

Your Nutrition Game Plan

Sample guide · from your nutrition session · Train With Dave

This is a real guide written for a couple in Orange County who eat out most nights and cook at home with family on weekends. Names and personal details have been changed. Every guide is written from the client's own recorded session, so yours will read differently: your places, your orders, your week.

Nothing here asks you to give anything up. It is the same coffee, the same places, the same sweet treat after work, ordered a little differently. You said it yourselves on the call: *"it doesn't sound too hard."* It isn't. Swap the same ten things you already eat for the higher-protein version, and the weight comes off while life stays the same.

1. The only rule you need: 35% protein

Look at two numbers on any label or menu: **protein in grams** and **calories**. Ignore everything else.

protein grams × 4 ÷ calories If it is **35% or higher, you can eat it**. It does not matter what it is. That goes for a snack, a bar, a Starbucks order, or a whole meal at McDonald's or Chick-fil-A. Put the order into your app before you go; if the meal comes out above 35%, you are clear.

What we checked together on the call	Protein	Calories	Math	Result
Veggie chips (the "healthy" bag)	2 g	130	2 × 4 ÷ 130	6%: marketing, not food
Quest chips	19 g	140	19 × 4 ÷ 140	54%: nine times better
RX Bar (egg whites and almonds on the label)	12 g	200	12 × 4 ÷ 200	24%: not good
Barebells bar	20 g	200	20 × 4 ÷ 200	40%: tastes like a Snickers

"Veggie" and "natural" on a bag mean nothing. Nature Valley protein bars are mostly carbs. The math is the only thing that tells you the truth.

2. Your orders: same places, built for you

You do not have to stop going anywhere. Pick your staples, decide the order once, save it in the app, and that is what you get when the itch hits. When you get sick of these, we build new ones.

Starbucks (the venti is fine, keep the size you like)

- **The mocha:** venti **sugar-free** mocha, a couple pumps of **sugar-free caramel instead of the drizzle**, and **keep the cold foam**. As many sugar-free pumps as you want, it is zero sugar.
- **Even lower:** a regular iced coffee with sugar-free caramel makes almost the same drink. If you keep the drizzle, ask for it light. It takes a couple of weeks to get used to, and then it sticks.

Chick-fil-A

- **Spicy grilled chicken sandwich with an extra grilled patty** (or grilled nuggets on the side; the patty is cheaper). **Small fry. Zero-calorie drink:** light lemonade or a diet soda instead of regular soda.

- **The secret is the sauce.** Ask for **honey roasted BBQ**. It is not on the drive-through screen, so you have to ask. It tastes like Chick-fil-A sauce at about a third of the calories: roughly **60 vs 170** per packet.
- Just those changes save you about **400 calories** on the meal.

In-N-Out

- **Double-Double with ketchup and mustard instead of the spread.** That alone cuts a lot. Want to go further: take off one slice of cheese, or try **Protein Style** (lettuce for the bun). You said you'd try both. Doing both is even better, but either one counts.
- **Split one order of fries between you.** Eat the burger first, then the fries, and you will want fewer of them. No more cheese fries as the main event.

Chipotle (you haven't tried it, and it is the secret hack)

- **Double meat**, white or brown rice (no calorie difference, pick the one you like), any beans, and **go crazy on the salsas**. The calories hide in **sour cream, cheese, and guac**: pick one, or go light. That is a solid bowl around **600 calories**.

McDonald's and Raising Cane's

- We did not lock orders for these yet. Cane's is about once a month for you, which is fine. Your full order list for these is coming, and you can run the 35% math on anything in the app before you order.

3. Snacks and the sweet treat

- **The after-work cookie:** try a **Quest protein cookie** in its place. You said it is a craving for something sweet, not hunger. This keeps the sweet.
- **Chips:** a normal bag is about 200 to 220 calories with 2 grams of protein. **Quest chips** are about 140 calories with 20 grams. They keep you full longer. Spelled Q-U-E-S-T.
- **Bars: Barebells** (B-A-R-E-B-E-L-L-S). Cookies and cream, chocolate chip cookie dough, caramel cashew. Trader Joe's, the big stores, or Amazon. Skip the Nature Valley protein bars you were about to buy.
- **Ice cream:** the **Ninja Creami**. Milk, a sweetener, and protein powder, frozen, then blended. A whole pint that tastes like Ben and Jerry's for about **400 calories and 40 to 50 grams of protein**. Blend Quest cookies in at the end and it is a Blizzard. Make five at a time and keep them in the freezer.

4. At home, with family cooking

Chilaquiles, beans, tortillas, chile rellenos, rice, chicken, fish. None of it has to go. Two things change.

- **The oil.** Nobody measures oil for a pan. Coating a big family-size pan can add **500 to 600 calories** to the meal by itself. Swap to **avocado oil spray** (Target, Walmart, Costco) or an olive oil spray. It coats the pan, nothing sticks, the food cooks and tastes the same, and it is essentially zero calories. The pitch for whoever cooks: it is what the expensive steakhouses cook with, because of the high smoke point.
- **Your homework: take a photo of every oil in the kitchen and send it over.** We will tell you exactly what to swap.
- **Queso fresco is fine.** It is actually a low-fat cheese. Keep it.

- **Serving sizes.** With the oil handled, the only thing left is how much goes on the plate. A trick that works: when you know a big family meal is coming, **eat something small beforehand.** You are not starving at the table, so you are not gorging.

5. The habits that make the cravings quieter

- **Water: about two-thirds of your bodyweight in ounces, every day.** Most cravings are not about salt or sweet. They are about wanting to feel full. The line to keep: *"I'm not craving this, I'm just hungry."* Then drink water.
- **Walk 15 to 20 minutes after you eat.** It cuts cravings, and it changes what you order, because nobody wants to walk on a huge meal.
- **Plan the snack before the craving.** Your treats happen on a whim: drive past, pull in. Have the planned alternative already decided, so the decision is made before you are hungry.
- **You are each other's accountability.** You said when one of you grabs something, the other grabs something too. Use it the other way around.
- **Protein does more than fill you up.** It burns more calories just to digest, and if you are training, it is what gets you recovering faster from the first sore weeks.

6. What happens next

Who	Action	When
You	Photos of every oil in the kitchen	This week
You	Try the sugar-free Starbucks order and the ketchup-and-mustard Double-Double	This week
You	Try Quest chips or cookies and a Barebells bar instead of the usual	Next store run
You	Keep tracking. Run the 35% math on anything new before you buy it	Every day
Us	Your full order list for your regular places	Within a few days
Us	Where to buy the protein snacks and the oil spray	With the order list
Us	Ninja Creami link and the protein ice cream recipe, with the Quest cookie mix-in	With the order list

You are already doing the hard part: tracking and asking. The rest is ordering.

Train With Dave · Personal training in Orange, Irvine, and Laguna Hills · Sample guide. Every nutrition guide is written from the client's own recorded session; names and personal details in this sample have been changed. Nutrition coaching and education, not medical nutrition therapy. trainwithdaveoc.com/nutrition