



APEX FUEL SYSTEM

NUTRITION PLAN

APEX SPORTS & FITNESS • OFFICIAL TRAINING SYSTEM

TABLE OF CONTENTS

Introduction 3

The Hierarchy of Nutrition 4

Step 1 — Set Your Calories 5

Step 2 — Set Your Macros 5

Step 3 — Build Your Plate 6

Sample Days 7

Step 4 — Adjust by Results 8

Supplements — The Short, Honest List 9

Hydration & Consistency 9

Conclusion — What's Next 9

Disclaimer 9

Introduction

MISSION: A nutrition system you can run for life — cut, maintain, or gain with the same framework.

Rigid meal plans get abandoned within weeks. The Apex Fuel System instead teaches the four-step framework that drives every physique and performance outcome: set calories for your goal, hit a protein target, build plates you actually enjoy, and adjust based on measured results. It pairs with every Apex training program.

What You'll Gain

- Exact starting calories and macros for cutting, maintaining, or gaining
- Food lists and plate-building rules that survive restaurants and real life
- Three complete sample days at different calorie levels
- An adjustment protocol and weekly check-in system — no more guessing

LENGTH	DAYS / WEEK	SESSION TIME	LEVEL
Ongoing framework	Review every 2–3 wks	—	All levels

READ THIS FIRST

Stick to the programming as written before you customize it. If you miss a session, pick it up at your next opportunity — never stack two hard days together to “catch up,” and never add extra volume to tire yourself out. The plan is dosed deliberately; adding more usually slows your results.

The Hierarchy of Nutrition

Not all nutrition decisions matter equally. In descending order of impact: **total calories** determine whether you lose, hold, or gain weight; **protein** determines how much of that change is muscle versus fat; **food quality and timing** fine-tune energy, digestion, and recovery; **supplements** are the thin final layer. Most people obsess over the bottom of the pyramid while ignoring the top. This system keeps you working top-down.

Step 1 — Set Your Calories

Estimate maintenance at roughly 30–33 kcal per kg of bodyweight for moderately active people (add ~10% for very active jobs or high training volume). Then adjust for the goal. These are starting points; your real numbers come from the trend over 2–3 weeks.

GOAL	ADJUSTMENT	EXPECTED RESULT
Fat Loss	–15 to –20% of maintenance	~0.5–1% bodyweight loss / week
Maintenance	At maintenance	Hold weight, support performance
Muscle Gain	+10 to +15% of maintenance	~0.25–0.5% bodyweight gain / week

Worked Examples (Maintenance ≈ 31 kcal/kg)

BODYWEIGHT	MAINTENANCE	CUT (–18%)	GAIN (+12%)
60 kg / 132 lb	≈ 1,860 kcal	≈ 1,525 kcal	≈ 2,080 kcal
75 kg / 165 lb	≈ 2,325 kcal	≈ 1,900 kcal	≈ 2,600 kcal
90 kg / 198 lb	≈ 2,790 kcal	≈ 2,290 kcal	≈ 3,125 kcal
105 kg / 231 lb	≈ 3,255 kcal	≈ 2,670 kcal	≈ 3,645 kcal

Step 2 — Set Your Macros

Protein anchors the plan. Fats cover hormonal and joint health. Carbohydrates — the remainder — fuel training and recovery.

MACRO	TARGET	WHY IT MATTERS
Protein	1.6–2.2 g / kg bodyweight	Muscle repair & retention; strongest satiety
Fats	0.6–1.0 g / kg bodyweight	Hormones, joints, vitamin absorption
Carbs	Remaining calories	Primary training fuel & glycogen refill

Step 3 — Build Your Plate

Protein (every meal)

Chicken, turkey, lean beef, pork loin, white fish, salmon, tuna, eggs and egg whites, Greek yogurt, cottage cheese, tofu, tempeh, lentils and beans, whey or plant protein powder.

Vegetables & Fruit (half the plate)

Leafy greens, broccoli, cauliflower, peppers, carrots, zucchini, green beans, tomatoes; berries, apples, bananas, citrus, melon. Volume, fiber, and micronutrients that keep a deficit livable.

Smart Carbohydrates (around training)

Rice, potatoes and sweet potatoes, oats, quinoa, whole-grain bread and pasta, corn tortillas, fruit. Anchor the biggest portions before and after sessions.

Quality Fats (measured, not feared)

Olive oil, avocado, nuts and nut butters, seeds, fatty fish, whole eggs. Calorie-dense — measure them, especially in a cut.

THE PLATE RULE

Half vegetables/fruit, a palm-or-two of protein, a fist-or-two of smart carbs scaled to training, a thumb of fats. That single picture handles restaurants, travel, and family dinners without tracking.

Sample Days

≈ 1,900 kcal (Cut Example)

MEAL	EXAMPLE	FOCUS
Breakfast	3-egg scramble, spinach, 1 slice whole-grain toast	Protein + fiber start
Lunch	Grilled chicken salad, olive-oil dressing, apple	High volume, high protein
Snack	Greek yogurt with berries	Protein top-up
Dinner	White fish, roasted vegetables, small potato serving	Light, satisfying finish

≈ 2,400 kcal (Maintenance / Recomp Example)

MEAL	EXAMPLE	FOCUS
Breakfast	Eggs, oats with berries	Protein + slow carbs
Lunch	Chicken, rice, mixed vegetables	Balanced training fuel
Snack	Greek yogurt + fruit	Protein top-up
Pre-Train	Banana + coffee	Quick energy
Dinner	Salmon, potatoes, salad	Recovery protein + fats

≈ 3,000 kcal (Gain Example)

MEAL	EXAMPLE	FOCUS
Breakfast	4-egg omelette, large bowl of oats, banana	Surplus starts early
Lunch	Beef or chicken burrito bowl, extra rice	Carb anchor around training
Post-Train	Protein shake + fruit	Fast recovery feeding
Dinner	Salmon or steak, sweet potato, vegetables, olive oil	Dense, complete
Evening	Cottage cheese or Greek yogurt with nuts	Slow protein before bed

Scale portions to hit your Step-1 calories — the structure never changes.

Step 4 — Adjust by Results

Weigh in 2–3 mornings per week under the same conditions and judge the **weekly average**, never a single day (daily swings are mostly water and food weight). Then make one small change at a time.

IF...	THEN...	TIMEFRAME
Weight stalled (cut)	Drop ~150–200 kcal or add 2,000 daily steps	After 2 weeks flat
Losing too fast (>1%/wk)	Add ~150 kcal to protect muscle & energy	Immediately
Not gaining (bulk)	Add ~150–200 kcal, mostly carbs	After 2–3 weeks flat
Gaining too fast (bulk)	Trim ~150 kcal — surplus was too big	If >0.5%/wk sustained
Energy or sleep poor	Audit total intake, carb timing, caffeine, alcohol	Ongoing

Weekly Check-In (2 minutes)

METRIC	THIS WEEK	TREND
Average bodyweight		
Training performance (up / flat / down)		
Sleep quality (1–10)		
Hunger & energy (1–10)		
Adherence (days on target / 7)		

Supplements — The Short, Honest List

Supplements are the last 5%. Only a few have strong evidence: **whey or plant protein** (convenient protein, nothing magic), **creatine monohydrate** (3–5 g daily for strength and lean mass), and **caffeine** (pre-training performance — mind your sleep). A daily vitamin D supplement is reasonable if you get little sun. Everything else: spend the money on groceries.

Hydration & Consistency

- Drink water through the day; urine should run pale.
- Alcohol counts — it displaces recovery and adds easy calories. Budget it honestly.
- An 80%-consistent plan you follow beats a perfect one you quit. Judge by weekly trends.

Conclusion — What's Next

Completing Apex Fuel System is the beginning, not the finish line. In the final week, retest your key markers and compare them to Week 1 — the numbers will tell you exactly what improved and what to target next.

Retest Checklist

- Bodyweight trend vs. your goal rate
- Training performance across the block
- Adherence: days on target per week
- How the plan feels — sustainable is the standard

Take 3–5 easy days after your retest, then either run this program again at higher loads or rotate to another Apex program to develop a new quality. Strength, engine, and physique are built over years of consistent blocks — stack them.

STAY IN THE FIGHT

Questions, form checks, or exercise substitutions? Reach out through the Apex Sports & Fitness website and connect with other athletes running the same programs.

Disclaimer

This is general nutritional guidance, not individualized medical or dietetic advice. If you have a medical condition, dietary restriction, or history of disordered eating, or are pregnant or nursing, consult a physician or registered dietitian before making changes. All targets are starting points to be adjusted to your individual response.