PRINTABLE PLAN · US LETTER + A4 · 6 WEEKS

The Dad Bod *Reset*

6-Week Home Strength & Fat-Loss Plan for Men 40+

Dumbbells, a chair and 30-40 minutes, three days a week







6-WEEK PLAN | 18 WORKOUTS | ILLUSTRATED MOVES | 7-DAY MEAL PLAN | TRACKERS

Get stronger, build back the muscle you have lost and work toward a smaller waist over time, with three short dumbbell workouts a week, a daily step target, a high-protein meal plan and an honest plan for beer and weekends.

By Coach Luke

NASM-CPT, CES, PES | NESTA Nutrition Coach | 20+ years coaching

START HERE

A note before Day 1

Who this is for, how to use it, and the one rule that matters

If you are over 40, busy, and the mirror says *dad bod* while your head still says *I used to be in shape*, this plan is for you. Most men I coach are not lazy. They have jobs, kids, a commute and a back that complains in the morning. What they need is not a punishing boot camp. They need a plan that fits a real week and gets a little harder every week.

For the next 6 weeks you will lift three times a week at home with a pair of dumbbells, walk a little more each week, put protein at every meal and get a plan for the beer, the weekends and the kids' leftovers. That is it. Done consistently, it works.

- Coach Luke

HOW TO USE THIS PLAN

1. Read **Before you start** and the doctor page (pages 5 and 49).
2. Do your **Day 0 baseline**: waist, photos and 5 quick tests (pages 7-8).
3. Learn the **14 moves** (pages 13-19) and the 5-minute warm-up (page 12).
4. Follow your **weekly pages** and log all 18 workouts (pages 22-33).
5. Walk to your **step target**, eat with the **meal plan**, re-test on Day 42 (page 48).

MISSED A WORKOUT? COACH LUKE'S RULE

Never miss twice. Missed Monday? Train Tuesday. Only have 15 minutes? Do pair A and pair B once each and call it a win. Lost a whole week? Repeat that week instead of skipping ahead. A bad week does not reset your progress. Quitting does.

WHAT IS INSIDE

Contents

51 pages · 6 weeks · 18 workout logs · 14 illustrated moves

Week 1 at a glance (quick start)	4
Before you start	5
Why the dad bod shows up after 40	6
Day 0 baseline: waist, weight, photos	7
Day 0: your 5 tests	8
Gear, swaps and choosing your dumbbell weight	9
6 weeks at a glance	10
Workouts A, B and C	11
5-minute joint-friendly warm-up	12
The 14 illustrated moves	13
Knee-, back- and shoulder-friendly swaps	20
Progression rules	21
Weeks 1-6: weekly pages + 18 workout logs	22
Walking plan	34
Step tracker	35
Eating for fat loss without a diet	36
The honest calorie page	37
20 high-protein grab-and-go foods	38
The beer plan	39
Weekends, eating out, BBQs and kids' leftovers	40
7-day high-protein meal plan	41
Meal plan notes + Sunday prep	42
Recipe links	43
Grocery list	44
Sleep + stress	46
Check-ins: weeks 2, 4 and 6	47
Day 0 vs Day 42 + what next	48
When to talk to your doctor	49
Printing tips + personal use	50
Your free store bonuses	51

THE WHOLE PLAN IN ONE LINE

Three dumbbell workouts a week (A, B, C, 30-40 minutes), a step target that goes up 1,000 a week, protein at every meal, a planned approach to drinks and weekends, and 7-8 hours of sleep when you can get it. Repeat for 6 weeks.

QUICK START

Week 1 at a glance

Do this and you are off. Everything else in the plan builds on it.

Day	Training	Steps	Food focus
Day 0	Baseline + tests (pages 7-8)	Count today	Buy the grocery list
Mon	Workout A · 2 rounds	Baseline + 1,000	Protein at breakfast
Tue	20-30 min walk	Baseline + 1,000	Protein at every meal
Wed	Workout B · 2 rounds	Baseline + 1,000	10-min walk after dinner
Thu	20-30 min walk	Baseline + 1,000	Plan your weekend drinks
Fri	Workout C · 2 rounds	Baseline + 1,000	Kitchen closes 2 h before bed
Sat	Active day: yard, bike, kids	Baseline + 1,000	Use the BBQ plan
Sun	Rest + 15 min stretch	Baseline + 1,000	Sunday prep (page 42)

YOUR FIRST WORKOUT

1. Warm up for 5 minutes (page 12).
2. Do pair A1 + A2 back to back. Rest 60-90 s. Repeat once.
3. Same for pair B, then pair C.
4. Pick weights that leave 3-4 reps in the tank.
5. Write every weight and rep in your log.

WEEK 1 IS FOR LEARNING

- Light weights. Clean reps. No grinding.
- Expect some muscle soreness on days 2-3. It fades fast.
- Sharp pain, pinching or dizziness means stop.
- Do not change your food yet beyond protein at each meal.
- Win the week by showing up 3 times.

BEFORE YOU START

What this plan can and cannot do

Honest expectations, so you know what success looks like

IT CAN HELP YOU

- Get measurably stronger in 6 weeks
- Build back some of the muscle you have lost
- Walk more, with energy to spare
- Lose body fat at a steady pace, which over time shows up as a smaller waist
- Eat more protein without a strict diet
- Handle beer, weekends and eating out with a plan

IT CANNOT

- Burn fat from one spot. No exercise targets one area. You lose fat all over, and the waist follows.
- Promise a number of pounds or inches. Results vary with your start point, food, sleep and consistency.
- Change hormones or "boost" anything
- Replace medical care or treatment

SAFETY BASICS

Warm up every time

Five minutes of easy movement (page 12) gets your joints ready.

Pain is a stop sign

Muscle effort and burn are fine. Sharp, pinching or joint pain is not. Use a swap (page 20).

Breathe

Breathe out as you push or stand. Never hold your breath on a hard rep.

Clear space, sturdy kit

No wobbly chairs, no wheels. Shoes with grip, or barefoot on a mat.

Check with your doctor first if you have heart disease, high blood pressure, diabetes or take blood-sugar or GLP-1 medication, have had joint surgery or an injury, or have ever had chest pain or dizziness during exercise. Full list on page 49.

THE HONEST REASONS

Why the dad bod shows up after 40

It is not one thing, and it is not a mystery

Most men do not wake up one day with a dad bod. It creeps in over 10 or 15 years from a handful of small, ordinary changes. The good news: every one of them is something you can change. No hormone hacks needed.

1 Muscle quietly slips away

From your 30s on, men lose some muscle every year unless they train it. Less muscle means less strength, a lower calorie burn and a softer shape. Lifting three times a week is the fix.

2 Fewer steps

Desk job, car, couch. Many men drop from 10,000+ steps a day in their 20s to 3,000–5,000 now. That gap can be several hundred calories a day.

3 Short, broken sleep

Less sleep means more hunger, more cravings and less energy to train. It adds up fast.

4 Alcohol

Beer and mixed drinks bring calories, a bigger appetite and the 11 p.m. snack. It is often the biggest lever.

5 Stress

Work and family stress make it easy to skip workouts and eat on autopilot.

6 Portion creep

Bigger plates, finishing the kids' food, second helpings. Nothing dramatic, just a little more every day.

What about testosterone? Levels drift down slowly with age, but sleep, body fat, alcohol and activity matter a lot. This plan works on those. If you have symptoms or questions about your hormones, that is a conversation for your doctor, not a supplement aisle.

DAY 0 BASELINE

Measure where you start

Five minutes today makes the Day 42 comparison mean something

WAIST AT THE NAVEL

1. First thing in the morning, before eating.
2. Stand relaxed and breathe out normally.
3. Wrap a tape measure around your waist level with your belly button.
4. Snug, not squeezing. Read it twice.

WEIGHT (OPTIONAL)

The scale is one data point, not a verdict. Weigh in on 3 mornings this week, same conditions, and use the average. Water, salt and a late dinner can move it 2-4 lb overnight.

Do not want to weigh yourself? Skip it. Waist, tests and photos tell the story.

PHOTOS

Front, side and back. Same spot, same light, same clothes (shorts, or a fitted t-shirt). Phone at chest height. Keep them private. They are for you.

Day 0 numbers	Date	Result	Notes
Waist at navel			
Weight (3-day average)			
Front / side / back photos			
Average daily steps (page 8)			
Sleep (hours a night, rough)			
Drinks per week (honest)			

DAY 0 BASELINE

Your 5 tests

Do them once now, at Week 2, Week 4 and on Day 42

1 **Push-ups**
Max clean reps with your body straight. Chest to about a fist from the floor. Too hard? Use the incline version on a kitchen counter and write "incline".

2 **Goblet squat reps**
Use the dumbbell you plan to train with. Max smooth reps to a chair-height depth, stop when form slips.

3 **Plank hold**
Forearms down, body straight. Hold until your hips sag or you hit 2 minutes.

4 **Chair sit-to-stand, 30 s**
Arms crossed, sit down fully and stand up fully as many times as you can in 30 seconds.

5 **Average daily steps**
Check your phone or watch for the last 7 days and take the average. This is your step baseline.

Test	Day 0	Week 2	Week 4	Day 42
Push-ups (reps)				
Goblet squats (reps / lb)				
Plank (seconds)				
Sit-to-stand (30 s)				
Avg daily steps				

GEAR

What you need (and swaps)

Less than you think. One pair of dumbbells covers most of the plan.

THE KIT

- **Dumbbells:** one pair, or an adjustable pair (ideal)
- **Sturdy chair or bench** for rows, step-ups and presses
- **Mat or rug** for floor moves
- **Shoes with grip**, or bare feet on a mat
- **Phone or watch** to count steps

NO DUMBBELLS YET?

- A backpack loaded with books
- Two full water jugs or laundry detergent bottles
- Slow tempo: 3 seconds down makes light weights hard
- Bodyweight versions are on every card

CHOOSING YOUR DUMBBELL WEIGHT

Use the **2 reps in reserve** rule. Pick a weight where the last rep of the set is hard but clean, and you could do about 2 more with good form. On a 1-10 effort scale that is a **7-8**. In Week 1 aim for 6-7 while you learn.

Effort	What it feels like	When
5-6	Easy. Could do 5+ more reps	Warm-up sets
6-7	Working. 3-4 reps left	Week 1, learning
7-8	Hard but clean. About 2 reps left	Weeks 2-6 (your target)
9-10	Grinding or form breaking	Not in this plan

Starting point (most men)	Lower body	Upper body
New to lifting or coming back	15-25 lb	10-20 lb
Some lifting experience	25-40 lb	20-30 lb

These are starting ranges, not targets. If one pair is too light for squats but too heavy for presses, use it for both and slow the lowering on the lighter moves.

THE PLAN

6 weeks at a glance

3 full-body workouts a week + a daily step target + an optional 10-minute finisher

Week	Focus	Rounds	Effort	Steps a day	Finisher
1	Learn the moves	2 rounds	Effort 6-7	Baseline + 1,000	skip
2	Add a round	3 rounds	Effort 7	Baseline + 2,000	4 rounds (4 min)
3	Chase the top of the range	3 rounds	Effort 7-8	Baseline + 3,000	6 rounds (6 min)
4	Go a little heavier	3 rounds	Effort 7-8	Baseline + 4,000	6 rounds (6 min)
5	Build reps at the new weight	3 rounds	Effort 7-8	Baseline + 5,000	8 rounds (8 min)
6	Finish strong	4 rounds (A) / 3	Effort 8	Baseline + 6,000	10 rounds (10 min)

YOUR TRAINING WEEK

Day	Do
Mon	Workout A
Wed	Workout B
Fri	Workout C
Other days	Walk to your step target

EACH SESSION (30-40 MIN)

- 5-min warm-up
- Pair A, pair B, pair C (2-4 rounds each)
- Optional finisher (4-10 min)
- 2 minutes of easy walking

SORE JOINTS? THE EASIER WEEK 4

If knees, back or shoulders are cranky by Week 4, keep your Week 3 weights instead of going heavier, do 2 rounds instead of 3, take 3 seconds to lower every rep, skip the finisher and use the swaps on page 20. Keep walking. Go heavier in Week 5 when you feel good. Any day can be moved: a Mon/Wed/Fri plan works just as well as Tue/Thu/Sat.

THE WORKOUTS

Workouts A, B and C

Three full-body sessions. Same moves for 6 weeks, a little harder each week.

Do each pair as a **superset**: one set of move 1, rest about 30 seconds, one set of move 2, then rest 60-90 seconds. Repeat for the rounds on your weekly page, then move to the next pair. Rep ranges are below; your weekly page tells you where in the range to aim.

Workout A · Squat, press, hinge, row	Reps	Card
A1 Goblet Squat	8-12	p. 13
A2 Dumbbell Floor Press	8-12	p. 16
B1 Dumbbell Romanian Deadlift	8-12	p. 13
B2 One-Arm Dumbbell Row	8-12 each	p. 15
C1 Dead Bug	6-10 each	p. 18
C2 Farmer Carry	30-40 steps	p. 17

Workout B · Lunge, push-up, bridge, press	Reps	Card
A1 Reverse Lunge	6-10 each	p. 14
A2 Push-Up	6-15	p. 15
B1 Glute Bridge	10-15	p. 17
B2 Seated Overhead Press	8-12	p. 16
C1 Side Plank	15-40 s each	p. 19
C2 Suitcase Carry	20-30 each	p. 18

Workout C · Step-up, hinge, push, press	Reps	Card
A1 Step-Up	6-10 each	p. 14
A2 Push-Up	6-15	p. 15
B1 Dumbbell Romanian Deadlift	8-12	p. 13
B2 Seated Overhead Press	8-12	p. 16
C1 Dead Bug	6-10 each	p. 18
C2 Farmer Carry	30-40 steps	p. 17

Optional finisher (any workout, Week 2 on): Squat-to-Press, 30 seconds on, 30 seconds off, for the rounds on your weekly page. Light dumbbells or bodyweight (card on page 19). Skip it on days you feel beat up. The strength work comes first.

EVERY SESSION

5-minute joint-friendly warm-up

Do this before every workout. It is not optional after 40.

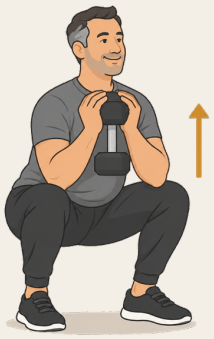
1	**March in place** Lift the knees, swing the arms. Get warm.	45 seconds
2	**Arm circles** Small to big. Then 10 shoulder rolls back.	10 each way
3	**Hip hinges** Hands on hips, push the hips back with a flat back, stand tall.	10 reps
4	**Bodyweight squats to a chair** Touch the seat lightly, stand up. Slow and smooth.	8 reps
5	**Glute bridges** On your back, squeeze and lift. Wakes up the hips and low back.	10 reps
6	**Incline push-ups** Hands on a counter or table. Shoulders warm, elbows happy.	8 reps
7	**Reverse lunge, bodyweight** Hold a wall if you need to. Easy depth.	4 each leg
8	**Warm-up set** Do the first move of the workout with half your weight.	1 light set

Cool-down (2 minutes): walk around the house, breathe slowly, and stretch anything that feels tight. Hold each stretch 20-30 seconds.

Moves 1 & 2

Key position shown · amber arrow = direction

8–12 reps



MOVE 1 · LEGS & HIPS

Goblet Squat

1. Hold one dumbbell upright at your chest, both hands cupping the top end.
2. Sit your hips down between your heels until your thighs are near parallel.
3. Drive through your whole foot to stand tall. Breathe out on the way up.

EASIER
Squat to a chair seat and stand back up.

HARDER
Take 3 seconds to lower and pause 1 second at the bottom.

Common mistake: Heels lifting or knees caving in. Keep the knees in line with your toes.

8–12 reps



MOVE 2 · HAMSTRINGS, GLUTES & BACK

Dumbbell Romanian Deadlift

1. Stand tall with a dumbbell in each hand in front of your thighs.
2. Soften your knees and push your hips back, sliding the weights down your legs.
3. Stop when you feel your hamstrings stretch, then squeeze your glutes to stand.

EASIER
Use lighter weights and stop at knee height.

HARDER
Do the last rep of each set with a 5-second lowering.

Common mistake: Rounding the back to reach lower. Flat back, weights close to your legs.

Moves 3 & 4

Key position shown · amber arrow = direction

6-10 each leg



MOVE 3 · LEGS, GLUTES & BALANCE

Reverse Lunge

1. Hold a dumbbell in each hand at your sides and stand tall.
2. Step one foot back and lower until your back knee hovers above the floor.
3. Push through the front heel to return. Finish all reps, then switch legs.

EASIER

Split squat: keep both feet planted and just move up and down. Hold a wall if needed.

HARDER

Pause 2 seconds with the back knee just above the floor.

Common mistake: The front knee shooting forward. Keep the front shin close to vertical.

6-10 each leg



MOVE 4 · LEGS & KNEE STRENGTH

Step-Up

1. Place your whole foot on a sturdy knee-high bench, step or chair.
2. Press through that heel to stand up on top. Do not push off the back foot much.
3. Step down slowly with control. Finish all reps on one leg, then switch.

EASIER

Use a lower step, like the bottom stair, with no dumbbells.

HARDER

Hold heavier dumbbells or lower in 3 seconds.

Common mistake: Bouncing off the back toe. Let the top leg do the work.

Moves 5 & 6

Key position shown · amber arrow = direction

6–15 reps



MOVE 5 · CHEST, SHOULDERS & ARMS

Push-Up

1. Hands just wider than your shoulders, body straight from head to heels.
2. Lower your chest toward the floor with elbows angled about 45 degrees.
3. Push the floor away until your arms are straight. Keep your hips in line.

EASIER
Incline push-up: hands on a kitchen counter, sturdy table or bench.

HARDER
Lower in 3 seconds, or rest your feet on a low step.

Common mistake: Sagging hips. Squeeze your glutes and brace like a plank.

8–12 each arm



MOVE 6 · UPPER BACK & ARMS

One-Arm Dumbbell Row

1. Put one hand and the same-side knee on a bench, other foot on the floor.
2. Let the dumbbell hang, then pull it toward your hip pocket.
3. Squeeze your shoulder blade at the top, then lower slowly.

EASIER
Stand and brace one hand on a sturdy chair, feet staggered.

HARDER
Pause 2 seconds at the top of every rep.

Common mistake: Twisting the torso to swing the weight up. Keep your chest square to the floor.

Moves 7 & 8

Key position shown · amber arrow = direction

8–12 reps



MOVE 7 · CHEST & ARMS (SHOULDER-FRIENDLY)

Dumbbell Floor Press

1. Lie on your back, knees bent, a dumbbell in each hand above your chest.
2. Lower until your upper arms rest lightly on the floor, elbows about 45 degrees.
3. Press both dumbbells back up over your chest.

EASIER
Use lighter weights or press one arm at a time.

HARDER
Pause 1 second with the elbows on the floor before each press.

Common mistake: Flaring the elbows straight out to the sides. Keep them angled in.

8–12 reps



MOVE 8 · SHOULDERS & ARMS

Seated Overhead Press

1. Sit tall on a sturdy chair, back against the backrest, feet flat.
2. Start with the dumbbells at shoulder height, palms facing forward or in.
3. Press up until your arms are almost straight, then lower with control.

EASIER
Press one arm at a time, or stop at forehead height.

HARDER
Stand up and brace your core for the same press.

Common mistake: Arching the lower back. Ribs down, back on the chair.

Moves 9 & 10

Key position shown · amber arrow = direction

10–15 reps



MOVE 9 · GLUTES & LOWER BACK SUPPORT

Glute Bridge

1. Lie on your back, knees bent, feet flat and hip-width apart.
2. Press through your heels and lift your hips until shoulders, hips and knees line up.
3. Squeeze your glutes for 1 second at the top, then lower slowly.

EASIER
Smaller lift and a 2-second hold at the top.

HARDER
Rest a dumbbell across your hips, held with both hands.

Common mistake: Arching the lower back to get higher. Lift with the glutes, not the back.

30–40 steps



MOVE 10 · GRIP, CORE & POSTURE

Farmer Carry

1. Pick up a heavy dumbbell in each hand with a tall, flat back.
2. Stand tall, shoulders down and back, and look straight ahead.
3. Walk with short, steady steps. Set the weights down with a flat back.

EASIER
Lighter weights and 20 steps.

HARDER
Heavier weights, or walk slowly heel-to-toe.

Common mistake: Shrugging the shoulders up to the ears. Keep them down.

Moves 11 & 12

Key position shown · amber arrow = direction

20–30 steps each side



MOVE 11 · CORE & SIDE STRENGTH

Suitcase Carry

1. Hold one heavy dumbbell in one hand at your side.
2. Stay tall and level. Do not lean toward or away from the weight.
3. Walk your steps, switch hands and walk back.

EASIER
Lighter dumbbell and 15 steps per side.

HARDER
Heavier dumbbell, or pause for 2 seconds every 5 steps.

Common mistake: Leaning to one side. Picture a glass of water on your head.

6–10 each side



MOVE 12 · DEEP CORE & BACK-FRIENDLY ABS

Dead Bug

1. Lie on your back, arms up to the ceiling, knees bent above your hips.
2. Press your lower back into the floor. Slowly reach one arm back and the opposite leg out.
3. Return and switch sides. Breathe out as you reach.

EASIER
Move only the legs, one heel tap at a time.

HARDER
Hold a light dumbbell in the hands that point up.

Common mistake: The lower back lifting off the floor. Make the reach smaller.

Moves 13 & 14

Key position shown · amber arrow = direction

15–40 seconds each side



MOVE 13 · SIDE CORE & HIPS

Side Plank

1. Lie on your side with your elbow under your shoulder.
2. Lift your hips until your body makes a straight line.
3. Hold and breathe. Switch sides.

EASIER
Knee side plank: knees bent and resting on the floor.

HARDER
Lift the top leg a few inches while you hold.

Common mistake: Hips sagging toward the floor. Push the floor away with your forearm.

30 s on / 30 s off



MOVE 14 · OPTIONAL 10-MINUTE FINISHER

Squat-to-Press Finisher

1. Hold light dumbbells at your shoulders and squat to a comfortable depth.
2. Stand up and press the dumbbells overhead in one smooth move.
3. Lower to the shoulders and repeat for 30 seconds, then rest 30 seconds.

EASIER
Bodyweight: squat to a chair, stand and reach both arms overhead.

HARDER
Add rounds week by week (see your weekly page).

Common mistake: Going so fast the form falls apart. Smooth beats fast.

MAKE IT FIT YOUR BODY

Knee-, back- and shoulder-friendly swaps

Swap the move, keep the workout. Pain-free beats heroic.

CRANKY KNEES

If this bothers you	Try this instead
Goblet squat	Box squat to a chair, or a shorter range
Reverse lunge	Split squat holding a wall, or a glute bridge
Step-up	Lower step (bottom stair), or a Romanian deadlift
Finisher	Brisk walk or march in place

SENSITIVE LOWER BACK

If this bothers you	Try this instead
Romanian deadlift	Glute bridge, or a shorter hinge to knee height
One-arm row	Lighter weight, one hand braced on a chair, smaller pull
Farmer carry	Lighter weights, shorter walk
Overhead press	Keep your back against the chair, lighter weights

SORE SHOULDERS

If this bothers you	Try this instead
Push-up	Incline push-up on a counter, hands a little narrower
Floor press	Palms facing each other, lighter weights
Overhead press	Landmine-style: press one dumbbell up and slightly forward
Side plank	Knee side plank, or a dead bug instead

THE RULES FOR ACHES

- Mild muscle soreness the day after: normal. Keep moving.
- Joint pain during a move: swap it, shorten the range or go lighter.
- Pain that gets worse over a week, swelling, or pain at night: stop and see your doctor or a physical therapist.

HOW TO KEEP PROGRESSING

Progression rules

Reps first, then weight. Small jumps, every week.

1. **Hit the bottom of the range**
   Start every move at the low end of its rep range with clean form.

2. **Add reps**
   Each session, try for one more rep on one or more rounds.

3. **Own the top of the range**
   When you hit the top of the range on every round with 2 reps in reserve, the weight is ready to go up.

4. **Add a little weight**
   Next session, add 2.5–5 lb for upper body or 5 lb for lower body and drop back to the bottom of the range.

5. **Repeat**
   Build reps again at the new weight. That is the whole system.

NO HEAVIER DUMBBELLS?

- Slow the lowering to 3–4 seconds
- Add a 2-second pause at the hardest point
- Do 1.5 reps (half rep + full rep = 1)
- Add a round
- Shorten rest by 15 seconds

REPEAT A WEEK WHEN

- You missed 2 or more workouts
- Form broke down on most sets
- You slept badly most nights or were sick
- Joints are sore going into the week

Repeating a week is not failing. It is how strong lifters train. The plan still ends with 18 workouts done; it just takes 7 weeks.

WEEK 1 OF 6

Week 1: Learn the moves

Your targets, your week at a glance and workout log 1 of 18

This week: Light weights, clean form. Learn every move and find your starting dumbbell weight.

ROUNDS	REPS	EFFORT	FINISHER	STEPS A DAY
2 rounds	Bottom of each rep range	Effort 6-7 (3-4 reps left)	Optional: skip it this week	Baseline + 1,000

TICK OFF YOUR WEEK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout A ☐	Walk ☐	Workout B ☐	Walk ☐	Workout C ☐	Active ☐	Rest + prep ☐

Daily: **protein at every meal** · **step target** · **kitchen closes 2 hours before bed** · **7+ hours in bed**

WORKOUT LOG 1 OF 18 · WORKOUT A

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Goblet Squat	8-12			-	-
A2 Dumbbell Floor Press	8-12			-	-
B1 Dumbbell Romanian Deadlift	8-12			-	-
B2 One-Arm Dumbbell Row	8-12 each			-	-
C1 Dead Bug	6-10 each			-	-
C2 Farmer Carry	30-40 steps			-	-
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1-10: ____ Steps today: _____ Felt: great / ok / rough

Week 1: workout logs

Workouts B and C. Write it down: it is the difference between exercising and training.

WORKOUT LOG 2 OF 18 · WORKOUT B

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Reverse Lunge	6–10 each			–	–
A2 Push-Up	6–15			–	–
B1 Glute Bridge	10–15			–	–
B2 Seated Overhead Press	8–12			–	–
C1 Side Plank	15–40 s each			–	–
C2 Suitcase Carry	20–30 each			–	–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

WORKOUT LOG 3 OF 18 · WORKOUT C

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Step-Up	6–10 each			–	–
A2 Push-Up	6–15			–	–
B1 Dumbbell Romanian Deadlift	8–12			–	–
B2 Seated Overhead Press	8–12			–	–
C1 Dead Bug	6–10 each			–	–
C2 Farmer Carry	30–40 steps			–	–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

END OF WEEK 1

Workouts done: ___ / 3 Step target hit on ___ / 7 days Protein at every meal on ___ / 7 days

One win this week: _____

WEEK 2 OF 6

Week 2: Add a round

Your targets, your week at a glance and workout log 4 of 18

This week: Same weights as Week 1, one more round. Write every weight and rep down.

ROUNDS	REPS	EFFORT	FINISHER	STEPS A DAY
3 rounds	Middle of each range	Effort 7 (3 reps left)	Optional: 4 rounds (4 min)	Baseline + 2,000

TICK OFF YOUR WEEK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout A ☐	Walk ☐	Workout B ☐	Walk ☐	Workout C ☐	Active ☐	Rest + prep ☐

Daily: **protein at every meal** · **step target** · **kitchen closes 2 hours before bed** · **7+ hours in bed**

WORKOUT LOG 4 OF 18 · WORKOUT A

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Goblet Squat	8-12				-
A2 Dumbbell Floor Press	8-12				-
B1 Dumbbell Romanian Deadlift	8-12				-
B2 One-Arm Dumbbell Row	8-12 each				-
C1 Dead Bug	6-10 each				-
C2 Farmer Carry	30-40 steps				-
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1-10: ____ Steps today: _____ Felt: great / ok / rough

Week 2: workout logs

Workouts B and C. Write it down: it is the difference between exercising and training.

WORKOUT LOG 5 OF 18 · WORKOUT B

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Reverse Lunge	6–10 each				–
A2 Push-Up	6–15				–
B1 Glute Bridge	10–15				–
B2 Seated Overhead Press	8–12				–
C1 Side Plank	15–40 s each				–
C2 Suitcase Carry	20–30 each				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

WORKOUT LOG 6 OF 18 · WORKOUT C

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Step-Up	6–10 each				–
A2 Push-Up	6–15				–
B1 Dumbbell Romanian Deadlift	8–12				–
B2 Seated Overhead Press	8–12				–
C1 Dead Bug	6–10 each				–
C2 Farmer Carry	30–40 steps				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

END OF WEEK 2

Workouts done: ___ / 3 Step target hit on ___ / 7 days Protein at every meal on ___ / 7 days

One win this week: _____

WEEK 3 OF 6

Week 3: Chase the top of the range

Your targets, your week at a glance and workout log 7 of 18

This week: Add a rep or two per set. When you hit the top of the range on every round, go up next week.

ROUNDS	REPS	EFFORT	FINISHER	STEPS A DAY
3 rounds	Top of each range	Effort 7-8 (2-3 reps left)	Optional: 6 rounds (6 min)	Baseline + 3,000

TICK OFF YOUR WEEK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout A ☐	Walk ☐	Workout B ☐	Walk ☐	Workout C ☐	Active ☐	Rest + prep ☐

Daily: **protein at every meal** · **step target** · **kitchen closes 2 hours before bed** · **7+ hours in bed**

WORKOUT LOG 7 OF 18 · WORKOUT A

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Goblet Squat	8-12				-
A2 Dumbbell Floor Press	8-12				-
B1 Dumbbell Romanian Deadlift	8-12				-
B2 One-Arm Dumbbell Row	8-12 each				-
C1 Dead Bug	6-10 each				-
C2 Farmer Carry	30-40 steps				-
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1-10: ____ Steps today: _____ Felt: great / ok / rough

Week 3: workout logs

Workouts B and C. Write it down: it is the difference between exercising and training.

WORKOUT LOG 8 OF 18 · WORKOUT B

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Reverse Lunge	6–10 each				–
A2 Push-Up	6–15				–
B1 Glute Bridge	10–15				–
B2 Seated Overhead Press	8–12				–
C1 Side Plank	15–40 s each				–
C2 Suitcase Carry	20–30 each				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

WORKOUT LOG 9 OF 18 · WORKOUT C

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Step-Up	6–10 each				–
A2 Push-Up	6–15				–
B1 Dumbbell Romanian Deadlift	8–12				–
B2 Seated Overhead Press	8–12				–
C1 Dead Bug	6–10 each				–
C2 Farmer Carry	30–40 steps				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

END OF WEEK 3

Workouts done: ___ / 3 Step target hit on ___ / 7 days Protein at every meal on ___ / 7 days

One win this week: _____

WEEK 4 OF 6

Week 4: Go a little heavier

Your targets, your week at a glance and workout log 10 of 18

This week: Move up 2.5–5 lb on any lift you owned in Week 3. Sore joints? Easier Week 4: page 10.

ROUNDS	REPS	EFFORT	FINISHER	STEPS A DAY
3 rounds	Bottom of the range with heavier weights	Effort 7–8 (2 reps left)	Optional: 6 rounds (6 min)	Baseline + 4,000

TICK OFF YOUR WEEK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout A ☐	Walk ☐	Workout B ☐	Walk ☐	Workout C ☐	Active ☐	Rest + prep ☐

Daily: **protein at every meal** · **step target** · **kitchen closes 2 hours before bed** · **7+ hours in bed**

WORKOUT LOG 10 OF 18 · WORKOUT A

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Goblet Squat	8–12				–
A2 Dumbbell Floor Press	8–12				–
B1 Dumbbell Romanian Deadlift	8–12				–
B2 One-Arm Dumbbell Row	8–12 each				–
C1 Dead Bug	6–10 each				–
C2 Farmer Carry	30–40 steps				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

Week 4: workout logs

Workouts B and C. Write it down: it is the difference between exercising and training.

WORKOUT LOG 11 OF 18 · WORKOUT B

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Reverse Lunge	6–10 each				–
A2 Push-Up	6–15				–
B1 Glute Bridge	10–15				–
B2 Seated Overhead Press	8–12				–
C1 Side Plank	15–40 s each				–
C2 Suitcase Carry	20–30 each				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

WORKOUT LOG 12 OF 18 · WORKOUT C

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Step-Up	6–10 each				–
A2 Push-Up	6–15				–
B1 Dumbbell Romanian Deadlift	8–12				–
B2 Seated Overhead Press	8–12				–
C1 Dead Bug	6–10 each				–
C2 Farmer Carry	30–40 steps				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

END OF WEEK 4

Workouts done: ___ / 3 Step target hit on ___ / 7 days Protein at every meal on ___ / 7 days

One win this week: _____

WEEK 5 OF 6

Week 5: Build reps at the new weight

Your targets, your week at a glance and workout log 13 of 18

This week: Keep the Week 4 weights and add reps. Slow the lowering phase to 2-3 seconds.

ROUNDS	REPS	EFFORT	FINISHER	STEPS A DAY
3 rounds	Middle to top of the range	Effort 7-8 (2 reps left)	Optional: 8 rounds (8 min)	Baseline + 5,000

TICK OFF YOUR WEEK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout A ☐	Walk ☐	Workout B ☐	Walk ☐	Workout C ☐	Active ☐	Rest + prep ☐

Daily: **protein at every meal** · **step target** · **kitchen closes 2 hours before bed** · **7+ hours in bed**

WORKOUT LOG 13 OF 18 · WORKOUT A

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Goblet Squat	8-12				-
A2 Dumbbell Floor Press	8-12				-
B1 Dumbbell Romanian Deadlift	8-12				-
B2 One-Arm Dumbbell Row	8-12 each				-
C1 Dead Bug	6-10 each				-
C2 Farmer Carry	30-40 steps				-
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1-10: ____ Steps today: _____ Felt: great / ok / rough

Week 5: workout logs

Workouts B and C. Write it down: it is the difference between exercising and training.

WORKOUT LOG 14 OF 18 · WORKOUT B

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Reverse Lunge	6–10 each				–
A2 Push-Up	6–15				–
B1 Glute Bridge	10–15				–
B2 Seated Overhead Press	8–12				–
C1 Side Plank	15–40 s each				–
C2 Suitcase Carry	20–30 each				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

WORKOUT LOG 15 OF 18 · WORKOUT C

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Step-Up	6–10 each				–
A2 Push-Up	6–15				–
B1 Dumbbell Romanian Deadlift	8–12				–
B2 Seated Overhead Press	8–12				–
C1 Dead Bug	6–10 each				–
C2 Farmer Carry	30–40 steps				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

END OF WEEK 5

Workouts done: ___ / 3 Step target hit on ___ / 7 days Protein at every meal on ___ / 7 days

One win this week: _____

WEEK 6 OF 6

Week 6: Finish strong

Your targets, your week at a glance and workout log 16 of 18

This week: Your best week. Redo the 5 tests on Day 42 and fill in your Day 0 vs Day 42 page.

ROUNDS	REPS	EFFORT	FINISHER	STEPS A DAY
4 rounds of pair A, 3 of the rest	Top of the range	Effort 8 (2 reps left)	Optional: 10 rounds (10 min)	Baseline + 6,000 (cap: about 10,000)

TICK OFF YOUR WEEK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Workout A ☐	Walk ☐	Workout B ☐	Walk ☐	Workout C ☐	Active ☐	Rest + prep ☐

Daily: **protein at every meal** · **step target** · **kitchen closes 2 hours before bed** · **7+ hours in bed**

WORKOUT LOG 16 OF 18 · WORKOUT A

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Goblet Squat	8-12				
A2 Dumbbell Floor Press	8-12				
B1 Dumbbell Romanian Deadlift	8-12				-
B2 One-Arm Dumbbell Row	8-12 each				-
C1 Dead Bug	6-10 each				-
C2 Farmer Carry	30-40 steps				-
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1-10: ____ Steps today: _____ Felt: great / ok / rough

Week 6: workout logs

Workouts B and C. Write it down: it is the difference between exercising and training.

WORKOUT LOG 17 OF 18 · WORKOUT B

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Reverse Lunge	6–10 each				
A2 Push-Up	6–15				
B1 Glute Bridge	10–15				–
B2 Seated Overhead Press	8–12				–
C1 Side Plank	15–40 s each				–
C2 Suitcase Carry	20–30 each				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

WORKOUT LOG 18 OF 18 · WORKOUT C

Date: _____

Move	Reps	Round 1	Round 2	Round 3	Round 4
A1 Step-Up	6–10 each				
A2 Push-Up	6–15				
B1 Dumbbell Romanian Deadlift	8–12				–
B2 Seated Overhead Press	8–12				–
C1 Dead Bug	6–10 each				–
C2 Farmer Carry	30–40 steps				–
Finisher (optional)	30 s/30 s	Rounds:			

Write weight x reps (e.g. 25 x 10). Effort 1–10: ____ Steps today: _____ Felt: great / ok / rough

END OF WEEK 6

Workouts done: ___ / 3 Step target hit on ___ / 7 days Protein at every meal on ___ / 7 days

One win this week: _____

STEPS

The walking plan

The quiet engine of fat loss: low stress, no extra hunger, easy on the joints

Walking burns calories without draining your recovery for the workouts. You do not need hour-long walks. You need more steps spread through the day, adding about 1,000 a day each week.

Week	Daily target	Example: baseline 4,000	Example: baseline 6,500
1	Baseline + 1,000	5,000	7,500
2	Baseline + 2,000	6,000	8,500
3	Baseline + 3,000	7,000	9,500
4	Baseline + 4,000	8,000	10,000 (cap)
5	Baseline + 5,000	9,000	10,000 (cap)
6	Baseline + 6,000	10,000	10,000 (cap)

Already near 10,000 a day? Hold there and spend your energy on the workouts and food. More is fine, it is just not required.

THE POST-MEAL WALK

A 10-minute easy walk after lunch or dinner is one of the simplest habits in this plan. It adds about 1,000 steps, helps digestion and gets you away from the kitchen when the snacking urge hits. Take the kids or the dog.

EASY WAYS TO FIND 1,000 STEPS

- Walk during phone calls
- Park at the far end of the lot
- Take the stairs, twice
- Walk the kids to school or practice
- A 10-minute lap at lunch
- Pace during TV ad breaks

STEPS

Step tracker

Write your steps each night. Circle the days you hit your target.

My baseline (Day 0 average): _____ steps a day

Week	Target	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Avg
1	+1,000								
2	+2,000								
3	+3,000								
4	+4,000								
5	+5,000								
6	+6,000								

HOW TO READ IT

- Your **weekly average** matters more than any single day. A rainy Tuesday is fine.
- Hit the target on 5 of 7 days and you have nailed the week.
- If the target feels like too much, repeat last week's number for one more week. Slow and steady wins.

FOOD

Eating for fat loss without a diet

No banned foods. A protein anchor at every meal and a simple plate.

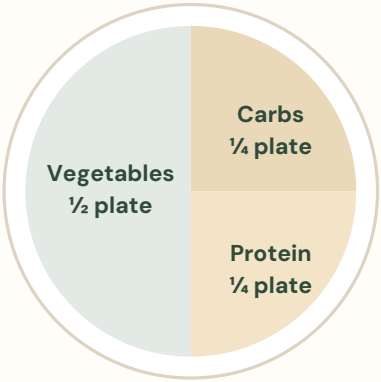
PROTEIN PER MEAL

Aim for **30–50 g of protein at each meal**, three or four times a day. A simple hand guide:

Portion	About
1 palm of meat or fish	25–30 g
2 palms	45–55 g
3 eggs	18 g
1 cup Greek yogurt	20–25 g
1 cup cottage cheese	25 g
1 cup beans or lentils	15–18 g

Numbers vary by brand and cut. Close is good enough.

THE PLATE METHOD



Plus **a thumb of fat** (olive oil, cheese, nuts, avocado). Hungry? Add vegetables or protein first.

WHAT THE 2025–2030 DIETARY GUIDELINES SAY

- **Protein:** prioritize protein foods at every meal, about 1.2–1.6 g per kg of body weight a day (roughly 0.55–0.75 g per pound). For a 220 lb man that is about 120–160 g a day.
- **Added sugar:** the new guidelines do not set a "healthy" amount of added sugar. If you have some, keep it to no more than 10 g per meal. Sugar in fruit and plain milk does not count as added sugar.
- **Alcohol:** the advice is simply to drink less for better overall health. Page 39 has the plan.
- **Whole foods first:** vegetables, fruit, whole grains and minimally processed protein.

Kidney disease, diabetes or on medication? Ask your doctor or a registered dietitian before raising your protein.

FOOD

The honest calorie page

Protein makes a deficit easier. It does not make it optional.

Fat loss happens when you take in a little less energy than you use, week after week. That is not a trick and no food gets around it. But you do not need to count every calorie forever. Most men do best with a short counting phase to learn their portions, then habits.

Step	What to do
1. Track a normal week	Write down or log everything for 7 days, weekends too. No changes yet.
2. Find maintenance	A rough start: body weight in lb x 14-15 (less if you sit most of the day).
3. Set a modest deficit	Eat 300-500 calories a day below maintenance.
4. Protein first	Fill your protein target, then build the rest of the plate.
5. Check the weekly average	Weigh 3+ mornings a week and use the average, plus waist every 2 weeks.
6. Adjust slowly	No change in waist or average weight for 3 weeks? Trim 150-200 calories.

WHERE HIDDEN CALORIES HIDE

- Cooking oil and butter poured, not measured
- Creamy dressings and sauces
- Coffee drinks with syrup and cream
- Bites, tastes and the kids' leftovers
- Beer, cocktails and the snacks that come with them
- Late-night grazing

WHAT TO EXPECT

A steady, sustainable pace for many men is about 0.5-1% of body weight a week, but everyone is different and some weeks the scale will not move at all. Water, salt and stress all play a part. That is why you track the waist, photos and strength tests too. Results vary.

Very low-calorie diets are not part of this plan. Under-eating costs muscle, energy and sleep, and it rarely lasts.

FOOD

20 high-protein grab-and-go foods

Keep three or four of these in the fridge and the 3 p.m. raid gets a lot easier

Food	Protein
Rotisserie chicken (4 oz)	30 g
Plain Greek yogurt (1 cup)	20–25 g
Cottage cheese (1 cup)	25 g
Hard-boiled eggs (3)	18 g
Canned tuna (1 can)	25–30 g
Canned salmon (1 can)	25–30 g
Beef or turkey jerky (1 oz)	9–12 g
String cheese (2 sticks)	12–14 g
Deli turkey (4 oz)	20–24 g
Protein shake (1 ready-to-drink)	20–30 g

Food	Protein
Milk (2 cups)	16 g
Edamame (1 cup shelled)	17–18 g
Roasted chickpeas (½ cup)	9–10 g
Peanuts or almonds (1 oz)	6–7 g
Shrimp, cooked (4 oz)	22–24 g
Turkey or chicken meatballs (4 oz)	18–22 g
Smoked salmon (3 oz)	15–18 g
Lentil or bean soup (1 cup)	10–15 g
Skyr or Icelandic yogurt (1 cup)	20–25 g
Grilled chicken strips (4 oz, ready to eat)	25–30 g

SHOPPING NOTES

- Check labels on jerky, deli meat and soups: pick lower-sodium options when you can.
- Flavored yogurts and protein bars often carry added sugar. Plain yogurt plus fruit keeps you under 10 g of added sugar per meal.
- Protein amounts are typical values and vary by brand.
- Pair a protein snack with fruit or vegetables for a mini-meal that holds you until dinner.

THE BEER PLAN

Keep the beer, lose the autopilot

You do not have to quit. You do have to plan it.

For a lot of men, drinks are the single biggest lever. Not because one beer is a disaster, but because drinks bring calories, a bigger appetite, worse sleep and the 11 p.m. snack. The current U.S. guidelines simply say to drink less for better overall health. Here is how to do that without feeling like you are on a diet.

Instead of	Try	Roughly saves
Craft IPA (12 oz, 7%)	Light beer (12 oz)	100–130 cal
3 beers while watching the game	2 beers + sparkling water in between	100–200 cal
Margarita or sweet mixed drink	Spirit + soda water + lime	150–250 cal
Wine poured to the top	A measured 5 oz pour	50–100 cal
Chips and wings with drinks	Jerky, edamame or a protein snack first	varies

Calories vary a lot by brand and pour. Check the label or the brewery's numbers.

PLANNED DRINKS

1. Decide your number for the week on Monday, and which days.
2. Count the drinks in your calories: trim carbs at that meal.
3. Eat a protein meal before you drink.
4. Alternate every drink with water or sparkling water.
5. Last drink at least 3 hours before bed.

MY DRINK PLAN THIS WEEK

Drinks this week (number):

Which days:

My go-to swap:

Water between drinks? yes / no

Last drink by (time):

How did I sleep?

If you find it hard to cut back, or drinking worries you or the people close to you, talk to your doctor. That is a strong move, not a weak one.

THE WEEKEND PLAN

Weekends, eating out, BBQs and leftovers

Two big days can erase most of a week. Plan Saturday like you plan Monday.

EATING OUT

- Look at the menu before you go and pick a protein-first meal.
- Grilled, roasted or smoked beats fried.
- Swap fries for a side salad or vegetables, or share the fries.
- Box half before you start if portions are huge.

BBQS AND COOKOUTS

- Fill the plate with protein first: burgers, chicken, brisket, sausages.
- One scoop of the heavy sides, not three.
- Stand away from the chip bowl and keep a drink of water in your hand.
- Bring a dish you know fits: a big salad or grilled vegetables.

THE KIDS' LEFTOVERS

- Plate the kids' food smaller so there is less left over.
- Scrape plates straight into the bin or a container.
- Clean the kitchen right after dinner, then shut it.
- Chew gum or brush your teeth after dinner.

THE SATURDAY RULE

- Keep breakfast high-protein, even on weekends.
- Get your steps in: yard work, a walk, a bike ride with the kids.
- One planned treat meal, not a two-day free-for-all.
- Monday starts on Sunday: do your prep (page 42).

Your Saturday dinner in the meal plan is turkey burgers for exactly this reason: they work on the grill.

7-DAY MEAL PLAN

Your 7-day high-protein meal plan

Built only from tested recipes on coachluke.com. Repeat it, or swap days around.

Day	Breakfast	Lunch	Snack	Dinner
Mon	Protein Overnight Oats	Chicken Fajita Bowl	Greek Yogurt Parfait Jars	Teriyaki Salmon Bowls
Tue	Cottage Cheese Scrambled Eggs	Chicken Fajita Bowl	Greek Yogurt Parfait Jars	Chicken Stir Fry **bigger appetite: 1.5 servings**
Wed	Protein Overnight Oats	Chicken Fajita Bowl	Greek Yogurt Parfait Jars	Turkey Bolognese
Thu	Cottage Cheese Scrambled Eggs	Chicken Fajita Bowl	Greek Yogurt Parfait Jars	Parmesan Crusted Baked Cod **bigger appetite: 1.5 servings**
Fri	Protein Overnight Oats	Greek Yogurt Chicken Salad	Cottage Cheese Egg Bites	Healthy Chicken Fried Rice
Sat	Cottage Cheese Scrambled Eggs	Greek Yogurt Chicken Salad	Cottage Cheese Egg Bites	Juicy Turkey Burgers **bigger appetite: 1.5 servings**
Sun	Cottage Cheese Scrambled Eggs	Greek Yogurt Chicken Salad	Cottage Cheese Egg Bites	Greek Lemon Chicken + Potatoes

HOW IT ADDS UP

- One serving of each meal gives about **135–156 g of protein a day** (from the recipe cards). Bigger or very active men: have 1.5 servings at dinner where noted, or add a grab-and-go protein from page 38.
- Calories land at about 1,520–1,880 a day for one serving of everything. Most men will add fruit, a side of rice or potatoes, or the larger dinner serving to reach their own target (page 37).
- Serve the turkey burgers on a whole-grain bun or in lettuce, with a big salad.

7-DAY MEAL PLAN

Meal plan notes + Sunday prep

90 minutes on Sunday and most of the week takes care of itself

Recipe	Makes	You use	Batches
Protein Overnight Oats	3 jars	3	x3
Cottage Cheese Scrambled Eggs	4 servings	4	x2
Chicken Fajita Bowl	4 bowls	4	x1
Greek Yogurt Chicken Salad	4 servings	3	x1
Greek Yogurt Parfait Jars	4 jars	4	x1
Cottage Cheese Egg Bites	4 servings	3	x1
Teriyaki Salmon Bowls	4 bowls	1	x1
Chicken Stir Fry	4 servings	1	x1
Turkey Bolognese	6 servings	1	x1
Parmesan Crusted Baked Cod	4 servings	1	x1
Healthy Chicken Fried Rice	4 bowls	1	x1
Juicy Turkey Burgers	4 burgers	1	x1
Greek Lemon Chicken + Potatoes	4 servings	1	x1

Dinners make 4-6 servings: feed the family, or pack the extras as next-day lunches. The grocery list covers every batch above.

SUNDAY PREP (ABOUT 90 MIN)

1. Cook 10 cups of brown rice; freeze 4 cups for Friday's fried rice.
2. Roast the fajita chicken and peppers; pack 4 bowls.
3. Make 4 parfait jars and 2 overnight oats jars (Mon + Wed).
4. Slice the cucumber and green onions for Monday's salmon bowls.
5. Chop onions, celery and carrots for the week.

THURSDAY MINI-PREP (20 MIN)

- Bake the egg bites for Friday-Sunday snacks.
- Buy a rotisserie chicken; mix the salad.
- Make Friday's oats jar; thaw the rice.
- Swap any meal you dislike for another day's meal. Keep the protein.

7-DAY MEAL PLAN

Recipe links

Tap a recipe in the PDF, or type the address, for full steps, photos and nutrition

Protein Overnight Oats coachluke.com/protein-overnight-oats/	1 jar · 27 g protein / serving
Cottage Cheese Scrambled Eggs coachluke.com/cottage-cheese-scrambled-eggs/	2 servings · 29 g protein / serving
Sheet-Pan Chicken Fajita Meal Prep Bowls coachluke.com/chicken-fajita-meal-prep-bowls/	4 bowls · 41 g protein / serving
Greek Yogurt Chicken Salad coachluke.com/greek-yogurt-chicken-salad/	4 servings · 55 g protein / serving
Greek Yogurt Parfait Jars coachluke.com/greek-yogurt-parfait/	4 jars · 26 g protein / serving
Cottage Cheese Egg Bites coachluke.com/cottage-cheese-egg-bites/	4 servings · 25 g protein / serving
Teriyaki Salmon Bowls coachluke.com/teriyaki-salmon-bowls/	4 bowls · 45 g protein / serving
Chicken Stir Fry with Frozen Vegetables coachluke.com/chicken-stir-fry-frozen-vegetables/	4 servings · 44 g protein / serving
Weeknight Turkey Bolognese coachluke.com/turkey-bolognese/	6 servings · 42 g protein / serving
Parmesan Crusted Baked Cod coachluke.com/parmesan-crusted-cod/	4 servings · 43 g protein / serving
Healthy Chicken Fried Rice coachluke.com/healthy-chicken-fried-rice/	4 bowls · 49 g protein / serving
Juicy Turkey Burgers coachluke.com/turkey-burger-recipe/	4 burgers · 43 g protein / serving
Greek Lemon Chicken and Potatoes coachluke.com/greek-lemon-chicken-and-potatoes/	4 servings · 42 g protein / serving

Recipe nutrition comes from each recipe card and is an estimate.

7-DAY MEAL PLAN

Grocery list (1 of 2)

Totals from the actual recipe amounts, every batch added once. Check off what you already have.

PROTEIN

- [ ] Boneless skinless chicken breast — **4½ lb**
- [ ] Bone-in chicken thighs — **2 lb**
- [ ] Shredded rotisserie chicken — **3 cups**
  about 1 small rotisserie chicken
- [ ] 93% lean ground turkey — **4 lb**
- [ ] Salmon fillets — **1½ lb**
- [ ] Cod fillets — **1¾ lb**
- [ ] Large eggs — **23**
  buy 2 dozen

DAIRY

- [ ] Plain Greek yogurt (nonfat or low-fat) — **7 1/3 cups**
  two 32 oz tubs
- [ ] Low-fat cottage cheese — **2 cups**
- [ ] Low-fat milk — **2 cups**
- [ ] Shredded cheddar cheese — **1 cup**
- [ ] Grated Parmesan — **1 cup**

PRODUCE

- [ ] Bell peppers — **3**
  plus 1 red pepper for the line below
- [ ] Red bell pepper, diced — **½ cup**
  about ½ a pepper
- [ ] Red onion (large) — **1**
- [ ] Red onion, diced — **¼ cup**
  buy 2 red onions in total
- [ ] Yellow onion, chopped — **2½ cups**
  about 3 medium onions
- [ ] Garlic — **20 cloves**
  about 2 heads
- [ ] Fresh ginger — **2 tbsp + 1 tsp**
  a 3-inch piece
- [ ] Baby spinach — **3 cups**
- [ ] Carrot, chopped — **1 cup**
- [ ] Shredded carrots — **1 cup**
- [ ] Celery stalks — **2**
  one bunch covers both lines
- [ ] Celery, chopped — **½ cup**
- [ ] Cucumber — **1**
- [ ] Green onions — **2**
  one bunch covers both lines
- [ ] Green onions, sliced — **½ cup**
- [ ] Yukon gold potatoes — **1½ lb**
- [ ] Lemons — **2**
  buy 4 in total for juice and zest
- [ ] Lemon juice — **2 tbsp**
  about 1 lemon
- [ ] Lemon zest — **1 tsp**
  from 1 lemon
- [ ] Lime — **1**
- [ ] Red grapes — **1 cup**
- [ ] Mixed berries — **2 cups**
- [ ] Fresh cilantro — **¼ cup**
- [ ] Fresh parsley — **6 tbsp**
- [ ] Fresh chives — **¼ cup**

Grocery list (2 of 2)

Totals from the actual recipe amounts, every batch added once. Check off what you already have.

FROZEN

- [ ] Frozen stir-fry vegetables — **24 oz**
  two 12 oz bags
- [ ] Frozen peas and carrots — **2 cups**
- [ ] Shelled edamame — **1½ cups**

GRAINS & BREAD

- [ ] Cooked brown rice — **10 cups**
  cook about 3 1/3 cups dry, or buy ready-cooked
- [ ] Rolled oats — **1½ cups**
- [ ] Whole wheat pasta — **12 oz**
  1 box (16 oz box is fine)
- [ ] Whole wheat English muffins — **4**
- [ ] Panko breadcrumbs — **½ cup**
- [ ] Granola — **¾ cup**

CANS, JARS & SAUCES

- [ ] Canned crushed tomatoes — **28 oz**
  1 large can
- [ ] Tomato paste — **2 tbsp**
- [ ] Low-sodium chicken broth — **1 cup**
- [ ] Low-sodium soy sauce — **10 tbsp**
- [ ] Rice vinegar — **2 tbsp**
- [ ] Dijon mustard — **2 tbsp**
- [ ] Worcestershire sauce — **1 tbsp**
- [ ] Honey — **5 tbsp**
- [ ] Maple syrup — **2 tbsp**

NUTS, SEEDS & OILS

- [ ] Sliced almonds — **½ cup**
- [ ] Chia seeds — **3 tbsp**
- [ ] Sesame seeds — **1 tbsp**
- [ ] Olive oil — **10 tbsp**
- [ ] Avocado oil — **¼ cup**
- [ ] Sesame oil — **1 tbsp**

SPICES & BAKING (CHECK THE PANTRY)

- [ ] Salt — **1 tbsp + 2½ tsp**
  plus a pinch for the oats
- [ ] Black pepper — **1 tbsp + ¾ tsp**
- [ ] Garlic powder — **1 tsp**
- [ ] Chili powder — **2 tsp**
- [ ] Ground cumin — **1 tsp**
- [ ] Smoked paprika — **2 tsp**
- [ ] Paprika — **½ tsp**
- [ ] Dried oregano — **1 tbsp + 1 tsp**
- [ ] Italian seasoning — **1 tsp**
- [ ] Vanilla extract — **1¾ tsp**
- [ ] Cornstarch — **2 tbsp + 1 tsp**

Not on the list: buns or lettuce for the burgers, and any fruit or extra sides you add.

RECOVERY

Sleep + stress

Where the results actually get built

Short sleep makes you hungrier, crankier and weaker in the next workout. Stress does the same. You cannot delete either one, but you can stack the deck.

SLEEP BASICS

- Aim for 7-8 hours in bed most nights.
- Same wake-up time, even on weekends (within an hour).
- Caffeine done by early afternoon.
- Last drink at least 3 hours before bed.
- Phone out of reach 30 minutes before bed.
- Cool, dark room.

STRESS VALVES (5 MIN OR LESS)

- A 10-minute walk outside
- 5 slow breaths: in for 4, out for 6
- Write tomorrow's top 3 tasks, then close the laptop
- One workout, even a short one
- Call a friend instead of scrolling

SLEEP LOG (ROUGH IS FINE)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Avg
1								
2								
3								
4								
5								
6								

Snoring loudly, waking up gasping, or tired no matter how long you sleep? Mention it to your doctor; it is common and treatable.

CHECK-INS

Weeks 2, 4 and 6

Ten minutes, three times. This is how you see progress the scale misses.

WEEK 2 CHECK-IN

Waist	Weight avg	Push-ups	Squats	Plank	Sit-to-stand	Avg steps

Workouts done so far: ____ / 6 Best lift this block: _____

My wins (sleep, energy, clothes, mood): _____

One thing to tighten up next: _____

WEEK 4 CHECK-IN

Waist	Weight avg	Push-ups	Squats	Plank	Sit-to-stand	Avg steps

Workouts done so far: ____ / 12 Best lift this block: _____

My wins (sleep, energy, clothes, mood): _____

One thing to tighten up next: _____

WEEK 6 CHECK-IN (DAY 42: ALSO FILL IN PAGE 48)

Waist	Weight avg	Push-ups	Squats	Plank	Sit-to-stand	Avg steps

Workouts done so far: ____ / 18 Best lift this block: _____

My wins (sleep, energy, clothes, mood): _____

One thing to tighten up next: _____

DAY 42

Day 0 vs Day 42

Six weeks of work, side by side

Measure	Day 0	Day 42	Change
Waist at navel			
Weight (3-day average)			
Push-ups			
Goblet squat reps / weight			
Plank hold			
Chair sit-to-stand (30 s)			
Average daily steps			
Workouts completed		/ 18	
Sleep (avg hours)			

WHAT NEXT?

OPTION 1: RUN IT BACK HEAVIER

Repeat the 6 weeks starting with the weights you used in Week 4. Same workouts, new numbers. Most men can run this plan 2-3 times before they need something new. Keep the step target where it landed.

OPTION 2: MOVE TO 4 DAYS

Add a fourth day: Workout A, B, C, then a repeat of A with a different finisher. Or split it: Mon A, Tue B, Thu C, Sat A. Only move up if you are sleeping well and recovering between sessions.

Whichever you pick, keep the habits that worked: protein at every meal, your step target, the drink plan and the kitchen closing time.

SAFETY

When to talk to your doctor

Before you start, and any time something does not feel right

CHECK WITH YOUR DOCTOR BEFORE STARTING IF YOU

- Have heart disease, a heart condition or a family history of early heart problems
- Have high blood pressure, especially if it is not well controlled
- Have diabetes or take blood-sugar-lowering medication, including insulin or GLP-1 medicines. More activity and changes in what you eat can change how these work, so your doses may need checking.
- Have had joint surgery, a joint replacement or a recent injury
- Have ever had chest pain, fainting or dizziness during exercise
- Have kidney disease (before raising your protein)
- Take any medication and are unsure how exercise or diet changes affect it

STOP RIGHT AWAY AND GET HELP IF YOU FEEL

Chest pain, pressure or tightness · pain spreading to your arm, jaw, neck or back · unusual shortness of breath · a racing or irregular heartbeat · dizziness, light-headedness or fainting · sudden weakness or numbness. **Call emergency services if symptoms are severe or do not go away with rest.**

This plan is general fitness and nutrition education, not medical advice, diagnosis or treatment. Follow your doctor's guidance and go at your own pace. Results vary from person to person.

PRINTING + PERSONAL USE

Printing tips + personal use

Get the most out of your plan

PRINTING TIPS

- Pick US Letter or A4 to match your paper.
- Print at 100% / "actual size".
- Print the 12 weekly log pages once per run of the plan.
- Print the grocery list each week.
- Prefer a tablet? Use a PDF app that lets you write on pages.

PERSONAL USE ONLY

This file is for your own personal use. Please do not share, resell or redistribute it, in whole or in part. Thank you for supporting a small, independent coach.

You do not need a perfect 6 weeks.

You need 18 workouts.

Thanks for training with me. Go get the first one done.

- Coach Luke

NASM-CPT, CES, PES | NESTA Nutrition Coach

More free workouts and recipes at coachluke.com.

YOUR FREE STORE BONUSES

Thanks for buying direct

Two extras that come with the plan when you buy from my own shop

Because you bought The Dad Bod Reset from coachluke.com, two bonuses come with it. Your plan pages are exactly the same as everywhere else; these are on top.

BONUS 1 · 8 COACHING EMAILS OVER 6 WEEKS

They start automatically after your purchase: a welcome email today, then one short email at the start of each of your 6 weeks, matched to that week's page (what to focus on, when to add a round or go heavier, a food or beer tip), and a Day 42 re-test email to wrap it up. Check your inbox, and your promotions or spam folder, for the first one.

BONUS 2 · FREE RESOURCE LIBRARY

Scan the code or visit

coachluke.com/free-library

Printable guides, trackers and checklists to use alongside this plan. New ones are added regularly.

Questions? Reply to any coaching email or write to **coach@coachluke.com**. I read every one.

Thank you for supporting a small, independent coach.