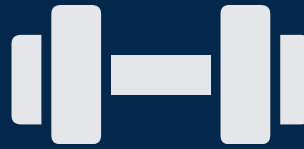


Complete Training Program

Nutrition | Cardio | Strength | Flexibility



Designed for Daniel Stapleton



ACE TOTAL FITNESS
Life-Changing Fitness, Backed by Science
Personal Training & Program Design with Aaron Olar



Nutrition Overview

Client: Daniel Stapleton

Age: 41 | **Height:** 6'0" | **Weight:** 208 lb

Goal: Lose 25 lb body fat, improve lean muscle tone

Why Nutrition Matters

This nutrition program is designed to complement Daniel's full ACE Total Fitness training plan — combining structured strength training and cardio with a personalized eating approach to support sustainable fat loss, muscle development, and recovery.

Nutrition fuels the results of your training, providing the energy and balance needed to build lean mass while creating a steady calorie deficit for fat loss.

Current vs. Target Metrics

Metric	Current	Target	6-Month Goal
Weight	208 lb	183 lb	-25 lb
Body Fat %	~25% (est.)	18%	↓ 7%
Lean Mass	~155 lb	160 lb	+5 lb lean retention

Daily Nutrition Targets

Day Type	Calories	Protein (g)	Carbs (g)	Fat (g)	Hydration
Training Days (Weights + Cardio)	2,150–2,250	165–180	200–225	60–70	90–110 oz
Rest / Recovery Days	1,950– 2,050	160–175	160–180	60–65	90 oz



Nutrition Overview

Program Overview

Daniel's nutrition strategy follows a **moderate calorie deficit (~400–500 kcal/day)** combined with progressive resistance and cardio training.

The focus is on:

- Protein at every meal to preserve lean mass
- Controlled carbohydrates timed around workouts
- Healthy fats for hormone support and satiety
- Hydration goals to maintain performance and recovery

The accompanying 7-Day Meal Plan demonstrates how these macronutrients translate into real-world meals using the **ACE Total Fitness Food Reference Guide**.



“Fuel your training. Feed your results.”



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Day 1 — Push Day (Higher Carbohydrate Focus)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	3 scrambled eggs + 2 egg whites, 1 slice whole wheat toast, ½ avocado	32	22	18	420
Snack	Greek yogurt (1 cup) + mixed berries (1 cup)	20	20	0	200
Lunch	Grilled chicken (6 oz), brown rice (1 cup), broccoli (1 cup)	42	40	6	400
Snack	Protein shake + banana	28	25	2	240
Dinner	Salmon (5 oz), roasted sweet potato (1 cup), asparagus	38	30	14	420
Evening Snack (optional)	Cottage cheese (½ cup) + chia seeds (1 tbsp)	14	4	3	120
Daily Total:	—	174	141	43	≈ 1,800–2,000 kcal



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Day 2 — Cardio (Moderate Carb, Lean)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	Protein oatmeal (½ cup oats + 1 scoop whey + 1 tbsp peanut butter)	32	35	12	380
Snack	Apple + 12 almonds	5	20	8	180
Lunch	Turkey wrap (whole-wheat tortilla, turkey breast, spinach, mustard)	30	25	6	320
Snack	Protein shake + ½ banana	25	15	2	200
Dinner	Grilled tilapia (5 oz), quinoa (1 cup), mixed veggies (1 cup)	40	40	8	420
Evening Snack (optional)	Cottage cheese (½ cup) + sliced strawberries (½ cup)	14	6	3	110
Daily Total:	—	146	141	39	≈ 1,900 kcal



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Day 3 — Legs (Higher Carb Performance Support)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	Omelet (3 eggs + 2 egg whites) + 1 slice toast	34	20	16	380
Snack	Greek yogurt + granola (¼ cup)	18	25	5	220
Lunch	Chicken breast (6 oz), white rice (1½ cups), green beans	45	55	6	520
Snack	Protein shake + banana	28	25	2	240
Dinner	Ground turkey (5 oz) + pasta (1 cup) + tomato sauce	38	45	8	470
Evening Snack (optional)	½ cup low-fat Greek yogurt + 1 tbsp peanut butter	15	6	8	150
Daily Total:	—	178	176	45	≈ 2,200 kcal



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Day 4 — Cardio (Moderate Carb, Fat Balance)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	Protein smoothie (whey, berries, ½ banana, almond milk)	28	30	5	260
Snack	Hard-boiled eggs (2) + carrots (1 cup)	12	6	10	170
Lunch	Tuna (4 oz) + whole-wheat crackers (6) + spinach salad	30	25	6	300
Snack	Greek yogurt (1 cup) + pineapple (½ cup)	18	15	0	160
Dinner	Grilled chicken (6 oz), quinoa (¾ cup), mixed veggies	42	35	8	400
Evening Snack (optional)	Cottage cheese (½ cup) + 1 tbsp flaxseed	14	2	3	100
Daily Total:	—	144	113	32	≈ 1,850 kcal



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Day 5 — Pull Day (Higher Carb, Protein Priority)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	3 eggs + 3 egg whites + 1 slice toast	36	18	14	370
Snack	Greek yogurt + ¼ cup granola	18	25	5	220
Lunch	Lean beef (5 oz), white rice (1 cup), green beans	45	45	10	500
Snack	Protein shake + orange	28	20	2	220
Dinner	Chicken stir-fry (6 oz chicken, vegetables, olive oil)	40	30	10	450
Evening Snack (optional)	Greek yogurt (½ cup) + 1 tbsp almond butter	15	4	9	140
Daily Total:	—	182	142	50	≈ 2,200 kcal



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Day 6 — Cardio (Moderate Carb)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	Protein pancakes (whey, oats, egg whites, cinnamon)	28	30	6	290
Snack	Protein bar	20	22	7	250
Lunch	Chicken breast (5 oz), quinoa (1 cup), spinach salad	40	40	8	420
Snack	Apple + 1 tbsp peanut butter	6	20	8	180
Dinner	Tilapia (5 oz), roasted vegetables, sweet potato (1 cup)	40	30	7	400
Evening Snack (optional)	Cottage cheese (½ cup) + berries (½ cup)	14	6	3	110
Daily Total:	—	148	148	39	≈ 1,950 kcal



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Day 7 — Recovery / Rest (Lower Carb, Balanced Fats)

Meal	Foods	Protein (g)	Carbs (g)	Fat (g)	Calories
Breakfast	2 eggs + 2 whites + spinach + 1 slice toast	26	18	12	300
Snack	Protein shake	25	5	2	140
Lunch	Tuna (4 oz) + mixed greens + olive oil dressing	30	8	14	280
Snack	Greek yogurt + ½ cup frozen mango	15	15	0	160
Dinner	Baked chicken (6 oz) + cauliflower rice (1 cup) + veggies	40	15	6	340
Evening Snack (optional)	½ cup cottage cheese + 1 tbsp walnuts	14	3	5	120
Daily Total:	—	150	64	39	≈ 1,800 kcal