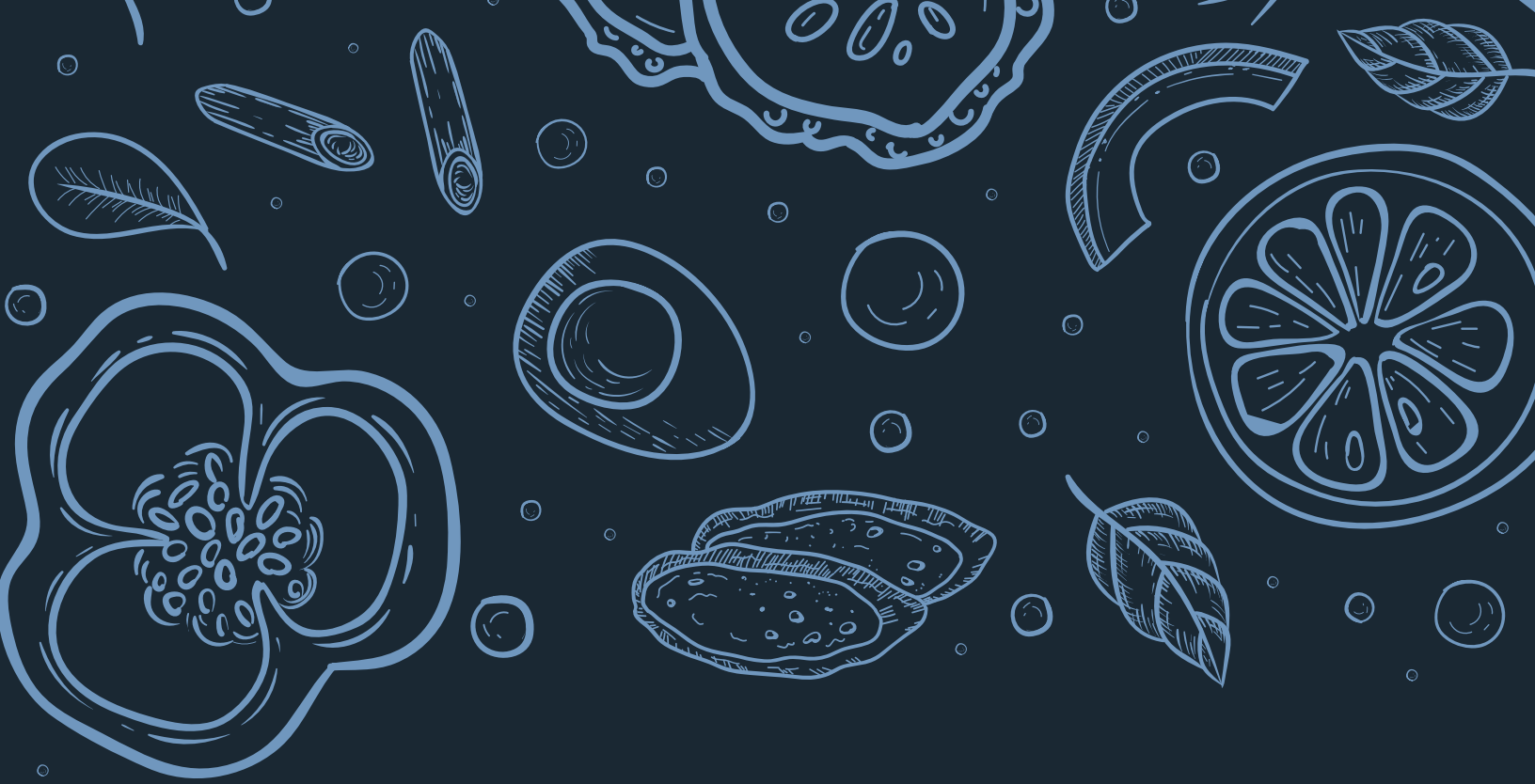




NUTRITION PHILOSOPHY

A GUIDE TO A BODY THAT FEELS STRONG AND CAPABLE



TABLE OF CONTENTS

TEAM G NUTRITION PHILOSOPHY	2
UNDERSTANDING CALORIES & MACRONUTRIENTS	3 - 4
PROTEIN	5 - 6
CARBOHYDRATES	7 - 10
FATS	11 - 13
THE TEAM G PLATE	14 - 15
FAT LOSS MADE SIMPLE	16 - 19
MUSCLE GAIN MADE SIMPLE	20 - 24
GROCERY SHOPPING MADE SIMPLE	25 - 27
EATING OUT & SOCIAL EVENTS	28 - 29
SUPPLEMENTS MADE SIMPLE	30 - 31
HYDRATION & RECOVERY	32 - 36
BRINGING IT ALL TOGETHER	37

THE TEAM G NUTRITION PHILOSOPHY

The Team G Approach

Nutrition doesn't need to be extreme to work.

Our approach is built on five simple principles:

1

Keep It Simple

If it's too complicated, you won't stick to it.

We focus on habits you can repeat long-term.

2

Prioritize Protein

Protein helps you feel full, maintain muscle, and recover from workouts.

3

Eat Mostly Whole Foods

Not perfectly — just mostly.

Lean proteins, Fruits, Vegetables, Rice, potatoes, oats, Healthy fats

80–90% whole foods.

10–20% flexibility.

4

Control Portions Before Cutting Foods

You don't need to eliminate carbs. You don't need to cut out fats.

You need to manage portions consistently.

5

Consistency Beats Perfection

One off-plan meal doesn't ruin progress.

Quitting does.

UNDERSTANDING CALORIES & MACRO NUTRIENTS

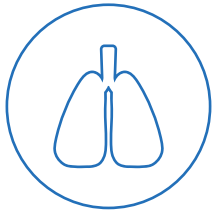
Understanding Calories & Macro Nutrients

Before we talk about specific foods, let's simplify how nutrition actually works.

WHAT ARE CALORIES?

Calories are simply a measure of energy.

Your body needs energy to:



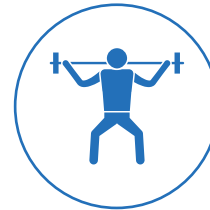
BREATHE



THINK



MOVE



EXERCISE



RECOVER

If you consistently eat:

More calories than you burn
YOU GAIN WEIGHT

Around the same amount
**YOUR WEIGHT STAYS
THE SAME**

Less calories than you burn
YOU LOSE WEIGHT

You don't need to obsess over numbers, but understanding this helps remove confusion.

There's no "bad metabolism."

There's no "special fat-burning food."

It comes down to consistent energy balance over time.

UNDERSTANDING CALORIES & MACRO NUTRIENTS

What are Macro Nutrients

Macro nutrients are the three main nutrients that make up your calories:



Protein

Helps build and maintain muscle, keeps you full and supports recovery.

Chicken, beef, eggs, Greek yogurt, fish and protein powder

Carbohydrates

Your body's main fuel source; especially important for workout.

Rice, potatoes, oats, fruit, vegetables, bread



Fats

Helps build and maintain muscle, keeps you full and supports recovery.

Avocado, nuts, olive oil, whole eggs, fatty fish



The Big Picture

You don't need to eliminate carbs. You don't need to avoid fats.
You don't need to eat perfectly. You need:

1. Enough Protein
2. Reasonable portions
3. Mostly whole foods
4. Consistency

PROTEIN

Protein: Your Foundation

If there's one thing most people under-eat, it's protein.

Protein helps you maintain muscle while losing fat, recover from workouts, stay full longer, reduce cravings, and improve body composition.

EVEN IF YOUR GOAL IS FAT LOSS;
PROTEIN IS YOUR BEST FRIEND.

How Much Protein Do You Need?

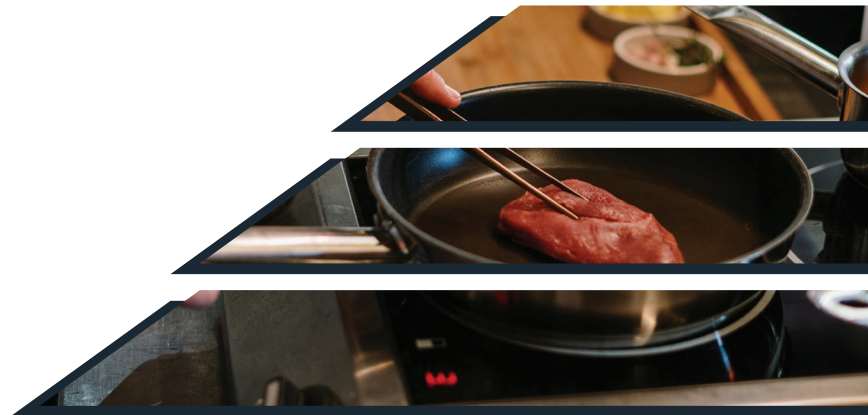
For most general population clients:

0.7 – 1 gram per pound of bodyweight daily

Examples:

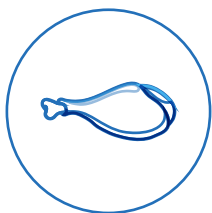
150 Lbs person → 105–150 grams per day

200 Lbs person → 140–200 grams per day

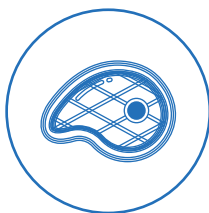


If tracking feels overwhelming, just focus on: Including protein at every meal.

What Does 25 – 30 Grams of Protein Look Like?



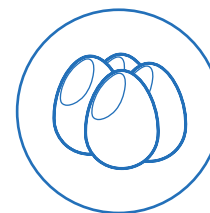
4 - 5 oz
CHICKEN



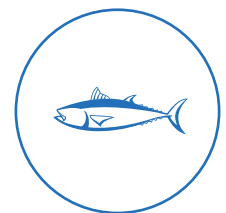
4 - 5 oz
LEAN BEEF



1 CUP
GREEK YOGURT



4 WHOLE
EGGS



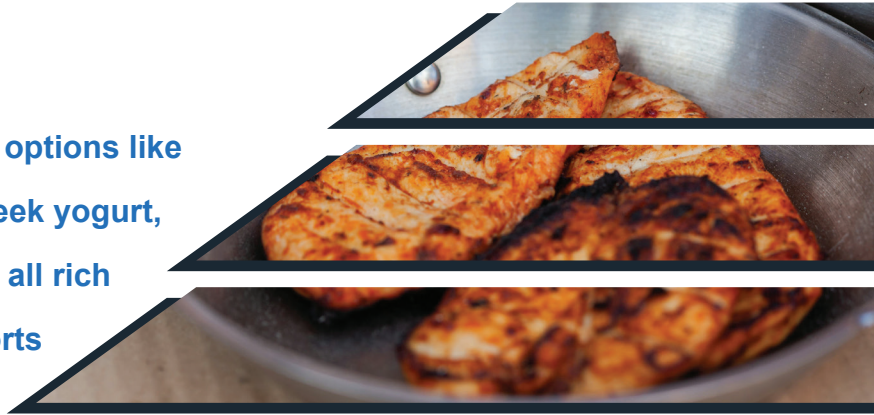
1 CAN
TUNA

PROTEIN

Easy Protein Sources: Animal Based

Easy protein sources include animal-based options like chicken, lean ground beef, turkey, eggs, Greek yogurt, cottage cheese, fish, and shrimp, which are all rich in high-quality, complete protein that supports muscle growth and recovery.

They're also generally easy to prepare, widely available, and packed with essential nutrients like vitamins, minerals, and healthy fats, making them both convenient and effective choice for meeting your daily protein needs.



Easy Protein Sources: Plant Based

Easy protein sources also include plant-based options like tofu, tempeh, lentils, chickpeas, and protein powders, which provide a solid amount of protein along with added benefits like fiber, improved digestion and long-lasting energy.

They're versatile, nutrient-dense, and great for supporting muscle recovery and overall health, especially for those following a vegetarian or vegan diet.



CARBOHYDRATES

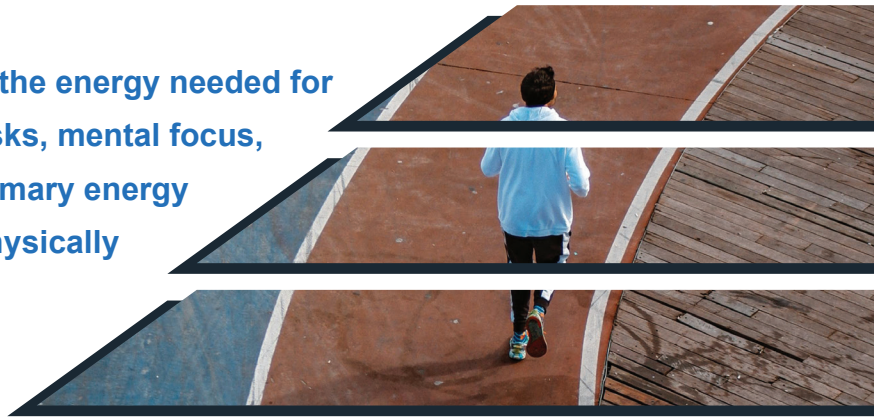
Carbohydrates: Not the Enemy

Actually... Your Best Friend

YOUR BODY'S PREFERRED FUEL SOURCE,
AND YOU KNOW IT.

What do carbs do?

Carbohydrates fuel your body by providing the energy needed for training sessions, daily movement, work tasks, mental focus, and overall vitality. They are your body's primary energy source, helping you perform at your best physically and mentally throughout the day.



When people crash diet or remove carbs too low too quickly, they often notice:



LOW
ENERGY



POOR
TRAINING



INCREASED
CRAVINGS



SLUGGISHNESS



LOWER
SEX DRIVE

CARBOHYDRATES

Fuel matters

Carbohydrates fuel your body by providing the energy needed for training sessions, daily movement, work tasks, mental focus, and overall vitality. They are your body's primary energy source, helping you perform at your best physically and mentally throughout the day.

**Do Carbs make you gain weight?**

No, carbohydrates themselves do not cause weight gain; that's a common misconception.

Weight gain happens when you consistently eat above your maintenance calories, regardless of the source.

Carbs are stored in your muscles as glycogen, which pulls in water, so increasing carb intake might cause a slight bump on the scale or a "puffy" feeling.

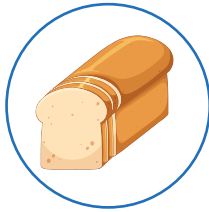
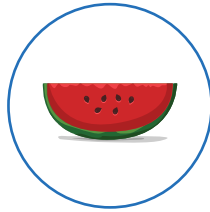
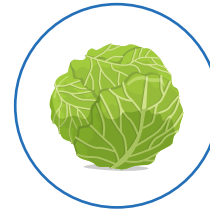
This isn't fat gain, it's just water and stored energy, which naturally fluctuate.

**How Many Carbs Do You Need?**

Instead of stressing over exact macro numbers, focus on making protein your main priority, including carbs around training, and adjusting portions based on your goals. If you're in a calorie deficit for fat loss, stick to small to moderate portions; if you're in a surplus for muscle building, slightly larger portions work well. Most people benefit from eating carbs before and after training for energy and recovery.



CARBOHYDRATES

Simple carb sources:**STARCHES****FRUITS****VEGETABLES****Starches**

Common starches include white and brown rice, potatoes (baked, mashed, or air-fried), sweet potatoes, oats (quick or old-fashioned), quinoa, whole-grain bread, pasta, and noodles. These carbohydrate-rich foods provide sustained energy for workouts, daily activity, and overall performance.

Fruits

Fruits like bananas, apples, oranges, berries, and pineapple are excellent carbohydrate sources, providing natural sugars for energy, fiber for digestion, and vitamins and antioxidants that support overall health.

Starches

Yes, vegetables do contain carbohydrates, but they are much lower in carbohydrate density compared to foods like rice or potatoes. There's no need to stress over portion sizes, it's virtually impossible to gain excess weight from vegetables alone. They're nutrient-dense, filling, and rarely the culprit when it comes to weight gain.

CARBOHYDRATES

What Does a Carb Portion Look Like?

A typical carb portion can be one cupped hand of rice or potatoes, one medium potato, $\frac{1}{2}$ –1 cup of cooked oats, 1–2 slices of bread, or one piece of fruit.

These portions provide a manageable amount of carbohydrates to fuel your body without overloading it. You can increase or decrease these amounts depending on your body weight, activity level, and goals; for example, more active individuals or those in a muscle-building phase may need slightly larger portions, while those in a fat-loss phase may stick to smaller servings. Using your hand as a simple visual guide makes it easy to estimate carb intake without needing to weigh or measure everything.

**A Simple Rule for Carbs**

Don't eliminate them. Don't overload them. Balance them with protein. Control portions. Don't go overboard.

The easiest way to overdo carbs is through candy, pastries, cakes, cookies, and sugary drinks.

While you can still include these occasionally, it's better to focus on nutrient-dense sources most of the

time. A sustainable approach is to aim for 75–80% of your carbs from whole foods and leave 20–25% for flexible, enjoyable options.

That's sustainable.

FATS

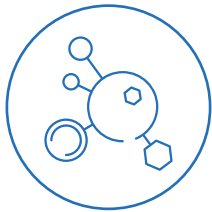
Fats: Essential (Not the Enemy)

First it was fat. Then it was carbs.

There will always be someone telling you to eliminate a food group. If someone tells you to completely avoid an entire macronutrient, run the other direction.

YOUR BODY NEEDS ALL THREE:
PROTEIN, CARBS, AND FATS.

What Fats Actually Do:



SUPPORT
HORMONE
HEALTH



SUPPORT
BRAIN
FUNCTION



HELP
ABSORB
VITAMINS
(A, D, E, K)



AID DIGESTION



KEEP YOU
FULL AND
SATISFIED

Fat as a macronutrient is not what makes you gain body fat.

Just like carbs, consistently eating above your maintenance calories causes weight gain, not one specific food or macronutrient. It comes down to balance.

FATS

What Makes Fats Different?

Here's the key difference: protein and carbohydrates each provide 4 calories per gram, while fat provides 9 calories per gram, more than double. This doesn't make fat "bad," but it does mean portion sizes matter more, and it's important to be mindful of how much and how often you're consuming it.



Why Fats Add Up Quickly

These foods aren't "bad," but they're easy to overdo: heavy dressings, fried foods, butter-heavy meals, large portions of nut butter, and fast food.

For example, just two tablespoons of peanut butter contain about 200 calories; roughly the same as 2 medium bananas, 1½ cups of cooked rice, or about 6 oz of grilled chicken. The calories are the same, but the portion sizes look very different, which is why awareness matters.



Healthy Fat Sources

Healthy fat sources include avocado, olive oil, nuts such as almonds, walnuts, and cashews, nut butters, seeds, fatty fish like salmon, and whole eggs.

These fats provide essential nutrients, support heart and brain health, aid in hormone production, and help keep you full and satisfied.



FATS

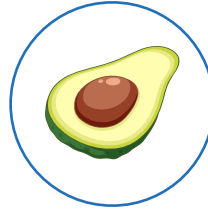
What Does a Fat Portion Look Like?



**1 THUMB-SIZED
PORTION OF
NUT BUTTER**



**1 TABLESPOON
OLIVE OIL**



**$\frac{1}{4}$ - $\frac{1}{2}$
AVOCADO**



**A SMALL
HANDFUL OF
NUTS**

Fats are important, but portion sizes matter. Keep in mind that a “serving” is often smaller than most people expect, so being mindful helps you enjoy healthy fats without unintentionally overdoing calories.

A Simple Rule for Fats

Don't eliminate or avoid fats.

Instead, balance them. Include them intentionally, keep portions reasonable, and pair them with protein and carbs. Balance is key, so just keep fats in mind while planning your meals.

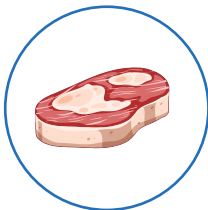
THE TEAM G PLATE

How to Build Your Plate (Without Overthinking It)

You don't need to count every calorie. You don't need to track perfectly forever.

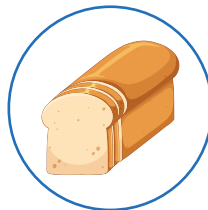
IF YOU CAN BUILD A BALANCED PLATE
CONSISTENTLY, YOU'LL GET RESULTS.

The Team G Plate Formula:



PROTEIN

THE ANCHOR
START HERE



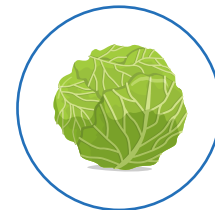
CARBS

THE FUEL
ADJUST BASED
ON GOAL



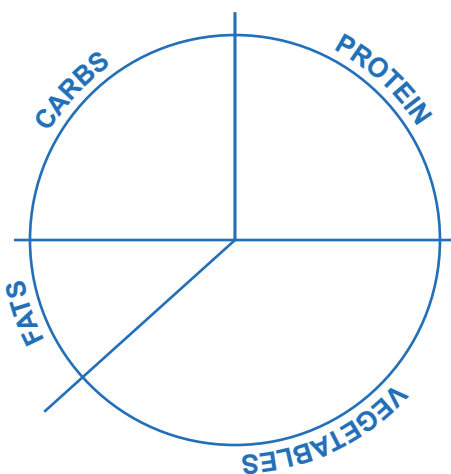
FATS

THE SUPPORT
BE AWARE OF
PORTIONS



VEGETABLES

FILL THE REST



Here's a simple visual breakdown for your plate:

$\frac{1}{4}$ – $\frac{1}{3}$ of the plate = Protein

$\frac{1}{4}$ – $\frac{1}{3}$ of the plate = Carbohydrates

Small portion = Fats

The rest = Vegetables

Protein should be your priority, while carbs and fats can be adjusted based on your goals. Vegetables fill the remaining space, adding fiber, vitamins, and minerals to keep you full and nourished.

Hand Portion Method (No Scale Needed)



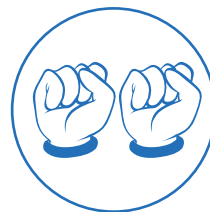
PROTEIN
1 PALM



CARBS
1 CUPPED
HAND



FATS
1 THUMB



VEGETABLES
2 FISTS

If you prefer not to measure food, you can use your hand as a simple guide: one palm for protein, one cupped hand for carbohydrates, one thumb for fats, and one to two fists for vegetables. This method naturally scales to your body size, making it an easy and flexible way to portion meals without needing a scale.

Here are some example plates:

FOR A FAT-LOSS FOCUS, try grilled chicken with one cupped hand of rice, one to two fists of broccoli, and a small drizzle of olive oil.

FOR A MUSCLE-GAIN FOCUS, have 6–8 oz of sirloin with two cupped hands of rice or potatoes, one fist of vegetables, and half an avocado.

FOR A QUICK AND SIMPLE MEAL, combine Greek yogurt, a banana, and a small handful of almonds. Balanced, simple, and repeatable.

The Goal

The goal is to build meals around protein, add carbs based on activity, include fats intentionally, and fill in vegetables. Doing this consistently 3–4 times per day sets the foundation for steady progress.

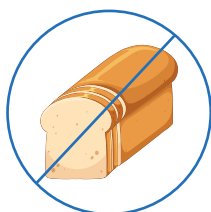
FAT LOSS MADE SIMPLE

Fat Loss (Without Restriction or Crash Dieting)

It requires balance, structure, patience and giving it enough time.

FAT LOSS DOES NOT REQUIRE
EXTREME RESTRICTION.

You don't need:



**ZERO CARBS
OR KETO**



**TWO-HOUR
CARDIO
SESSIONS**



DETOX TEAS



**TO BE MISERABLE
OR STARVING**

The Real Formula for Fat Loss

1. Be in a slight caloric deficit

Eat slightly fewer calories than you burn over time.

2. Keep protein high; consistently

This supports muscle retention and keeps you full.

3. Lift weights or resistance train 2 - 4x per week

Helps preserve muscle and improve body composition.

4. Increase overall movement

Focus especially on daily steps and walking.

5. Be patient and give it time

Fat loss is slower than most people want and that's what makes it sustainable.

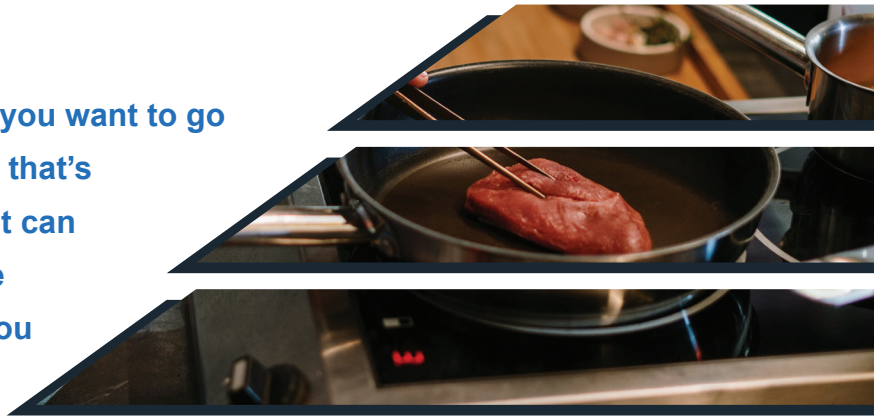


You didn't gain the weight in a week, and you won't lose it in a week either. Instead of waiting until right before your summer trip, start now.

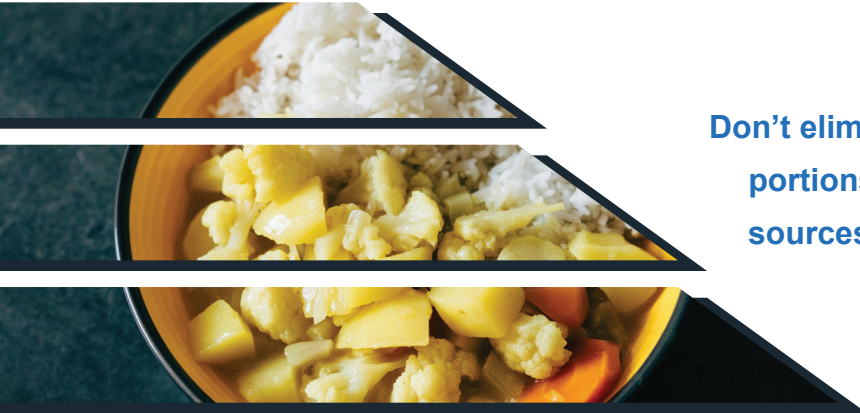
FAT LOSS MADE SIMPLE

What to Focus On First**PROTEIN**

Stay within the 0.75–1g per pound range. If you want to go slightly higher, even up to 1.25g per pound, that's completely fine. More protein will not hurt. It can actually help. Protein protects muscle while you're in a calorie deficit. That way, when you lose weight, we're minimizing muscle loss.

**What to Focus On Second****CONTROL CARB PORTIONS**

Don't eliminate carbs, balance them. Gradually reduce portions over time, and focus mostly on whole food sources so you're not "wasting" calories on sweets that don't keep you full.

**What to Focus On Third****BE MINDFUL OF FATS**

Don't be afraid of including fats in your diet—they're essential for hormone health, brain function, and satiety. However, fats are calorie-dense, so they can add up quickly if portions aren't monitored. Focus on including healthy fats intentionally, like avocado, nuts, seeds, olive oil, fatty fish, and whole eggs, and pair them with your protein and carbohydrate sources. Keeping fats balanced helps you stay satisfied while staying within your calorie goals.



FAT LOSS MADE SIMPLE

What to Focus On Fourth

WALKING IS SEVERELY UNDERRATED

We typically suggest aiming for 10,000+ steps per day, ideally closer to 12,000–15,000, depending on the person and their goals. But the key is to start from where you are now and gradually increase. For example, if you're currently at 5,000 steps, aim for 6–7k, then 8–9k, and eventually 10k. When starting a fat loss phase, increasing your daily walking becomes even more important for burning extra calories and supporting overall health.



Track Progress the Right Way

THE SCALE IS A TOOL; NOT THE ONLY MEASURE

While the scale can provide useful information, it's not the only way to track progress. Also pay attention to progress photos (front, side, back), how your clothes fit, strength in the gym, energy levels, and positive feedback or compliments.



Remember, water weight fluctuates quickly, while fat loss trends downward over time. Don't hyper-fixate on a single weigh-in. Instead, weigh yourself consistently, on the same days each week, first thing in the morning, after using the bathroom, before eating, and in similar clothing, to keep conditions consistent.

Keep in mind that factors like high-sodium meals, large meals before bed, the time of the month, and stress can temporarily increase scale weight. These fluctuations do not mean you've gained fat.

Realistic Expectations

A Healthy Fat Loss Rate

Aim to lose 0.5 – 1% of your bodyweight per week. For example, a 200 lb person would lose about 1–2 lbs per week at most. Faster fat loss isn't better, sustainable progress is. When weight comes off too quickly, it rarely lasts, so slow and steady wins the long-term results.

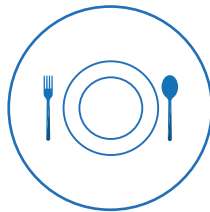


The Biggest Mistake: Trying to be perfect



BE CONSISTENT

80% OF THE TIME

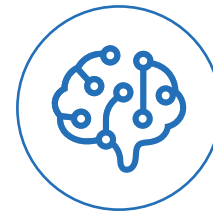


MEALS

KEEP THEM
SEMI
STRUCTURED



BE INTUITIVE



DON'T PANIC

AFTER AN OFF DAY

Have a Short-Term Memory

Things will go wrong, that's normal. When they do, bounce back, forget about it, and get right back on track. That's it. Simple.

MUSCLE GAIN MADE SIMPLE

Muscle Gain (Without Unnecessary Fat Gain)

You still need structure. You still need consistency. You still need control.

JUST LIKE BEING IN A CALORIC DEFICIT,
A CALORIC SURPLUS STILL REQUIRES PATIENCE.

Consistency

If you go too far off the rails, you won't just gain muscle, you'll gain unnecessary fat. Building muscle requires a small, controlled calorie surplus, consistently high protein intake, hard training, and time. Muscle is not built overnight.



You don't need:



A MASSIVE
CALORIE
SURPLUS



"BULKING"
SEASON
CHAOS



CONSTANT
EATING



DIRTY BULKS

MUSCLE GAIN MADE SIMPLE

The Real Formula for Muscle Gain

Eat slightly more than you burn, but not excessively. Keep protein high and consistent, train hard using hypertrophy and progressive overload, fuel performance with carbohydrates, and prioritize proper recovery. Apply the same attention to detail as in a fat loss phase, just in reverse. Focus on being slow, controlled, and intentional.



What Does a Slight Surplus Mean?

We're not trying to gain weight as fast as possible, we're aiming to build muscle, not unnecessary fat. A realistic rate of gain is 0.25 – 0.5% of bodyweight per week. For example, a 200 lb person would gain about 0.5 – 1 lb per week. If the scale is climbing rapidly, calories are likely too high. Remember: muscle growth is slow, while fat gain can happen quickly. Move slowly and stay intentional.



What to Focus On

1. Protein (Still the Priority)

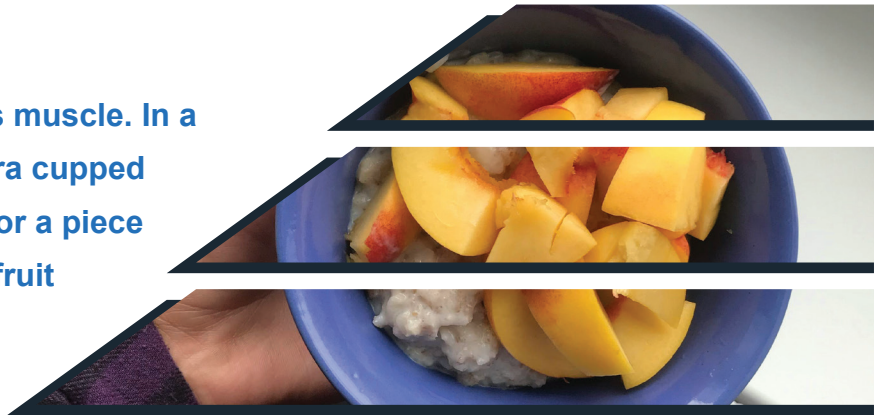
Stay within the 0.75 – 1g per pound range. Protein remains the foundation of your nutrition, supporting muscle repair and growth from your training sessions and helping you make the most of your efforts in the gym.



MUSCLE GAIN MADE SIMPLE

What to Focus On**2. Increase Carbs to Fuel Performance**

Carbs support harder training, which builds muscle. In a surplus, slightly increase carbs with an extra cupped hand of rice or potatoes, a serving of oats, or a piece of fruit. Small amounts of quick carbs, like fruit juice, a rice cake, honey, or a sports drink, can be used during workouts to boost performance, but use them intentionally.

**What to Focus On****3. Keep Fats Controlled**

Don't drastically increase fats just because you're "bulking." Extra calories should come mostly from carbs, not excess fats. Keep fats balanced and intentional, just as you would in a calorie deficit.

**What to Focus On****4. Train With Purpose**

Muscle gain requires resistance training 3 – 5 days per week, progressive overload (gradually increasing reps or weight), and training safely close to failure. Without increasing training intensity over time, muscle growth will stall.



What to Focus On

5. Recover Properly

Muscle grows during recovery, not just in the gym. Prioritize 7–9 hours of sleep, include rest days, and manage stress to support growth and performance.



The Key Mindset Shift

Entering a caloric surplus for muscle gain requires just as much discipline as being in a calorie deficit for fat loss. The structure of your meals, the attention to protein, carbs, and fats, and the consistency of training and recovery all remain the same, it's not a free-for-all. The main difference is that your calories are slightly higher, and your focus shifts toward fueling performance and growth. Treat it with the same intentionality to ensure you're building muscle efficiently without unnecessary fat gain.

The Biggest Mistake

Avoid Eating Too Much Too Fast

More food doesn't mean faster muscle growth, it often leads to unnecessary fat gain. Start with small increases, adjust gradually, and be patient. Slow, steady progress is more sustainable and effective.

GROCERY SHOPPING MADE SIMPLE

Grocery Shopping (Without Overthinking It)

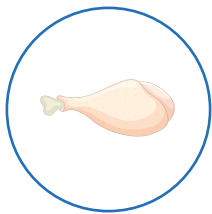
Most people struggle with nutrition not because they don't know what to eat but because they don't have the right foods available.

IF YOUR KITCHEN IS STOCKED PROPERLY,
EVERYTHING ELSE BECOMES EASIER.

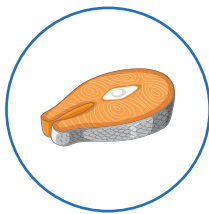
The Simple Grocery Rule

Every grocery trip should include a few protein sources, carb sources, fat sources, fruits, and vegetables. If you build your cart around these five categories, you'll have everything you need to create balanced, nutrient-rich meals.

Step 1: Pick 2–3 Protein Sources



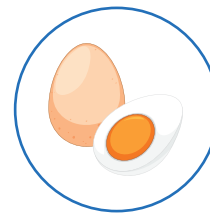
CHICKEN
BREAST
OR THIGHS



SALMON



TURKEY



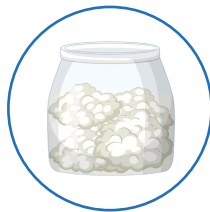
EGGS



LEAN GROUND
BEEF



GREEK YOGURT



COTTAGE CHEESE



PROTEIN POWDER

GROCERY SHOPPING MADE SIMPLE

Step 2: Pick 2–3 Carb Sources

Keep it simple. Examples include white or brown rice, potatoes or sweet potatoes, oats, whole-grain bread, pasta, and fruits like bananas, berries, or apples. You don't need 15 options, just a few that you'll consistently enjoy and stick with.

**Step 3: Add Healthy Fats**

Include foods like avocados, olive oil, nuts, nut butter, whole eggs, and fatty fish. Remember, small amounts go a long way, so use fats intentionally to support your meals without overdoing calories.

**Step 4: Load Up on Vegetables**

Choose 2–4 vegetable options per week, such as broccoli, spinach, bell peppers, green beans, zucchini, or mixed salad greens. Frozen vegetables are perfectly fine, convenience matters as much as nutrition.



GROCERY SHOPPING MADE SIMPLE

Step 5: Lower-Calorie Sauces, Seasonings & Drinks

Healthy eating doesn't have to be bland. Use lower-calorie sauces like mustard, salsa, hot sauce, sugar-free BBQ, light teriyaki, low-sugar ketchup, or Greek yogurt-based sauces, and avoid heavy cream or oil-based sauces that add lots of calories.

Flavor your food with zero-calorie seasonings like garlic powder, chili flakes, paprika, lemon pepper, or everything bagel seasoning to make consistency easier.

Zero- or low-calorie drinks, diet soda, sparkling water, unsweetened tea, zero-sugar sports drinks, or black coffee, can help reduce cravings and add flavor without extra calories. Diet drinks do not ruin fat loss; calories matter most.

**Step 6: Keep Some Flexibility Foods**

Balance still applies. Include 1–2 “fun” options, like dark chocolate, ice cream, cookies, or chips. The goal isn't to eliminate these foods, it's to enjoy them without letting them dominate your grocery cart or meals.

GROCERY SHOPPING MADE SIMPLE

A Simple Grocery Example

A balanced grocery list could include protein sources like chicken breast, lean ground beef, and Greek yogurt; carbs such as rice, potatoes, and bananas; fats like olive oil and almonds; vegetables such as broccoli and spinach; extras like salsa, sugar-free BBQ sauce, and diet soda; and a flexibility option like dark chocolate. This selection is more than enough to build satisfying, balanced meals for the week.

The Big Picture

Don't over complicate it.

Don't grocery shop hungry.

Don't shop emotionally.

Stock your kitchen intentionally,
and your results become easier.

GROCERY

SHOPPING LIST

- ☒ Chicken breast
- ☐ Lean ground beef
- ☐ Greek yogurt
- ☐ Rice
- ☐ Potatoes
- ☐ Bananas
- ☐ Olive oil
- ☐ Almonds
- ☐ Broccoli
- ☐ Spinach
- ☐ Salsa
- ☐ Sugar-free BBQ sauce
- ☐ Diet soda
- ☐ Dark chocolate
- ☐ _____

EATING OUT & SOCIAL EVENTS

How to Stay on Track (Without Being Antisocial)

You do not have to avoid restaurants. You do not have to skip birthdays.

You do not have to cancel plans

FAT LOSS AND MUSCLE GAIN BOTH WORK IN
REAL LIFE; NOT IN ISOLATION.

The 80/20 Rule Still Applies

If you're consistent 75–80% of the time, you can enjoy 20–25% flexibility without derailing progress. One meal won't ruin your results, only repeated habits will.



When Eating Out: Keep It Simple

Step 1: Prioritize Protein

Start with a solid protein source like grilled chicken, steak, fish, lean burgers, or egg-based meals.

Step 2: Be Intentional with Carbs

Choose rice, potatoes, or a bun if you want it. You don't need fries, a bread basket, dessert, and sugary drinks all at once, pick what matters most to you.

Step 3: Be Aware of Hidden Fats

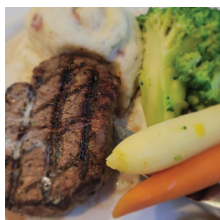
Restaurant meals often include heavy oils, butter, cream sauces, and large dressings. Simple swaps, asking for sauce on the side, choosing grilled instead of fried, or swapping fries for vegetables, can make a big difference.

EATING OUT & SOCIAL EVENTS

Alcohol & Social Events

Alcohol doesn't automatically ruin progress, but it can add calories quickly.

Keep it moderate, alternate drinks with water, avoid drinking on an empty stomach, and choose lower-calorie mixers. For example, swap sugary cocktails for vodka with diet soda or choose light beer instead of heavy craft beers. Remember, late-night food after drinking often contributes more to excess calories than the alcohol itself.



Real-World Restaurant Examples

You can eat out and still stay on track by making simple choices: opt for grilled over fried, get sauces on the side, limit indulgences to one instead of three, and build your plate around a solid protein source. It's not about perfection, it's about making smarter, intentional decisions.

The Mindset Shift

Don't approach events thinking, "I'll start over Monday." Instead, go in with the mindset, "I'm going to enjoy this and stay aware." One event won't undo weeks of consistency. What matters most is how you eat and move the next day, no guilt, no extremes, and no overcompensation cardio. Just return to your normal structure and keep going.

SUPPLEMENTS MADE SIMPLE

Supplements: Helpful, Not Required

Supplements are exactly what the name suggests.

THEY SUPPLEMENT A GOOD DIET.

Supplements

Supplements are meant to support your diet, not replace it. They cannot replace consistency, whole foods, training, or sleep. If your nutrition foundation isn't solid, supplements won't fix it. But once your basics are in place, a few well-chosen supplements can provide an extra boost.



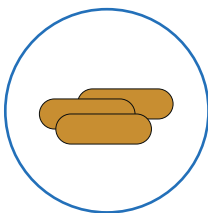
The Core Supplements (If You Choose to Use Them)



**PROTEIN
POWDER**



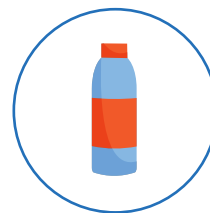
**CREATINE
MONOHYDRATE**



FISH OIL



VITAMIN D



ELECTROLYTES

The Core Supplements (If You Choose to Use Them) - Part 2

1. **Protein Powder:** Helps meet daily protein needs and adds convenience. Whey or plant-based options work, optional, not required.
2. **Creatine Monohydrate:** Increases strength, training performance, and muscle growth. Take 3–5g/day with water, no loading or cycling needed.
3. **Fish Oil (Optional):** Supports heart, joint, and inflammation health; may be unnecessary if you eat fatty fish regularly.
4. **Vitamin D (If Deficient):** Many people are low, especially with limited sun exposure; check with a blood test.
5. **Electrolytes:** Useful for heavy sweating, outdoor training, calorie deficits, or cramps. Zero-sugar options are best.

Supplements That Are NOT Magic

Be cautious with fat burners, detox teas, testosterone boosters, or anything promising rapid transformation. If it sounds extreme, it probably is. No supplement can replace calorie balance, adequate protein, hard training, or patience.



A Simple Rule

If you're new to supplements, start with just protein powder (if needed) and creatine.

Only add more if necessary once your foundation is solid.



HYDRATION & RECOVERY

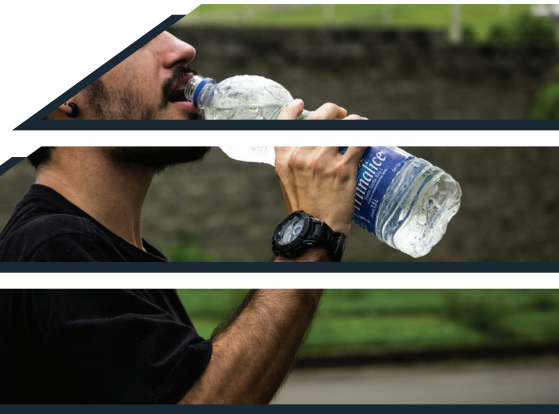
Hydration & Recovery (The Overlooked Game-Changers)

You can train hard. You can eat well. But if you're under-hydrated and under-recovered, progress slows down.

HYDRATION AND RECOVERY AREN'T EXTRAS,
THEY'RE PART OF THE PROCESS.

Hydration: Why It Matters

Water affects energy levels, strength, digestion, mental clarity, muscle recovery, and hunger signals. Even mild dehydration can leave you feeling tired, sluggish, or hungrier than you really are, sometimes what feels like hunger is actually just dehydration.



ENERGY
LEVELS



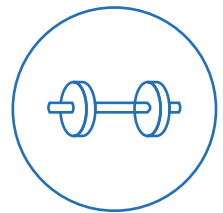
STRENGTH
OUTPUT



DIGESTION



MENTAL
CLARITY

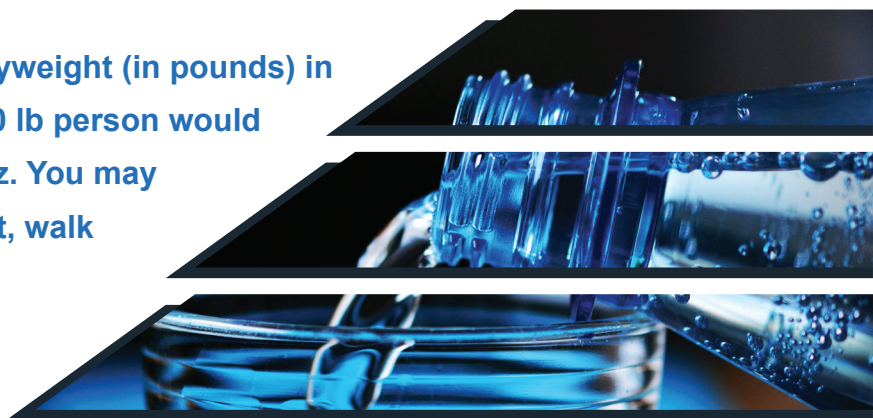


MUSCLE
RECOVERY

HYDRATION & RECOVERY

How Much Water Do You Need?

A simple guideline is to drink half your bodyweight (in pounds) in ounces of water per day. For example, a 200 lb person would aim for 100 oz, and a 160 lb person for 80 oz. You may need more if you sweat heavily, train in heat, walk 12–15k steps daily, or use creatine.



Signs You're Not Drinking Enough

You may be dehydrated if you notice dark yellow urine, headaches, low energy, muscle cramps, or feeling “flat” during workouts. Aim to keep your urine a light yellow color throughout the day.



Electrolytes (When Useful)

Electrolytes can be helpful if you sweat heavily, train intensely, are in a calorie deficit, or experience cramping. They aren't required, but they can support hydration and improve performance.



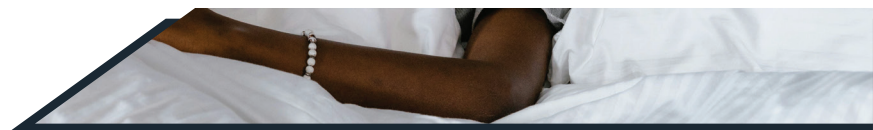
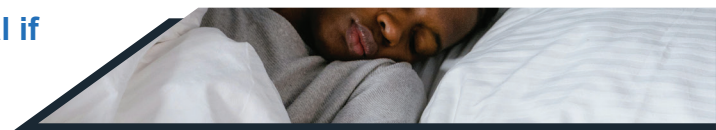
HYDRATION & RECOVERY

Recovery: Where Progress Actually Happens

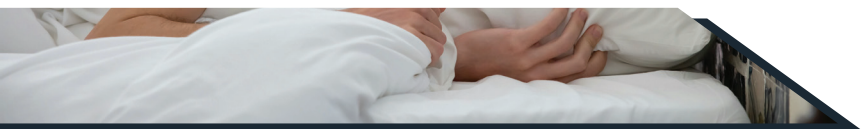
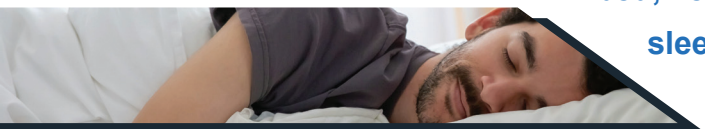
Muscle doesn't grow during your workout. Fat doesn't burn because you did one cardio session. Your body adapts during recovery.

Sleep: The Foundation of Recovery

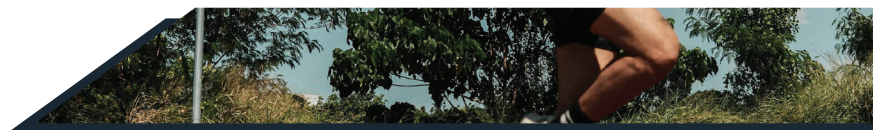
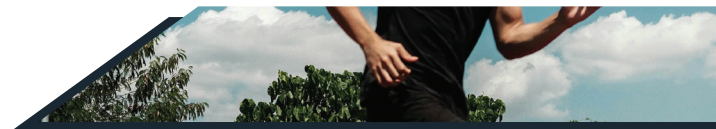
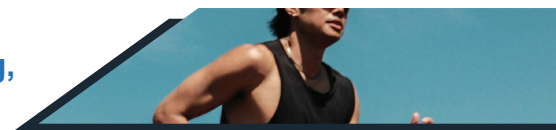
Aim for 7–9 hours of sleep per night. Poor sleep negatively affects hunger hormones, cravings, energy, strength, fat loss, and muscle growth. Consistent, quality sleep isn't optional if you want results.

**Simple Sleep Tips**

Keep a consistent bedtime, limit screens 30–60 minutes before bed, keep your room cool and dark, avoid heavy meals before sleeping, and reduce caffeine late in the day. Supplements can help, but good habits matter far more.

**Active Recovery**

Recovery doesn't mean doing nothing. Light activity like walking, stretching, light cardio, or mobility work can improve blood flow and help your body recover more effectively.



HYDRATION & RECOVERY

Stress Management

High stress can increase cravings, disrupt sleep, slow fat loss, and reduce performance. Simple ways to manage stress include walking outdoors, deep breathing, journaling, or taking quiet time without your phone. Remember: recovery isn't weakness—it's part of disciplined training.



The Big Picture

If nutrition provides 80% of your results, hydration and recovery act as multipliers. Train hard, eat well, sleep enough, drink water, and repeat consistently.

Electrolytes & Hydration

Electrolytes help your body stay balanced and hydrated, especially if you sweat a lot, train hard, are in heat, or feel low on energy.

Some convenient options include E-lyte Balanced Electrolyte Concentrate, Redmond Re-Lyte Stick Packs, Liquid IV, Ultima Replenisher, and DripDrop, all providing key minerals like sodium, potassium, and magnesium. You can also get electrolytes naturally from foods and drinks, such as coconut water or bananas, if you prefer not to supplement.

Sleep & Relaxation Supplements

Quality sleep is essential for recovery, repair, and performance. These supplements can support restful sleep when combined with healthy habits like a consistent bedtime routine and reduced screen time before bed.

Popular options include Liquid I.V. Sleep Multiplier Night Time Drink Mix, Som Sleep Powder Drink Mix Berry, HUM Nutrition Dream Team Magnesium Cherry, Natrol Sleep & Restore Calming Drink Mix, Som Sleep Powder Stick Packs, Youtheory Sleep Nighttime Powder, SNOOZE PWDR Sleep Support Powder, and Capsoil Sleep Support Saffron & Passionflower Oil. They feature ingredients like magnesium, L-theanine, GABA, botanicals, and, in some cases, melatonin to help relax and promote restorative sleep.

Notes on Sleep Supplements

Melatonin is a hormone your body naturally produces to regulate sleep cycles. Supplemental melatonin can help you fall asleep but isn't necessary for everyone and should be used thoughtfully.

Magnesium may support relaxation and sleep quality, and it's often combined with calming amino acids like GABA or L-theanine.

Remember, supplements can support healthy sleep habits but do not replace a consistent bedtime routine, reduced screen time, and other good sleep practices.

Quick Tips

Electrolytes are most helpful when you're dehydrated or training intensely, but daily use isn't necessary. Sleep supplements can be useful occasionally, especially during stress or travel, but focus on building consistent sleep habits first.

BRINGING IT ALL TOGETHER

THE TEAM G STANDARD

By Now, You've Seen Something Important

There is no secret, extreme diet, magic supplement, or shortcut. Real progress comes from structure, balance, and consistency.

The Real Formula

If you prioritize protein, balance carbs and fats, build simple plates, stay active, lift consistently, drink enough water, sleep properly, and remain patient, you will make progress, not overnight, but steadily over time.



The 80% Rule

You don't need to be perfect, you need to be consistent. If you're on track 75–80% of the time, you'll see results. The remaining 20% is for life, enjoy it, but don't let it take over.

Remember This

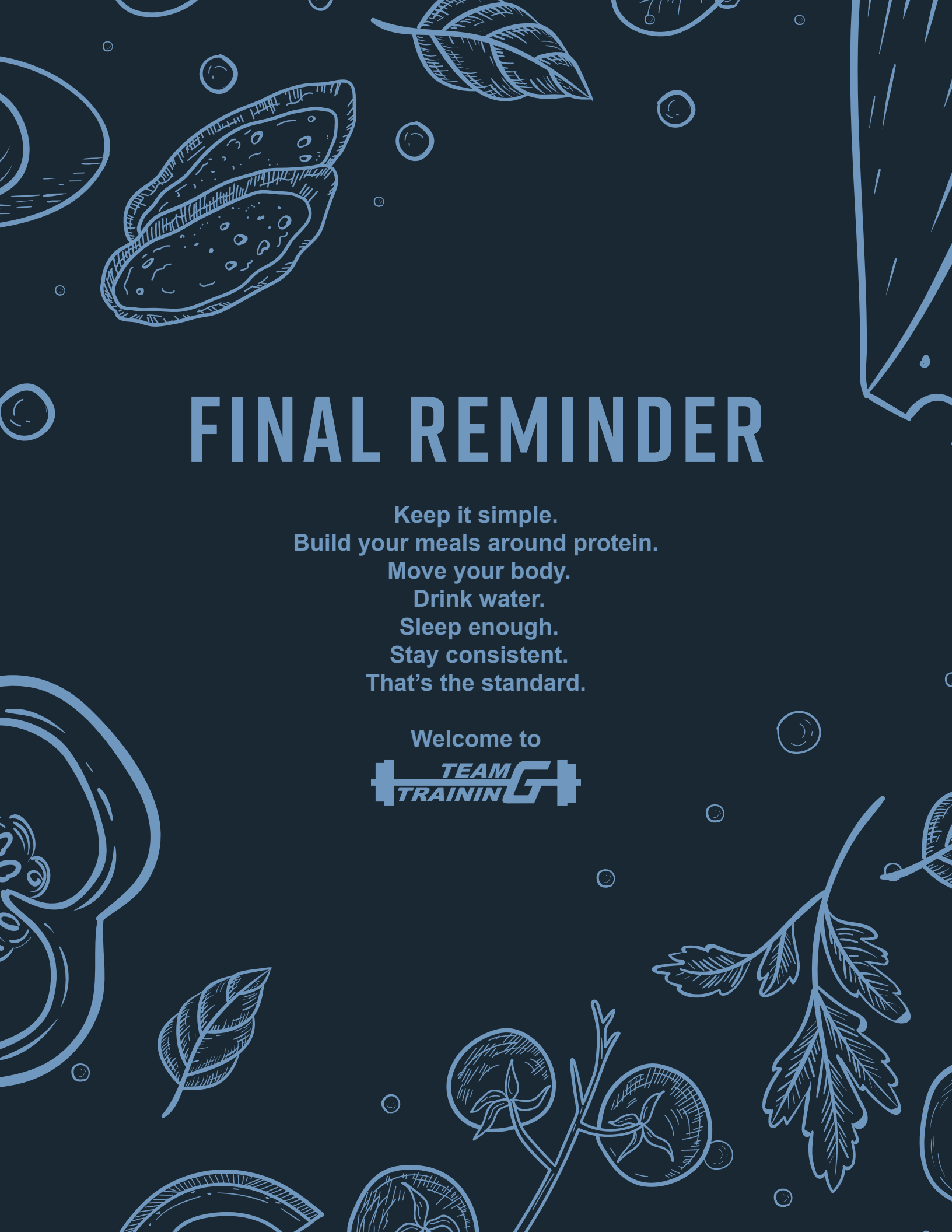
You didn't build your body in a week. You won't change it in a week. But you can absolutely change it in a year. Small habits, repeated daily, change everything.

When You Mess Up

You will, everyone does. What matters is what you do next. Don't restart, crash diet, or punish yourself with extra cardio. Simply return to your structure and keep going.

The Goal

Not just fat loss. Not just muscle gain. Confidence. Energy. Discipline. Longevity.
A body that feels strong and capable.



FINAL REMINDER

Keep it simple.
Build your meals around protein.
Move your body.
Drink water.
Sleep enough.
Stay consistent.
That's the standard.

Welcome to

