

The Eating System

THIS IS HOW I EAT TO STAY LEAN YEAR ROUND

The Exact System, Mindset, and Maths Behind My Body

INTRODUCTION

Why I'm Giving This Away

This document is **exactly how I eat and following it has completely changed my life.**

Not a theory.

Not a template.

Not something I copied or guessed.

This is a system I've built over years through trial, error, discipline, and by spending **thousands of dollars** learning how food, training, and the human body actually work together.

Most people sell this information.

Most people keep it vague on purpose.

I don't want to do that.

Everything is here:

- The mindset
- The structure
- The rules
- The formulas
- The trade-offs

I'm giving it to you **for free, because I wish someone gave it to me.**

If you follow this closely, you will look better.

If you follow it loosely, you will still improve.

The difference isn't genetics or luck.

It's simply **how disciplined you choose to be.**

I don't eat this way because it's fun.

I eat this way because it works.

And every time I stick to it more closely, my body responds better.

IMPORTANT CONTEXT (READ THIS ONCE)

You do **not** need perfection for this to work.

You don't need:

- Perfect food choices
- Perfect timing
- Perfect weeks

This system is scalable.

You choose:

- How strict you want to be
- How much structure you can sustain
- How lean you want to look

But understand this clearly:

The closer I stick to this system,
the better my body looks — every single time.

There's no magic here.
Just maths, discipline, and time.

THE GOAL

Why Everything Starts With Getting Lean

The first thing I prioritise is getting **as lean as I want to be**.

Leanness matters because:

- Leaner = more insulin sensitive
- Better insulin sensitivity = better nutrient partitioning
- Better partitioning = carbohydrates go to muscle, not fat

So I don't start with bulking.

I don't start with flexibility.

I don't start with performance.

I start with **getting lean**.

Everything else works better once this is in place.

THE CORE FRAMEWORK

The Rules I Don't Negotiate With

This entire system is built on a few non-negotiables:

- Calories are set **per kilogram of bodyweight**
- Protein is prioritised and mostly fixed
- Fat is capped
- Carbohydrates are the variable
- Weekly averages matter more than daily perfection
- Food quality is mandatory
- Training and daily steps are part of the system

No guessing.

No intuition.

No emotional decisions.

Just inputs and outputs.

PHASE 1 — GETTING LEAN

Calories

I start at:

25 calories per kilogram of bodyweight

(≈11–12 calories per pound)

If fat loss stalls, I move to:

20 calories per kilogram of bodyweight

(≈9 calories per pound)

No gradual creep.

No negotiation.

Protein

Protein is locked in.

- **2.0 g per kg of bodyweight**
(≈1.0 g per lb)

I aim to hit this.

If I go over, I'm fine with it.

Fat

Fat is capped.

- **Maximum 1.0 g per kg of bodyweight**
(*≈0.45 g per lb*)

I don't let fat quietly creep up.

Carbohydrates

Carbohydrates get **whatever calories are left** after protein and fat.

They're not demonised.

They're just controlled.

Example — 100 kg Person (≈220 lb)

25 kcal/kg phase

- Calories: **2,500 kcal**
- Protein: **200 g** (800 kcal)
- Fat: **100 g** (900 kcal)
- Carbohydrates: **200 g** (800 kcal)

If fat loss stalls:

20 kcal/kg phase

- Calories: **2,000 kcal**
- Protein: **200 g**
- Fat: **100 g**
- Carbohydrates: **~75 g**

That's the lever.

PHASE 2 — STEPPING CALORIES BACK UP

Once I'm as lean as I want to be, I don't jump calories.

I step them up slowly.

The numbers below are **weekly daily averages**, not fixed daily targets.

Step 1 — 30 kcal per kg

(*≈14 kcal per lb*)

- Calories: **30 kcal per kg**
 - Protein: **2.2–2.5 g per kg**
 - Fat: **0.8–1.0 g per kg**
 - Carbohydrates: **the remainder**
-

Step 2 — 35 kcal per kg

(*≈16 kcal per lb*)

- Calories: **35 kcal per kg**
 - Protein: **up to 2.5 g per kg**
 - Fat: **0.8–1.2 g per kg**
 - Carbohydrates: **the remainder**
-

Step 3 — 40 kcal per kg

(*≈18 kcal per lb*)

- Calories: **40 kcal per kg**
 - Protein: **2.5 g per kg**
 - Fat: **0.8–1.2 g per kg**
 - Carbohydrates: **the remainder**
-

Rule to Progress

I only move up when:

- Bodyweight is stable
- For **at least 2–4 weeks**
- Based on **daily weigh-ins averaged out**

No rushing this.

TRAINING DAYS VS NON-TRAINING DAYS

How I Actually Run the Weekly Average

I train **five days per week on average**.

The calorie numbers above are **weekly averages**, not daily rules.

Training Days

On training days, I eat more.

I add:

- **~40 g carbohydrates**
- **~20–30 g protein**

Mostly:

- Extra carbohydrates during the workout
- Extra protein after the workout

I'm not obsessive about timing.

Hitting totals matters more.

This adds roughly **240–280 kcal** on training days.

Non-Training Days

On rest days, I eat slightly less.

I:

- Reduce carbohydrates the most
- Slightly reduce protein
- Keep fats relatively stable

Lower carbs on rest days =

better insulin sensitivity on training days.

Why I Do This

- Performance is fuelled when it matters
- Weekly calories stay controlled
- Fat gain stays minimal
- Recovery stays high

Same system.

Smarter execution.

FOOD QUALITY

Non-Negotiable

This system only works because food quality is locked in.

I eat:

- Whole foods
- Minimal processed food
- No junk

Not for morality.

For outcomes.

Whole foods make it easier to:

- Control appetite
- Hit fibre
- Cover micronutrients
- Recover properly

THE ACTUAL FOODS I EAT

Patterns, Not a Meal Plan

I don't eat for variety.

I eat for repeatability.

Across training and non-training days, the foods are largely the same.

Only **quantities change**.

Protein Foods examples

- Chicken breast (skinless)
- Lean beef (rump, trimmed)
- Eggs
- Low-fat cottage cheese
- Greek-style yoghurt (no added sugar)
- Milk (reduced fat / light)
- Protein powders
- High-protein flavoured milk

Protein often ends up **over target**.

That's fine.

Carbohydrate Foods examples

- White rice
- Sourdough bread
- Fruit (apples, berries, watermelon)
- Large volumes of vegetables:
 - Spinach
 - Mixed frozen vegetables
 - Lettuce
 - Carrots
- Tomato paste, curry bases, salsa
- Honey (occasionally)
- Coconut water (often)

- Fruit juice (occasionally)

Training days = more carbs.

Rest days = fewer carbs.

Same foods.

Different amounts.

Fats examples(Controlled by Default)

- Eggs
- Dairy
- Small amounts of avocado
- Small amounts of nuts
- Trace fats from protein sources

I don't chase fats.

I cap them.

Liquids, Fibre, and Salt

Liquid calories are used intentionally:

- Protein shakes
- Milk
- Coconut water
- Hydration water

Ideally carbohydrates come with fibre —
but consistency beats perfection.

Vegetables are eaten in **boring volume**.

I salt my food heavily.

Sodium is intentional.

I don't eat *for micronutrients*.

I eat this way — and they take care of themselves.

SUPPLEMENTS & HYDRATION

I drink a lot of water.

I use hydration salts regularly.

Supplements I take:

- Magnesium
- Vitamin D
- Fish oil
- Zink

This isn't optimisation.

It's insurance.

ACTIVITY FLOOR

Regardless of phase:

- **13,000–15,000 steps per day**

This is part of the system.

Not optional.

DISCIPLINE VS PERFECTION

You don't need perfection.

You choose:

- How strict you are
- How closely you track
- How much structure you maintain

But the rule remains:

The closer I stick to this,
the better I look.

Every time.

FINAL WORD

I've given you this for free.

I paid thousands of dollars to learn it.

I earned the rest through execution.

Most people don't fail because they lack information.

They fail because they don't **trust** what they haven't paid for —
and they don't stay disciplined long enough to see it work.

If this helps you:

- Use it
- Trust it
- Share it

And if you understand it but struggle to **stick to it**, reach out.

Most people don't need more information.

They need help with execution.

This is how I eat.

This is why my body looks the way it does.

The rest is up to you and I wish you every success.