

THE 30-MINUTE FAT LOSS FORMULA

# NUTRITION BLUEPRINT CARD

Your printable nutrition quick-reference

## WHAT'S INSIDE

- The Four Nutrition Principles — the complete framework
- The Hand Method — visual portion control at a glance
- Restaurant Survival Protocol — eating out without derailing
- Hydration targets, protein reference, and progress reminders

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THE FRAMEWORK

# The Four Nutrition Principles

## 01 PROTEIN FIRST — EVERY MEAL

Target: 0.7 – 1.0g per pound of bodyweight daily

Build every meal around a protein source before anything else. Protein preserves muscle during fat loss, keeps you fuller longer, and has the highest thermic effect of any macronutrient.

1 palm = one serving of protein (thickness and diameter of your palm)

Chicken · Fish · Eggs · Greek Yogurt · Lean Beef · Protein Shake

## 02 HALF YOUR PLATE — VEGETABLES

Vegetables are unlimited. Always.

High fiber, high volume, low calories. Filling half your plate with vegetables automatically reduces caloric density without restricting the amount of food on your plate.

1–2 fists = one serving of vegetables

Broccoli · Spinach · Asparagus · Bell Peppers · Zucchini · Tomatoes

## 03 COMPLEX CARBS — CONTROLLED PORTIONS

Limit to 1 cupped handful per meal

Choose complex carbohydrates over refined, processed sources. More processed and lower-fiber carbohydrates are easier to overconsume without realizing it.

1 cupped hand = one serving of starchy carbs

Brown Rice · Sweet Potato · Oats · Quinoa · Whole Grain Bread

## 04 FAT — INTENTIONAL, NOT ACCIDENTAL

Prioritize unsaturated sources. 1 thumb per meal.

Fat is essential. But at 9 calories per gram, accidentally eating fat through cooking oils, dressings, and sauces adds hundreds of calories without registering. Be intentional about fat sources.

1 thumb = one serving of healthy fat

Olive Oil · Avocado · Nuts · Salmon · Seeds

PORTION CONTROL

# The Hand Method

No app. No food scale. No calculator. Your hand is proportioned to your body — a larger person has a larger hand.

**PROTEIN**

**1 PALM**

Thickness and diameter of your palm

Chicken breast, fish fillet, eggs

**VEGETABLES**

**1–2 FISTS**

Clenched fist, one or two

Broccoli, spinach, mixed greens

**STARCHY CARBS**

**1 CUPPED HAND**

One cupped handful

Rice, pasta, potatoes, bread

**HEALTHY FAT**

**1 THUMB**

Full thumb length

Olive oil, nut butter, avocado

**COMPLETE MEAL FORMULA**

1 Palm Protein + 1–2 Fists Vegetables + 1 Cupped Hand Carbs + 1 Thumb Fat

**PROTEIN QUICK REFERENCE**

Chicken breast (4oz cooked)	<b>35g</b>	Greek yogurt plain (1 cup)	<b>20g</b>
Salmon (4oz)	<b>28g</b>	Whole eggs (3 large)	<b>18g</b>
Lean ground beef 93% (4oz)	<b>26g</b>	Edamame (1 cup)	<b>17g</b>
Shrimp (4oz)	<b>24g</b>	Cottage cheese (½ cup)	<b>14g</b>
Whey protein (1 scoop)	<b>25g</b>	Black beans (1 cup)	<b>15g</b>

EATING OUT

# Restaurant Survival Protocol

01

## ANCHOR TO PROTEIN FIRST

Look at the menu and identify your protein source before anything else. Build the meal around it — steak, fish, chicken, shrimp. Everything else is a side decision.

02

## SWAP STARCHY SIDES

Ask for vegetables, salad, or extra greens instead of fries, rice, or bread rolls. Most restaurants accommodate without issue.

03

## DRESSINGS AND SAUCES ON THE SIDE

This single habit can save 200-400 calories per meal. Dip, don't drench. You control the amount.

04

## SKIP THE BREAD BASKET

Or take one piece and stop. Pre-meal bread adds 200+ calories before your food arrives. The meal is enough.

05

## ALCOHOL: 1-2 DRINKS MAX

Choose spirits + soda water, dry wine, or light beer. Never drink on an empty stomach. Account for alcohol in your 80/20 budget.

06

## ONE OFF-PLAN MEAL IS NOTHING

One restaurant meal does not derail your progress. Resume normal eating at the next meal. Never compensate by starving the next day.

## HYDRATION

Daily target	80–100 oz (roughly a half to full gallon)
First thing AM	16 oz of water before coffee — every day
Before each meal	A full glass of water — supports satiety
Training days	Add 16–24 oz above your baseline
Counts toward goal	Coffee and tea (yes) · Alcohol (no — diuretic)
Dehydration sign	Hunger mid-afternoon is often thirst — drink first

THE PHILOSOPHY

# Progress Over Perfection

## 80 / 20

### THE ADHERENCE TARGET

17 out of 21 meals on-plan each week is sufficient for consistent fat loss.  
You have 4 flexible meals per week. Use them without guilt.

### DAILY NUTRITION CHECKLIST

- Protein with every meal (0.7–1.0g per lb bodyweight today)
- Half my plate was vegetables at most meals
- Starchy carbs kept to one cupped handful per meal
- Fat sources were intentional, not accidental
- Drank 80+ oz of water today
- Stayed within my 80/20 budget for the week

### REMINDERS WORTH KEEPING

#### One off-plan meal is nothing.

One off-plan week is something. Always resume at the next meal.

#### Hunger mid-afternoon?

Drink 16oz of water first. Dehydration mimics hunger.

#### Eating out tonight?

Anchor to protein, ask for dressing on the side. Done.

#### Traveling this week?

Pack protein snacks. Apply restaurant rules. Keep the habit.

#### Scale didn't move?

Fat loss is not linear. Trust the process. Trust the system.

#### Missed a session?

Tomorrow is the next opportunity. One missed session is not a restart.

**"Busy adults need systems they can execute consistently."**

— Jeffrey Davis, The 30-Minute Fat Loss Formula