



## Free Nutrition Guide

Learn how to build affordable, high-protein meals that support fat loss, muscle growth, and long-term health—without overspending.

### Daily Nutrition Targets

- Protein: 0.8–1.0 g per pound of goal body weight
- Fiber: 25–40 g per day
- 2–4 servings of vegetables daily
- 1–3 servings of fruit daily
- Drink plenty of water throughout the day

### Sample Fat Loss Meal Plan

#### Breakfast

- 1 cup oatmeal
- 1 scoop protein powder
- 1 banana
- Cinnamon

**Approx. 500–600 calories | 35–45 g protein**

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#### Lunch

- 6–8 oz chicken breast or another lean protein

- 1 cup rice
- Frozen vegetables

**Approx. 500–700 calories | 45–60 g protein**

## Dinner

- Lean protein source, such as chicken, turkey, fish, tofu, or lean beef
- Baked potato
- Large serving of vegetables

**Approx. 500–800 calories | 40–60 g protein**

## Best Value Foods

### Protein

| Food                  | Avg. Calories              | Estimated Cost                               | Shelf Life                                                     | Ease of Cooking                         |
|-----------------------|----------------------------|----------------------------------------------|----------------------------------------------------------------|-----------------------------------------|
| <b>Chicken Breast</b> | 165 cal / 100 g cooked     | Moderate: about \$4–5/lb                     | Raw: 1–2 days refrigerated; cooked: 3–4 days refrigerated      | Easy: bake, grill, air fry, or pan cook |
| <b>Eggs</b>           | 70–80 cal / large egg      | Low: about \$2–4/dozen                       | 3–5 weeks refrigerated                                         | Very easy: boil, scramble, fry, or bake |
| <b>Greek Yogurt</b>   | 90–120 cal / 170 g serving | Moderate: about \$0.50–\$0.80 / 100 g        | Usually 1–2 weeks refrigerated; follow package date            | No cooking needed                       |
| <b>Cottage Cheese</b> | 90–120 cal / ½ cup         | Moderate: varies by brand and container size | Usually 1–2 weeks refrigerated; follow package date            | No cooking needed                       |
| <b>Tuna</b>           | 100–130 cal / 3 oz drained | Low to moderate: about \$1–2/can             | Unopened cans: long pantry life; opened: 3–4 days refrigerated | Very easy: ready to eat                 |
| <b>Ground Turkey</b>  | 150–220 cal / 100 g cooked | Moderate: often \$4–6/lb                     | Raw: 1–2 days refrigerated; cooked: 3–4 days refrigerated      | Easy: skillet, patties, bowls, or chili |

## Carbohydrates

| Food                | Avg. Calories                        | Estimated Cost                                   | Shelf Life                                                                                   | Ease of Cooking                                      |
|---------------------|--------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------|
| <b>Oats</b>         | 150 cal / ½ cup dry                  | Low: about \$0.30–\$0.50 / 100 g                 | 6–12 months pantry                                                                           | Very easy: microwave, stovetop, or overnight oats    |
| <b>Rice</b>         | 205 cal / 1 cup cooked               | Low: about \$1–2/lb dry                          | Dry: 1+ year pantry; cooked: 3–4 days refrigerated                                           | Easy: rice cooker, stovetop, or microwave packets    |
| <b>Potatoes</b>     | 110–160 cal / medium potato          | Very low: about \$0.20 / 100 g                   | 2–5 weeks in a cool, dark place                                                              | Easy: bake, microwave, roast, or boil                |
| <b>Beans</b>        | 110–130 cal / ½ cup cooked           | Very low: canned or dry beans are budget staples | Dry: 1+ year pantry; canned unopened: long pantry life; cooked/opened: 3–4 days refrigerated | Easy: canned is ready to heat; dry beans take longer |
| <b>Bananas</b>      | 105 cal / medium banana              | Very low: about \$0.20–\$0.30 / 100 g            | 2–7 days counter; longer if refrigerated after ripening                                      | No cooking needed                                    |
| <b>Frozen Fruit</b> | 60–100 cal / cup, depending on fruit | Low to moderate: varies by fruit and bag size    | 8–12 months frozen for best quality                                                          | No cooking needed; great for smoothies or oats       |

## Vegetables

| Food            | Avg. Calories          | Estimated Cost                           | Shelf Life                                                         | Ease of Cooking                            |
|-----------------|------------------------|------------------------------------------|--------------------------------------------------------------------|--------------------------------------------|
| <b>Broccoli</b> | 50–60 cal / cup cooked | Low to moderate: fresh or frozen options | Fresh: 3–5 days refrigerated; frozen: 8–12 months for best quality | Easy: steam, roast, microwave, or stir-fry |

|                                |                           |                                                      |                                                                    |                                                |
|--------------------------------|---------------------------|------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------|
| <b>Spinach</b>                 | 20–40 cal / serving       | Low to moderate: fresh costs more; frozen is cheaper | Fresh: 3–5 days refrigerated; frozen: 8–12 months for best quality | Very easy: salad, sauté, omelets, smoothies    |
| <b>Carrots</b>                 | 40–50 cal / medium carrot | Very low: often one of the cheapest vegetables       | 2–4 weeks refrigerated                                             | Very easy: raw, roasted, steamed, or air fried |
| <b>Cabbage</b>                 | 20–30 cal / cup           | Very low: excellent cost per serving                 | 2–4 weeks refrigerated                                             | Easy: slaw, stir-fry, soup, or sauté           |
| <b>Frozen Mixed Vegetables</b> | 60–100 cal / cup          | Very low to low: strong value per serving            | 8–12 months frozen for best quality                                | Very easy: microwave, steam, or add to bowls   |

## Healthy Fats

| Food                 | Avg. Calories         | Estimated Cost                                  | Shelf Life                                                                    | Ease of Cooking                         |
|----------------------|-----------------------|-------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------|
| <b>Peanut Butter</b> | 190 cal / 2 tbsp      | Low: about \$0.30–\$0.50 / 100 g                | Several months pantry unopened; refrigerate after opening if label recommends | No cooking needed                       |
| <b>Olive Oil</b>     | 120 cal / tbsp        | Moderate: higher upfront cost, low cost per use | 12–18 months in a cool, dark place                                            | Very easy: use for cooking or dressings |
| <b>Avocados</b>      | 240–320 cal / avocado | Moderate to high: price varies seasonally       | 2–5 days counter; 3–5 days refrigerated once ripe                             | No cooking needed                       |
| <b>Mixed Nuts</b>    | 160–200 cal / 1 oz    | Moderate: better value in bulk                  | 1–3 months pantry; longer refrigerated or frozen                              | No cooking needed                       |

*Note: Calories are approximate and vary by brand, serving size, and preparation method. Costs are broad U.S. grocery estimates and will vary by store, region, package size, and sales. Shelf-life guidance assumes proper storage and safe handling.*

## Top 10 Foods for Fat Loss and Muscle Growth

| Rank | Food                  | Avg. Calories               | Estimated Cost                        | Shelf Life                                                | Ease of Cooking                                   | Satiety                                                                   |
|------|-----------------------|-----------------------------|---------------------------------------|-----------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------|
| 1    | <b>Potatoes</b>       | 110–160 cal / medium potato | Very low: about \$0.20 / 100 g        | 2–5 weeks in a cool, dark place                           | Easy: microwave, bake, boil, or roast             | Very high: excellent fullness per calorie due to volume, water, and fiber |
| 2    | <b>Eggs</b>           | 70–80 cal / large egg       | Low: about \$2–4/dozen                | 3–5 weeks refrigerated                                    | Very easy: boil, scramble, fry, or bake           | High: protein-rich and filling for breakfast or snacks                    |
| 3    | <b>Oats</b>           | 150 cal / ½ cup dry         | Low: about \$0.30–\$0.50 / 100 g      | 6–12 months pantry                                        | Very easy: microwave, stovetop, or overnight oats | High: fiber-rich and slow-digesting, especially when paired with protein  |
| 4    | <b>Chicken Breast</b> | 165 cal / 100 g cooked      | Moderate: about \$4–5/lb              | Raw: 1–2 days refrigerated; cooked: 3–4 days refrigerated | Easy: bake, grill, air fry, or pan cook           | High: lean protein supports fullness and muscle growth                    |
| 5    | <b>Greek Yogurt</b>   | 90–120 cal / 170 g serving  | Moderate: about \$0.50–\$0.80 / 100 g | Usually 1–2 weeks refrigerated; follow package date       | No cooking needed                                 | High: protein-dense and convenient; best unsweetened                      |
| 6    | <b>Beans</b>          | 110–130 cal / ½             | Very low: canned or dry beans         | Dry: 1+ year pantry; canned unopened:                     | Easy: canned is ready to heat; dry                | High: fiber and protein                                                   |

|           |                              |                         |                                           |                                                                               |                                                   |                                                                                          |
|-----------|------------------------------|-------------------------|-------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------------------------------|
|           |                              | cup cooked              | are budget staples                        | long pantry life; cooked/opened: 3–4 days refrigerated                        | beans take longer                                 | make them very filling                                                                   |
| <b>7</b>  | <b>Frozen Vegetables</b>     | 60–100 cal / cup        | Very low to low: strong value per serving | 8–12 months frozen for best quality                                           | Very easy: microwave, steam, or add to bowls      | Medium-high: high volume and fiber with very low calories                                |
| <b>8</b>  | <b>Rice</b>                  | 205 cal / 1 cup cooked  | Low: about \$1–2/lb dry                   | Dry: 1+ year pantry; cooked: 3–4 days refrigerated                            | Easy: rice cooker, stovetop, or microwave packets | Medium: useful training fuel, but less filling per calorie than potatoes, oats, or beans |
| <b>9</b>  | <b>Bananas</b>               | 105 cal / medium banana | Very low: about \$0.20–\$0.30 / 100 g     | 2–7 days counter; longer if refrigerated after ripening                       | No cooking needed                                 | Medium: convenient carbs and fiber; best paired with protein for fullness                |
| <b>10</b> | <b>Natural Peanut Butter</b> | 190 cal / 2 tbsp        | Low: about \$0.30–\$0.50 / 100 g          | Several months pantry unopened; refrigerate after opening if label recommends | No cooking needed                                 | Medium-low: nutrient-dense and satisfying, but calorie-dense—measure portions            |

*Satiety note: Foods higher in protein, fiber, water, and volume tend to feel more filling per calorie. For fat loss, prioritize the very high and high-satiety foods first, then use calorie-dense options like peanut butter in measured portions.*

## Nutrition Disclaimer

This guide is intended for generally healthy adults seeking practical nutrition guidance for fat loss, muscle growth, and overall wellness. It is provided for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Individual nutritional needs vary based on health status, age, activity level, medications, medical conditions, and personal goals. Consult a qualified healthcare professional or registered dietitian before making significant dietary changes, especially if you are pregnant, nursing, managing a medical condition, taking medication, or following a prescribed diet.

## Need a Personalized Nutrition Plan?

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