

SIMPLE

SHRED



A Simple, No-BS Guide to Getting Lean
Without Overthinking Your Diet

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The Truth About Nutrition

Nutrition is simple...

But it's not easy.

Left to my own devices, I'll eat like a kid in a candy store.

So just like training...

I built a system.

What You Don't Need

You don't need complicated diets.

You don't need to cut out entire food groups.

And you definitely don't need to eat like a fitness influencer.

What You Actually Need

1. The right amount of calories for your goal
2. Enough protein to fuel muscle growth

That's it.

How This Works

Your training drives the change.

Nutrition supports it.

Now let's set it up.

Step 1: Start With A Target

First, we need a direction to move.

What To Do

- Take a shirtless photo
- Upload it to ChatGPT
- Add:
 - Height
 - Age
 - Current weight

Then ask:

“What weight would I need to reach to have visible abs?”

You don't *have* to reach that weight.

But it gives you:

- A clear target
- A direction to move in
- Something to work toward

Step 2: Set Your Calories

Now we build your intake.

Take your goal body weight (that ChatGPT gave you) and multiply it by 12.

That's your daily calorie target.

The Formula

Goal Bodyweight (lbs) × 12 = Daily Calories

Example

- Goal weight: 180 lbs
- $180 \times 12 = \mathbf{2,160 \text{ calories/day}}$

That's your target.

Step 3: Set Your Protein

Next is protein.

Take your goal body weight and multiply it by 0.8.

That's your daily protein target.

The Formula

Goal Bodyweight × 0.8 = Daily Protein (grams)

Example

- Goal weight: 180 lbs
- $180 \times 0.8 = \mathbf{144g \text{ protein/day}}$

Why This Works

Some people will tell you to go higher.

You can if you want.

But here's what I've seen work—over and over again:

Strength goes up. Muscles fill out.

And it's actually sustainable.

Step 4: Keep Everything Else Flexible

Once protein is set...

No need to stress about the rest.

Fill the rest of your calories with carbs and fats however you like.

Simplicity = consistency

Step 5: Build Your Daily Structure

This is where most people mess up.

They try to follow a “clean” diet that they hate... and have a hard time sticking to it.

So here’s how I do it.

My Approach

I structure my day so I can:

- Eat foods I enjoy
- Have a big dinner (and dessert)
- Still hit my targets

Here’s what my days typically look like:

Morning

I don’t really like eating breakfast, so I skip it. It saves me calories for later in the day and allows me to be locked in on work in the mornings.

- I start with a glass of water and electrolytes
- I’ll have a cup or two of coffee
- If I do get hungry, I’ll have a piece or two of fruit to hold me over.

Lunch (12–1pm)

Lunch is simple. Over the weekend I’ll grill off a bunch of protein so I can grab and go.

I try to keep this meal around 600-700 calories and 50-70g of protein.

Lately it’s been:

- Beef burritos
- A couple pieces of fruit

Afternoon (Pre-Workout)

For my pre workout meal I just want some quick carbs to give me the energy to push my workout. Sometimes I’ll toss in a protein bar if I/m hungry, but it’s usually dried fruit. Sometimes a rice krispy treat or gummy bears.

Dinner (Main Meal)

This is my biggest meal of the day. I want to hit the rest of my protein target and eat a satisfying meal.

Lately I've been having a cheeseburger and fries. I'll grill off lean beef patties and cook up potatoes in the air fryer.

Dessert

I almost never skip dessert. Whatever calories I have left over goes here.

Sometimes it's a frozen fruit sorbet. Sometimes I go a little over my calories during the day and I have a popsicle for dessert. Sometimes it's a bowl of cereal. Sometimes it's ice cream with my kiddo.

The point is...

I built my diet around foods I actually enjoy.

Because that's the only way I'll stick to it.

Build your diet around your life... not the other way around.

Step 6: Adjust Based On Your Routine

This isn't rigid.

If you train in the morning...

Eat before training.

One of the easiest options is a "power bowl."

- Greek yogurt
- Protein powder
- Drizzle of honey
- Fruit

Mix it all up in a bowl. Done.

Step 7: Make It Easy To Stick To

This is everything.

If it's hard to follow, you won't follow it.

A few simple rules I stick to:

- Stay hydrated (you're often just thirsty, not hungry)
- Prioritize protein during the day
- Save calories for dinner
- Keep meals simple

Bonus Hacks

- Skip early breakfast if you prefer bigger meals later
- Weigh yourself daily to track progress
- Plan your meals ahead of time
- If you're eating out, you can snap a pic and ChatGPT can give you an estimate of calories and protein
- Have a set of go to meals that are:
 - High protein
 - Lower calorie
 - Easy to repeat

That makes everything easier.

The Bottom Line

You don't need perfection.

You need a system you can stick to.

If you follow this...

- You'll get leaner
- Keep your strength
- Still enjoy your food

And actually stay consistent.