



BORING FOOD. REAL RESULTS.

The busy professional's fat loss starter guide.

The plan I'd give a busy friend. Ten minutes to read, and you can start tonight.

By Trey, Treyswayy

Reading time: about ten minutes

WHY YOUR NUTRITION PLAN DIES ON A WEDNESDAY

Monday, you are a saint who meal preps and drinks water with intention. Then Wednesday shows up with back-to-back meetings and a fridge that contains mustard. By 7pm you have no brain left and a delivery app open, same food as last night, different restaurant.

That is a setup problem, not a character flaw. Most plans ask for fourteen good decisions a day from someone who used all of theirs at work. Discipline was never your problem.

I'm a financial analyst. When a model spits out a number that looks wrong, you don't yell at the model. You audit the inputs. Nutrition works the same way. Guessed portions and a plan that needs constant willpower produce bad output every time, no matter how hard you try.

This guide fixes the inputs. It covers the four rules I build every plan on, how to start tonight, one sample day with easy swaps, and the mistakes I see most. Nothing in it requires a spreadsheet or giving up bread.

WORTH REPEATING

**A plan that needs willpower
on a Wednesday is a bad plan.**

THE FOUR RULES

Every plan I build sits on these. Get them right and most of the rest takes care of itself.

1

Calories set the direction.

Eat a bit less than you burn, and keep doing it. A modest deficit you can live with beats a crash diet you quit by Thursday. Carbs stay on the plate. They fit inside your calorie number like everything else.

2

Protein gets tracked to the gram.

It keeps you full and protects the muscle you want to keep. Hit your protein number first, then let everything else fit around it.

3

Every plate starts with protein.

Add a carb and something green, mostly so your mother stops asking. Done. No recipe card required. Fewer decisions means more consistency, and your brain stays free for literally anything else.

4

Whole foods first.

Fewer ingredients lying to you about what is in them. Easier to track, easier to repeat, and it fits the plan without a fight. Quality matters, and so does quantity.

YOUR ONE FREE PASS

Pick one food you never measure. Mine is vegetables. My tracking app has never seen a broccoli, and nobody has ever overeaten asparagus into a plateau. Tracking everything is how people burn out in six weeks.

FIVE STEPS. ONE MULTIPLICATION.

No apps required to begin. No math beyond what you can do on your phone.

1

Find your calories.

Bodyweight in pounds times 12 to 14. A 200 pound person lands between 2,400 (200×12) and 2,800 (200×14). Yes, that is a multiplication. It is the only one in this guide.

This is an estimate of maintenance, not a fact. It shifts with your age, metabolism, and current exercise level, and everyone is different, so expect some plus or minus to find yours. Start at the low end of your range and let step 5 do the adjusting. Under 1,500? Use 1,500 and check with a professional before going lower.

2

Find your protein.

Your goal weight in pounds, in grams. A goal of 180 means 180 grams. Round to the nearest 10 and move on.

3

Build plates, not meals.

Protein first, then a carb and something green. Prep the protein and the carb once a week, and prep for your weakest day, not your best one.

4

Weigh and log everything for two weeks.

Yes, the oil too. Raw versus cooked counts, and so does the drink you forgot. Vegetables are excused.

5

Watch the trend, not the morning.

Weigh in daily and read the 7-day average. Whenever you change how you eat, the scale gets noisy for the first week or two. After two honest weeks, if the average has not moved, drop about 150 calories and run two more.

Tonight's 10-minute checklist

- | | |
|--|--|
| ☐ Do the two calculations | ☐ Get a food scale and a tracking app |
| ☐ Pick tomorrow's plates | ☐ Weigh in tomorrow morning |

ONE SAMPLE DAY, PLUS SWAPS

MEAL	WHAT YOU EAT	CAL	PROTEIN G
Breakfast	3 eggs and 1 cup liquid egg whites, 1 slice toast, a cup of berries	480	50
Lunch	6 oz cooked chicken breast, 1 cup cooked rice, a big pile of vegetables, 1 tsp olive oil	580	60
Snack	1 cup plain nonfat Greek yogurt and a banana	240	25
Dinner	6 oz sirloin steak, a baked potato (about 10 oz), more vegetables, 1 tsp butter	700	60
Day total, approximately		2,000	195

Approximate and rounded, since brands, cuts, and your scale all vary. This day runs about 2,000. Higher target? Add rice, potato, or fruit. Lower? Shrink those first and leave the protein alone. Dinner is the plate I eat more nights than I'd like to admit. Oats for dessert, every night, no notes.

Easy swaps

INSTEAD OF	TRY	WHY IT HELPS
Flavored latte	Black coffee or an americano	Liquid calories are the ones you forget to log.
Flavored yogurt cup	Plain Greek yogurt and berries	More protein, less added sugar.
Cereal or granola	Eggs and a slice of toast	Protein up front means fewer 10am negotiations.
Giant bowl of pasta	Half the pasta, add chicken	Same food you like, more protein.
Chips at 3pm	Cottage cheese or jerky	Protein quiets a craving better than willpower does.
Oil by the glug	One measured teaspoon	Oil is the stealth calorie.

FOUR MISTAKES THAT KEEP PEOPLE STUCK

I see these constantly, and every one of them is fixable this week.

1

Eyeballing the olive oil

What happens. Portions are guesses, and guesses skew low, often by 20 to 30 percent. Oil and sauces carry a lot of calories in a small space.

The fix. Weigh and log everything for two weeks. Your eye gets calibrated and the scale starts making sense.

2

Saving your appetite for dinner

What happens. Skipping protein early means eating whatever is nearby at 9pm. The day's calories end up in one panicked meal.

The fix. Protein at every meal, starting at breakfast. Hit that number before anything else.

3

Treating one weigh-in like a verdict

What happens. One number moves with water and salt, and a few pounds of water is normal any time you change how you eat. Panic over it is how plans get abandoned by the weekend.

The fix. Use the 7-day average and judge the trend after two weeks, not the Tuesday.

4

Starting at maximum intensity

What happens. Cutting hard on Monday builds a plan that needs a hero on Thursday. Nobody is a hero on Thursday.

The fix. Take the modest deficit, and prep for your weakest day instead of your best one.

YOUR NEXT MOVE

DIY, OR SOMEONE IN YOUR CORNER?

Both are real options. Here is what each one looks like.

RUNNING IT YOURSELF

Good. You have what you need.

Run the plan exactly as written for two weeks and log honestly. On day 14, check your 7-day average. If it moved, change nothing. If it did not, drop about 150 calories and run two more weeks. Pages 3 and 4 are your whole manual.

Let me know your results after you've tried this.

SOMEONE IN YOUR CORNER

Same system, less guessing.

This is what I do with clients, with one difference: I do the auditing so you don't have to. You send your numbers and I adjust them on a schedule instead of a hunch. The plan gets built around your actual schedule and your actual kitchen, and it stops living in your head, which is where most of them die.

Want me building it with you? Apply for my 1:1 coaching.

Reply to my DM and tell me what a normal weekday of eating looks like for you.

I'll tell you the first thing I'd change, and what I'd change after that.

Day by day we pushing and believing. Trey

General education only, not medical advice. Check with your doctor before changing your diet.