COMPLETE PERSONAL TRAINING

PRIVATE X SMALL GROUP

COMPLETE PT NUTRITION SERIES

2,500-CALORIE BODY RECOMPOSITION

A one-day example, flexible swaps and a 14-day adjustment process.

IMPROVE BODY COMPOSITION WHILE TRAINING WELL • EXAMPLE DAY

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YOUR STARTING STRUCTURE

2,500-CALORIE BODY RECOMPOSITION

A practical example day for busy adults who want to improve body composition while training well. Built from normal supermarket food, with protein spread across the day and enough flexibility to live like a human.

≈ 2,485	≈ 182 g	≈ 289 g	≈ 69 g
CALORIES	PROTEIN	CARBOHYDRATE	FAT

Read this before you start

This is an example structure—not a prescription. Your true needs depend on body size, training, movement, appetite and progress. Food labels and restaurant portions vary. Use the amounts below consistently for 14 days, review the trend, then make one small change at a time.

✓ Meat, rice and potato amounts are shown cooked unless labelled dry.

✓ Use the nutrition panel on your actual product when precision matters.

✓ If you have a medical condition, allergies, disordered-eating history or specialised dietary needs, use an appropriately qualified health professional.

THE EXAMPLE DAY

Simple food. Clear portions.

Food	Amount	kcal	protein
Rolled oats	60 g dry	233	10 g
High-protein Greek yoghurt	200 g	146	20 g
Mixed berries	100 g	57	1 g
Whey protein	20 g	80	16 g
MEAL TOTAL		**516**	**47 g**

Food	Amount	kcal	protein
Chicken breast	150 g cooked	248	46 g
Rice	200 g cooked	260	5 g
Mixed vegetables	200 g	70	4 g
Extra-virgin olive oil	10 g	90	0 g
MEAL TOTAL		**668**	**56 g**

Food	Amount	kcal	protein
Banana	120 g edible	107	1 g
High-protein Greek yoghurt	170 g	124	17 g
Almond butter	15 g	92	3 g
MEAL TOTAL		**323**	**21 g**

Food	Amount	kcal	protein
Lean beef	120 g cooked	240	31 g
Potato	250 g cooked	192	5 g
Large mixed salad	150 g	45	2 g
Extra-virgin olive oil	5 g	45	0 g
MEAL TOTAL		**522**	**38 g**

Food	Amount	kcal	protein
Rolled oats	+20 g dry	78	3 g
MEAL TOTAL		**78**	**3 g**

Food	Amount	kcal	protein
Chicken breast	+20 g cooked	33	6 g
Rice	+50 g cooked	65	1 g
MEAL TOTAL		**98**	**8 g**

Food	Amount	kcal	protein
Wholegrain toast	80 g / about 2 slices	200	8 g
Avocado	50 g	80	1 g
MEAL TOTAL		**280**	**9 g**

MAKE IT FIT REAL LIFE

Swap the food. Keep the job.

You do not need to eat the same ingredients every day. Keep each meal’s role roughly the same: a reliable protein source, an appropriate carbohydrate portion, vegetables or fruit, and measured fats.

Protein	Chicken ↔ lean beef ↔ fish ↔ eggs plus egg whites ↔ tofu/tempeh. Match the label and portion; do not assume equal calories.
Carbohydrate	Rice ↔ potato ↔ pasta ↔ oats ↔ grain bread. Use cooked weights consistently and check the product label.
Fruit & vegetables	Choose what you will eat. Frozen produce is completely practical. Aim for variety across the week.
Added fats	Olive oil ↔ avocado ↔ nuts or nut butter. Measure these: small visual differences change calories quickly.

THE 14-DAY CALIBRATION

1. Follow one repeatable structure for 14 days. 2. Track body weight under similar conditions 3–4 times per week. 3. Compare weekly averages—not single weigh-ins. 4. If the trend and performance do not match the goal, adjust by roughly 100–200 calories and hold again.

Do not chase the calculator every morning. Consistency creates useful data.

WHAT MAKES THIS WORK

The template is the easy part.

The real result comes from matching food to a training plan, monitoring what actually happens, and adjusting without drama. Complete PT clients use Everfit so their workouts, exercise demonstrations, habits, nutrition targets and progress stay in one place.

✓ A plan built around your body, schedule and training history.

✓ Jamie coaching the detail—not leaving you to guess.

✓ A private Bondi Junction studio with limited numbers and a calm, professional environment.

READY FOR A PLAN THAT IS ACTUALLY YOURS?

Book a free studio introduction or send Jamie your calculator result. No hard sell; just an honest recommendation about the right starting point.

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Evidence note

The site calculator uses the Mifflin–St Jeor resting-energy equation plus an activity estimate. Protein is set within the range commonly supported for active adults. These numbers are a starting point, not a diagnosis. References: Mifflin et al., American Journal of Clinical Nutrition (1990); Morton et al., British Journal of Sports Medicine (2018).