



6 SIMPLE FOOD CHECKS

EATING TO BUILD MUSCLE

Protein and food basics for lifters

-
- | | |
|--|---|
| 01 Find your daily protein range | 02 Spread it across a normal day |
| 03 Choose protein foods you like | 04 Eat enough for your goal |
| 05 Buy supplements with a reason | 06 Drop common food myths |
| + Your checklist and a worked example | |

by @dr.mavion, a med intern who lifts

BEFORE YOU BEGIN

START HERE.

You are new to lifting, or you are finding your rhythm again after time away. You want your food to support the effort you put in at the gym.

But online advice can make every meal feel like a test. This is a simple food check, not a personal meal plan. Read the six basics. Answer the questions. Pick **one** thing to repeat next week.

1

Read the six basics

2

Fill in your checks

3

Choose **one** next step

BASIC 01



FIND YOUR DAILY PROTEIN RANGE

A useful muscle-building range is about 1.6–2.2 grams of protein per kilogram of body weight each day. That is roughly 0.7–1 gram per pound.

More is not always better. The extra benefit appears to shrink beyond the lower end of that range.

YOUR CHECK

My weight: _____ kg or lb.

My estimated daily range: _____ to _____ grams.

TRY THIS

Use the range as a starting reference. Look at how much protein you already eat on a normal day.

BASIC 02

2

SPREAD IT WITHOUT A TIMER

Your total protein over the day matters most. Splitting it across two or three meals may help a little compared with eating it all at once.

That small advantage does not mean you need to eat protein every two hours.

A normal lifting session does not create an urgent deadline to drink a shake as soon as you finish.

YOUR CHECK

Two or three meals where protein could fit:

_____ / _____ / _____

TRY THIS

Put protein in meals that fit your day. Prioritize the daily total.

BASIC 03

3

PICK FOODS YOU WILL EAT

Meat, fish, eggs, dairy, soy foods, and protein powder are all protein options.

Poultry, egg whites, lower-fat dairy, and soy fit normal meals.

Tofu and lentils are examples of satisfying foods. You do not need to reject soy protein because it comes from plants.

Protein powder is an option, not a required purchase.

YOUR CHECK

Two protein foods I like and can buy regularly:

_____ and _____

TRY THIS

Start with two familiar protein options. Use them in meals you already know how to make.

4

SUPPORT GROWTH, NOT JUST THE SCALE

Training provides the signal to build muscle. Enough food can support your performance and progress, but eating more alone does not guarantee bigger muscles.

Some people can make progress around maintenance, without trying to gain weight. Others, especially those very lean or struggling to progress, may have a reason to eat more.

YOUR CHECK

What is my main goal right now?

Improve while holding weight / Gradually gain / Unsure

TRY THIS

Look at your training progress and your weight trend before deciding you must add more food.

4

WATCH THE TREND ACROSS WEEKS

If you choose to gain, a rough guide is about 0.5 lb (0.23 kg) monthly for many lifters, and up to about 1 lb (0.45 kg) early on. These are guideposts, not promises.

Water, stored carbohydrate, and food can shift one weigh-in.

If weighing suits you, compare seven-day averages from consistent morning weigh-ins. Watch trends for at least two weeks, often four, before changing food. There is no universal calorie amount to add.

YOUR CHECK

Am I reacting to one morning, or to a trend across weeks?

TRY THIS

Compare weeks. Do not treat one number as a verdict.



WHAT MAY BE USEFUL

Food first. Check your regular meals for actual gaps before buying a supplement stack.

Protein powder is optional. It can sit alongside protein foods.

Creatine is optional. It may affect muscle fullness or recovery, without promising direct muscle growth.

A basic multivitamin can back up gaps in food variety. It is not required for everyone.

YOUR CHECK

What product am I considering? What specific gap would it fill?

TRY THIS

Check your food before buying a supplement.



WHAT IS LOW PRIORITY OR UNCLEAR

Pre-workouts are optional; a longer label does not prove better results.

Oral L-carnitine is overrated for fat loss.

Fish oil is debated. It may have a place in some cases, but its benefit for healthy people is uncertain. It is not a muscle-building essential.

There is an unsettled question about creatine and recovery.

YOUR CHECK

Can I explain what I want this purchase to do?

Yes / Not yet

TRY THIS

Keep products optional. Decide what you need after reviewing your normal food choices.

BASIC 06



DROP THE COMMON MYTHS

“I must bulk hard.” Many people can progress at maintenance. If you do gain, slow weight gain is a reasonable option.

“I need a shake right after lifting.” A typical session does not create a shake deadline.

“Carbs automatically make me fat.” There appears to be little or no fat-loss edge from cutting carbs instead of fat in the comparison discussed.

“Eating late automatically causes fat gain.” Eating before bed does not, by itself, cause fat gain; total energy intake matters.

“A supplement fixes a poor diet.” Prioritize adequate food first, then consider specific gaps.

YOUR CHECK

Which food rule have I been following without asking why?

YOUR ACTION SHEET

YOUR FOOD-BASICS CHECKLIST

Tick what you can repeat this week. You do not need every box.

☐

01

I know my approximate daily protein range.

☐

02

I can fit protein into two or three realistic meals.

☐

03

I can name two protein foods I like and can buy often.

☐

04

I look at trends across weeks before changing my food.

☐

05

I know why I would buy a supplement.

MY ONE-STEP PLAN

The food habit I am checking first

My next small action

When I will do it

What I will check next week

HOW THIS LOOKS IN REAL LIFE

A FILLED-IN EXAMPLE

FICTIONAL ILLUSTRATION • NOT A CLIENT RESULT

“I am getting back into lifting. I keep buying supplements, but I haven’t checked the protein in my usual meals.”

THE HABIT I AM CHECKING

My regular protein intake.

MY NEXT SMALL ACTION

Write down the protein foods in my normal two or three meals before deciding I need a powder.

WHEN I WILL DO IT

On my next normal weekday.

WHAT I WILL CHECK NEXT WEEK

Whether my regular food choices make the daily range realistic.

One useful change starts with what you actually do.

A SAFETY NOTE

Stop and see a clinician for pain, injury, or a medical condition.

TRY THIS ON PAPER

WORKED EXAMPLE

One ordinary food day

Fictional food check. Meals are examples, not a diet or a measured protein total.

Breakfast	Eggs and dairy	Write down the portions and protein in your own meal.
Lunch	Poultry or tofu	Use a food you already enjoy and can buy often.
Dinner	Fish or lentils	Check the day's total before thinking about supplements.
Next week	Compare your usual days	Use the guide's daily range as a reference, not a perfect score.

Your turn: Copy this format. Choose your real days, foods or exercises. A daily range comes from body weight. These meal names alone do not prove the total meets it.

1:1 COACHING • HOW IT WORKS

TIRED OF STARTING OVER?

You have trained before. When work gets busy, the plan slips. Then you are guessing again.

That does not mean you need better genes or a perfect week. You may need a plan built around your real week and a person who helps you review it. Here is the process I offer.

01 • PLAN

I build your training around your goal, equipment and schedule.

02 • LOG

You record sessions and your weekly check-in in the coaching app.

03 • REVIEW

We look at what happened. I revise the plan every four weeks, or sooner when needed.

WHAT YOU GET IN 16 WEEKS

- A personal training plan, exercise explanations and form feedback.
- Weekly check-ins, a kickoff call and a review call every four weeks.
- Training-focused meal plans and food guidance, plus group access.
- WhatsApp questions and form clips. Replies within 2-3 business days.

What support looks like: your plan → your workout log → your check-in → my feedback. You can see how the plan, session log, weekly check-in and coach feedback fit together.

A CLEAR NEXT STEP

COACHING THAT FITS **YOUR** **WEEK**

I'm **a med intern who lifts**. I coach training and fitness nutrition. I do not offer medical diagnosis or treatment. We work from your goals and your actual routine.

AVAILABILITY

I can confirm current coaching availability on our fit call.

YOUR FREE FIT CALL

We talk for about 30 minutes. You tell me your goal, your schedule and what you have tried. I explain the coaching process. We decide whether working together makes sense. No pressure.

DM me COACH on Instagram

@dr.mavion · I explain price and fit plainly in DMs or on a free call.

Progress varies. There are no promised physique results. Full written terms, including cancellation and refunds, are shared in writing before you pay.