RISE UP FITNESS
Member resource

NO. 03 · NUTRITION

Nutrition starter guide

How our meal plans work: pick the plan for your body weight, then build every meal from foods you like, in the right portions.

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CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

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VISIT
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THE BASICS

Four rules, 80% of the time

You don't need a perfect diet. Follow these at most meals and your training will start to show.

01

Protein at every meal

It builds muscle and keeps you full longer than anything else.

02

Vegetables at every meal

One or two fists of vegetables for fiber, vitamins and volume.

03

Drink water first

About half your body weight (lb) in ounces a day, more on training days.

04

Mostly whole foods

Treats are fine when you choose them on purpose, not by habit.

Pick your meal plan by weight

There are four plans. Each one lists the right portion of every food for that weight range, plus a grocery list. Use your current weight.

YOUR WEIGHT	CALORIES A DAY	PROTEIN A DAY	EXAMPLE PORTION
Under 150 lb (under 68 kg)	1,350	115 g	4½ oz chicken
150–199 lb (68–90 kg)	1,750	155 g	6 oz chicken
200–249 lb (91–113 kg)	2,200	190 g	7½ oz chicken
250 lb and up (113 kg and up)	2,650	230 g	9 oz chicken

All plans are set for steady fat loss and are approximate. To maintain your weight, add 1 carb and 1 fat serving a day. To gain, use the Bulking Guide.

HOW IT WORKS

Build any meal in four parts

Every meal on your plan is one serving from each list. You choose the foods; your plan sets the amount.

Protein

Chicken, fish, eggs, Greek yogurt, lean beef, tofu

Carb

Rice, potatoes, oats, fruit, bread, beans

Fat

Olive oil, avocado, nut butter, nuts, cheese

Veggies

Any green or colourful vegetable, as much as you like

Ease in over four weeks

WEEKS 1–2

Eat the right foods

Only eat foods from your plan's lists, until you're satisfied. Don't worry about amounts yet.

WEEKS 3–4

Eyeball the portions

Use your plan's portions with measuring cups or your hand: a palm of protein, a fist of carbs, a thumb of fat.

WEEK 5 ON

Measure and fine-tune

Weigh your protein and carbs for a week to calibrate your eye. Then adjust with your coach.

Adjust for your goal

Lose fat

Follow your plan as written. If nothing changes in 2 weeks, drop 1 carb serving a day.

Maintain

Add 1 carb and 1 fat serving a day, ideally around your class.

Gain muscle

Follow the Bulking Guide. It starts from your plan and adds food step by step.

Eat 1.5 to 2 hours before class

A full meal right before a workout feels heavy. Finish your last meal 1.5 to 2 hours before class, or have a small snack like a banana 30 minutes before.