

STAGE 02

NUTRITION

Advanced

FOUNDRY



TAKE IT TO THE NEXT LEVEL

Once you've established some good nutrition habits, think of them as a foundation for building a more personalised programme of optimised nutrition that will support specific goals.



NUTRITION STAGE 02 - ADVANCED

FINDING THE RIGHT NUTRITION PATH FOR YOU

There are many different paths to good nutrition that can help you look, feel, and perform your best. Here, we'll ensure you have the tools to fine-tune your approach and determine the right amount of food to fuel your performance.

WHAT'S RIGHT FOR YOU?

The following questions are designed to help guide you toward the nutrition strategy that suits you best.

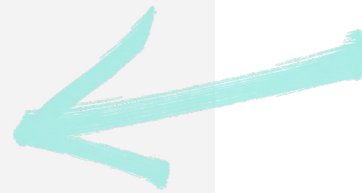
Take note of your answers and refer back to them as you progress.

STAGE 2 QUESTIONS



1. Have you managed your portion control following our nutrition stage 1 process?
If not, then we strongly recommend following for a minimum of 12 weeks prior to personalising your approach.
2. What do you actually want to achieve?
3. What could be the biggest hurdles to stop you?
4. Do you have any social events coming up?
5. Describe how your lifestyle affects your diet in the following ways:
 - Preparing foods vs eating on the go
 - Travelling vs being at home
 - Routine vs chaotic
 - Similar daily intake vs varied consumption
6. How many meals do you like to eat and when?
7. How often are you going to train? Can you structure your meals around training?
8. Name 3 ways you're going to hit your protein intake

DO IT YOUR WAY

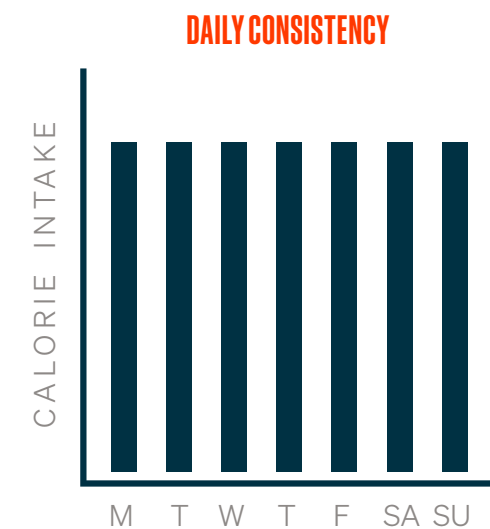
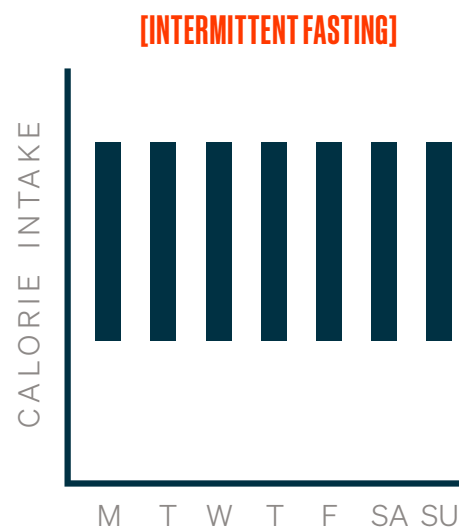
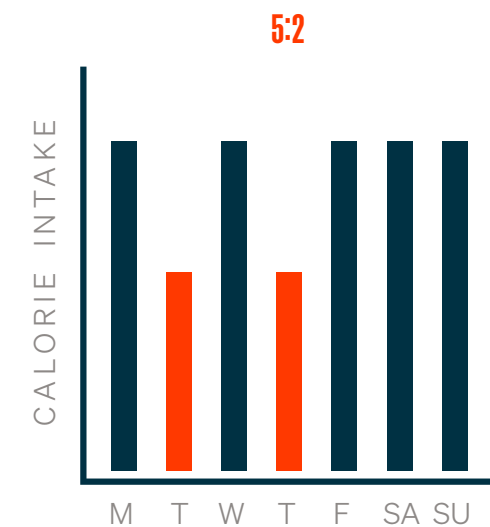
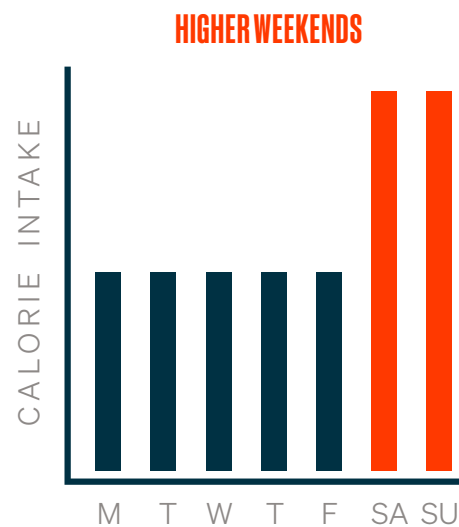


Varying factors like metabolism make everyone's optimum nutrition different.

That's why our programmes for specific goals are personalised. You'll be given a customised calorie framework, but the way you phase it is up to you.

And because we look at 7-day targets, not daily ones, you can be flexible about how you manage your calorie intake over the week.

CALORIE FRAMEWORKS



THE LAW OF THERMODYMICS

We mentioned the Law of Thermodynamics at the Foundations stage: now we're going to build on that understanding with some more advanced techniques.

LET'S TALK NUTRITION TRACKING

As your body becomes finely tuned, and your goals become more specific, so too will your approach to nutrition. Whether you're looking to lose weight, gain muscle, or improve performance, you're going to need to monitor the total and types of calories you consume as well as being aware of the kinds of foods you're eating and how they make you feel. It's called nutrition tracking, and it's when macronutrient calculators, such as MyFitness Pal, come in handy. These gadgets aren't for everyone, but they can be a useful tool if you're serious about honing your calorie input.

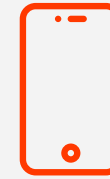
On the next page we're going to show you how to personalise your macro-nutrients using the InBody scanner and app.

CALORIES IN VS CALORIES OUT



FUEL YOUR RESULTS WITH YOUR MACROS

Follow these steps to personalise your macronutrients based on your goals and needs.



STEP 1 Download the InBody App

Start by downloading the [InBody App](#) on your phone.

STEP 2 Register and sign in

Complete the registration process and sign in to your account.

Don't forget to use the same details as previously (email, phone number) if you're already registered.

STEP 3 Complete a scan before your next session. Key points to remember:

- Use the InBody scanner at the [same time](#) on the same day each month for consistent results.
- Limit scans to [once a month](#). It's an incredible piece of equipment, but trust the process instead of fixating on the numbers.
- Keep in mind that while the scanner is accurate, results can vary based on factors like food consumption, water intake, and the timing of a woman's menstrual cycle.



- STEP 4** Once you've completed your scan:
- Scroll down to 'Set New Body Composition Goal'.
 - Be realistic when answering the questions. If you can consistently train 3 times per week, choose **2–3 sessions**. Overachieving is a bonus, but honesty ensures better results.

To set your goals:

- **Body Fat Mass Decrease:** Multiply the **number of weeks** by **0.5** (e.g., Weeks \times 0.5 = Goal).
- **Skeletal Muscle Mass Increase:** Multiply the **number of weeks** by **0.2** (e.g., Weeks \times 0.2 = Goal).

STEP 5 Input your personalised numbers into MyFitnessPal

- **Calories** are the key focus—stick to them as closely as possible.
- **Protein** might feel like the hardest target, but aim to hit it within **20%** of your goal.
- Spread your **fats** and **carbs** however you prefer, as long as your main focus remains on hitting your calorie target.

SHARE YOUR RESULTS WITH US

✉ Send InBody results to hey@foundryfit.com

So we can make sure you get a Foundry 'Well Done'.



020 7587 1327
foundryfit.com

NEW TO MYFITNESS PAL?

Check out our guide to using it [HERE](#)

