



FIT IN SIX: NUTRITION GUIDE

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

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CHAPTER

1

SETTING YOUR GOALS

LETS 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)
- Prioritise high protein to preserve muscle
- Resistance train 2–4x per week
- Stay active with steps/cardio

Typical calorie range:

10–20% below your maintenance level
(e.g. if you burn 2200, aim for 1800–2000)

! Don't go too low — too steep a deficit = lost energy, muscle, motivation.

LETS 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)
- Focus on protein, training consistency, and food quality
- Ideal for recomposition (gaining muscle while dropping fat)

Perfect if you're:

- Happy with your weight but want better definition
- New to structured eating and training
- Recovering from yo-yo dieting 🍎

LETS DEFINE YOUR PRIMARY GOAL...

WEIGHT GAIN (MUSCLE BUILDING)

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

How to do it:

- Eat in a small calorie surplus
- High protein + consistent resistance training
- Be patient — lean muscle gain is slow but worth it

Typical calorie range:

10–15% above maintenance

(e.g. if your TDEE is 2200, start with 2400–2500)

 **Pro tip:** Track weight & strength weekly — not just how you look.



CHAPTER 2 CALORIE CALCULATOR

HOW MANY CALORIES SHOULD I AIMING FOR?

Calories are units of energy. You need to know how many you burn daily (your TDEE — Total Daily Energy Expenditure) to set your nutrition goals.

HOW TO CALCULATE:

1. [Click here](#) to use a TDEE calculator
2. Adjust based on your goal:
 - Fat loss: Subtract 10–20%
 - Maintenance: No adjustment
 - Muscle gain: Add 10–15%

EXAMPLE:

TDEE = 2200 kcal

- Fat loss: 1900–2000 kcal/day
- Muscle gain: 2400–2500 kcal/day



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C H A P T E R

UNDERSTANDING PROTEIN

WHAT IS PROTEIN?

Protein is vital for muscle growth, recovery, and maintaining lean body mass, especially during fat loss.

HOW MUCH?

- General recommendation: 1.6–2.2g of protein per kg of bodyweight
- (e.g., 70kg person = 112g–154g/day)

TIPS:

- 💡 Spread protein across 3–5 meals per day
- 💡 Include protein in every main meal and most snacks
- 💡 Whole foods > powders when possible.

PROTEIN SOURCES

IF YOU EAT MEAT & ANIMAL PRODUCTS...

- Chicken breast
- Eggs
- Lean beef
- Greek yogurt
- Salmon or tuna
- Cottage cheese
- Protein shakes

FOR VEGETARIANS & VEGANS...

- Tofu / tempeh
- Lentils
- Chickpeas
- Black beans
- Seitan
- Quinoa
- Soy milk
- Vegan protein powders

Tip: Combine plant sources to create a complete amino acid profile. Example: Rice + beans.

PROTEIN SUPPLEMENTS

Protein supplements can be a game changer when life gets busy. They're not essential, but they make it much easier to hit your daily protein targets — especially if you're on the go, have a low appetite, or just prefer quick options.

WHEN TO USE PROTEIN SUPPLEMENTS...

- You're falling short on protein from food alone
- You don't have time to prep meals
- You want something light post-workout
- You need a convenient snack between meals

PROTEIN SUPPLEMENTS

RECOMMENDED BRANDS:

MyProtein – budget-friendly, great variety, and includes Clear Whey

The Protein Works – excellent flavours, includes both classic and clear whey, plus vegan-friendly choices

GSN - tasty microwaveable meals for on the go!

Grenade - a great selection of ready-to-drink shakes and bars

Don't know where to start or what you'll like? Check out the next page [!\[\]\(8942d28dc4da2a769efbb41dc37c5a1c_img.jpg\)](#)

PROTEIN SUPPLEMENTS

♥️ WHAT WE LOVE: CLEAR WHEY

If you're not a fan of thick, milky shakes — you'll love Clear Whey.

- ✓ Light and refreshing
- ✓ Tastes like juice
- ✓ Easily digested
- ✓ Still packed with protein

🍓 Flavours include tropical, mojito, and even Vimto — yes, really!

Clear whey is a great post-workout or mid-morning option, especially in warmer months or when you want something fruity and light.



CHAPTER

4 TRACKING YOUR NUTRITION

HOW DO I TRACK MY FOOD?

Tracking your food helps with accountability and accuracy — especially if you have specific goals.

USE MYFITNESSPAL:

Download the app ([iOS](#) or [Android](#))

Create an account

Enter your calorie target from Chapter 2

Set your protein goal from Chapter 3

Start tracking meals

- Use barcode scanner
- Save frequent meals
- Adjust serving sizes accurately

Bonus Tip:

Log your meals ahead of time to stay on track! 



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C H A P T E R

STAYING ON TRACK

TROUBLESHOOTING: TIPS & ADVICE

Tracking your calories but not seeing change? Let's check a few things:

ACCURACY MATTERS:

Are you weighing your food or guessing portions?

ARE YOU LOGGING EVERYTHING

— even small bites, sauces, oils?

INCONSISTENCIES:

Weekday perfection but weekend blowouts? One high-calorie day can undo 5 low ones. Try averaging your calories over the week if you know the weekend is going to be a big one!

NOT ENOUGH TIME:

You need at least 2 consistent weeks to judge if your plan is working.

TROUBLESHOOTING: TIPS & ADVICE

DON'T PANIC OVER THE SCALES!

 Weight fluctuates daily based on:

- Hormones
- Water retention (especially after salty or high-carb meals)
- Bowel movements
- Sleep and stress

 Instead of one-off weigh-ins, look at:

- Weekly average weight
- How your clothes fit
- Progress photos
- Energy levels and strength
- Measurements or physique changes on your 3D Body Scan

TROUBLESHOOTING: TIPS & ADVICE

BOOST RESULTS WITHOUT CUTTING MORE FOOD...

If fat loss stalls:

- Increase daily steps (target: 8–10k+ per day)
- Add 1–2 short cardio sessions per week
- Improve sleep quality (aim: 7–8 hrs)
- Drink more water and manage stress

💡 It's not always about eating less — sometimes it's about moving more and recovering better.

TROUBLESHOOTING: TIPS & ADVICE

REMEMBER: YOU'RE NOT ALONE – USE YOUR COACH!

This challenge isn't about going it alone. You have support every step of the way.

WHY HAVING A COACH MATTERS

Your coach is here to:

- Give personalised advice
- Keep you accountable
- Answer your questions (no matter how small)
- Help you break through plateaus
- Celebrate your wins!

This isn't just about knowledge — it's about having someone in your corner when motivation dips.

TROUBLESHOOTING: TIPS & ADVICE

➡ **HOW TO GET SUPPORT**

- E-mail your coach directly if you're struggling or confused
- Use the community group chat for shared wins, recipe swaps, and reminders (we're all in this together!)
- Book a check-in call to talk through roadblocks

♥ **REMEMBER:**

You are not meant to figure this out alone. This challenge is built around education, action, and support.

Use the resources available to you — they're here for a reason!

