

CHALK

CUSTOM MEAL PLAN

Leaner, stronger, yourself again.

A hand-built nutrition plan to take twelve pounds off, hold onto every ounce of the muscle you've earned, and fully fuel five-plus training sessions a week — so you arrive lean and strong, not smaller and softer.

PREPARED FOR

Alex Rivera

PROTOCOL NO.

PROT-2026-00000

GOAL

Fat loss · 152→140 lb

BUILT BY

Coach Ryan Fischer

— A NOTE BEFORE YOU BEGIN —

Built for a lifter who trains like it counts.

Alex, I read your intake by hand — your stats, your goal, the five-plus training sessions a week, the days on your feet running a business, your black coffee, and the one food you won't touch. The first call I made was to protect your muscle. Most cuts at any age strip weight off and take hard-earned muscle with it. Yours won't. Your protein floor and your high carbs are set to make sure the twelve pounds that come off are fat, not muscle.

WHAT YOU'LL FIND INSIDE

Your exact numbers and the reasoning behind each one. An honest timeline for the next three to four months. Thirty days of meals built around American, Mexican, Mediterranean, and Asian plates — three meals and a protein-forward snack a day, quick to make, and not a floret of broccoli on any of them. How to hold your strength while the scale drops. A playbook for the restaurants you actually eat at. And how to adjust the numbers as the weight comes off so progress never stalls.

Read this once, front to back, before you touch the food pages. Then run week one exactly as written and let the math do its job. Everything here is already worked out for you. You already know how to train and how to show up — this just makes the nutrition automatic.

A LETTER FROM YOUR COACH

Alex — this is a cut you can train through.

First, thank you. You could have grabbed a free template that knows nothing about you and guessed at your numbers. Instead you gave me your real stats and your real training, and I built this around them by hand. That choice is going to matter more than any single meal inside.

You told me why you're here: **confidence — to look and feel like yourself again**. I hear that a lot, and I take it seriously, because it's the goal that lasts. And here's what stands out about you: you're 67 and you train seriously, five-plus times a week, on top of running a business on your feet. That is not common, and it's not a footnote — it's your biggest advantage. A body that trains that hard is a body that will hold its muscle while it loses fat, if we feed it right. That's exactly what we're going to do.

Here's what we're building: a **steady cut from 152 to 140 pounds** that protects every ounce of muscle and keeps your training fully fueled. This is not the kind of diet that leaves you flat, weak, and frail. High protein holds your muscle, high carbs feed your sessions, and a moderate deficit strips the fat — slowly enough that it stays off. Read this whole letter before you skip to the food; the next two pages are the most important ones in the book.

Coach Ryan Fischer

YOUR COACH

LETTER, CONTINUED • YOUR FINAL NUMBERS

Your final numbers, and why.

WHAT	YOUR NUMBER	WHY IT'S SET HERE
Daily calories	2100	Honored from your intake, as-is. About 500 under your ~2,600 maintenance — a genuine deficit that takes fat off at roughly half a pound to a pound a week, without starving your training.
Protein floor	146 g	About a gram per pound of your goal weight (140). The non-negotiable that decides whether the weight you lose comes off as fat or as muscle — and at 67, holding muscle is the whole game.
Carbs	264 g	Kept high on purpose — about half your calories. Five-plus sessions a week and long days on your feet need fuel. This is gas in the tank, not excess.
Fat	51 g	A floor, not a target to crush — about 22% of your calories, enough to keep your hormones and vitamin absorption intact. Stay above it, then measure it.
Eating occasions	3 meals + 1 snack	Four eating occasions, the right split for 2100 calories. Three real meals plus a protein-forward snack — easy to hit around a full day at the shop.
Off every plate	No broccoli	Left off every plate from your intake. You won't find broccoli anywhere in this book.

Bottom line: eat **2100 calories** a day, hit **146 grams of protein** as your non-negotiable floor, keep those carbs coming to fuel your training, and let the rest of this plan tell you exactly what goes on the plate.

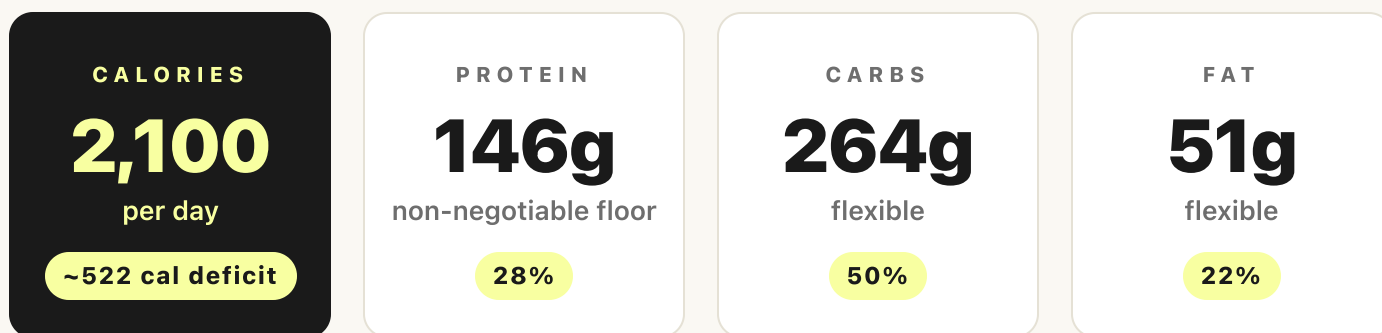
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Four numbers run the whole thing.

Alex, here are your daily targets. Learn what each one is doing and you'll know how to handle any day — a long shift at the shop, a heavy training session, a night out, a night you're too tired to cook. The numbers don't change; only how you hit them does.



THE ONE RULE THAT MATTERS MOST

Hit 146 grams of protein every single day, no matter what. If you do only one thing right, do this one. Protein is what decides whether the twelve pounds you lose come off as fat or as muscle — and at 67, protecting that muscle is the entire point. Miss your calories by a little and you're fine. Miss your protein and you're leaving hard-earned muscle on the table. Everything else in this book flexes. Protein does not.

The next three pages take these numbers one at a time — calories, then protein, then carbs and fat — so you understand the *why* behind each. Ten minutes now saves you a hundred small decisions later.

The next thirty days are already planned.

The next thirty pages give you exact meals for exact days, each day hitting your targets (2100 cal · 146g P · 264g C · 51g F), built around four cuisine angles: American (Week 1), Mexican (Week 2), Mediterranean (Week 3), Asian (Week 4).

How to use this month

- **Don't optimize.** Just execute. Week 1 is about building the rhythm, not perfecting the plan.
- **Repeat any meal as often as you want.** If you love a meal, eat it three times this week. Variety is overrated; consistency is everything.
- **Swap meals across days freely.** The macros are designed to be interchangeable.
- **Each week has a cuisine theme** so the grocery list stays focused. After Week 1, you'll know which weeks you loved most and can rotate them indefinitely.

After Day 30

You'll know which weeks fit your kitchen and your life. From there, pick the 5–7 meals you loved most and rotate them. That's the long-term move: not 30 new meals every month, but mastery of the ones that work.

One rule under everything: hit your daily protein floor (146g) and roughly your calorie target (2100). Everything else has room to flex.

DAY 01 • MONDAY • WEEK 1 BEGINS

Monday — Mediterranean chicken kebabs + rice

BREAKFAST: BIG OATS & WHEY BOWL • ~742 CAL • 47G P • 107G C • 14G F

- 1½ cups cooked oats
- 1.5 scoops whey protein
- 1 banana, sliced
- ½ cup berries + 1 tbsp peanut butter

LUNCH: PORK TENDERLOIN + RICE + ROASTED VEG • ~409 CAL • 37G P • 45G C • 9G F

- 4 oz leftover pork tenderloin, sliced
- ¾ cup cooked rice • 1 cup roasted veggies (any leftover mix)
- 1 tsp olive oil drizzle • fresh herbs

SNACK: WHEY, BANANA & BERRIES • ~277 CAL • 26G P • 41G C • 1G F

- 1 scoop whey isolate in water
- 1 firm banana, sliced
- ½ cup blueberries + cinnamon

DINNER: MEDITERRANEAN CHICKEN KEBABS + RICE • ~641 CAL • 35G P • 60G C • 29G F

- 5 oz chicken breast kebabs (1 tsp olive oil, garlic, lemon, oregano marinade) — grilled on skewers
- 1 cup cooked jasmine rice with lemon zest + parsley
- 1 cup grilled bell peppers + red onion + zucchini
- 2 tbsp tzatziki (Greek yogurt + cucumber + dill) • 4 olives

DAY TOTAL

~2,069 cal • 145g protein • 253g carbs • 53g fat. On target.

DAY 02 • TUESDAY

Tuesday — Honey garlic shrimp + rice

BREAKFAST: PEANUT BUTTER BANANA OATMEAL • ~747 CAL • 37G P • 107G C • 19G F

- 1¼ cups rolled oats cooked in 1 cup skim milk
- 1 scoop whey stirred in
- 1 medium banana sliced + 1 tbsp peanut butter
- Drizzle of honey + cinnamon

LUNCH: LEFTOVER FAJITA SALAD • ~536 CAL • 44G P • 54G C • 16G F

- 5 oz leftover fajita chicken over romaine + bell pepper + onion + black beans
- 2 tbsp salsa + 2 tbsp Greek yogurt + ¼ avocado
- 8 baked corn tortilla chips on the side

SNACK: TURKEY ROLL-UPS • ~147 CAL • 24G P • 6G C • 3G F

- 4 oz deli turkey + cucumber + mustard

DINNER: HONEY GARLIC SHRIMP + RICE • ~699 CAL • 45G P • 96G C • 15G F

- 8 oz shrimp, sautéed in honey-garlic-tamari glaze (gluten-free)
- 1.75 cups cooked jasmine rice
- 1.5 cups stir-fried snap peas + peppers
- Sesame seeds + scallions

DAY TOTAL

~2,129 cal • 150g protein • 263g carbs • 53g fat. On target.

— YOUR RESTAURANT PLAYBOOK

Order like you mean it.

You don't have to avoid your favorite spots to hit your numbers — you just have to order with intent. Here's exactly what to get at the places you named, built around protein and your plan, Alex.

Chick-fil-A

The move: Grilled is your friend here. A Grilled Chicken Sandwich or the Grilled Nuggets give you lean protein with no fryer. Pair with fruit or a side salad instead of waffle fries on most days.

Grilled Chicken Sandwich, no mayo	390 cal · 28P / 44C / 12F
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12-ct Grilled Nuggets + side salad	310 cal · 41P / 14C / 9F
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Cobb Salad w/ grilled chicken, light dressing	430 cal · 40P / 24C / 21F
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Egg White Grill (breakfast)	300 cal · 26P / 30C / 8F
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Watch: Chick-fil-A sauce adds ~140 cal per packet; waffle fries add ~420 cal; the original fried sandwich is fine occasionally but doubles the fat.

Swaps: grilled nuggets instead of fried; fruit cup or side salad instead of fries; BBQ or buffalo sauce instead of the creamy house sauces.

YOUR RESTAURANT PLAYBOOK • CONTINUED

Your restaurant playbook • continued

Chipotle

The move: Build a bowl: double chicken or barbacoa, brown rice OR half rice, black beans, fajita veggies, pico, lettuce. Skip queso and sour cream most days — salsa is free flavor and the fajita veggies add volume for almost nothing.

Double-chicken bowl (rice, black beans, fajita veg, pico, lettuce) 600 cal • 64P / 55C / 16F

Chicken salad bowl (no rice) + guac 520 cal • 52P / 22C / 26F

Barbacoa bowl (half rice, beans, pico, lettuce) 560 cal • 45P / 48C / 20F

Watch: queso + sour cream + chips can add 600+ cal fast; the large flour tortilla adds ~320 cal; double rice quietly doubles the carbs.

Swaps: sub extra protein for cheese; half rice or no rice to bank carbs; fajita veggies add volume for free.

Texas Roadhouse

The move: Order a sirloin (6 oz is plenty) or grilled chicken, then pick two lean sides — green beans, steamed veggies, or a sweet potato. The rolls and butter are the calorie trap; have one, not the basket.

6 oz Sirloin + green beans + house salad (light dressing) 560 cal • 48P / 24C / 28F

Grilled Chicken + steamed veg + sweet potato (no butter) 600 cal • 50P / 50C / 18F

Grilled BBQ Chicken + green beans 520 cal • 46P / 28C / 22F

Watch: the free rolls + cinnamon butter add up fast; loaded baked potatoes and fries are calorie-dense; the larger steaks (ribeye, prime rib) carry a lot of fat.

Swaps: 6-8 oz sirloin instead of a fatty ribeye; green beans/steamed veg/plain sweet potato instead of fries; cap the rolls at one.

CHALK

— END OF PLAN —

152 to 140.
Every ounce of
muscle intact.

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