



BADDIES NUTRITION **BLUEPRINT**

BADDIES  **×** **BASEMENT**
BEAST

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WELCOME

Your Baddies Nutrition Guide

IT'S
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First and foremost, CONGRATULATIONS on signing up for Baddies and committing yourself to your health!

Today marks the beginning of a new chapter in your life – one where you'll not only look your best, but also feel and perform at your peak. Over the coming weeks, you'll come to understand that fitness isn't merely a superficial pursuit. It's a lifestyle that empowers you to live on your own terms, radiating confidence.

I know it took a lot of courage to take this first step. I'm proud of you for taking it and i am excited to work with you :)

Before we get started on this journey, I want to ask you to take a **few moments to read over this guide carefully.**

My goal is for you to fall in love with fitness and to use the lessons we learn together in all aspects of your life.

What does it mean to take part in this Baddie journey?

Being a "Baddie" represents you breaking free from the chains holding you back and confidently unveiling the beautiful, powerful and amazing woman you are.

It represents you having the strength to show up for yourself, your health, and (most importantly) your loved ones.

Over the coming weeks, you and I will not only transform your body, but will create a sustainable lifestyle empowering you to feel better all around.

Over time with commitment you will see longer term benefits, such as:

- loss of body fat
- toning and sculpting of problem areas such as stomach and arms
- longer stamina
- less brain fog
-and the list goes on.

Thank you for trusting me to be your guide on this exciting journey and always remember: you are perfect and beautiful – and I'm here to help you shine.



Fabian Petrina

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BADDIES

Understanding Calories & Weight Change

How to align your caloric intake with your fitness goals

What is a calorie?

A calorie is a unit of energy that our body uses to perform functions and stay alive. When we eat and drink, we put energy (calories) into our bodies. Our bodies use up that energy in our daily activities.

Why is understanding your caloric intake important?

Understanding how many calories you need helps in managing your weight. Eating more calories than your body uses can lead to weight gain, while consuming fewer calories than your body uses helps in weight loss.

How to Determine How Many Calories to Eat?

Thanks to the Baddies X Beasts Calculator, you won't have to do the math yourself - as it breaks down your caloric goal and macros for you.

However, my goal is not just to get you results, but to teach you why/how/and what we're doing. So here's a quick breakdown of how to assess your caloric goal:

1. Assess Your Goals:

First, identify whether you want to lose weight, maintain your current weight, or gain weight (in the form of muscle). Each goal will require a different caloric intake.

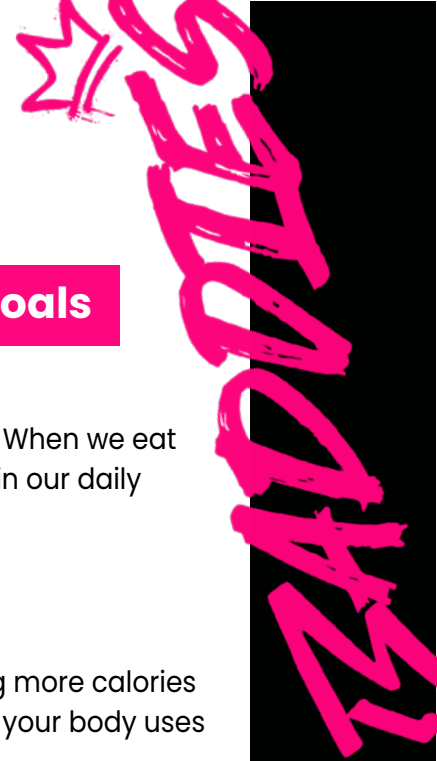
2. Establish your Caloric Intake:

Using the Harris-Benedict equation (which factors in your age, weight, height and activity level), establish your maintenance or "baseline" calories. This will allow you to stay at your current weight.

If your goal is to lose weight, you should consume fewer calories than you burn. This is called a 'caloric deficit.' Aim for a 300-calorie deficit per day, which typically results in losing about 1 pound per week.

If your goal is to gain weight (in the form of lean muscle), you should consume more calories than you burn. This is called a 'caloric surplus.' Aim for a 300-calorie surplus per day, which typically results in gaining about 1 pound per week.

If you aim to replace fat with muscle, focus on consuming more protein and slightly more calories than your maintenance level, since building muscle requires extra energy.



3. Adjust According to Your Progress:

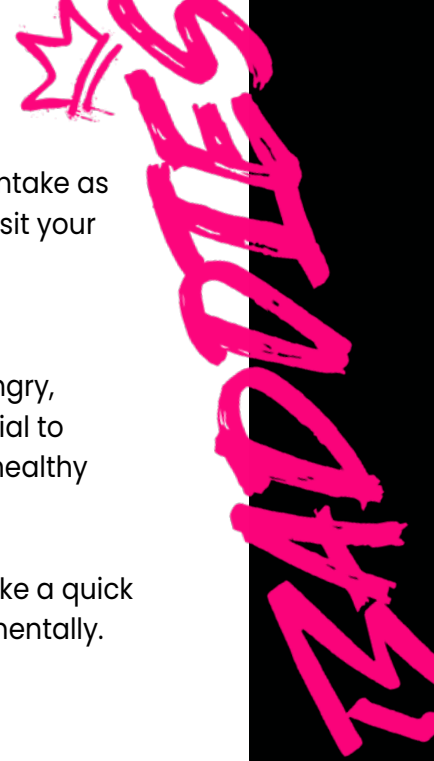
It's important to monitor your weight and how you feel and adjust your caloric intake as necessary. If you aren't seeing the results you want after a couple of weeks, revisit your caloric goals.

4. Listen to Your Body (I cannot stress this enough)

Not all calorie deficits are sustainable or healthy. If you're feeling constantly hungry, fatigued, or irritable, it might be a sign that you're not eating enough. It's essential to consume a sustainable, reasonable amount of calories that allows for steady, healthy weight loss.

Although eating a heavily restricted diet with a large calorie deficit may seem like a quick way to lose weight, it is not sustainable long term, body wise, weight wise and mentally.

5. **Remember that you are beautiful!** Take your time and prioritize your health!



Understanding Macros

What are macros and how do they help me reach my goals

What Are Macronutrients?

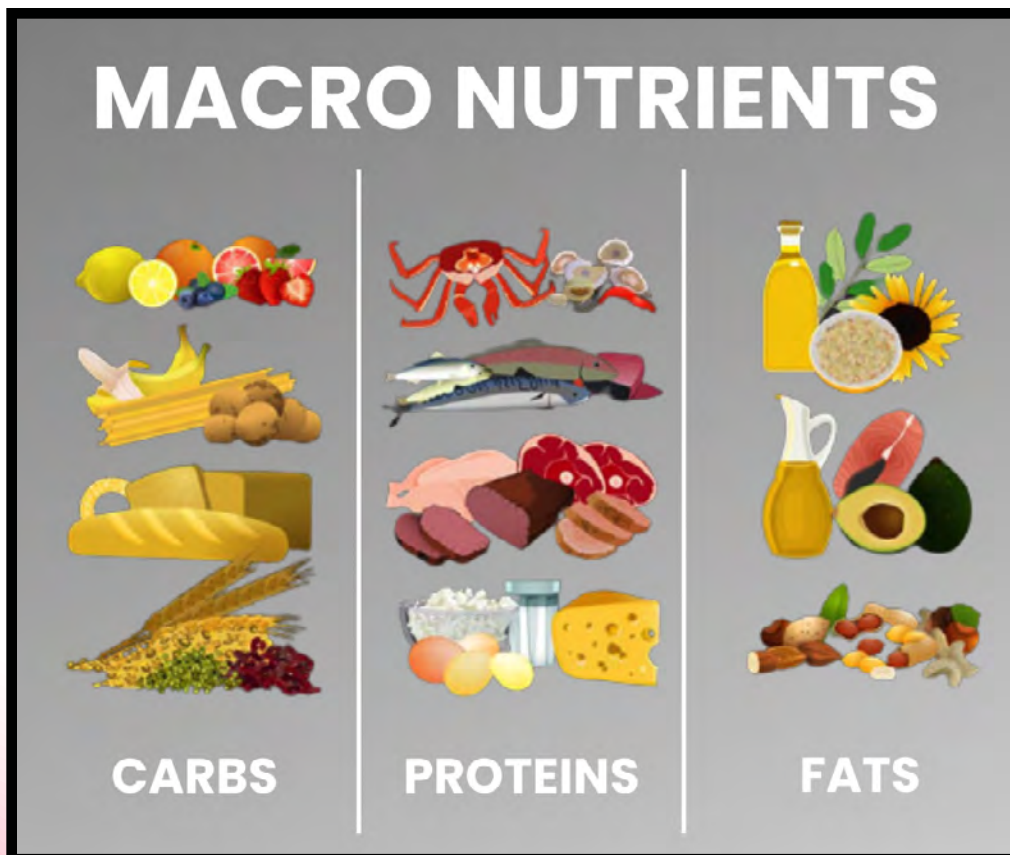
Like you just learned, 'calories' is a broad term for units of energy. Macronutrients, or 'macros', are the three primary types of fuel sources that make up this energy. In other words, they are nutrients our bodies need in larger amounts to function properly. These macros are:

Proteins: The building blocks of your muscles and a key component of all cells in the body. Recommended: 35% of your daily caloric intake.

Fats: Essential for absorbing nutrients and supporting cell growth. Fats are also a key source of energy and help balance out hormones. Recommended: 30% of your daily caloric intake.

NOTE: stick to "healthy fats" - which I break down below.

Carbohydrates: Your body's main source of energy. They fuel your muscles and brain. Recommended: 35% of your daily caloric intake.



Why Does Keeping Track Of Macros Matter?

Understanding your macros is essential for several reasons:

Balanced Diet: Knowing your macros can help you create a balanced and sustainable diet, ensuring you are nourishing your body adequately.

Weight Management: Tracking macros can be more effective than calorie counting alone, as it ensures you are getting the right types of calories, which aids in weight loss and muscle gain.

Performance and Recovery: Consuming the right ratio of macros is crucial when you are engaging in high-intensity exercises, as it fuels your workouts and aids in recovery.

Hormonal Health: Proper macro balance is key for maintaining hormonal health. For example, healthy fats are essential for hormone production, including hormones like estrogen and progesterone, which are vital for your health.

Healthy Fats

Healthy fats are crucial for various bodily functions, including the absorption of certain vitamins, brain health, and providing sustained energy. Here are some sources of healthy fats:

Monounsaturated Fats:

Olive oil: especially extra-virgin olive oil.

Avocados: both the flesh and the oil.

Nuts: like almonds, cashews, pecans, and macadamia nuts.

Seeds: such as sesame seeds.

Polyunsaturated Fats:

Fatty fish: such as salmon, mackerel, sardines, and trout.

Walnuts: one of the few nuts rich in alpha-linolenic acid, a type of plant-based omega-3.

Flaxseeds and flaxseed oil.

Chia seeds.

Hemp seeds.

Safflower oil and sunflower oil: although they should be consumed in moderation and not exposed to high heat.

Saturated Fats (consume in moderation):

Coconut oil: While high in saturated fat, it's largely in the form of medium-chain triglycerides which can be beneficial in certain contexts.

Grass-fed butter: Contains beneficial nutrients not found in conventional butter.

Ghee: Clarified butter, often used in Indian cuisine.

Dark chocolate: Especially those with high cocoa content.

Omega-3 Fatty Acids:

In addition to fatty fish, walnuts, flaxseeds, and chia seeds mentioned above, other sources include krill oil, algal oil (derived from algae and a good vegetarian source), and grass-fed meat (contains higher amounts of omega-3 compared to grain-fed).

Medium-Chain Triglycerides (MCTs):

MCT oil: Derived primarily from coconut oil or palm oil.

NOTE: It's important to be aware that while these fats are healthy, they are still calorie-dense, so they should be consumed in moderation, especially if you're watching your calorie intake. Conversely, it's essential to limit or avoid trans fats, which can be found in many processed foods and are associated with numerous health issues. Always check ingredient labels for "partially hydrogenated oils" to identify and avoid trans fats.

A Breakdown on Carbs..

Carbohydrates can be broadly categorized into simple (sugars) and complex (starches and fiber). Here's a list of various sources of carbohydrates:

Simple Carbohydrates (Sugars):

Fruits: such as bananas, apples, berries, grapes, and oranges.

Milk and Dairy Products: lactose is the sugar in milk.

Honey.

Table sugar (sucrose).

Maple syrup.

Sodas and candy: these often contain added sugars like high fructose corn syrup.

Processed foods: many contain added sugars.

Complex Carbohydrates:

Starches:

Whole Grains: such as quinoa, brown rice, barley, and oats.

Starchy Vegetables: like potatoes, sweet potatoes, and corn.

Legumes: including beans, lentils, and chickpeas.

Pasta: whole grain versions are more nutritious.

Bread: opt for whole grain or whole wheat varieties when possible.

Fiber:

Fruits: especially when consumed with the skin, like apples.

Vegetables: such as broccoli, Brussels sprouts, and kale.

Whole Grains: whole wheat, oats (especially oat bran), and bulgur.

Legumes: beans, lentils, and chickpeas are particularly high in fiber.

Nuts and seeds: for instance, almonds and flaxseeds.

Fiber supplements: like psyllium husk.

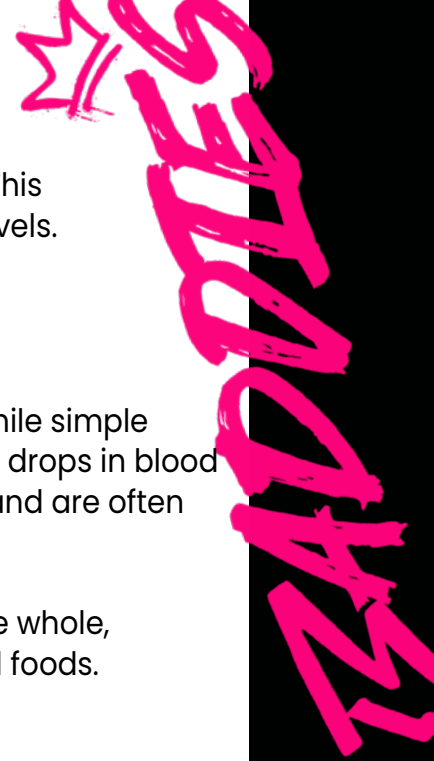
Dietary Fiber Subtypes:

Soluble Fiber: Found in oats, beans, lentils, apples, and citrus fruits. This type of fiber can help lower cholesterol and stabilize blood sugar levels.

Insoluble Fiber: Found in whole wheat, whole grains, wheat bran, vegetables, and nuts. This type of fiber promotes regular bowel movements.

It's essential to have a balanced intake of carbohydrates in your diet. While simple sugars provide a quick energy source, they can lead to rapid spikes and drops in blood sugar levels. Complex carbs, on the other hand, offer sustained energy and are often accompanied by beneficial fibers and nutrients.

Always be mindful of the carbohydrate quality, aiming to consume more whole, unprocessed sources while limiting refined sugars and overly processed foods.



The “Baddie Portion Diet”

Learning how to manage portion sizes.

BADDIES

Where and how to start your diet?

In the “6 Steps To Starting Your Baddie Diet” section of the Baddie Nutrition Guide, I break down exactly how to start your diet.

Before diving in, however, I want to address the elephant in the room: how to make your diet as simple, effective, and fun as possible.

There are countless diets out there – however, the ones that I have seen the most success with are the following:

1. The “Baddie Portion Diet”
2. Macro Counting

“Baddie Portion Diet” vs. Macro Counting

Macro Counting

Now – this is probably not news to you: the most effective way to achieve your health and fitness goal is to count your macros and calories.

Don’t worry! This is simple and I’ll show you how to do so in the following sections of this guide.

However, I understand that this approach isn’t right for everyone’s lifestyle – so first, let’s break down the “Easy Portion Diet”

“Baddie Portion Diet”

If your goal is to make healthier choices, get results, and maintain a balanced lifestyle, then the **Baddie x Beasts Portion Hack** is going to be a homerun for you! It’s a great way to start making healthier choices and start a diet that is much easier to follow than the traditional “macro counting” diet.

**Click the Image Below To Access
the Baddie Beasts Portion Hack**



Tracking your Calories & Macros

Tips and Tricks to make macro counting simple....

Where and how to start?

The Baddie Portion Diet is a great option to get started and maintain your diet. However, if you really want to maximize the results you get out of the hard work you're putting in and tailor your diet for YOUR unique body, nothing will beat Macro and Calorie Tracking.

Don't worry...tracking and staying on track is much easier than you think! Below are some great tools/ways for you to get started and stay on track.

Learn how to use MyFitnessPal

MyFitnessPal is a convenient app that allows you to log your food intake and exercise. It automatically calculates your macros for you based on the foods you input.

Steps to Get Started with MyFitnessPal:

- **Download the App:** Available for iOS and Android devices.
- **Set Up Your Profile:** Enter your age, weight, height, and goals. The app will calculate your suggested macro breakdown.
- **Log Your Food:** Use the search function to find the foods you eat or scan barcodes for convenience.
- **Review Your Macro Distribution:** Check your daily and weekly intake. Make adjustments as necessary to hit your targets.

Work with your B X B Coaching Team

If you want to remove all of the guesswork out of establishing your calories and macros, fitting them into easy-to-make meals, keeping track of what you eat, etc... My team and I are ready to help you.

[CLICK HERE](#) to book your free fitness assessment call and find out more.

Establishing Your Calorie and Macro Goal

We take a deep dive into this in the 6 Steps To Starting Your Baddie Diet section of this guide.

Tips for Success:

Be Honest: It's important to record everything you consume, even if you go over your intended amount for the day.

Plan Ahead: If possible, log your meals in advance. This can help you adjust as

necessary before you even eat.

Consistency is Key: It's easier to see trends and make effective changes if you are consistent with your tracking.

Don't sweat the small stuff: If you eat a cookie or even a whole cake...don't beat yourself up. The goal is to take manageable steps and form lifelong habits. Celebrate the wins...and forgive yourself for the hiccups.

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A Healthy Day Of Eating

An example of a healthy, balanced diet for
a 1,400 cal goal.

Let's take a look at an example of what a healthy and balanced 1,400 calorie diet with a 35% carb, 35% protein, and 30% fat split looks like:



Breakfast: Greek Yogurt Parfait

1 cup (250g) of non-fat Greek yogurt (130 calories, 24g protein, 0g fat, 6g carbs) 1/2 cup (70g) of fresh blueberries (42 calories, 0.6g protein, 0.3g fat, 11g carbs) 1 tablespoon (20g) of honey (64 calories, 0g protein, 0g fat, 17g carbs)

Breakfast Total: 236 calories, 24.6g protein, 0.3g fat, 34g carbs



Mid-Morning: Low-Fat Milk Cappuccino

1 cup (250ml) of low-fat milk (102 calories, 8g protein, 3g fat, 12g carbs) Regular coffee (2 calories, 0.3g protein, 0g fat, 0g carbs)

Cappuccino Total: 104 calories, 8.3g protein, 3g fat, 12g carbs



Lunch: Grilled Chicken Salad

4 oz (115g) of grilled chicken breast (187 calories, 43g protein, 2g fat, 0g carbs) 2 cups (60g) of mixed greens (20 calories, 2g protein, 0g fat, 4g carbs) 1/4 avocado (50g) (60 calories, 0.5g protein, 5g fat, 3g carbs) 1 tablespoon (15ml) of vinaigrette dressing (45 calories, 0g protein, 5g fat, 3g carbs)

Lunch Total: 312 calories, 45.5g protein, 12g fat, 10g carbs



Snack: Hummus and Veggie Sticks

2 tablespoons (30g) of hummus (50 calories, 1g protein, 3g fat, 4g carbs) 1 cup (100g) of sliced cucumber (16 calories, 0.8g protein, 0.2g fat, 4g carbs)

Snack Total: 66 calories, 1.8g protein, 3.2g fat, 8g carbs

RADOTES



Dinner: Baked Salmon with Quinoa and Asparagus

6 oz (170g) of baked salmon (310 calories, 34.5g protein, 13.5g fat, 0g carbs)

1/2 cup (90g) of cooked quinoa (111 calories, 4g protein, 1.8g fat, 20g carbs)

6 asparagus spears (27 calories, 3g protein, 0g fat, 5g carbs)

1 teaspoon (5ml) of olive oil (40 calories, 0g protein, 4.5g fat, 0g carbs)

Dinner Total: 488 calories, 41.5g protein, 19.8g fat, 25g carbs



Snack: Apple and Almond Butter

1 small apple (52 calories, 0.3g protein, 0.2g fat, 14g carbs)

1 tablespoon (15g) of almond butter (98 calories, 3.5g protein, 9g fat, 3g carbs)

"Movie Night" Snack Total: 150 calories, 3.8g protein, 9.2g fat, 17g carbs

Total Calories for the Day:

Calories: 1,356

Protein: 125.5g

Fat: 47.5g

Carbs: 106g

That's not too bad, right?

Of course, the above is just one of the many ways you can draft your diet to hit your caloric and macro goals. The main takeaway here is that it's really not as "boring" as you might think it is to eat healthy, right?

We included a morning cappuccino, a midday snack, and a tasty "movie night snack" while meeting our caloric and macro goal.

Dieting doesn't have to be scary or hard....it should be fun - because that's how you'll be able to stick with it!

In the next section, we'll break down how you can build out our own meal plan.

6 Steps To Starting Your Baddie Up Diet

How to draft your own healthy, easy-to-follow and sustainable diet

As you can see from the example in the “A Healthy Day Of Eating” section above, you DO NOT have to put your life on halt...or take all the joy out of it...to follow an effective and healthy diet.

Especially not when we do it together - the “Baddie Way” :)

In the sections above, we took a dive into what calories & macros we took a quick look into how to adjust them for your goals.

Now, it's time to take a deep dive because I don't want to give you a “one-size-fits-all” plan. Instead, I want to teach you how to easily balance your fitness and social life.

So...here we go:

Step 1: Review the Baddies X Beasts Diet 101 video

This is a quick, 14 day plan to start your Beast Diet.

Simply [CLICK HERE](#) to watch the Baddies X Beasts Diet 101 video & [CLICK HERE](#) to download your Baddies X BEast Diet 101 checklist

Step 2: Determining Your Caloric Needs

The first step is to calculate your “Basal Metabolic Rate” (BMR) using your age, weight, and height. This is an estimate of the calories your body needs while at rest. From there, we adjust for your activity level and goals.

Don't worry...I know math is no fun. So I built you the easy to use BADDIES X BEASTS CALORIE CALCULATOR, which you can access by clicking here.

Step 3: Set Your Macro Ratios

As you advance in your fitness journey and move on to other Baddies programs, we will “tweak” your macros based on your goal.

To start off, let's build a foundation that allows you to get toned up, skyrocket your energy, and allow you to be healthy.

I therefore recommend we start of with the following Macro Split:

Carbohydrates: 35%

Protein: 35%

Fats: 30%

Step 4: Convert Percentages to Grams

Now that we have the “what” let’s start building the “how”.

Every macro has a specific calorie count:

Carbohydrates: 4 calories per gram

Protein: 4 calories per gram

Fats: 9 calories per gram

Convert your daily caloric intake from each macronutrient to grams:

First, multiply your total daily calories by the percentage for each macro. Then divide that number by the calorie count per gram for that macro.

For example:

Say your goal is to eat 1400 calories a day and follow the above macro split.

Splitting the calories per above leaves you with:

- Protein: 490 cal
- Carbs: 490 cal
- Fats: 420 cal

Next, I divide set calories by the calories per gram of macro.

This equates to:

- Protein: $490/4 = 122.5\text{g}$
- Carbs: $490/4 = 122.5\text{g}$
- Fats: $420/9 = 46.6\text{g}$ (note that 1g of Fat has 9 calories)

Step 5: Plan Your Meals

Divide by Meals:

If you eat three meals a day and want to add two snacks, divide your total daily macros by the number of meals/snacks. This gives you a rough idea of how many grams of each macro you should aim for per meal.

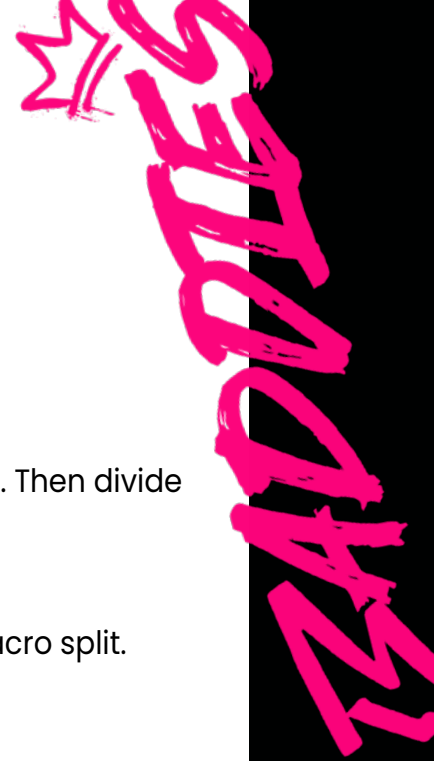
NOTE: don’t make it a goal to meet each target calorie/macro count to the “t” - instead try your best to get within 40 calories and 10 grams of each goal.

Use a Tracking App:

I mentioned MyFitnessPal earlier - it allows you to input foods and will automatically calculate the macros for you, making it easier to stay on track.

Meal Prep:

Once you know your macros per meal, prepare your meals in advance to ensure you stick to your diet. Keep a balance in every meal to avoid feeling deprived.



Step 6: Weekly Flow

Consistency is Key:

Aim for consistency rather than perfection. It's okay if some days aren't perfectly balanced; focus on the weekly average.

Monitor and Adjust:

At the end of the week, review your intake. Were there days you consistently went over or under? Adjust portion sizes or swap foods as needed.

Stay Hydrated:

Remember, water intake can influence hunger and energy levels, so aim to drink around 1 gallon (3.5 liters) throughout the day.

Stay Flexible:

Social events, outings, or unplanned events will happen. Learn to adjust your intake during such days without feeling guilty.

Helpful Tools:

Feeling a bit overwhelmed or confused as to where and how to start? Don't worry - my team and I have got you covered. Here are some tools you can use to stay on track:

Get your own easy-to-follow and fun customized diet plan:

I want you to succeed in achieving your dream health and fitness goals, and your diet is a crucial part of achieving this.

Therefore, I created have two options to help you do just that - crush your diet while enjoying your life:

- 1. Get your own Personalized 30-day Meal Plan designed by the Baddies X Beasts Nutrition Team. [CLICK HERE to find out more.](#)**
- 2. Work with directly with myself and my team of Baddies X Beasts certified coaches. [CLICK HERE to schedule a FREE call](#)**

Get fresh and healthy meals delivered to your door:

Too busy to go grocery shopping, meal prep, wash dishes, etc?

I get it...I am, too. That's why I have my meals delivered to me by FlexPro - [click here to find out how you can take advantage of our exclusive deal with them](#)

Balancing Your Diet and Life

How to keep enjoying life while staying on track

Baddies is not about putting your life on hold to achieve X results in Y time...while being miserable.

Because that simply doesn't work! Nor is it sustainable.

The goal of us working together is for us to find a healthy balance between staying on track with your health and fitness goals while LOVING every second of it.

So...how do we stay on track while being confronted with the day-to-day?

Below are some tips:

Understanding Your Body's Signals:

Food is fuel: not a guilty pleasure: learn to differentiate between hunger and cravings.

Thirst vs Hunger: occasionally, thirst will disguise itself as hunger. So, if you're goal is to lose weight and reduce your caloric intake, drink a glass of water and then wait a couple of minutes before each meal.

Listen to your body: eat when you are hungry and stop when you are satisfied, not full.

Curbing Sugar Cravings:

Understand the Trigger: Identify what triggers your sugar cravings – is it stress, boredom, or habit?

Healthy Substitutes: Choose natural sweeteners like stevia or monk fruit, or snack on fruits when craving sweets.

Stay Hydrated: Sometimes our bodies interpret thirst as hunger. Drinking water can often curb a sugar craving.

Indulge in your sweet tooth (occasionally): it's 100% okay to have a slice of pie or some chocolate once in a while. Do your best to limit yourself to having dessert/sweets no more than once a week. But...when you do...enjoy it...because you earned it!

Starbucks: Yes – Starbucks gets its own section here...because a lot of their drink options are loaded in sugar and calories. Keep a close eye on what you order here.

Navigating Social Events:

Plan Ahead: Check the menu before you arrive and decide on a healthy option.

Portion Control: Enjoy your favorites in moderation, instead of going for a second helping. If your portion is too large, ask for a takeout box to save some for the next day.

Focus on Socializing: Remember, the main goal is to enjoy the company, not just the food.

Eating Well on a Busy Schedule:

Meal Prep: Dedicate a few hours one day a week to prepare meals and snacks in advance.

Smart Choices On-the-Go: Opt for salads, wraps, or grilled options when ordering fast food, and skip sugary drinks.

Keep Healthy Snacks Handy: Stock your office or bag with nuts, fruits, or whole-grain snacks.

Mindful Alcohol Consumption:

Choose Wisely: Opt for drinks with fewer calories and less sugar, like wine or spirits with zero-calorie mixers.

Set a Limit: Decide in advance how many drinks you will have and stick to that number.

Hydrate: For each alcoholic drink, have one glass of water to stay hydrated and help limit alcohol consumption (also a good way to reduce hangovers).

Quick Tips for Staying on Track:

Stay Accountable: Regularly update your food journal or tracking app and review your progress.

Seek Support: If you're struggling, consider reaching out to one of our coaches or joining our community for encouragement and advice.

Be Kind to Yourself: Progress, not perfection, is the goal. It's okay to indulge occasionally; what's important is that you generally stick to your plan.

Navigating Hormonal Changes

Diet Tips & Tricks

Let me preface this section of the Baddies Nutrition Guide by saying: being a guy is easy. I cannot fathom the exhaustion, pain, and emotional fluctuations periodic changes in your hormones bring.

However, there are some tips that we use to stay on track with our fitness journey during your menstrual cycle - while putting our health first.

Tips and Tricks:

Eat Small, Balanced Meals: Regular, balanced meals can prevent extreme hunger and help manage cravings. Aim for a mix of protein, healthy fats, and complex carbs.

Fiber is Your Friend: Opt for high-fiber foods like whole grains, fruits, and vegetables. These can help combat constipation and bloating that some women experience before their period.

Incorporate Omega-3s: Foods rich in omega-3 fatty acids, like salmon, walnuts, and flaxseeds, may help reduce menstrual pain.

Opt for Natural Diuretics: Consuming foods like cucumber, lemon, and celery can help reduce water retention and bloating.

Limit Caffeine and Alcohol: These can exacerbate breast tenderness and may worsen mood variations. Opt for herbal teas or water instead.

Opt for Anti-inflammatory Foods: Incorporate foods like turmeric, ginger, berries, and green tea, which have natural anti-inflammatory properties and may help with menstrual pain.

Satisfy Cravings Wisely: Opt for healthier versions of the foods you're craving. Want chocolate? Try a small square of dark chocolate instead of a sugary alternative.

Combat Bloating with Hydration: Drinking water can actually help your body release excess water, reducing bloating. Avoiding excessively salty foods can also help.

Boost Iron Intake: Incorporate iron-rich foods like lentils, beans, and lean meats into your meals, especially during your period. Pair these with vitamin C-rich foods to enhance absorption.

Helpful Tools

Baddies X Beasts Coaching

Work directly with Fabian and the BXB Coaching Team to receive a 100% personalized diet and training plan tailored to your unique body type and goals.

Through weekly check-ins, the team will adjust your plan to prevent plateaus, keeping you accountable every step of the way.

This isn't a generic program; it's entirely built around your individual needs, preferences, and lifestyle to ensure you achieve the best results quickly.

To find out more, [CLICK HERE](#)

30 Day Custom Meal Plan

Unlock the best version of yourself with the Custom BXB Diet Plan!

The BxB nutrition team will draft 4 weeks of tailored meal plans, handcrafted specifically for your unique needs, accompanied by a detailed shopping list.

Begin with our comprehensive questionnaire, and let the BxB Nutrition team design a 30-day diet strategy that adapts to your progress. Step by step, witness tangible and empowering results.

To find out more, [CLICK HERE](#)

Healthy Supplement Choices

I want to stress one thing: You DO NOT need supplements to transform your physique, put on lean muscle, burn fat and, most importantly, feel great. Your workouts and overall diet will have the biggest impact on the way you look, feel, and perform. Supplements are simply the "icing on top."

So, before buying supplements, invest your money into wholesome foods, as they, along with your training, will form the foundation of your new found lifestyle.

Once you're ready to take a step further and invest in your health, performance, and achieving peak aesthetics, there are a few supplements I recommend.

[CLICK HERE](#) to find out more

FlexPro Meals (US Only)

Too busy to cook? No worries! Get fresh, healthy and macro friendly meals delivered right to your doorstep - [CLICK HERE](#) to find out more