



COMPLETE NUTRITION GUIDE

Your Blueprint for Body Transformation

TRUPEAK Performance LLC

WELCOME TO YOUR TRANSFORMATION!

Congratulations on taking the first step toward optimizing your nutrition and achieving your fitness goals. This guide contains everything you need to understand the fundamentals of nutrition and start eating for results. Let's dive in!

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SCIENCE-BACKED NUTRITION PRINCIPLES

ENERGY BALANCE IS KING

Weight loss = Calorie deficit (eat less than you burn)

Weight gain = Calorie surplus (eat more than you burn)

Maintenance = Calories in = Calories out

PROTEIN IS PRIORITY

Aim for **0.8-1.2g of protein per pound of body weight**. Protein preserves muscle during a cut, builds muscle during a bulk, and keeps you feeling full longer.

QUALITY MATTERS (BUT NOT AS MUCH AS YOU THINK)

Focus on whole foods 80% of the time. The remaining 20% can be flexible. This sustainable approach prevents burnout and binge eating.

MEAL TIMING IS OVERRATED

Total daily intake matters more than when you eat. Find a meal frequency that fits your lifestyle—whether that's 3 meals or 6.

HYDRATION IS NON-NEGOTIABLE

Aim for at least **half your bodyweight in ounces** of water daily. Add more if you're training intensely or live in a hot climate.

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SAMPLE MEAL PLANS

FAT LOSS PLAN (~1,800 CALORIES)

Breakfast: 3 eggs + 2 egg whites, 1 slice whole grain toast, ½ avocado

Lunch: 6oz grilled chicken, 2 cups mixed greens, veggies, light dressing

Snack: Greek yogurt (0% fat) with berries

Dinner: 6oz salmon, 1 cup roasted vegetables, ½ cup rice

Macros: ~180g protein | ~65g carbs | ~70g fat

MAINTENANCE PLAN (~2,400 CALORIES)

Breakfast: Oatmeal with protein powder, banana, almond butter

Lunch: 8oz chicken breast, 1 cup rice, large salad

Snack: Protein shake + apple + handful of almonds

Dinner: 8oz lean beef, sweet potato, steamed broccoli

Macros: ~200g protein | ~200g carbs | ~80g fat

MUSCLE GAIN PLAN (~3,000 CALORIES)

Breakfast: 4 whole eggs, 2 slices toast, oatmeal with honey

Lunch: 10oz chicken, 1.5 cups rice, avocado, vegetables

Pre-Workout: Banana + rice cakes + whey shake

Post-Workout: Protein shake + dextrose/cereal

Dinner: 10oz steak, large baked potato, asparagus

Macros: ~220g protein | ~320g carbs | ~90g fat

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QUICK MACRO-FRIENDLY RECIPES

HIGH-PROTEIN OVERNIGHT OATS

½ cup oats + 1 scoop protein powder + 1 cup almond milk + 1 tbsp nut butter + berries. Mix and refrigerate overnight.

40g P | 45g C | 15g F (~475 cal)

TURKEY TACO BOWL

8oz ground turkey (seasoned) + ½ cup rice + black beans + salsa + Greek yogurt. Top with lettuce and cheese.

45g P | 50g C | 12g F (~490 cal)

GREEK YOGURT PROTEIN BOWL

1 cup Greek yogurt (0%) + ½ scoop protein powder + granola + mixed berries + drizzle of honey.

35g P | 40g C | 5g F (~345 cal)

ANABOLIC FRENCH TOAST

2 slices bread + 4 egg whites + 1 scoop protein powder + cinnamon + sugar-free syrup. Blend eggs + protein, dip bread, cook.

38g P | 30g C | 4g F (~310 cal)

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GROCERY SHOPPING CHECKLIST

PROTEINS

- Chicken breast
- Ground turkey (93/7)
- Salmon/fish
- Lean ground beef
- Eggs & egg whites
- Greek yogurt (0%)
- Cottage cheese
- Whey protein powder

CARBOHYDRATES

- White/brown rice
- Oatmeal
- Sweet potatoes
- Whole grain bread
- Pasta
- Cream of rice
- Rice cakes
- Bananas

FATS

- Olive oil

- Avocados
- Almonds/nuts
- Peanut/almond butter
- Cheese

VEGETABLES

- Broccoli
- Spinach/mixed greens
- Bell peppers
- Asparagus
- Zucchini

FRUITS

- Mixed berries
- Apples
- Lemons/limes

PANTRY STAPLES

- Seasonings
- Low-sodium soy sauce
- Hot sauce
- Mustard
- Sugar-free syrup
- Salsa

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