



VISION

FIT IN SIX:
NUTRITION GUIDE

YOUR 6-WEEK ROADMAP TO FUELLING A
FITTER, STRONGER YOU!

SIMPLE. SUSTAINABLE. RESULTS.



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LET'S DEFINE YOUR PRIMARY GOAL



WEIGHT LOSS

Goal: Drop body fat, look leaner, maintain or build muscle.



HOW TO DO IT

- **Eat in a calorie deficit:** Consume fewer calories than you burn each day.
- **Prioritise high protein:** Helps preserve muscle, supports recovery and keeps you fuller for longer.
- **Resistance train 2-4x per week:** Maintain and build muscle to support your metabolism and improve body composition.
- **Stay active:** Increase your daily energy expenditure and support your deficit.



WHY IT WORKS

Eating in a calorie deficit forces your body to use stored energy (body fat) to make up the shortfall. By combining this with resistance training and adequate protein, you preserve lean muscle while losing fat.



TYPICAL CALORIE RANGE

10-20% below your maintenance level.

Example: If your maintenance (TDEE) is 2200 kcal, aim for 1800-2000 kcal per day.



Don't go too low! Too steep a deficit can lead to low energy, muscle loss and poor recovery.

LET'S DEFINE YOUR PRIMARY GOAL



MAINTENANCE

Goal: Stay the same weight while improving body composition and habits.



HOW TO DO IT

- **Eat at maintenance calories:** Match your energy output (TDEE)
- **Focus on protein:** Aim for 1.6-2.2g per kg of bodyweight to support muscle repair and growth.
- **Train consistently:** Prioritise resistance training 2-4x per week.
- **Prioritise food quality:** Whole foods, plenty of micronutrients and hydration.



WHY IT WORKS

Eating at maintenance means matching the energy you burn each day. This allows your body to function optimally while you focus on body composition, building muscle and creating sustainable habits.



PERFECT IF YOU'RE...

Happy with your weight but want to work on body shape and definition.

New to structured training and what to build healthy habits.

Recovering from yo-yo dieting and want a sustainable approach.

LET'S DEFINE YOUR PRIMARY GOAL



WEIGHT GAIN

Goal: Build lean muscle, increase strength and gain size.



HOW TO DO IT

- **Eat in a surplus:** 10-15% above maintenance will give your body enough energy to build muscle.
- **High protein:** Aim for 1.6-2.2g per kg of bodyweight daily to support recovery.
- **Consistent resistance training:** Train with progressive overload to give your muscles the opportunity to grow.
- **Be patient & consistent:** Lean muscle growth is slow - typically 0.25-0.5kg per week.



WHY IT WORKS

A controlled surplus provides the fuel needed to support muscle growth. The key is a small, consistent surplus - not excessive calories - to maximise muscle gain while minimising fat gain.



TYPICAL CALORIE RANGE

10-15% above maintenance.

Example: If your TDEE is 2200, start with 2400-2500 kcal per day.

CALORIE CALCULATOR

HOW DO CALORIES WORK?

Calories are units of energy. First, you need to know how many you burn daily, known as TDEE (Total Daily Energy Expenditure). This is the total number of calories your body uses each day through basic functions like breathing and digestion, plus movement, exercise, and daily activity.

HOW MANY SHOULD I HAVE?

Once you know your TDEE, you can adjust your calorie intake based on your goal:

- Eat at maintenance (around your TDEE) to maintain your weight
- Eat in a calorie deficit (below your TDEE) to lose fat
- Eat in a calorie surplus (above your TDEE) to gain muscle or weight

A good rule of thumb is:

- A deficit of 300–500 calories per day leads to steady, sustainable fat loss
- A surplus of 200–300 calories per day supports lean muscle gain with minimal fat gain
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Tracking calories doesn't need to be obsessive — it's simply a way to understand energy balance. Consistency matters more than perfection.

TDEE CALCULATOR

[Click here](#) to use a TDEE Calculator to get you started!

WHAT IS PROTEIN?

Protein is one of the three main macronutrients your body needs, alongside carbohydrates and fats. It's made up of small building blocks called amino acids, which help the body grow, repair, and function properly.

Think of protein as the body's "building material." It helps build and maintain:

- Muscle tissue
- Skin, hair, and nails
- Hormones and enzymes
- Immune system function
- Organs and connective tissue



WHY IS IT IMPORTANT FOR FITNESS?

When you train, especially with resistance or strength training, your muscles experience small amounts of stress and breakdown.

Protein provides the amino acids needed to repair and rebuild those muscles, helping you:

- Recover faster
- Maintain lean muscle mass
- Build strength and muscle
- Stay fuller for longer
- Support healthy body composition

Without enough protein, recovery and performance can suffer.

WHAT IS PROTEIN?



HOW MUCH DO YOU NEED?

Protein needs vary depending on activity levels, goals, and body size.

General guidelines:

- Sedentary adults: 0.8g per kg of body weight
- Active individuals: 1.2–2.0g per kg
- Muscle-building goals: often toward the higher end of the range

For example, a person weighing 80kg may benefit from roughly 100–160g of protein per day depending on their training and goals.



WHEN SHOULD I BE HAVING IT?

Total daily intake matters most, but spreading protein across meals can help support recovery and muscle growth.

A good target is:

- 20–40g of protein per meal
- Include protein after training sessions
- Aim for consistent intake throughout the day

**Ask your coach for personalised recommendations on protein products and brands that suit your goals.*

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HOW DO I TRACK MY FOOD?

WE SUGGEST: MYFITNESSPAL

Tracking your food can help improve awareness, consistency, and accountability — especially when working toward fat loss, muscle gain, or performance goals.

Getting started is simple:

1. Download the MyFitness Pal app (iOS or Android)
 2. Create your account
 3. Set your daily calorie target
 4. Set your protein goal
 5. Start logging your meals and snacks
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TIPS FOR TRACKING

- Use the barcode scanner for packaged foods
- Weigh foods where possible for better accuracy
- Adjust serving sizes correctly
- Track sauces, oils, and drinks too
- Save regular meals to make tracking quicker
- Be consistent — accuracy matters more than perfection

Focus on:

- Calories
- Protein intake
- Daily food habits and consistency

You do not need to eat “perfectly” — tracking simply gives you useful data to make better decisions over time.

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STAYING ON TRACK

Not seeing progress yet? Don't panic, small adjustments and consistency usually make the biggest difference.



ACCURACY MATTERS

Are you tracking as accurately as possible?

- Weigh foods where you can
- Double-check serving sizes
- Don't forget sauces, oils, drinks, and snacks
- Small extras can add up quickly over the week



CONSISTENCY OVER PERFECTION

One higher-calorie meal or weekend won't ruin your progress, but repeated inconsistency can slow it down. Focus on:

- Hitting your targets most of the time
- Staying consistent across the full week
- Getting back on track quickly after social events or meals out



DON'T STRESS OVER THE SCALES

Your body weight naturally fluctuates day to day due to:

- Water retention
- Salt and carbohydrate intake
- Hormones
- Sleep and stress
- Digestion and bowel movements

Give your plan enough time to work. Aim for at least 2 consistent weeks before making major changes.

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STAYING ON TRACK



BOOST RESULTS WITHOUT EATING

If progress slows down, focus on improving habits before drastically cutting calories. Try:

- Increasing daily steps (8–10k+ per day)
- Improving sleep quality (7–8 hours)
- Drinking more water
- Managing stress levels
- Staying consistent with training and nutrition

Sometimes better recovery and more movement are more effective than eating less.



QUICK REMINDER

Long-term results come from consistency, patience, and sustainable habits, not extreme diets or “perfect” weeks.

There will be good days, busy days, and setbacks along the way, but what matters most is continuing to show up and staying consistent over time.

Stay patient and trust the process.

Ready to put everything into action?

Your simple nutrition checklist is on the next page.



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FINAL ACTION PLAN

Keep nutrition simple and focus on the habits that matter most.

YOUR CHECKLIST

- Hit your calorie target consistently
 - Prioritise protein at each meal
 - Track your food honestly and accurately
 - Train consistently each week
 - Stay active outside the gym
 - Drink enough water
 - Aim for 7–8 hours of sleep
 - Be patient and trust the process
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MOST IMPORTANTLY:

Ask for help when you need it. Your coaches are here to support you, guide you, and help you get the best possible results.