

THE FRIDGE DOOR MANIFESTO: YOUR DAILY ORDERS

| THE THREE GOLDEN RULES

1. **TRACK. EVERY. DAMN. THING.** You have to burn more calories than you eat. Period. The numbers don't lie, but you will. Stop lying to yourself.
2. **PROTEIN IS KING.** It's armor for your muscles. Your body wants to eat your muscle for fuel, not your fat. Don't let it. Protein is priority number one at every single meal.
3. **GET OFF YOUR ASS.** Fat, you bitch, won't burn yourself. Walk. Lift something. Move.

| THE MAGIC NUMBERS (YOUR DAILY BATTLE PLAN)

- **CALORIE DEFICIT:** 500–1000 calories below your TDEE each day. That's your 1–2 pounds of actual fat—not just water—gone per week.
- **PROTEIN TARGET:** 1 gram per 1 pound of your TARGET weight. Not your current weight. The guy you're building, not the guy you are now.
- **FAT TARGET:** 0.4 grams per 1 pound of your TARGET weight. Fat is fuel for your hormones. You need it to stay in the fight.
- **CARBS:** Whatever's left in the budget after you've paid the protein and fat tax.

| THE TRAFFIC LIGHT: YOUR DAILY FUEL GUIDE

GREEN LIGHT (EAT THIS CRAP UNTIL YOU'RE FULL)

All non-starchy vegetables: cucumbers, lettuce, broccoli, peppers, spinach, cabbage. This is your fiber. Your vitamins. Your filler. Load your plate with this stuff.

YELLOW LIGHT (CONTROL AND CONQUER. WEIGH EVERY GRAM.)

This is the fuel for the mission. Don't fear it. Respect it. And count it.

- **Protein:** Chicken, fish, eggs, cottage cheese, Greek yogurt.
- **Carbs:** Potatoes, rice, oatmeal, whole-grain bread.
- **Fats:** Olive oil, nuts, avocados.

RED LIGHT (THIS IS THE ENEMY)

This is the minefield. One wrong step can wipe out a week of progress. Avoid it, or if you must engage, do it strategically and budget for it.

- **Liquid Calories:** Pop, juice, sugary coffee drinks.
- **Ultra-Processed Crap:** Fast food, chips, store-bought cookies and cakes.

Remember, soldier: Discipline is freedom.