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.