lunch & Dinner:** Pork Tenderloin
17	**Lunch & Dinner:** Salmon
18	**Lunch & Dinner:** Shrimp

THE MENU PLANNER

idealage.com/brdr_P2_recomp_menu_planner

Same meals, digital: pick your meals, add boosters and trims, see your running total, and print your plan and grocery list.

SCAN ME

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HOW TO USE THIS BOOK

Every BRDR meal comes in two sizes: a **400 base** and a **600 base**. Each one brings about 30 g of protein or more, so you can build your day from any mix of them. These are the same meals, amounts, and numbers as your Menu Planner.

READING A RECIPE

- **Pick your column.** Use the 400 base or the 600 base amounts for every ingredient in that meal.
- **Grams are most accurate;** cups, spoons, and ounces are close enough for everyday use.
- **Meats are listed cooked,** and so are rice, pasta, quinoa, and potatoes. Weigh them after cooking.
- **Free Fiber** lines suggest veggies for that meal. They're counted in the totals (about 25-35 calories a cup), but there's no need to weigh them.
- **Garnishes** (herbs, spices, lemon, hot sauce, salsa) are to taste and not counted.

BOOSTERS AND TRIMS

Each recipe lists boosters (small add-ons) and trims (small cuts) that fit it, with their calories. Use them to land within about 100 to 150 calories of your daily target. Trims never touch protein. A trim marked "(600 base only)" is just for that size.

RESET RECIPE CARDS

Ten of these meals come from your Reset recipe cards. Their "How to make it" links to the card for the full cooking process; use the amounts in this book.

> **Want it done for you?** The **Menu Planner** does the math, adds up your day, and prints your grocery list. Plan in the Menu Planner, cook from this book, or use whichever fits your week.

EGG BREAKFASTS

Prep it: Eggs cook fast, so scramble them fresh. Prep ahead: roast a sheet pan of diced potatoes and chop your veggies for the week. Egg muffins are the batch option: make the dozen on prep day.

Morning Scramble

INGREDIENT	400 BASE	600 BASE
Eggs	**2 large** 100 g	**3 large** 150 g
Liquid egg whites	**¼ cup** 61 g	**¼ cup** 61 g
Cottage cheese (2%), stirred into the eggs	**¼ cup** 56 g	**¼ cup** 56 g
Organic ham steak, diced *(suggested: Niman Ranch)*	**1½ oz** 42 g	**2 oz** 57 g
Potatoes (cooked)	**½ cup** 75 g	**1¼ cups** 188 g
Free Fiber *suggestions: bell pepper, onion, spinach*	**1 cup** 100 g	**1 cup** 100 g
Cooking fat	**1 tsp butter** 5 g	**1½ tsp butter** 8 g
Totals	**405 cal** 36 g protein · 25 g carbs · 18 g fat	**615 cal** 47 g protein · 49 g carbs · 26 g fat

Garnish (to taste, not counted): salt, pepper, hot sauce, chives

HOW TO MAKE IT

Pan-crisp the cooked potatoes in the butter with the peppers and onion. Add the diced ham to warm. Whisk the eggs, egg whites, and cottage cheese together, pour them in, and scramble until just set. Toss in the spinach at the end to wilt.

BOOSTERS

- 1 slice sourdough toast **+125**
- ½ cup potatoes **+65**
- 2 Tbs shredded cheddar **+55**
- 1 cup berries **+75**
- 1 egg **+70** · 6 g protein
- ¼ avocado **+65**

TRIMS

- ¼ cup less potatoes **−35**

Sausage & Egg Skillet

INGREDIENT	400 BASE	600 BASE
Eggs	**2 large** 100 g	**2 large** 100 g
Liquid egg whites	**¼ cup** 61 g	**¼ cup** 61 g
Cottage cheese (2%), stirred into the eggs	**¼ cup** 56 g	**¼ cup** 56 g
Bilinski's Mild Italian chicken sausage, sliced	**1 link** 68 g	**2 links** 136 g
Potatoes (cooked)	**⅓ cup** 53 g	**1 cup** 150 g
Free Fiber *suggestions: bell pepper, onion, mushrooms*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**410 cal** 39 g protein · 22 g carbs · 18 g fat	**610 cal** 54 g protein · 47 g carbs · 23 g fat

Garnish (to taste, not counted): salt, pepper, hot sauce, green onion

HOW TO MAKE IT

Slice and brown the sausage in the oil. Add the cooked potatoes and veggies to crisp. Whisk the eggs, egg whites, and cottage cheese together, pour them in, and scramble until just set.

BOOSTERS

- 1 slice sourdough toast **+125**
- ½ cup potatoes **+65**
- 2 Tbs shredded cheddar **+55**
- 1 egg **+70** · 6 g protein
- ¼ avocado **+65**

TRIMS

- ¼ cup less potatoes **−35** (600 base only)

Italian Egg Muffins + Fruit

INGREDIENT	400 BASE	600 BASE
Italian egg muffins (batch recipe)	**3 muffins**	**4 muffins**
Apple or banana	**1 medium** 180 g	**1 medium** 180 g
Peanut butter (for the apple)	*none*	**1 Tbs** 16 g
Totals	**420 cal** 31 g protein · 41 g carbs · 14 g fat	**625 cal** 46 g protein · 49 g carbs · 27 g fat

Garnish (to taste, not counted): hot sauce, fresh basil

Free Fiber and cooking fat are built into the muffin batch recipe.

HOW TO MAKE IT

Make the muffins with the cooking process from your Reset recipe card (Italian Egg Muffins). One batch makes 12 muffins: 8 oz 93/7 ground turkey, 1 tsp cooking fat, 1 medium potato (about 8 oz, diced small), ½ cup diced onion, 1 garlic clove, 1 tsp dried Italian seasoning, 2 cups chopped baby spinach, ½ cup chopped jarred roasted red peppers, 6 large eggs, ½ cup liquid egg whites, ½ cup 0% cottage cheese, 3 Tbs grated parmesan, ½ tsp salt, and ¼ tsp pepper. Reheat your muffins and serve with the fruit (and peanut butter at the 600 size). 1 muffin is about 105 calories and 10 g protein.

BOOSTERS

1 egg muffin **+105** · 10 g protein

1 slice sourdough toast **+125**

1 Tbs peanut butter **+100**

1 cup berries **+75**

TRIMS

skip the peanut butter **−100** (600 base only)

BREAKFAST

YOGURT & COTTAGE CHEESE BOWLS

Prep it: Portion yogurt or cottage cheese into jars for the week, and keep toppings in small containers. Add nuts, coconut, and granola just before eating so they stay crunchy.

PBJ Yogurt Bowl

INGREDIENT	400 BASE	600 BASE
Nonfat plain Greek yogurt	**1 cup** 245 g	**1¼ cups** 306 g
Mixed berries	**1 cup** 150 g	**1 cup** 150 g
Fruit spread or jam	**2 tsp** 14 g	**1 Tbs** 21 g
Peanut butter	**1½ Tbs** 24 g	**2 Tbs** 32 g
Granola	*none*	**¼ cup** 30 g
Totals	**395 cal** 32 g protein · 37 g carbs · 13 g fat	**625 cal** 43 g protein · 63 g carbs · 22 g fat

Garnish (to taste, not counted): cinnamon, pinch of flaky salt

No Free Fiber line: the berries bring the fiber. Chia is a good booster for more.

HOW TO MAKE IT

Top the yogurt with the berries, swirl in the jam, and add the peanut butter (and the granola at the 600 size).

BOOSTERS

1 Tbs chia seeds **+60**

2 Tbs granola **+65**

½ banana **+60**

½ cup berries **+35**

TRIMS

½ Tbs less peanut butter **−50**

Berry Yogurt Bowl

INGREDIENT	400 BASE	600 BASE
Nonfat plain Greek yogurt	**1 cup** 245 g	**1¼ cups** 306 g
Mixed berries	**1 cup** 150 g	**1½ cups** 225 g
Honey	**1 tsp** 7 g	**1 tsp** 7 g
Chopped walnuts	**1 Tbs** 8 g	**2 Tbs** 15 g
Granola	**¼ cup** 30 g	**⅓ cup** 45 g
Totals	**420 cal** 30 g protein · 51 g carbs · 11 g fat	**610 cal** 39 g protein · 72 g carbs · 18 g fat

Garnish (to taste, not counted): cinnamon, vanilla

No Free Fiber line: the berries bring the fiber.

HOW TO MAKE IT

Top the yogurt with the berries, a drizzle of honey, the walnuts, and the granola.

BOOSTERS

1 Tbs chia seeds **+60**

1 Tbs walnuts **+55**

½ banana **+60**

2 Tbs granola **+65**

TRIMS

2 Tbs less granola **−65**

Cottage Cheese & Pineapple Bowl

INGREDIENT	400 BASE	600 BASE
Cottage cheese (2%)	**1¼ cups** 283 g	**1½ cups** 339 g
Pineapple	**¾ cup** 124 g	**1 cup** 165 g
Unsweetened shredded coconut	**1 Tbs** 6 g	**2 Tbs** 12 g
Granola	**2 Tbs** 15 g	**¼ cup** 30 g
Totals	**405 cal** 32 g protein · 41 g carbs · 13 g fat	**580 cal** 40 g protein · 60 g carbs · 20 g fat

Garnish (to taste, not counted): lime zest, cinnamon

No Free Fiber line: the fruit brings the fiber.

HOW TO MAKE IT

Top the cottage cheese with the pineapple, shredded coconut, and granola.

BOOSTERS

1 Tbs chia seeds **+60**

2 Tbs granola **+65**

1 Tbs shredded coconut **+45**

½ cup mango **+55**

TRIMS

skip the granola **−65** (400 base only)

BREAKFAST

PROTEIN SMOOTHIES

Prep it: Make freezer packs: bag the fruit (and spinach or cauliflower rice) for each smoothie. In the morning, dump a pack in the blender with the yogurt, protein powder, and liquids. Shake the can of coconut milk first.

Loaded Berry Smoothie

INGREDIENT	400 BASE	600 BASE
Whey protein powder	**1 scoop** 30 g	**1 scoop** 30 g
Nonfat plain Greek yogurt	**½ cup** 122 g	**¾ cup** 184 g
Frozen mixed berries	**1 cup** 150 g	**1½ cups** 225 g
Banana	**½** 59 g	**1 medium** 118 g
Orange juice	**½ cup** 124 g	**½ cup** 124 g
Canned coconut milk	**1 Tbs** 15 g	**1 Tbs** 15 g
Chia seeds	*none*	**1 Tbs** 12 g
Free Fiber *suggestions: handful of spinach, frozen cauliflower rice*	**1 cup** 30 g	**1 cup** 30 g
Totals	**420 cal** 40 g protein · 51 g carbs · 6 g fat	**615 cal** 49 g protein · 80 g carbs · 11 g fat

Garnish (to taste, not counted): ice, water to blend

HOW TO MAKE IT

Blend everything (spinach and chia included) with ice until smooth. Add water to thin.

BOOSTERS

1 Tbs peanut butter **+100**

1 Tbs coconut milk **+30**

½ cup berries **+35**

½ banana **+60**

TRIMS

skip the orange juice (use water) **−55**

Loaded Tropical Smoothie

INGREDIENT	400 BASE	600 BASE
Whey protein powder	**1 scoop** 30 g	**1 scoop** 30 g
Nonfat plain Greek yogurt	**½ cup** 122 g	**¾ cup** 184 g
Frozen mango	**1 cup** 165 g	**1¼ cups** 206 g
Banana	**½** 59 g	**1 medium** 118 g
Light coconut milk	**¼ cup** 60 g	**⅓ cup** 90 g
Chia seeds	*none*	**1 Tbs** 12 g
Free Fiber *suggestions: handful of spinach, frozen cauliflower rice*	**1 cup** 30 g	**1 cup** 30 g
Totals	**415 cal** 39 g protein · 47 g carbs · 7 g fat	**620 cal** 49 g protein · 75 g carbs · 14 g fat

Garnish (to taste, not counted): ice, lime juice, water to blend

HOW TO MAKE IT

Blend everything (spinach and chia included) with ice until smooth. Add water to thin.

BOOSTERS

1 Tbs shredded coconut **+45**

½ cup pineapple **+45**

1 Tbs coconut milk **+30**

½ banana **+60**

TRIMS

¼ cup less mango **−25**

Orange Julius Smoothie

INGREDIENT	400 BASE	600 BASE
Whey protein powder (vanilla)	**1 scoop** 30 g	**1 scoop** 30 g
Nonfat plain Greek yogurt	**½ cup** 122 g	**¾ cup** 184 g
Orange juice	**¾ cup** 186 g	**1 cup** 248 g
Banana	**½** 59 g	**1 medium** 118 g
Canned coconut milk	**1 Tbs** 15 g	**2 Tbs** 30 g
Chia seeds	*none*	**1 Tbs** 12 g
Free Fiber *suggestions: frozen cauliflower rice (you won't taste it)*	**½ cup** 50 g	**½ cup** 50 g
Totals	**385 cal** 39 g protein · 43 g carbs · 6 g fat	**600 cal** 49 g protein · 71 g carbs · 13 g fat

Garnish (to taste, not counted): ice, vanilla, orange zest

HOW TO MAKE IT

Blend everything (cauliflower rice and chia included) with ½ tsp vanilla and ice until smooth (use the amounts listed here with the full process on your Reset recipe card). Orange zest is where the nostalgia lives.

BOOSTERS

1 Tbs coconut milk **+30**

½ banana **+60**

½ scoop whey protein **+60** · 12 g protein

TRIMS

¼ cup less orange juice **−30**

BREAKFAST

BREAKFAST HASHES

Prep it: Roast a big sheet pan of diced sweet potatoes, potatoes, or squash (425°F, 25-30 minutes) and cook your meat in one batch. Each morning, reheat a portion in a skillet with the veggies.

Breakfast Hash (Beef & Sweet Potato)

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato, diced (cooked)	**¾ cup** 150 g	**1 cup** 200 g
Egg, fried or scrambled on top	*none*	**1 large** 50 g
Free Fiber *suggestions: onion, bell pepper, spinach*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**395 cal** 33 g protein · 37 g carbs · 13 g fat	**600 cal** 49 g protein · 51 g carbs · 22 g fat

Garnish (to taste, not counted): salt, pepper, smoked paprika, hot sauce

HOW TO MAKE IT

Crisp the cooked sweet potato in the oil, add the onion and bell pepper, then the browned beef. Season with salt, pepper, and smoked paprika. At the 600 size, top with a fried or scrambled egg.

BOOSTERS

1 egg **+70** · 6 g protein

½ cup sweet potato **+95**

¼ avocado **+65**

2 Tbs shredded cheddar **+55**

TRIMS

¼ cup less sweet potato **−45**

Chicken Apple Hash

INGREDIENT	400 BASE	600 BASE
Chicken breast, diced (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Potatoes, diced (cooked)	**¾ cup** 112 g	**1¼ cups** 188 g
Apple, diced	**½ cup** 62 g	**¾ cup** 93 g
Free Fiber *suggestions: onion, Brussels sprouts, kale*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**2 tsp butter** 9 g	**1 Tbs butter** 14 g
Totals	**410 cal** 37 g protein · 40 g carbs · 12 g fat	**605 cal** 49 g protein · 64 g carbs · 17 g fat

Garnish (to taste, not counted): salt, pepper, sage, thyme

HOW TO MAKE IT

Sauté the onion and apple in the butter until soft, add the cooked potato to crisp, then the diced or shredded chicken and the Brussels sprouts or kale. Season with cinnamon and sage.

BOOSTERS

½ cup potatoes **+65**

1 Tbs pecans **+50**

2 Tbs shredded cheddar **+55**

1 egg **+70** · 6 g protein

TRIMS

¼ cup less potatoes **–35**

Thanksgiving Hash

INGREDIENT	400 BASE	600 BASE
Turkey breast, diced (cooked)	**3 oz** 85 g	**4 oz** 113 g
Sweet potato, diced (cooked)	**½ cup** 100 g	**¾ cup** 150 g
Apple, diced	**½ cup** 62 g	**¾ cup** 93 g
Dried cranberries	**1 Tbs** 10 g	**1 Tbs** 10 g
Chopped pecans	**1 Tbs** 7 g	**2 Tbs** 14 g
Free Fiber *suggestions: Brussels sprouts, onion, celery*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**1 tsp butter** 5 g	**1½ tsp butter** 7 g
Totals	**415 cal** 31 g protein · 47 g carbs · 11 g fat	**610 cal** 42 g protein · 68 g carbs · 19 g fat

Garnish (to taste, not counted): sage, thyme, salt, pepper

HOW TO MAKE IT

Melt the butter, add ½ cup diced onion and ¼ cup each diced carrot and celery, and cook until soft. Stir in ¾ tsp dried sage, then the apple, cooked sweet potato, and chopped cooked turkey breast to heat through. Season with salt and pepper and top with cranberries and pecans (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

½ cup sweet potato **+95**

1 Tbs pecans **+50**

1 egg **+70** · 6 g protein

1 Tbs dried cranberries **+35**

TRIMS

skip the cranberries **–35**

Apple & Squash Hash

INGREDIENT	400 BASE	600 BASE
Amylu Apple & Gouda chicken sausage, sliced *(Costco)*	**2 links** 152 g	**3 links** 228 g
Butternut squash, cubed (roasted)	**¾ cup** 105 g	**1 cup** 140 g
Apple, diced	**½ cup** 62 g	**¾ cup** 93 g
Free Fiber *suggestions: kale, onion, spinach*	**2 cups** 60 g	**3 cups** 90 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**410 cal** 34 g protein · 30 g carbs · 17 g fat	**605 cal** 51 g protein · 43 g carbs · 25 g fat

Garnish (to taste, not counted): sage, cinnamon, salt, pepper

HOW TO MAKE IT

Sauté the onion in the oil with the squash for 5 minutes, add the apple and about 1½ Tbs water, cover, and cook 5 minutes until the squash is fork-tender. Uncover, add the sliced sausage with ⅛ tsp dried sage, a pinch of dried thyme, garlic powder, nutmeg, and red pepper flakes, and cook 3 to 4 minutes. Top with the greens, cover until wilted, and salt to taste (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

1 Tbs pecans **+50**

1 egg **+70** · 6 g protein

½ cup sweet potato **+95**

1 Tbs dried cranberries **+35**

TRIMS

¼ cup less apple **−20**

LUNCH & DINNER

CHICKEN

Batch it: Salt 2 lb (about 4) chicken breasts an hour ahead, then roast at 425°F until the inside reaches 165°F (about 20 minutes). Rest before slicing or shredding. 2 lb raw makes about 1½ lb (680 g) cooked.

Mediterranean Chicken

INGREDIENT	400 BASE	600 BASE
Chicken breast (cooked)	**3 oz** 85 g	**4 oz** 113 g
Chickpeas (canned, drained)	**½ cup** 82 g	**¾ cup** 123 g
Crumbled feta	**2 Tbs** 19 g	**3 Tbs** 28 g
Free Fiber *suggestions: cucumber, cherry tomatoes, red onion*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**410 cal** 38 g protein · 32 g carbs · 14 g fat	**600 cal** 52 g protein · 47 g carbs · 23 g fat

Garnish (to taste, not counted): lemon juice, oregano, garlic, parsley

HOW TO MAKE IT

Cook the chicken in the oil. Toss the cucumber, tomatoes, and red onion with lemon juice, oregano, and garlic. Serve with the chickpeas and sliced chicken and top with feta.

BOOSTERS

2 Tbs crumbled feta **+50**

1 tsp olive or high-oleic sunflower oil drizzle **+40**

¼ cup quinoa **+55**

1 oz chicken **+45** · 9 g protein

TRIMS

1 Tbs less feta **−25**

Buffalo Chicken Sweet Potato

INGREDIENT	400 BASE	600 BASE
Chicken breast, shredded (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato (cooked)	**⅔ cup** 125 g	**1 cup** 200 g
Ranch dressing	**1 Tbs** 15 g	**2 Tbs** 30 g
Free Fiber *suggestions: celery, carrots, shredded lettuce*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**405 cal** 35 g protein · 33 g carbs · 15 g fat	**620 cal** 46 g protein · 52 g carbs · 25 g fat

Garnish (to taste, not counted): buffalo hot sauce, green onion

HOW TO MAKE IT

Toss the shredded chicken (warmed in the oil) in buffalo sauce. Serve over the sweet potato with celery, carrots, and lettuce, and drizzle with ranch.

BOOSTERS

1 Tbs ranch **+65**

½ cup sweet potato **+95**

2 Tbs shredded cheddar **+55**

1 oz chicken **+45** · 9 g protein

TRIMS

½ Tbs less ranch **−30**

Fajita Chicken

INGREDIENT	400 BASE	600 BASE
Chicken breast, sliced (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Corn tortillas	**2** 52 g	**3** 78 g
Avocado	**¼** 38 g	**¼** 38 g
Shredded cheddar	*none*	**2 Tbs** 14 g
Free Fiber *suggestions: bell peppers, onion*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**1½ tsp oil** 7 g
Totals	**425 cal** 36 g protein · 35 g carbs · 15 g fat	**620 cal** 51 g protein · 50 g carbs · 24 g fat

Garnish (to taste, not counted): salsa, lime, cilantro, fajita spices

HOW TO MAKE IT

Sauté the peppers and onion in the oil, add the chicken with ⅜ tsp each chili powder, cumin, and paprika, ⅛ tsp each salt, onion powder, and garlic powder, and a squeeze of lime, and heat through. Fill warm tortillas and top with avocado, salsa, and cilantro (and cheese at the 600 size). Slow cooker version on your Reset recipe card; use the amounts listed here.

BOOSTERS

1 corn tortilla **+60**

2 Tbs shredded cheddar **+55**

¼ cup beans **+60**

1 oz chicken **+45** · 9 g protein

TRIMS

skip the cheese **−55** (600 base only)

half the avocado **−35**

Buffalo Chicken Casserole

INGREDIENT	400 BASE	600 BASE
Chicken breast, shredded (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato, cubed (cooked)	**¾ cup** 150 g	**1 cup** 200 g
Ranch dressing (drizzle)	*none*	**1 Tbs** 15 g
Free Fiber *suggestions: broccoli, cauliflower, celery*	**2 cups** 200 g	**2½ cups** 250 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**395 cal** 36 g protein · 43 g carbs · 9 g fat	**605 cal** 47 g protein · 57 g carbs · 21 g fat

Garnish (to taste, not counted): buffalo hot sauce, green onion

HOW TO MAKE IT

Toss the diced sweet potato and veggies with the oil, salt, and pepper and roast at 425°F for 20 minutes. Stir in a minced garlic clove and roast 10 minutes more. Mix with the shredded chicken and buffalo sauce in a baking dish and bake 15 minutes until hot and browned. Top with green onion (and the ranch drizzle at the 600 size). Use the amounts listed here with the full process on your Reset recipe card; the card makes 6 servings, so it is easy to batch.

BOOSTERS

1 Tbs ranch **+65**

2 Tbs shredded cheddar **+55**

½ cup sweet potato **+95**

1 oz chicken **+45** · 9 g protein

TRIMS

¼ cup less sweet potato **−45**

Zingy Peanut Chicken

INGREDIENT	400 BASE	600 BASE
Chicken breast (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sweet potato (cooked)	**⅓ cup** 67 g	**⅔ cup** 133 g
Peanut butter (in the sauce)	**1 Tbs** 16 g	**1½ Tbs** 24 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Free Fiber *suggestions: broccoli, red cabbage, bell pepper*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Totals	**420 cal** 38 g protein · 30 g carbs · 16 g fat	**610 cal** 51 g protein · 48 g carbs · 24 g fat

Garnish (to taste, not counted): lime, garlic, ginger, sriracha, cilantro

HOW TO MAKE IT

Roast the sweet potato and veggies at 425°F for 20 to 25 minutes. Whisk the peanut butter with the coconut aminos, about 2 Tbs water, minced garlic and jalapeño, and lime juice. Sear the chicken in the sesame oil, add the sauce, and simmer 1 to 2 minutes. Serve over the veggies (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

½ cup rice **+100**

½ cup sweet potato **+95**

1 tsp toasted sesame oil drizzle **+40**

1 Tbs cashews **+50**

1 oz chicken **+45** · 9 g protein

TRIMS

skip the sweet potato **−60** (400 base only)

LUNCH & DINNER

GROUND BEEF OR BISON

Batch it: Salt and brown 2 lb of the leanest ground beef or bison you can find (95% or higher) over medium-high heat, to 160°F. Split into 3 containers and season each one when you build the meal (bloom dried spices in hot oil for 30 seconds first). 2 lb raw makes about 1½ lb (680 g) cooked.

Taco Bowl

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3 oz** 85 g	**4 oz** 113 g
Black beans	**½ cup** 86 g	**½ cup** 86 g
White rice (cooked)	**¼ cup** 40 g	**⅓ cup** 53 g
Shredded cheddar	**1 Tbs** 7 g	**2 Tbs** 14 g
Avocado	*none*	**¼** 38 g
Free Fiber *suggestions: shredded cabbage, sliced radish*	**1 cup** 70 g	**1½ cups** 105 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**¾ tsp oil** 4 g
Totals	**395 cal** 36 g protein · 36 g carbs · 12 g fat	**575 cal** 48 g protein · 45 g carbs · 23 g fat

Garnish (to taste, not counted): salsa, hot sauce, lime, cilantro

HOW TO MAKE IT

Bloom cumin and chili powder in the oil, then brown the beef to coat. Bowl it with the beans, rice, cabbage, and cheese (and avocado at the 600 size). Top with salsa, lime, and cilantro.

BOOSTERS

¼ avocado **+65**

1 Tbs shredded cheddar **+30**

¼ cup beans **+60**

1 corn tortilla **+60**

¼ cup rice **+50**

1 oz beef **+55** · 8 g protein

TRIMS

half the cheese **−30** (600 base only)

half the avocado **−35** (600 base only)

Meaty Marinara

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3 oz** 85 g	**4 oz** 113 g
Pasta (cooked)	**½ cup** 70 g	**¾ cup** 105 g
Marinara sauce	**½ cup** 125 g	**½ cup** 125 g
Grated parmesan	**1 Tbs** 5 g	**2 Tbs** 10 g
Free Fiber *suggestions: zucchini, mushrooms, spinach*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**1 tsp oil** 4 g
Totals	**420 cal** 35 g protein · 41 g carbs · 13 g fat	**580 cal** 47 g protein · 55 g carbs · 19 g fat

Garnish (to taste, not counted): basil, garlic, red pepper flakes

HOW TO MAKE IT

Heat the oil with minced garlic, add the beef to brown, then the marinara, and simmer 10 minutes with the zucchini and mushrooms. Toss with the pasta and spinach, and top with parmesan.

BOOSTERS

¼ cup pasta **+55**

1 Tbs parmesan **+20**

1 tsp olive or high-oleic sunflower oil drizzle **+40**

¼ cup marinara **+35**

1 oz beef **+55** · 8 g protein

TRIMS

¼ cup less pasta **−55** (600 base only)

Bulgogi Bowl

INGREDIENT	400 BASE	600 BASE
Leanest ground beef or bison, 95% or higher (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
White rice (cooked)	**½ cup** 79 g	**¾ cup** 118 g
Honey (in the sauce)	**1 tsp** 7 g	**1½ tsp** 10 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Free Fiber *suggestions: shredded carrot, spinach, cucumber*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	*none*	**1 tsp** 4 g
Totals	**410 cal** 33 g protein · 41 g carbs · 13 g fat	**600 cal** 43 g protein · 58 g carbs · 22 g fat

Garnish (to taste, not counted): garlic, ginger, green onion, gochugaru

HOW TO MAKE IT

Whisk the coconut aminos, honey, minced garlic, and grated ginger. Brown the beef in the sesame oil, add the sauce, and cook until coated. Serve over rice with the carrot, spinach, and cucumber (finish with the toasted sesame oil at the 600 size).

BOOSTERS

½ cup rice **+100**

1 tsp toasted sesame oil drizzle **+40**

1 egg **+70** · 6 g protein

1 oz beef **+55** · 8 g protein

TRIMS

¼ cup less rice **−50**

GROUND TURKEY

Batch it: Brown 2 lb 93% lean ground turkey with salt and pepper, to 165°F. Split into containers and season each one its own way. Burger patties cook separately. 2 lb raw makes about 1½ lb (680 g) cooked.

Turkey Chili with Rice

INGREDIENT	400 BASE	600 BASE
Ground turkey, 93% lean (cooked)	**2½ oz** 71 g	**3½ oz** 99 g
Kidney beans (canned, drained)	**½ cup** 89 g	**¾ cup** 133 g
White rice (cooked)	**¼ cup** 40 g	**⅓ cup** 53 g
Corn kernels	*none*	**¼ cup** 41 g
Canned diced tomatoes	**½ cup** 120 g	**½ cup** 120 g
Free Fiber *suggestions: onion, bell pepper, zucchini*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**1 tsp oil** 4 g
Totals	**410 cal** 31 g protein · 46 g carbs · 12 g fat	**625 cal** 45 g protein · 71 g carbs · 18 g fat

Garnish (to taste, not counted): chili powder, cumin, garlic, cilantro, hot sauce

HOW TO MAKE IT

Sauté the onion and ½ minced garlic clove in the oil, add the turkey and brown it, then stir in ¾ tsp chili powder, ¼ tsp cumin, ¼ tsp dried oregano, ⅛ tsp salt, and a pinch of pepper. Add the beans, tomatoes, veggies, and rice (and corn at the 600 size) with about ¼ cup chicken broth, and simmer 10 minutes (use the amounts listed here with the full process on your Reset recipe card).

BOOSTERS

- 2 Tbs shredded cheddar **+55**
- ¼ avocado **+65**
- ¼ cup corn **+45**
- ¼ cup beans **+60**
- 1 oz turkey **+60** · 8 g protein

TRIMS

- skip the corn **−45** (600 base only)
- 2 Tbs less rice **−25**

Turkey Marinara Pasta

INGREDIENT	400 BASE	600 BASE
Ground turkey, 93% lean (cooked)	**3 oz** 85 g	**4 oz** 113 g
Pasta (cooked)	**⅓ cup** 47 g	**¾ cup** 105 g
Marinara sauce	**½ cup** 125 g	**½ cup** 125 g
Grated parmesan	**1 Tbs** 5 g	**2 Tbs** 10 g
Free Fiber *suggestions: zucchini, spinach, mushrooms*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**¾ tsp oil** 3 g
Totals	**410 cal** 31 g protein · 34 g carbs · 16 g fat	**605 cal** 45 g protein · 55 g carbs · 23 g fat

Garnish (to taste, not counted): basil, garlic, red pepper flakes

HOW TO MAKE IT

Brown the turkey with the veggies in the oil, add the marinara, and simmer 10 minutes. Toss with the pasta and top with parmesan.

BOOSTERS

- ¼ cup pasta **+55**
- 1 Tbs parmesan **+20**
- 1 tsp olive or high-oleic sunflower oil drizzle **+40**
- ¼ cup marinara **+35**
- 1 oz turkey **+60** · 8 g protein

TRIMS

- ¼ cup less pasta **−55** (600 base only)

Turkey Burger Plate

INGREDIENT	400 BASE	600 BASE
Ground turkey patty, 93% lean (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Burger bun	**1** 50 g	**1** 50 g
Potatoes, oven fries (cooked)	*none*	**¾ cup** 112 g
Sauce (counted): ketchup	**1 Tbs** 17 g	**1 Tbs** 17 g
Free Fiber *suggestions: lettuce, tomato, pickles, side salad*	**1 cup** 100 g	**1 cup** 100 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**1½ tsp oil** 7 g
Totals	**420 cal** 33 g protein · 36 g carbs · 16 g fat	**620 cal** 43 g protein · 58 g carbs · 24 g fat

Garnish (to taste, not counted): mustard, onion, pickles

HOW TO MAKE IT

Pan-sear or grill the patty in the oil and serve on the bun with lettuce, tomato, pickles, and ketchup. At the 600 size, toss potato wedges in the rest of the oil and roast at 425°F until crisp.

BOOSTERS

½ cup potatoes **+65**

2 Tbs shredded cheddar **+55**

¼ avocado **+65**

1 oz turkey **+60** · 8 g protein

TRIMS

open-face (half the bun) **−70**

LUNCH & DINNER

PORK TENDERLOIN

Batch it: Salt and sear 2 tenderloins (about 2 lb), then roast at 400°F until the inside reaches 145°F (about 20 minutes). Rest 5 minutes before slicing. 2 lb raw makes about 1½ lb (680 g) cooked.

Pork, Potato & Pepps

INGREDIENT	400 BASE	600 BASE
Pork tenderloin (cooked)	**4 oz** 113 g	**5 oz** 142 g
Sweet potato, cubed (cooked)	**¾ cup** 150 g	**1¼ cups** 250 g
Free Fiber *suggestions: bell peppers, onion*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1½ tsp oil** 7 g	**2½ tsp oil** 11 g
Totals	**400 cal** 34 g protein · 40 g carbs · 11 g fat	**590 cal** 45 g protein · 64 g carbs · 17 g fat

Garnish (to taste, not counted): garlic, smoked paprika, rosemary, salt, pepper

HOW TO MAKE IT

Toss the sweet potato, peppers, and onion in the oil and roast at 425°F until tender. Add the sliced pork for the last 5 minutes to warm through.

BOOSTERS

½ cup sweet potato **+95**

1 tsp butter **+35**

2 Tbs shredded cheddar **+55**

1 oz pork **+40** · 7 g protein

TRIMS

¼ cup less sweet potato **−45**

Cuban Mojo Bowl

INGREDIENT	400 BASE	600 BASE
Pork tenderloin (cooked)	**4 oz** 113 g	**5 oz** 142 g
Black beans	**½ cup** 86 g	**¾ cup** 129 g
White rice (cooked)	**¼ cup** 40 g	**⅓ cup** 53 g
Avocado	*none*	**¼** 38 g
Free Fiber *suggestions: shredded cabbage, red onion*	**1 cup** 70 g	**1½ cups** 105 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**380 cal** 39 g protein · 36 g carbs · 9 g fat	**615 cal** 52 g protein · 55 g carbs · 20 g fat

Garnish (to taste, not counted): lime, orange juice, garlic, cumin, oregano, cilantro

HOW TO MAKE IT

Heat the oil with minced garlic, cumin, and oregano until it sizzles, then whisk in orange and lime juice. Spoon over the sliced pork and serve with the black beans, rice, and cabbage (and avocado at the 600 size).

BOOSTERS

¼ avocado **+65**

¼ cup beans **+60**

¼ cup rice **+50**

1 oz pork **+40** · 7 g protein

TRIMS

half the avocado **−35** (600 base only)

Sweet & Sour Pork

INGREDIENT	400 BASE	600 BASE
Pork tenderloin (cooked)	**4 oz** 113 g	**5 oz** 142 g
White rice (cooked)	**½ cup** 79 g	**¾ cup** 118 g
Pineapple	**½ cup** 82 g	**¾ cup** 124 g
Honey (in the sauce)	*none*	**1 tsp** 7 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Free Fiber *suggestions: bell pepper, onion, snap peas*	**1½ cups** 150 g	**2 cups** 200 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	*none*	**1 tsp** 4 g
Totals	**400 cal** 34 g protein · 46 g carbs · 9 g fat	**610 cal** 43 g protein · 71 g carbs · 17 g fat

Garnish (to taste, not counted): rice vinegar, garlic, ginger, green onion

HOW TO MAKE IT

Bloom grated ginger and garlic in the sesame oil, add the pineapple, peppers, onion, snap peas, and coconut aminos (and the honey at the 600 size), and sauté until the veggies soften. Toss in the sliced pork to glaze and serve over rice.

BOOSTERS

½ cup rice **+100**

½ cup pineapple **+45**

1 tsp toasted sesame oil drizzle **+40**

1 oz pork **+40** · 7 g protein

TRIMS

¼ cup less rice **−50**

SALMON

Batch it: Bake 1½ lb salmon at 400°F for 12-15 minutes, to 145°F (it flakes easily). Salmon keeps 3 days in the fridge, so cook it in 2 smaller batches if you need it all week. 1½ lb raw makes about 1¼ lb (545 g) cooked.

Salmon & Rice

INGREDIENT	400 BASE	600 BASE
Salmon (cooked)	**4½ oz** 128 g	**5 oz** 142 g
White rice (cooked)	**⅓ cup** 53 g	**¾ cup** 118 g
Free Fiber *suggestions: button mushrooms, bok choy*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Toasted sesame oil drizzle	*none*	**1 tsp** 4 g
Totals	**410 cal** 31 g protein · 25 g carbs · 21 g fat	**595 cal** 36 g protein · 46 g carbs · 30 g fat

Garnish (to taste, not counted): green onion, fresh ginger

HOW TO MAKE IT

Bake or air-fry the salmon. Sauté the mushrooms and bok choy in the sesame oil with the coconut aminos and serve everything over rice (finish with the toasted sesame oil at the 600 size).

BOOSTERS

½ cup rice **+100**

1 tsp toasted sesame oil drizzle **+40**

¼ avocado **+65**

½ cup mango **+55**

1 oz salmon **+55** · 6 g protein

TRIMS

¼ cup less rice **−50** (600 base only)

Salmon Toast

INGREDIENT	400 BASE	600 BASE
Salmon, flaked (cooked)	**3½ oz** 99 g	**4½ oz** 128 g
Sourdough bread, toasted	**1 slice** 45 g	**2 slices** 90 g
Dill yogurt spread (nonfat Greek yogurt + dill + lemon)	**¼ cup** 61 g	**¼ cup** 61 g
Free Fiber *suggestions: arugula, cucumber, tomato*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat *(olive or high-oleic sunflower oil)*	**½ tsp oil** 2 g	**¾ tsp oil** 4 g
Totals	**410 cal** 34 g protein · 32 g carbs · 16 g fat	**615 cal** 46 g protein · 58 g carbs · 22 g fat

Garnish (to taste, not counted): lemon, capers, red onion, everything seasoning

HOW TO MAKE IT

Stir dill and a squeeze of lemon into the Greek yogurt. Toast the sourdough and spread with the dill yogurt. Top with arugula, cucumber, tomato, and the flaked salmon (cooked in the oil). Finish with capers, red onion, and everything seasoning.

BOOSTERS

¼ avocado **+65**

1 slice sourdough toast **+125**

1 tsp olive or high-oleic sunflower oil drizzle **+40**

1 oz salmon **+55** · 6 g protein

TRIMS

open-face on 1 slice **−125** (600 base only)

Sheet Pan Salmon, Potatoes & Green Beans

INGREDIENT	400 BASE	600 BASE
Salmon (cooked)	**4½ oz** 128 g	**5 oz** 142 g
Potatoes, cubed (roasted)	**½ cup** 75 g	**1¼ cups** 188 g
Free Fiber *suggestions: green beans, broccolini*	**1 cup** 125 g	**1½ cups** 188 g
Cooking fat *(olive or high-oleic sunflower oil)*	**1 tsp oil** 4 g	**2 tsp oil** 9 g
Totals	**415 cal** 32 g protein · 25 g carbs · 21 g fat	**610 cal** 39 g protein · 53 g carbs · 27 g fat

Garnish (to taste, not counted): lemon, garlic, dill, salt, pepper

HOW TO MAKE IT

Toss the potatoes in the oil and roast at 425°F for 15 minutes, then add the salmon and green beans and roast about 12 minutes more. Finish with lemon and dill.

BOOSTERS

½ cup potatoes **+65**

1 tsp butter **+35**

1 slice sourdough toast **+125**

1 oz salmon **+55** · 6 g protein

TRIMS

¼ cup less potatoes **−35** (600 base only)

LUNCH & DINNER

SHRIMP

Batch it: Salt and boil or roast 2 lb peeled shrimp for 2-3 minutes. Pull them when they curl into a C (not an O). Chill fast and eat cold or warm gently; overcooked shrimp goes rubbery. 2 lb raw makes about 1¾ lb (770 g) cooked.

Shrimp Rice Bowl

INGREDIENT	400 BASE	600 BASE
Shrimp (cooked)	**4 oz** 113 g	**5 oz** 142 g
White rice (cooked)	**¾ cup** 118 g	**1¼ cups** 198 g
Free Fiber *suggestions: cucumber, carrot*	**1¼ cups** 125 g	**1½ cups** 150 g
Avocado	*none*	**¼** 38 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	**1 tsp** 4 g	**1 tsp** 4 g
Totals	**395 cal** 32 g protein · 45 g carbs · 10 g fat	**620 cal** 42 g protein · 72 g carbs · 18 g fat

Garnish (to taste, not counted): lime, green onion, chili flakes

HOW TO MAKE IT

Sauté the shrimp with garlic in the sesame oil and add the coconut aminos. Serve over rice with the cucumber and carrot (and avocado at the 600 size). Finish with the toasted sesame oil, lime, and green onion.

BOOSTERS

¼ avocado **+65**

1 tsp toasted sesame oil drizzle **+40**

½ cup rice **+100**

½ cup pineapple **+45**

1 oz shrimp **+30** · 7 g protein

TRIMS

¼ cup less rice **−50**

half the avocado **−35** (600 base only)

Ceviche Bowl

INGREDIENT	400 BASE	600 BASE
Shrimp, chopped (cooked)	**4 oz** 113 g	**5 oz** 142 g
Mango, diced	**¾ cup** 124 g	**1 cup** 165 g
Avocado	**¼** 38 g	**⅓** 50 g
Corn tortillas, crisped as tostadas	**2** 52 g	**3** 78 g
Black beans	*none*	**¼ cup** 43 g
Free Fiber *suggestions: cucumber, shredded cabbage, red onion*	**1 cup** 100 g	**1½ cups** 150 g
Cooking fat	**none (shrimp is poached; tostadas crisped dry)**	**none**
Totals	**410 cal** 33 g protein · 51 g carbs · 8 g fat	**620 cal** 46 g protein · 83 g carbs · 11 g fat

Garnish (to taste, not counted): lime juice, jalapeño, cilantro, salt

HOW TO MAKE IT

Toss the cold cooked shrimp with lime juice, cilantro, jalapeño, and thin-sliced red onion and let it sit 10 minutes. Crisp the tortillas in a dry skillet or the oven. Serve the shrimp over the cabbage and cucumber with the mango and avocado (and black beans at the 600 size), with the tostadas on the side.

BOOSTERS

1 corn tortilla **+60**

¼ avocado **+65**

¼ cup beans **+60**

1 oz shrimp **+30** · 7 g protein

TRIMS

¼ cup less mango **−25**

Shrimp Avo Salad + Quinoa

INGREDIENT	400 BASE	600 BASE
Shrimp (cooked)	**4 oz** 113 g	**5 oz** 142 g
Quinoa (cooked)	**½ cup** 92 g	**¾ cup** 139 g
Avocado	**¼** 38 g	**⅓** 50 g
Crumbled feta	*none*	**1 Tbs** 10 g
Free Fiber *suggestions: leafy greens, cucumber, cherry tomatoes*	**2 cups greens + 1 cup veggies** 60 g	**3 cups greens + 1 cup veggies** 90 g
Olive or high-oleic sunflower oil (for the vinaigrette)	**2 tsp oil** 9 g	**1 Tbs oil** 14 g
Honey (in the vinaigrette)	*none*	**½ tsp** 4 g
Totals	**415 cal** 34 g protein · 31 g carbs · 17 g fat	**610 cal** 46 g protein · 47 g carbs · 26 g fat

Garnish (to taste, not counted): lime juice, garlic, salt, pepper

HOW TO MAKE IT

Whisk the lime juice, ½ minced garlic clove, salt, pepper, and oil (and honey at the 600 size) into a dressing, then stir in thinly sliced red onion and let it sit a few minutes. Toss the greens, cherry tomatoes, cucumber, and quinoa with the dressing, then top with the cooked shrimp and avocado (and feta at the 600 size). Use the amounts listed here with the full process on your Reset recipe card.

BOOSTERS

¼ cup quinoa **+55**

¼ avocado **+65**

2 Tbs crumbled feta **+50**

1 oz shrimp **+30** · 7 g protein

TRIMS

skip the feta **−25** (600 base only)

half the avocado **−35**

Asian Shrimp & Veggies

INGREDIENT	400 BASE	600 BASE
Shrimp (cooked)	**4 oz** 113 g	**5 oz** 142 g
White rice (cooked)	**½ cup** 79 g	**1 cup** 158 g
Honey (in the sauce)	**1 tsp** 7 g	**1 tsp** 7 g
Sauce (counted): coconut aminos *(we use Nutiva)* or soy sauce	**1 Tbs** 15 g	**1 Tbs** 15 g
Cashews	*none*	**1 Tbs** 8 g
Free Fiber *suggestions: broccoli, snap peas, bell pepper*	**2 cups** 200 g	**2½ cups** 250 g
Cooking fat	**1 tsp sesame oil** 4 g	**1½ tsp sesame oil** 7 g
Toasted sesame oil drizzle	**1 tsp** 4 g	**1 tsp** 4 g
Totals	**390 cal** 32 g protein · 44 g carbs · 10 g fat	**605 cal** 43 g protein · 72 g carbs · 16 g fat

Garnish (to taste, not counted): garlic, ginger, green onion, chili flakes

HOW TO MAKE IT

Cook the rice. Whisk the coconut aminos, honey, 1 Tbs water, and about ¾ tsp cornstarch for the sauce. Stir-fry the veggies in the sesame oil, then add 1 sliced garlic clove, ½ Tbs grated ginger, and a pinch of red pepper flakes for 30 seconds. Push the veggies aside, cook the shrimp 1 to 2 minutes per side until pink, then pour in the sauce and simmer 1 minute until glossy. Serve over the rice with the toasted sesame oil drizzle (and cashews at the 600 size). Use the amounts listed here with the full process on your Reset recipe card.

BOOSTERS

½ cup rice **+100**

1 Tbs cashews **+50**

1 tsp toasted sesame oil drizzle **+40**

1 oz shrimp **+30** · 7 g protein

TRIMS

¼ cup less rice **−50**

PHASE 2 RECOMP

MENU PLANNER TEMPLATE

WEEK OF:	DAILY CALORIES:	DAILY PROTEIN:	SNACK CALORIES:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1 *Breakfast*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Meal 2 *Lunch*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Meal 3 *Dinner*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Meal 4 *Optional*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Snacks *Fill the gap*	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G	CAL ____ P ____ G
Day total	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G	____ CAL ____ G

SHOPPING LIST

Servings approach: calculate quantity for your shopping list based on the number of servings you/your family needs. The Menu Planner's Grocery list button can build it for you.

PROTEIN

PRODUCE

DAIRY, EGGS & PANTRY

BACKUP MEALS

2-3 quick meals you can make from what is already in the house when the plan falls apart. Keep the ingredients on hand.

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PHASE 2: RECOMP

RECOMP 1 WORKOUT PLAN

8 weeks of training + 1 deload week. The same movement patterns as Phase 1, but with more single-leg work for muscle-building. Metabolic conditioning intervals on 3 of 4 days. An hour of training, 3 days a week is a minimum for recomp.

4 WEEKS (On Ramp → Week 3)

Cycle 1

Supported single-leg lifts and bodyweight metcons. Taking a second On Ramp week? Do Week 1 twice.

4 sets (3 in Superset C) · 1-2 RIR

4 WEEKS (Week 4 → Week 7)

Cycle 2

Single-leg work progresses, with pauses on select lifts. Metcons add weight and rotation.

4 sets (3 in Superset C) · 1-2 RIR

1 WEEK (Week 8)

Deload

3 days, 2 main supersets, no accessory work, at the same load as week 7.

2 sets · 3 RIR

HOW TO EXECUTE

- **Pick a weight you can lift for the prescribed number of reps with only 1–2 reps left in the tank** (1–2 RIR, or reps in reserve; 0–1 on isolation moves like leg extensions, curls, kickbacks, and raises). **Once you can hit the top of the rep range with reps to spare, go heavier.**
- **4 sets are recommended on the first 2 supersets** (progressed from 3 sets in Reset) to maximize muscle growth. If you're overly fatigued or can't reach the rep range, skip the 4th set.
- **Supersets maximize rest efficiency.** Each superset pairs a lower body and an upper body movement, which allows one muscle group to rest while the other works. Rest ~30 seconds between each movement if needed, and rest longer (~90 seconds) between superset rounds.
- **Control the lowering on every lift.** Have a few extra minutes? Add a 3-second lowering to your leg extension, hamstring curl, kickback, lateral raises, and rear delts.
- **Metcons start in Recomp.** 6 minutes with 3 rounds of 2 moves. Timing progresses every week, and movements progress every cycle. See each workout page for details.
- **Short on days?** Day 4 is always optional. **Short on time?** Skip the 3rd superset.
- **Walking is the cardio.** About 8,000 steps a day, including 2-3 brisk, 20-30 minute walks each week (great to stack after meals). For workday walking, we love the Walking Pad.

> **Note: every movement here and in the workout app lists alternate options** for home (or a crowded gym).

DAY ONE

Knee-hip extension · vertical pull · secondary posterior chain · horizontal press · hips · shoulder iso · metcon

SUPERSET A		CYCLE 1	CYCLE 2
KNEE-HIP EXTENSION	CYCLE 1 **Front foot elevated split squat** alt: supported split squat (hand on rack) · step-up CYCLE 2 **Deficit reverse lunge** alt: flat reverse lunge · step-up	ON RAMP → WEEK 3 **4 × 8–12/side**	WEEK 4 → WEEK 7 **4 × 8–12/side**
VERTICAL PULL	**Lat pulldown** alt: banded pulldown · assisted pull-up	ON RAMP → WEEK 3 **4 × 8–12** *neutral grip*	WEEK 4 → WEEK 7 **4 × 8–12** *wide grip*

SUPERSET B		CYCLE 1	CYCLE 2
SECONDARY POSTERIOR CHAIN	**45 degree extension** alt: cable or banded pull-through · feet-elevated glute bridge · reverse hyper	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**
HORIZONTAL PRESS	**Dumbbell bench press** alt: machine chest press · push-ups	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**

SUPERSET C		CYCLE 1	CYCLE 2
HIPS	**Side lying adduction** alt: none	ON RAMP → WEEK 3 **3 × 10–15/side**	WEEK 4 → WEEK 7 **3 × 10–15/side**
SHOULDER ISO	**Standing dumbbell lateral raise** alt: side lying dumbbell lateral raise · cable lateral raise · machine lateral raise	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

METCON

6 minutes · 3 rounds · switch moves every minute

CYCLE 1 · ON RAMP → WEEK 3

3 rounds: pop squats · plank up-downs

On Ramp: 20 sec. on / 40 sec. rest x 3
Wk 1: 30 sec. on / 30 sec. rest x 3
Wk 2: 40 sec. on / 20 sec. rest x 3
Wk 3: 45 sec. on / 15 sec. rest x 3

Movement note: go fast on the pop squats and slower on the up-downs. No-jump option: air squats.

CYCLE 2 · WEEK 4 → WEEK 7

3 rounds: overhead slams · farmer carry

Wk 4: 8 slams / 20 sec. carry / 40 sec. rest x 3
Wk 5: 10 slams / 30 sec. carry / 30 sec. rest x 3
Wk 6: 12 slams / 40 sec. carry / 20 sec. rest x 3
Wk 7: 12 slams (heavier ball) / 45 sec. carry / 15 sec. rest x 3

Movement note: for slams, hinge and drive with your hips; start with a 10–15 lb ball. Do the reps at the top of the minute and rest for the remainder; if they take more than ~40 seconds, drop a rep or go lighter.

EXECUTION NOTES

- **Front foot elevated split squat:** one dumbbell in the hand opposite the working leg (switch hands when you switch legs), front foot on a 2-3" step or plate.
- **Deficit reverse lunge:** a dumbbell in each hand, arms at your sides, stepping back from a 2-3" low step or plate.
- **45 degree extension:** hug a dumbbell or plate to your chest.
- **Dumbbell bench press:** let the dumbbells turn to wherever your wrists and elbows feel best; elbows about 45° from your body.
- **Side lying adduction:** bodyweight, or an ankle weight on the bottom leg.
- **Lateral raise:** palms in or thumbs slightly up; lead with your elbows.

CARDIO: WALKING

DAY TWO

Hinge · vertical press · quad iso · horizontal pull · hips · vertical pull · tibs & calves

SUPERSET A		CYCLE 1	CYCLE 2
HINGE	CYCLE 1 **Trap bar RDL** alt: dumbbell RDL CYCLE 2 **Kickstand dumbbell RDL** alt: dumbbell RDL	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12/side**
VERTICAL PRESS	**Dumbbell shoulder press** alt: machine shoulder press	ON RAMP → WEEK 3 **4 × 8–12** *seated*	WEEK 4 → WEEK 7 **4 × 8–12** *standing*

SUPERSET B		CYCLE 1	CYCLE 2
QUAD ISO	**Leg extension** alt: Spanish squat (band behind the knees)	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12** *pause at contraction*
HORIZONTAL PULL	**Chest-supported dumbbell row** alt: single-arm bench-supported dumbbell row · seated cable row · banded row	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**

SUPERSET C		CYCLE 1	CYCLE 2
HIPS	**Cable kickback** alt: banded kickback	ON RAMP → WEEK 3 **3 × 8–12/side**	WEEK 4 → WEEK 7 **3 × 8–12/side**
VERTICAL PULL	**Lat pulldown** alt: banded pulldown	ON RAMP → WEEK 3 **3 × 8–12** *wide grip*	WEEK 4 → WEEK 7 **3 × 8–12** *neutral grip*

FINISHER: TIBS & CALVES — ***1 set of each to burnout***

Movement note: the variation rotates every week, and repeats in Cycle 2 with a slow tempo and a pause: **On Ramp & wk 4** long-sit banded dorsiflexion / banded flexion · **wks 1 & 5** seated tib raise / seated calf raise · **wks 2 & 6** standing tib raise / standing calf raise · **wks 3 & 7** deficit tib raise (heel elevated) / deficit calf raise (toes elevated).

EXECUTION NOTES

- **Kickstand RDL:** one dumbbell in the hand opposite the working leg (switch hands when you switch legs). Straps are optional and can help you go heavier when grip fails.
- **Shoulder press:** seated (Cycle 1): palms facing each other, back supported. Standing (Cycle 2): dumbbells at shoulder height, feet hip-width, ribs down, stop just short of lockout. Modify to single arm if it's more comfortable.
- **Leg extension:** in Cycle 2, pause for about 1 second at the top of every rep.
- **Chest-supported row:** chest on a 30-45° incline bench, palms facing each other.
- **Cable kickback:** ankle cuff on a low cable (or a band around both ankles).

CARDIO: WALKING

DAY THREE

Hip thrust · horizontal pull · knee-hip extension · horizontal press · hamstring iso · shoulder iso · metcon

SUPERSET A		CYCLE 1	CYCLE 2
HIP THRUST	**Machine hip thrust** alt: dumbbell or barbell hip thrust · glute bridge with a dumbbell on your hips (home)	ON RAMP → WEEK 3 **4 × 8–12/side** *kickstand*	WEEK 4 → WEEK 7 **4 × 8–12** *¾ reps*
HORIZONTAL PULL	**Seated cable row (neutral grip)** alt: chest-supported dumbbell row · banded row	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12**

SUPERSET B		CYCLE 1	CYCLE 2
KNEE-HIP EXTENSION	**Goblet squat** alt: leg press	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12** *1–2 second pause at the bottom*
HORIZONTAL PRESS	**Low-incline dumbbell press** alt: push-ups · machine chest press	ON RAMP → WEEK 3 **4 × 8–12**	WEEK 4 → WEEK 7 **4 × 8–12/side** *single arm*

SUPERSET C		CYCLE 1	CYCLE 2
HAMSTRING ISO	**Seated or lying hamstring curl** alt: banded prone hamstring curl	ON RAMP → WEEK 3 **3 × 8–12**	WEEK 4 → WEEK 7 **3 × 8–12** *pause at contraction*
SHOULDER ISO	**Seated dumbbell lateral raise** alt: cable lateral raise · machine lateral raise	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

METCON

6 minutes · 3 rounds · switch moves every minute

CYCLE 1 · ON RAMP → WEEK 3

3 rounds: squat jumps · mountain climbers

On Ramp: 20 sec. on / 40 sec. rest x 3
Wk 1: 30 sec. on / 30 sec. rest x 3
Wk 2: 40 sec. on / 20 sec. rest x 3
Wk 3: 45 sec. on / 15 sec. rest x 3

Movement note: squat jumps: land softly and reset before the next rep. No-jump option: air squats.

CYCLE 2 · WEEK 4 → WEEK 7

3 rounds: rotational slams · suitcase carry

Wk 4: 8 slams / 20 sec. carry / 40 sec. rest x 3
Wk 5: 10 slams / 30 sec. carry / 30 sec. rest x 3
Wk 6: 12 slams / 40 sec. carry / 20 sec. rest x 3
Wk 7: 12 slams (heavier ball) / 45 sec. carry / 15 sec. rest x 3

Movement note: rotational slams: lighter ball, alternating sides; pivot the back foot so the twist comes from your hips. Carry: switch sides each round. Do the reps at the top of the minute and rest for the remainder; if they take more than ~40 seconds, drop a rep or go lighter.

EXECUTION NOTES

- **Hip thrust:** kickstand (Cycle 1): drive through the working foot; the other heel stays lightly down for balance. ¾ reps (Cycle 2): come all the way to full contraction at the top, but don't let your rear touch down at the bottom; hover just above it, then drive back up.
- **Goblet squat:** one dumbbell held vertically at your chest. In Cycle 2, pause 1-2 seconds at the bottom.
- **Low-incline press:** bench at about 30°. Single arm (Cycle 2): one dumbbell, free hand holds the edge of the bench.
- **Hamstring curl:** in Cycle 2, pause for about 1 second at full contraction.
- **Seated lateral raise:** same cues as standing: palms in or thumbs slightly up; lead with your elbows.

CARDIO: WALKING

DAY FOUR

Hips · horizontal press · vertical press · rear delt · shoulder iso · shoulder health · bonus metcon

This day is "extra insurance" for muscle building, but it's your most "optional" day.

SUPERSET A		CYCLE 1	CYCLE 2
HIPS	**Standing cable hip abduction** alt: machine hip abduction · banded abduction · side lying hip abduction	ON RAMP → WEEK 3 **3 × 10–15/side**	WEEK 4 → WEEK 7 **3 × 10–15/side**
HORIZONTAL PRESS	**Push ups** alt: hand elevated push ups	ON RAMP → WEEK 3 **3 × 8–12**	WEEK 4 → WEEK 7 **3 × 8–12** *lower your hands as you get stronger*

SUPERSET B		CYCLE 1	CYCLE 2
VERTICAL PRESS	CYCLE 1 **Single arm half-kneeling landmine press** alt: half-kneeling single-arm dumbbell press CYCLE 2 **Standing Arnold press** alt: seated dumbbell shoulder press · machine shoulder press	ON RAMP → WEEK 3 **3 × 8–12/side**	WEEK 4 → WEEK 7 **3 × 8–12**
REAR DELT	**Chest-supported dumbbell rear delt row** alt: cable rear delt row · reverse pec deck · banded pull-apart	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

SUPERSET C		CYCLE 1	CYCLE 2
SHOULDER ISO	**Side lying dumbbell lateral raise** alt: cable lateral raise · machine lateral raise	ON RAMP → WEEK 3 **3 × 10–15/side**	WEEK 4 → WEEK 7 **3 × 10–15/side**
SHOULDER HEALTH	**Cable face pull** alt: banded face pull	ON RAMP → WEEK 3 **3 × 10–15**	WEEK 4 → WEEK 7 **3 × 10–15**

BONUS METCON (OPTIONAL)

6 minutes · 3 rounds · switch moves every minute

CYCLE 1 · ON RAMP → WEEK 3

3 rounds: skaters · plank shoulder taps

On Ramp: 20 sec. on / 40 sec. rest x 3
Wk 1: 30 sec. on / 30 sec. rest x 3
Wk 2: 40 sec. on / 20 sec. rest x 3
Wk 3: 45 sec. on / 15 sec. rest x 3

Movement note: skaters: step or hop sideways onto one leg and reach the other leg behind you; easy and controlled (skater steps are the no-jump option).

CYCLE 2 · WEEK 4 → WEEK 7

3 rounds: alternating dumbbell snatch · Russian twist

Wk 4: 8 snatches / 12 twists x 3
Wk 5: 10 snatches / 16 twists x 3
Wk 6: 12 snatches / 20 twists x 3
Wk 7: 12 snatches / 20 twists x 3 (go heavier)

Movement note: snatch: challenging but not heavy dumbbell, driven by your hips. Russian twist: hold a slam ball, heels down; rotate your ribcage, not just your arms. Do the reps at the top of the minute and rest for the remainder; if they take more than ~40 seconds, drop a rep or go lighter.

EXECUTION NOTES

- **Cable abduction:** ankle cuff on a low cable; stand tall and don't lean away.
- **Landmine press:** bar end in your working hand at your shoulder, working-side knee down.
- **Arnold press:** dumbbells at your chin, palms facing you; rotate outward as you press. Go light and stop the rotation short of anything pinchy.
- **Rear delt row:** chest on an incline bench, elbows out wide.
- **Side lying lateral raise:** dumbbell in your top hand.
- **Face pull:** rope at face height, thumbs back, pull toward your forehead with elbows high.

CARDIO: WALKING

WEEK 8: DELOAD

Days 1 to 3 · Supersets A & B only · 2 sets · same load as week 7

A deload week isn't what you might think: it's not a week off! Workouts are shorter, though, because we cut accessory work and metcons and do fewer sets on the main lifts. Use the same weights/loads as week 7, but do just 2 sets of each and stop with 3 reps left in the tank.

DAY ONE			WEEK 8
SUPERSET A	KNEE-HIP EXTENSION	**Deficit reverse lunge** alt: flat reverse lunge · step-up	**2 × 8–12/side** *same load as wk 7*
	VERTICAL PULL	**Lat pulldown (wide grip)** alt: banded pulldown · assisted pull-up	**2 × 8–12** *same load as wk 7*
SUPERSET B	SECONDARY POSTERIOR CHAIN	**45 degree extension** alt: cable or banded pull-through · feet-elevated glute bridge · reverse hyper	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PRESS	**Dumbbell bench press** alt: machine chest press · push-ups	**2 × 8–12** *same load as wk 7*

DAY TWO			WEEK 8
SUPERSET A	HINGE	**Kickstand dumbbell RDL** alt: dumbbell RDL	**2 × 8–12/side** *same load as wk 7*
	VERTICAL PRESS	**Standing dumbbell shoulder press** alt: seated dumbbell shoulder press · machine shoulder press	**2 × 8–12** *same load as wk 7*
SUPERSET B	QUAD ISO	**Leg extension (pause at contraction)** alt: Spanish squat (band behind the knees)	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PULL	**Chest-supported dumbbell row** alt: single-arm bench-supported dumbbell row · seated cable row · banded row	**2 × 8–12** *same load as wk 7*

DAY THREE			WEEK 8
SUPERSET A	HIP THRUST	**Machine hip thrust (¾ reps)** alt: dumbbell or barbell hip thrust · glute bridge with a dumbbell on your hips (home)	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PULL	**Seated cable row (neutral grip)** alt: chest-supported dumbbell row · banded row	**2 × 8–12** *same load as wk 7*
SUPERSET B	KNEE-HIP EXTENSION	**Goblet squat (1–2 second pause at the bottom)** alt: leg press	**2 × 8–12** *same load as wk 7*
	HORIZONTAL PRESS	**Single arm low-incline dumbbell press** alt: low-incline dumbbell press	**2 × 8–12/side** *same load as wk 7*

CARDIO: WALKING