01 / YOUR STARTING PLATE

Simple food.
A repeatable plan.

Lean protein. Plenty of vegetables. Intentional portions. More water. Repeat.



BUILD THE PLATE

1/2	Vegetables	1/4	Lean protein	1/4	Carb foods

Start with half the plate as nonstarchy vegetables, one quarter protein and one quarter carbohydrate foods. Meal photos are illustrative; use the proportions as a guide.

Protein + vegetables >
Carbs + fats >
Drinks + water >
Your four-week start >
Choose your approach >
Numbers + references >

PROTEIN REFERENCE / p9
FIBER REFERENCE / p12

02 / BUILD THE FOUNDATION

Protein first. Vegetables alongside.

Choose familiar foods. Use simple visual cues. Add a little more consistency.



LEAN PROTEIN + NONSTARCHY VEGETABLES

01 / Put lean protein in your meals

Build meals around chicken or turkey without the skin, fish, lean cuts of meat, eggs, plain Greek yogurt, cottage cheese, tofu or tempeh. Beans and lentils contribute both protein and carbohydrates. Bake, grill, roast or air-fry more often; pay attention to oils, breading and sauces.



A palm-sized start.
Often 3-4 oz cooked meat or fish. A visual cue, not a precise weight. Photo is illustrative.

Practical starting point: a palm-sized portion at a meal, often about 3-4 ounces cooked meat or fish. Plant proteins and dairy vary; check the label. A palm is a visual guide, not a precise macro measurement.

02 / Make vegetables regular

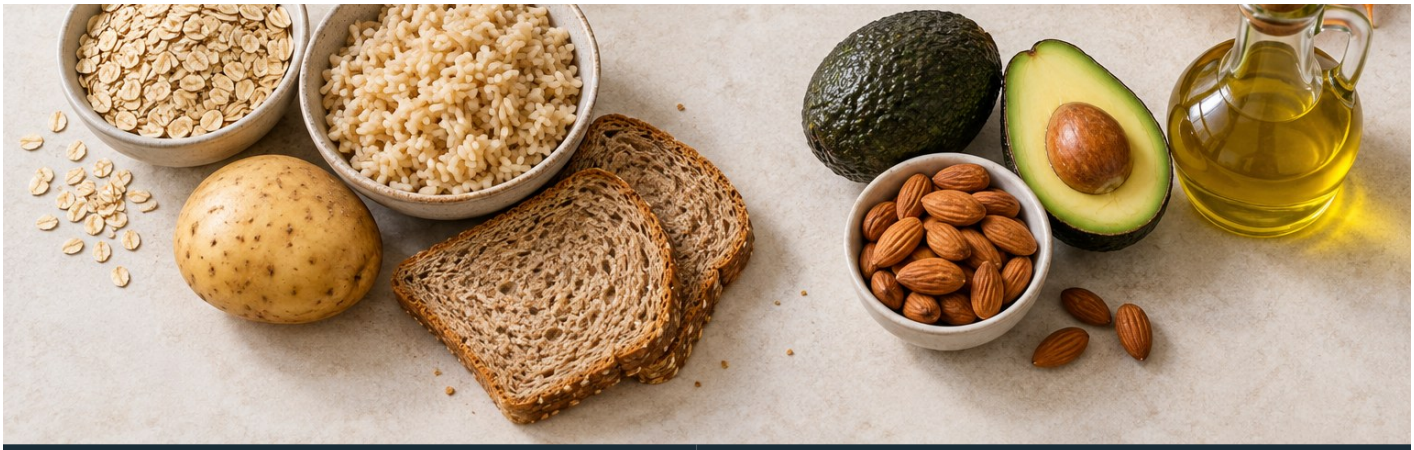
Aim for about half your lunch and dinner plate to be nonstarchy vegetables: broccoli, greens, peppers, green beans, carrots or a salad. Fresh, frozen and canned vegetables can all work. Choose lower-sodium options or rinse when useful. Start with one extra serving if vegetables are not yet a habit.

PROTEIN QUICK LOOK: 3 oz cooked chicken provides about 26 g; turkey about 25 g. Protein supports fullness and helps preserve muscle during fat loss, especially with strength training. [P1, P2]

03 / MAKE PORTIONS INTENTIONAL

Carbs for energy.
Fats in measured amounts.

Both belong in a balanced eating pattern. Portions are where you practice.



CARBS / grains, oats, potatoes | FATS / oil, nuts, avocado

Carbohydrates: keep them in perspective

Carbohydrates fuel training. Choose portions of oats, potatoes, rice, whole-grain bread, beans and fruit that fit your appetite and goals. Start with about a quarter plate of starch or grain. Fruit and dairy also contribute carbs; you do not have to avoid them.

Fats: use a measured amount

Fats support normal body function, but portions add up quickly. Use measured amounts of olive oil, nuts, seeds, avocado and dressings. A thumb-sized amount of added fat is a rough cue, not a required limit. Adjust portions with your coach rather than cutting entire food groups.

FIBER QUICK LOOK: 1 cup cooked broccoli provides about 5 g; 1/2 cup cooked lentils about 8 g. Fiber-rich foods can support fullness and regular bowel movements. [F1-F3]

ONE SIMPLE MEAL

Grilled chicken or tofu + a generous serving of broccoli and peppers + a measured serving of rice + a little olive oil or sauce. Frozen ingredients and simple convenience foods are welcome.

04 / MAKE THE DRINK SWAP

Less liquid sugar.
More water in your day.

Start with the drinks you have most often. Make a change you can repeat.



SUGARY DRINK | DIET / ZERO-SUGAR | WATER

Regular soda, sweet tea, juice drinks, sports drinks and sweetened coffee can add substantial calories without much fullness. Make this one of your first changes. Water, sparkling water and unsweetened tea are useful defaults.

If switching directly to water is not realistic, replace regular soda or sweet tea with a diet/zero-sugar alternative. Use it as a practical transition. It helps when it replaces sugar and calories; it is not a fat-loss product or a substitute for nutritious food.

64

FL OZ TO START

2 x 32 oz bottles = 8 x 8 oz cups

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8

Water supports hydration and helps fiber work. Swapping it for sugary drinks reduces calories; water itself does not burn fat. Spread it through the day. The 64 oz starter habit is not a universal prescription or ceiling; needs vary with size, heat and activity. Follow prescribed fluid limits. [F3, W1]

05 / PRACTICE, THEN BUILD

Change a few things. Make them stick.

A four-week start. Move at a pace that works for you; these are practice steps, not deadlines.

01

Make the swap

Replace one regular sugary drink each day. Carry a water bottle.

02

Build the meal

Add lean protein to breakfast and vegetables to dinner.

03

Notice portions

Measure carb/fat portions that are easiest to overeat.

04

Review + adjust

Review consistency, hunger, energy and your weight trend. Keep what works.

ROOM FOR REAL LIFE

"Goolosh" means the discretionary foods or drinks you plan to reduce. Agree on your list and serving definitions. A treat does not make a day a failure; a zero-sugar drink replacing a sugary one does not automatically count as goolosh.

A QUICK DAILY CHECK

- ☐ Included protein
- ☐ Ate vegetables
- ☐ Portions were intentional
- ☐ Replaced sugary drinks
- ☐ Made room for movement
- ☐ Made room for sleep

ONE THING I WILL PRACTICE NEXT:

06 / CHOOSE YOUR STRUCTURE

Three approaches.
One consistent practice.

Choose the amount of tracking that helps you follow through. You can adjust with your coach.

01 Macro targets

Track protein, carbohydrate and fat grams within a calorie budget. Protein supports muscle retention during weight loss, especially alongside strength training. The BX5 planner starts with 1.6 grams of protein per kilogram of current body weight, 30% of calories from fat and carbohydrate from the remaining calories. These are adjustable starting choices, not an optimal ratio for everyone. A lower 1.2 g/kg option is available.

02 Calorie budget

Track total calories without having to hit exact macro numbers. Include protein and vegetables regularly. Age, height, weight, equation sex and activity are used to estimate maintenance needs. The calculator compares your requested timeline with a more conservative starting budget. Do not add workout calories again if they are already reflected in your activity selection.

03 Plate + Practice

Use the plate method and a repeatable two-week habit experiment instead of tracking every gram. Build half the plate from nonstarchy vegetables, one quarter from protein and one quarter from carbohydrate foods. Replace sugary drinks, portion calorie-dense extras and review your trend after 2-4 weeks. If progress stalls, change one portion or habit with your coach. This BX5 adaptation is informed by plate-method and behavior-change guidance; it is not a separately validated diet or a guaranteed pace of loss.

BUILD YOUR PLAN

OPEN THE DAILY CHALLENGE

07 / READ THE NUMBERS WISELY

Start with an estimate. Refine it with your trend.

Use appetite, recovery, energy and longer-term progress to help guide the next step.

ESTIMATE	PRACTICE	REVIEW
Starting needs	Repeat the basics	Look at 2-4 weeks

Treat numbers as a starting estimate

The planner uses the Mifflin-St Jeor resting-energy equation and approximate activity multipliers. Goal math uses 3,500 calories per pound only as an initial planning approximation. Actual loss is not linear: water, metabolism, medications and adherence matter. The NIH Body Weight Planner is linked for a more detailed dynamic model. Reassess after 2-4 weeks rather than chasing daily fluctuations.

THE PLANNER'S STARTING GUARDRAILS

For adults with excess weight, gradual loss of about 1-2 pounds per week is a common general reference; slower can be appropriate. The BX5 tool limits suggested deficits to the lower of 25% of estimated maintenance or 750 calories/day, and uses intake floors of 1,200 (female equation) or 1,500 (male equation). These are conservative product guardrails, not a personalized medical clearance. Some adults need more food or a different approach.

GENERAL ADULT EDUCATION

General education for nonpregnant, nonbreastfeeding adults 18+. Do not use automated weight-loss targets during pregnancy/breastfeeding, with an active/history of an eating disorder, or when a clinician advises against weight loss. Obtain individualized guidance for kidney disease, diabetes medications, prescribed fluid limits or other medical nutrition needs. The challenge grade measures reported habits, not health or personal worth.

The 64-ounce habit, challenge grade and two-week practice format are BX5 coaching choices, not clinical assessment tools. Save a local copy to keep your PDF entries; viewer support varies.

08 / REFERENCES + NEXT STEP

Keep the basics simple. Know where they come from.

Selected references from Draft 1. Tap a source title to open the research or guidance.

01 **CDC / Steps for Losing Weight**

Gradual goals, small behavior changes and attention to sleep and activity.

02 **CDC / Diabetes Meal Planning**

Visual plate method. Used here as general meal-building guidance.

03 **CDC / Water and Healthier Drinks**

Individual water needs and alternatives to sweetened drinks.

04 **Mifflin et al. / Resting-energy equation (1990)**

Resting-energy prediction equation.

05 **Leidy et al. / Protein and weight management (2015)**

Review of higher-protein diets; 1.2-1.6 g/kg/day as a useful range in weight management.

06 **McGlynn et al. / Low- and no-calorie drinks (2022)**

Randomized-trial meta-analysis of low/no-calorie drinks replacing sugary drinks. Benefits are substitution-specific.

07 **NIDDK / Body Weight Planner research**

Dynamic weight-change research and limitations of simple calorie math.

08 **AHA / ACC / TOS / Weight-management guideline (2013)**

Evidence-based calorie-deficit approaches and individualized intake levels.

PICK ONE HABIT. THEN PRACTICE IT.

One meal. One choice. One day at a time.

09 / PROTEIN REFERENCE - MEAT + SEAFOOD

Know the protein in your portion.

Approximate grams of protein in edible COOKED portions. These are examples, not a required serving size.

FOOD / COOKED	3 OZ (~85 g)	4 OZ (~113 g)	6 OZ (~170 g)
Chicken breast, skinless [P2]	26 g	35 g	52 g
Turkey, light meat [P2]	25 g	33 g	50 g
Lean ground beef [P3]	22 g	29 g	44 g
Salmon, Atlantic / sockeye [P4]	24 g	32 g	48 g
Cod [P4]	20 g	27 g	40 g
Shrimp [P4]	21 g	28 g	42 g
Tilapia [P4]	22 g	29 g	44 g
Tuna steak [P4]	26 g	35 g	52 g

WEIGH THE FOOD THE WAY THE ENTRY DESCRIBES IT

These amounts exclude bones, skin, breading and sauces. Cooking changes water content; 4 oz raw is not interchangeable with 4 oz cooked. A whole chicken breast can be much larger than 3 oz. Cut, cooking method and brand change the numbers.

HOW THE LARGER PORTIONS WERE CALCULATED

The 4 oz and 6 oz figures scale the listed 3 oz amount and are rounded to whole grams. They are estimates, not separate laboratory measurements. Use the package label when it describes the food you are weighing.

Protein supports muscle repair and retention. Pair it with strength training and an appropriate calorie deficit for body-composition goals; extra protein alone does not guarantee fat loss. [P1]

10 / PROTEIN REFERENCE - EVERYDAY FOODS

More ways to build a protein-containing meal.

Amounts are approximate. Check your label: a similar-looking food or container can have a very different protein amount.

FOOD / EXAMPLE PRODUCT	PORTION SHOWN	PROTEIN
Egg, whole, large [P5]	1 egg	6 g
Eggs, whole, large [P5]	3 eggs	18 g
Milk, skim or 2% [P5]	1 cup / 8 fl oz	8 g
Plain Greek yogurt, FAGE 0% [P6]	3/4 cup / 170 g	18 g
Cottage cheese, 2% [P5]	1/2 cup	12 g
Cheddar cheese [P5]	1 1/2 oz	11 g
Tofu, firm [P3]	1/2 cup	11 g
Black beans, cooked [P5]	1/2 cup	8 g
Kidney beans, canned [P5]	1/2 cup	7 g
Navy beans, canned [P5]	1/2 cup	10 g
Soybeans, mature, boiled [P5]	1/2 cup	14 g
Unsweet soymilk, Silk [P7]	1 cup / 240 mL	8 g
Peanut butter, creamy [P8]	2 tbsp	7 g
Core Power vanilla shake [P9]	1 bottle / 14 fl oz	26 g
Gold Standard 100% Whey [P10]	1 label serving / scoop*	24 g

*Protein-powder scoop weights differ by flavor and product; use the serving weight on your own tub. Branded products are label examples, not endorsements. Shakes and powders are optional conveniences.

Beans provide protein, carbohydrate and fiber together. Nuts, cheese and peanut butter also contribute fat and calories, so protein grams alone do not determine how a food fits your plan.

11 / PURCHASED PORTIONS + MEAL PREP

Read the serving. Then do the package math.

Protein in a purchased portion = label protein per serving x the number of label servings you use.

LABEL EXAMPLE	PER SERVING	AMOUNT USED	PROTEIN
Tyson frozen uncooked breast [L1]	4 oz raw: 23 g	2.5 lb bag / 10 servings	~230 g
Jennie-O lean ground turkey [L2]	112 g raw: 22 g	4-serving package	~88 g
StarKist light tuna, water [L3]	1 can drained: 20 g	5 oz net can / 113 g drained	20 g
Silk unsweet soymilk [P7]	1 cup: 8 g	64 fl oz carton / ~8 cups	~64 g
FAGE 0% plain yogurt [P6]	170 g: 18 g	340 g portion / 2 servings	36 g

AN EXAMPLE: DIVIDE A COOKED BATCH, NOT A RAW GUESS

The turkey example starts with 4 label servings x 22 g = about 88 g protein. Divide the finished edible batch into four equal portions and each is approximately 22 g. Cooking may change weight and some nutrients may be lost in drippings, so this is meal-prep planning math, not an exact assay.

ONE PIECE IS NOT ALWAYS ONE SERVING

For the frozen chicken label above, a 6 oz RAW piece is 1.5 label servings: 23 x 1.5 = about 35 g protein. That is specific to this example product. Do not assign its raw-label number to 6 oz of cooked chicken.

NET WEIGHT, DRAINED WEIGHT AND EDIBLE WEIGHT

A 5 oz tuna can includes liquid; the label above uses the whole drained can, 113 g, as one serving. Bones, shells and discarded skin do not count as edible meat. Check whether a label is for food as sold, drained or prepared.

All package totals above are calculations from the cited labels, rounded for practical use. Brands, recipes and package sizes change. Your current package label takes priority.

12 / FIBER REFERENCE - VEGETABLES + LEGUMES

Vegetables for volume. Beans for a fiber boost.

Fiber-rich foods can help you feel satisfied and keep bowel movements regular. Increase fiber gradually and drink enough fluid. [F2, F3]

FOOD / PREPARATION	PORTION	FIBER
Lentils, cooked [F1]	1/2 cup	7.8 g
Pinto beans, cooked [F1]	1/2 cup	7.7 g
Black beans, boiled [F2]	1/2 cup	7.5 g
Chickpeas, cooked [F1]	1/2 cup	6.3 g
Kidney beans, cooked [F1]	1/2 cup	5.7 g
Split peas, boiled [F2]	1/2 cup	8.0 g
Green peas, cooked [F1]	1 cup	8.8 g
Sweet potato, cooked [F1]	1 cup	6.3 g
Broccoli, cooked [F1]	1 cup	5.2 g
Collard greens, cooked [F1]	1 cup	4.8 g
Brussels sprouts, boiled [F2]	1 cup	4.5 g
Potato with skin, baked [F2]	1 medium	4.0 g
Sweet corn, boiled [F2]	1 cup	4.0 g
Cauliflower, raw [F2]	1 cup chopped	2.0 g
Carrot, raw [F2]	1 medium	1.5 g

Cooked and raw cup measures are not interchangeable: leafy vegetables shrink, so a cooked cup holds more food. Beans, peas and starchy vegetables also contribute carbohydrates; include them in your carb portions.

Example purchased portion: a 15.5 oz GOYA black-bean can lists about 3.5 servings, each 1/2 cup with 6 g fiber and 8 g protein. Whole-can label math: about 21 g fiber + 28 g protein. Values change if liquid is discarded. [L4]

13 / FIBER REFERENCE - FRUIT + GRAINS + SEEDS

Add fiber across the day. Use portions you enjoy.

Approximate amounts in familiar portions. Choose a variety instead of relying on one food or a supplement.

FOOD / PREPARATION	PORTION	FIBER
Raspberries [F1]	1 cup	8.0 g
Pear with skin [F2]	1 medium	5.5 g
Apple with skin [F1]	1 medium	4.8 g
Banana [F2]	1 medium	3.0 g
Orange [F2]	1 medium	3.0 g
Strawberries [F2]	1 cup	3.0 g
Bulgur, cooked [F1]	1/2 cup	4.1 g
Whole-wheat spaghetti, cooked [F2]	1 cup	6.0 g
Barley, pearled, cooked [F2]	1 cup	6.0 g
Quinoa, cooked [F2]	1 cup	5.0 g
Instant oatmeal, cooked [F2]	1 cup	4.0 g
Whole-wheat bread [F2]	1 slice	2.0 g
Chia seeds [F2]	1 oz / ~28 g	10.0 g
Almonds [F2]	1 oz / ~23 nuts	3.5 g

BUILD GRADUALLY TOWARD YOUR NEEDS

A general reference is about 14 g fiber per 1,000 calories; 2,000 calories corresponds to 28 g. This is guidance, not a reason to lower food intake. Individual needs and digestive conditions vary. [F1, F3]

Example: 1 cup cooked oatmeal (4 g) + 1 cup raspberries (8 g) + 1/2 cup cooked lentils (7.8 g) + 1 cup cooked broccoli (5.2 g) = about 25 g fiber across meals. Other foods add to the total. This is an illustration, not a complete meal plan.

14 / REFERENCE NOTES

Where the amounts and guidance come from.

Source keys match the food tables. Reviewed November 2, 2026. Tap a source title to open it.

P1a / Protein and appetite: Leidy et al. (2015)

P1b / Protein and body composition: Wycherley et al. (2012)

P2 / Allina Health: meat, poultry and fish

P3 / Nebraska Extension: protein food table

P4 / FDA: cooked seafood nutrient table

P5 / Allina Health: common protein foods (nutrition section)

P6 / FAGE Total 0% plain Greek yogurt label

P7 / Silk unsweet soymilk label

P8 / Allina Health: nuts and nut butters

P9 / Core Power vanilla 26 g shake label

P10 / Optimum Nutrition: whey product information

L1 / Tyson frozen uncooked chicken breast label

L2 / Jennie-O lean ground turkey label

L3 / StarKist chunk light tuna in water can label

L4 / GOYA 15.5 oz black-bean label, displayed by H-E-B

F1 / NIDDK: USDA/HHS-derived fiber food table

F2 / Mayo Clinic: USDA-based high-fiber food chart

F3a / CDC: fiber, fullness and gradual increases

F3b / NIDDK: fluids help fiber work

W1 / CDC: water and healthier drinks