THE CUT 2026 *Meal Plan*



Quick Start Guide
3 Phase Meal Plan
Roadmap To Results

PUNCH LOVE

12 Week Nutrition Blueprint

Welcome to The Cut 2026. Your 12-week, structured nutrition system designed to help you feel leaner, stronger and more confident in your own body.

This program isn't about quick fixes or extremes.
It's about giving you the plan, the structure and the support to create real, visible change.

Across the next 12 weeks you will:

- stabilise your hunger
- improve your daily energy
- support your training performance
- reduce bloating and inflammation
- build a stronger metabolism
- create consistent fat loss
- improve your relationship with food
- feel more in control of your choices

This is framework removes confusion and gives you clarity. Your only job is to show up and follow the structure.

Real change happens when you keep going one day, one week, one phase at a time.

Let's begin.







The 3 Phase Plan & Why It Works

Your body responds best when change happens gradually and intentionally.

The Cut uses a three-phase system designed to support fat loss, energy, performance and consistency.

Each phase has a purpose .Together, they create sustainable, long-term progress.

PHASE 1 (Weeks 1–2)
Stabilise hunger, reset energy, reduce cravings, reduce inflammation and bloating, begin fat loss.

PHASE 2 (Weeks 3–8)
Improve training performance, support recovery, accelerate steady fat loss.

PHASE 3 (Weeks 9–12)
Tighten, refine, lean out and complete the full 12-week transformation.
There's no need for perfection. However you do need structure, consistency and commitment and this system gives you all three.







Quick Start Guide

Before you dive into Phase 1, here's everything you need to do so you feel prepared, confident and ready to hit the ground running. This page sets you up for success from Day One.

1

Take Your Before Photos & take your measurements

You'll be so glad you captured this. The scale can't show changes in shape, tone, or posture but your photos can. Wear fitted activewear or underwear, use natural light and a plain background, and wear the same outfit for your after shots.

Use the measurement tracker to record your cm at each markers with a tape measure. Repeat at Week 6 and again at the end.

2

Gather Your Tools

To follow the program correctly you'll need:

- A digital kitchen scale
- Protein powder (whey or plant-based) • Collagen & • Creatine monohydrate
- ZMA / magnesium
- A 2 litre water bottle
- A small whiteboard , notebook or phone notes for your daily check-ins

3

Read Your Program Pack Slowly

When your pack arrives on Saturday:

Make a coffee. Go for a walk. Sit somewhere quiet. Read every page without rushing. This isn't just information. It's a clear blueprint for your results.

4

Look Through the Meal Plans for Phase 1

Start visualising:

• What meals you'll choose • What ingredients you'll need • What breakfasts work best for you • Which proteins you prefer. The simpler you keep it, the stronger your start will be.

5

Shop + Prep Lightly Before Week 1

You don't need a 3-hour prep session. Just pick 2–3 proteins, veggies, and breakfast. Examples:

- Chicken, turkey, salmon
- Spinach, zucchini, pumpkin, greens
- Berries, oats, eggs

Simple prepares you for success.

6

Check Your Mindset Before You Begin

Ask yourself:

"Why am I doing this? What do I want in 12 weeks?" Fill in your goal setting worksheet and roadblocks sheet.

💡 **Pro Tip: Connected goals = committed action.**

Quick Start | Pre-weekend check

This page shows exactly what to do each day of your first week.

WEEKEND CHECKLIST - GETTING STARTED

- Read through every page slowly
- Look at the Phase 1 meals
- Familiarise yourself with the rules
- Start thinking about your goal for the Goal Setting Call

No action needed yet. Just understanding the plan.

2. SATURDAY — SETUP & SHOP

Use today to get practically ready:

- Take your before photos and measurements
- Pick up / organise protein powder, collagen, creatine, ZMA
- Write your shopping list
- Do one simple grocery shop
- Prep 2–3 proteins (chicken, beef, fish)
- Wash and chop some easy vegetables
- Put your kitchen scale somewhere visible

You don't need to meal prep everything, just make the first few days easy.

3. SUNDAY — YOUR STRUCTURE PRACTICE DAY

This is NOT Day 1.
It's a trial run so Monday feels effortless.
Practice the rhythm:

- Eat 4 meals (Phase 1 options)
- Drink your water
- Hit your steps
- Notice hunger patterns
- Look at serving sizes
- Try your supplements
- Check your fridge is stocked

This day builds confidence and removes Monday nerves.

KNOW YOUR TRAINING DAYS

Training days are the days you do a Punch Love class or any workout that lasts 45 minutes or more.

Walking, stretching and light movement are not training days.
You'll use this rule later in Phase 2 and Phase 3 when carbs and optional snacks change.

THE CUT

3 PHASE ROADMAP

12 WEEK ROAD MAP

Here is your simple overview of how the next 12 weeks will unfold:

PHASE 1: WEEKS 1–2

Goal: Stabilise hunger + boost energy + begin fat loss.
Focus:
✓ 4 meals per day
✓ Protein every meal
✓ No starchy carbs
✓ Veg in 3 meals
✓ Optional snack only if hungry

PHASE 2: WEEKS 3–8

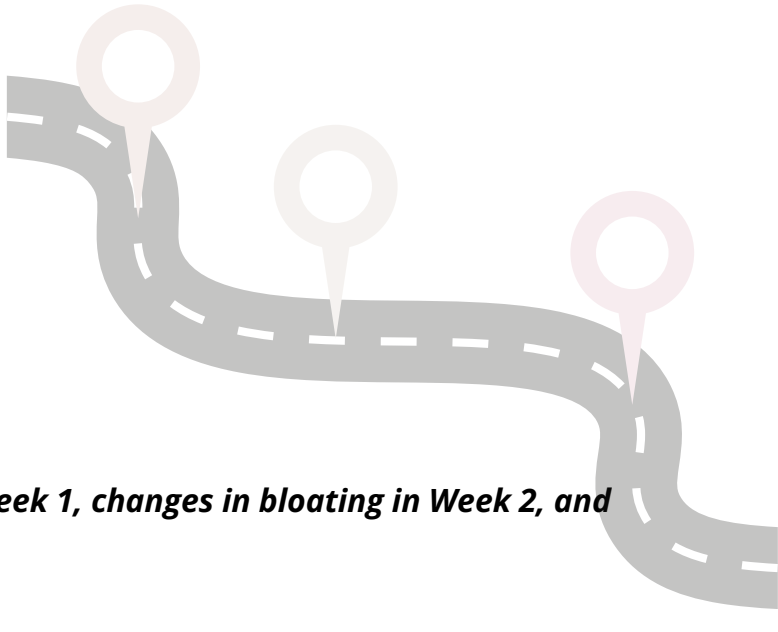
Goal: Improve performance + support recovery + continue fat loss.
Focus:
✓ Add ½ cup starchy carbs to ONE meal on training days
✓ No starch on rest days
✓ Snack only if hungry
✓ Continue 4-meal structure
✓ Refeeds as scheduled

PHASE 3: WEEKS 9–12

Goal: Tighten, refine and finish strong.
Focus:
✓ Lightest proteins only (chicken, turkey, fish)
✓ Carbs only on training days
✓ Remove snack unless genuinely hungry
✓ Refeed every second week
✓ Increase steps to 10,000 per day

ACROSS THESE PHASES YOU CAN EXPECT:

- better energy through the day
- visible fat loss
- improved muscle tone
- better hunger control
- elevated training performance
- more confidence in your food choices



💡 Pro Tip:

Most women notice changes in energy in Week 1, changes in bloating in Week 2, and visible body changes from Week 3 onward.

OFFICIAL PHASE RULES

These rules guide your entire 12-week Cut. Follow them closely for best results.

PHASE 1: WEEKS 1–2

- Eat 4 meals every day. Try to eat all your allocation especially the protein.
- Protein at every meal
- No starchy carbs (rice, potato, wraps, bread, pasta)
- Vegetables in 3 meals per day
- Measure all fats to listed amounts
- Optional snack *only* if hungry
- 2L water per day
- 8,000 steps
- Keep meals simple and consistent

PHASE 2: WEEKS 3–8

- Eat 4 meals every day
- Add ½ cup starchy carbs to ONE meal on training days
- No starchy carbs on rest days
- Optional snack:
- Training day → Performance snack | Rest day → Fat-loss snack
- Vegetables in 3 meals
- Keep fats measured
- 2L water per day
- 8,000 steps
- Refeed 1 meal per week on training day.

PHASE 3 — WEEKS 9–12

- 4 meals per day
- Use chicken, turkey or fish only
- Carbs only on training days
- No carbs on rest days
- Remove snack unless *genuinely* hungry
- Only measured fats from plan
- Refeed every second week. No refeed in last week.
- Keep structure tight and simple
- 10,000 steps

HOW TO USE THE PLAN

How To Use This Meal Plan

This program works when you follow the structure. Keep it simple. Keep consistent.

This WILL work when you:

- follow the meals as written
- choose from the food lists
- keep fats and carbs portion-controlled - weigh & measure your portions
- stay consistent more than perfect
- drink water and hit your steps
- choose optional snacks wisely
- trust the weekly structure

This will NOT work if you:

- add extra snacks or treats
- Work from different phases or skip any of the phases
- skip meals
- add extra fats
- guess portion sizes
- repeatedly have “off plan” meals
- change phases prematurely

The more consistently you follow the meals, the more predictable your results will be.

What Is Considered A Training Day?

A Training Day is any day you complete a Punch Love training session or a session that is 45 minutes or more of intentional exercise (e.g., Strength, Boxing, HYROX, Bootcamp, Lifting, Circuit)
It does **NOT** include:
• Walking
• Stretching
• Yoga or pilates (unless it’s power/strength-based)
• Light movement
• Housework
• Running after kids

You’re either:
Training Day = You trained with effort.
Rest Day = Everything else.
This matters because your carbs and optional snacks depend on it.

Common Mistakes that Stall Results

Avoid These and Watch Your Body Respond Faster

❌ Guessing Portions
Solution: Weigh your proteins and carbs during Week 1 to reset your portion intuition.

❌ Snacking Mindlessly
Solution: Stick to 3 structured meals and 1 optional snack — don't let grazing derail your plan.

❌ Under-eating to Speed Things Up
Solution: Trust the plan. Eating too little can slow metabolism, trigger binges, and backfire.

❌ Not Drinking Enough Water
Solution: Track your water just like your food. Dehydration = cravings + fluid retention.

❌ Letting One Off-Plan Meal Turn into a Bad Day
Solution: Course correct at your next meal. Guilt is optional. Progress is still possible.

How You Burn Fat Without Counting a Thing

Blood sugar control: stabilising insulin keeps you out of fat-storage mode.

Protein-first meals: protein keeps you full, maintains muscle, and burns more calories to digest.

Inflammation reduction: removing foods that bloat and stress the body allows your metabolism to do its job.

Habit design: simple structure reduces decision fatigue and supports consistency.

Result

You'll eat fewer calories without having to count them, because meals are satisfying and structured to prevent overeating.

The Cut : **PHASE 1** : Week 1-2

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GOAL |stabilise hunger, boost energy, start fat loss.

STEPS| Follow the 4-meal structure + no carbs + optional snack.

	Option A	Option B	Option C
Meal 1 Choose one	**Protein Smoothie** • 1 scoop protein • 100g berries • 1 tbsp flax/hemp • Collagen • 250ml milk	**Eggs + Veg** • 2 eggs • 200g veg • 40g avocado	**Protein Oats** • 30g rolled oats • 150g Berries • 30g Protein powder • 200ml DF milk • 30g Greek yoghurt
Meal 2 Choose one	**Chicken / Turkey** • 100g protein • 200g veg • 40g avo or 20g nuts	**Fish** • 100g fish, salmon /tuna • 200g veg	**Pork / Beef** • 100g lean protein • 200g veg
Meal 3 Choose one	**Light Plate** • 4 Cruskits • 50g hummus • 50g turkey OR 1 egg • Tomato	**Protein Wrap** • 50g turkey/chicken • Cucumber + lettuce leaf wrap	**Yoghurt Option** • Protein yoghurt • OR choc protein yoghurt
Meal 4 Choose one	**Seafood** • 120g seafood • 200g veg • 20g nuts OR 1 tbsp olive oil Or 10 Olives	**Beef / Lamb** • 120g protein • 200g veg • 30g cheese OR 20g nuts	**Chicken** • 120g chicken • 200g veg • 40g avo OR 10 olives

Use ONE optional snack if hungry.

Choose fuel for training days, and lighter fat-loss snacks for rest days.

	Training Day - Choose 1	Rest Day - Choose 1
Optional Snack	• 150g Protein Yoghurt +80g berries • 1 scoop protein + 1 small banana +250ml water or almond milk • 100g cottage cheese, 1 tomato, 1mini cucumber +2 rice cakes	• 50g sliced turkey, rolled around cucumber or capsicum strips • Boiled egg + 50g Cottage cheese +20g nuts • tin tuna, 1 diced tomato, mini cuc

The Cut : **PHASE 2** : Week 3-8

GOAL |Increase performance, recovery, accelerate fat loss by adding intentional carbs

STEPS | Add ½ cup carbs (100g) to ONE meal on training days only+ Refeed 1 x week

Meal 1 Choose one

Option A — Protein Smoothie
- 1 scoop protein
- 100g berries
- 1 tbsp flax/hemp
- Collagen
- 250ml milk

Option B — Eggs + Veg
- 2 eggs
- 200g veg
- 40g avocado

Option C — Protein Oats
- 30g rolled oats
- 150g Berries
- 30g Protein powder
- 200ml DF milk
- 30g Greek yoghurt

Meal 2 Choose one

Add Carbs at Meal 2 OR 4 (not both)

Training Days: Add ½ cup or 100g carbs | **Rest Days:** No carbs

Chicken / Turkey
- 100g protein
- 200g veg
- 40g avo or 20g nuts

Fish
- 100g fish, salmon /tuna
- 200g veg

Pork / Beef
- 100g lean protein
- 200g veg

Meal 3 Choose one

Light Plate
- 4 Cruskits
- 50g hummus
- 50g turkey OR 1 egg
- Tomato

Protein Wrap
- 50g turkey/chicken
- Cucumber + lettuce leaf wrap

Yoghurt Option
- Protein yoghurt
- OR choc protein yoghurt

Meal 4 Choose one

Add Carbs at Meal 2 OR 4 (not both)

Training Days: Add ½ cup or 100g carbs | **Rest Days:** No carbs

Seafood
- 120g seafood
- 200g veg
- 20g nuts OR 1 tbsp olive oil Or 10 Olives

Beef / Lamb
- 120g protein
- 200g veg
- 30g cheese OR 20g nuts

Chicken
- 120g chicken
- 200g veg
- 40g avo OR 10 olives

Use ONE optional snack if hungry

Choose fuel for training days, and lighter fat-loss snacks for rest days.

Optional Snack

Training Day - Choose 1
- 150g Protein Yoghurt +80g berries
- 1 scoop protein + 1 small banana +250ml water or almond milk
- 100g cottage cheese, 1 tomato, 1mini cucumber +2 rice cakes

Rest Day - Choose 1
- 50g sliced turkey, ½ tbsp cream cheese, rolled around cucumber or capsicum strips
- Boiled egg + 50g Cottage cheese +20g nuts or swap egg for tin tuna

Refeed

1 day per week | on a training day | choose 1 meal and ADD one below

- 1.5 cups of carbs - rice, quinoa, couscous, pasta, 2 slices high protein bread
- Potato 250g uncooked | 250g sweet potato | 300g pumpkin | ½ large dominos vegarama thin pizza (add 120g bbq chick) or half Fro Pizza (Woolies) add chick

The Cut : **PHASE 3**: Week 9-12

GOAL |Tighten, lean out reducing carbs, keep meals lighter, staying consistent to the finish.
STEPS |Chicken, turkey or white fish only. Carbs ONLY on training days. INCREASE **10,000 steps**

	Option A	Option B	Option C
Meal 1 Choose one	**Protein Smoothie** • 1 scoop protein • 100g berries • 1 tbsp flax/hemp • Collagen • 250ml milk	**Eggs + Veg** • 2 eggs • 200g veg • 40g avocado	**Protein Oats** • 30g rolled oats • 150g Berries • 30g Protein powder • 200ml DF milk • 30g Greek yoghurt
Meal 2 Choose one	Add Carbs at Meal 2 OR 4 (not both) Training Days: Add ½ cup or 100g carbs **Chicken** • 100g protein • 200g veg • 40g avo or 20g nuts	**Fish** • 100g fish, salmon /tuna • 200g veg	Rest Days: No carbs **Turkey** • 100g lean protein • 200g veg
Meal 3 Choose one	**Light Plate** • 4 Cruskits / rice thins • 50g hummus • 50g turkey OR 1 egg • Tomato	**Protein Wrap** • 50g turkey/chicken • Cucumber + lettuce leaf wrap	**Yoghurt Option** • Protein yoghurt • OR choc protein yoghurt
Meal 4 Choose one	Add Carbs at Meal 2 OR 4 (not both) Training Days: Add ½ cup or 100g carbs **Seafood** • 120g White seafood • 200g veg • 20g nuts OR 1 tbsp olive oil Or 10 Olives	**Turkey** • 120g protein • 200g veg • 30g cheese OR 20g nuts	Rest Days: No carbs **Chicken** • 120g chicken • 200g veg • 40g avo OR 10 olives

Use ONE optional snack if hungry.
Choose fuel for training days, and lighter fat-loss snacks for rest days.

	Training Day - Choose 1	Rest Day - Choose 1
Optional Snack	• 150g Protein Yoghurt +80g berries • 1 scoop protein + 1 small banana +250ml water or almond milk • 100g cottage cheese +2 rice cakes	• 50g sliced turkey, ½ tbsp cream cheese, rolled around cucumber or capsicum strips • Boiled egg + 50g Cottage cheese +20g nuts

Refeed

1 WEEK 9 & 11 Only | on a training day | choose 1 meal and ADD one
- 1 cup of carbs - rice, quinoa, couscous, pasta | large low carb wrap

Potato 200g uncooked | 200g sweet potato | 250g pumpkin | ½ large dominos vegarama thin pizza (add 120g bbq chick) or half Fro Pizza (Woolies) add chick

THE CUT

INGREDIENTS LIST

LET'S GO SHOPPING

Vegetable | Salads | Fruits - What's Included

Choose any mixture of the following fresh or frozen:

- spinach, baby spinach, bok choy, pak choy, chinese broccoli, broccoli, broccolini, all lettuce, all capsicum, zucchini, mushrooms, carrot, cauliflower & cauliflower rice, cabbage, brussel sprouts, beetroot, beans, snow peas, snap peas, celery, cucumber, eggplant, spring onion, leek, onion, tomatoes, all berries, lemons & Limes.

Fats & Options

- Olive oil for dressing / spray oil for cooking | 40g avocado | 20g nuts | 50g hummus

Breads

- Rice thins | Cruskits | Low Carb High Protein breads / wraps

Spices And Sweeter

- All Mingle range of spices (Coles & Woolworths), paprika, cinnamon, pink salt, garlic, ginger, chilli, pepper, Parsley (all herbs are ok) and other fresh herbs, herb pastes like lemongrass, seeds incl flax & hemp- a tablespoon sprinkled on top
- Sweetner

Yoghurts & Dairy Alternatives

- High Protein yoghurts
- Almond Milk | Oat milk |Lactose Free Milk
- Lactose free cheese | fetta | parmesan | Cottage Cheese

Proteins

- Chicken - lean, fat removed (breast or thigh, mince, shaved cold meat & bbq chick
- Turkey - mince, breast, rissoles, shaved turkey
- Seafood - Salmon, white fish, tuna (tinned in spring water) , prawns, squid, oysters
- Pork - lean fillet, fat removed (avoid mince)
- Beef mince, stirfry strips and lean cuts / lamb lean cuts fat removed
- Protein powders - True Protein in the studios

Complex Carbs - Phase 1-3: ½ cup 100g
Refeed Phase2: 1.5 cup 250g **Phase 3 refeed** 1 cup 200g

- Sweet Potato, Pumpkin, Spudlite potato (Woolworths, Coles, Aldi), Quinoa, rice, cous cous, protein pasta

Drinking

- Water, Sparkling water, sugar free flavouring and soft drinks
- 1 x tea or coffee per day- splash of milk (no cappuccino or latte) | Herbal teas

Why We Cut Alcohol During This Challenge

Removing alcohol might be the most powerful shift you make.
Even small amounts can:

- Disrupt your sleep and recovery
- Increase cravings and hunger
- Slow fat loss (your body burns alcohol before fat)
- Irritate your gut and trigger bloating
- Lower your motivation and willpower the next day

"I didn't realise how much alcohol was holding me back until I saw how quickly my body changed when I took a break." – Sarah, age 42

You'll be amazed how quickly your body responds once alcohol is out of the picture, especially when paired with the right food and movement.
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What If You're in Perimenopause or Beyond?

If your body feels like it's not responding the way it used to, this plan helps reset the balance.
Hormonal changes can increase insulin resistance and inflammation making fat loss harder and bloating more common.

That's why this plan removes inflammatory foods (like gluten, sugar and alcohol) and focuses on real, nourishing meals that support hormone and gut health.

In just 10 days, many women report feeling less puffy, clearer-headed, and more in control — even before the scales shift.

💡 Pro Tip:

Stick to the plan, drink your water, and trust the process. Your results will come.

Understanding Your Refeed Meal

A refeed meal is a structured higher-carbohydrate meal that helps restore energy, support your metabolism, and boost training performance during longer phases of the cut. It isn't a cheat meal though - it's a planned tool that gives your body a short increase in carbs to refill muscle glycogen, stabilise hunger, and keep fat loss progressing.

Your refeed should include lean protein, plenty of vegetables, a larger portion of carbohydrates, and minimal added fats.

When to Include Your Refeed

Phase 2 (Weeks 3–8):

You may include one refeed meal every 7 days.
Choose a training day or the evening before a big training day.

Approved Carb Portions (Choose one)

- 1.5 cups of carbs - rice, quinoa, couscous, pasta
- Potato 250g uncooked | 250g sweet potato | 300g pumpkin | ½ large dominos vegarama thin pizza (add 120g bbq chick) or half Fro Pizza (Woolies) add chicken

Phase 3 (Weeks 9–12):
Refeeds occur every second week, in Week 9 and Week 11.
Have your refeed after training, or at dinner on a training day to optimise recovery and fullness.

Approved Carb Portions (Choose one)

- 1 cup of carbs - rice, quinoa, couscous, pasta
- Potato 200g uncooked | 200g sweet potato | 250g pumpkin | ½ large dominos vegarama thin pizza (add 120g bbq chick) or half Fro Pizza (Woolies) add chicken





THE CUT PLATEAUS & THE FINAL WEEK

Understanding A Plateau

A plateau is when your body stops changing for a little while, even though you're still following the plan. This is completely normal. Your body is always trying to find balance, and sometimes it needs a short pause before it continues making progress.

Plateaus are part of fat loss. If you stay in the phase rules, you will move through it.
A plateau doesn't mean the plan isn't working. It means your body is adjusting, holding water, or waiting for a little more consistency before it moves again.

Most plateaus aren't true "fat loss stalls." They are usually caused by small things adding up, like portions slowly getting bigger, higher quantities of fats slipping in, steps dropping a little, less intensity in training, or not drinking enough water.

Once you tighten these areas, weight loss and body changes usually start again within a few days.

⭐ What To Check If You Hit a Plateau

- Are your portion sizes still accurate? Are you still weighing your food or have you gone back to guessing?
- Are you adding extra fats without noticing (oils, sauces, double the nut quantity, avo, cheese)?
- Have your steps dropped below below 8k for a week or more?
- Are you eating a snack on days you aren't actually hungry?
- Are you following your carb rules (training day only)?
- Is your water intake lower than normal?
- Has your sleep dropped or stress increased?
- Have your meals become "looser" or less structured?

Once these are tightened, the plateau almost always moves. A plateau doesn't mean you've failed. Please know your body is doing exactly what bodies do.

Your Final Weeks | What To Expect

These final weeks are where your consistency shows. You may notice:

- clearer definition
- less bloating
- more mental clarity
- stronger training sessions
- improved discipline
- deeper confidence

Stay focused & follow the structure. Keep your meals simple.

Supplement Schedule

Wake-Up

- Fresh squeeze lemon, pinch of pink salt & warm water

Breakfast

- Women's Multivitamin - recommended dose
- Fish oil - 1000mg x 2
- Probiotic recommended dose

Menopause specific if needed

- Calcium + Vit D supp
- 1 x serve TRUE Creatine- Brain fog & mood benefits & muscle repair

Inflammation

- Curcumin 500mg

Prevent Muscle Loss & increase Bone density

- 1 x serve TRUE collagen powder - natural so you can add it to shakes
- 1 x serve TRUE protein powder - any flavours you like

Evening

- Curcumin 500mg

Better Sleep / Repair / Stabilise Blood Sugar

- 1 x serve TRUE ZMA taken prior to bedtime (magnesium + zinc)

Supplement Shopping List

#1 Pro Biotic - your choice

#2 Women Specific Multi-vitamin - Bioceuticals brand is a quality brand– Blooms Chemists. Follow daily recommended dose

#3 Fish Oil - Brand of your choice

#4 Curcumin - Brand of your choice

#5 ZMA True Protein - Magnesium / Zinc / B6 - Punch Love Studio

***#6* Collagen powder -** Punch Love Studios

#7 Protein powders - Punch Love Studios

#8 True Creatine - Punch Love Studios

How to stay on track when life takes you out of routine.

The Cut is designed for real women with real lives which means holidays, weekends away and dinners out will happen. Our goal here isn't perfection. It's learning how to make simple, intentional choices so you can stay consistent without feeling restricted.

Here's how to navigate time away while still honouring your 12-week commitment.

Plan Ahead (This Makes the Biggest Difference)
If you're going away, spend a few minutes thinking through the basics:

• Pack easy staples like protein powder, a shaker, nuts, fruit, rice cakes, tuna or protein bars. These become your "backup meals" when options are limited.

• If you're staying somewhere with a kitchen, do a shop as soon as you arrive. Purchase items like eggs, salad bags, cooked chicken, a variety of protein sources (meats for bbq's etc) veggies, protein yoghurt and berries, soda water & sugarfree drinks - keep things simple.

• Keep breakfast and lunch predictable when you're travelling. Save flexibility for dinner.

When you have a plan, staying consistent feels much easier.

Staying Active While You're Away
Holidays don't need to derail your movement and infact they can actually help.

• Walk as much as you can. Increased steps naturally support fat loss.

• Use hotel gyms, a quick 20-minute bodyweight session, or join a class if you're near a studio. (it's super fun to try a boxing class in another city or country)

• Think of movement as part of enjoying your holiday, not an obligation.Your body loves routine, but it also responds well to variety.

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HOLIDAYS, TRAVEL & DINING OUT

Eating Out Without Stress
You can enjoy dinner out and still stay aligned with your phase. Use these simple guidelines:

• View restaurant menus before going there. Plan what you will order. Order when you get there without looking at the menu so you aren't distracted by all the off plan dishes being delivered to other tables.

• Choose lean protein first: grilled chicken, fish, steak, lamb, pork, seafood.

• Add vegetables or salad as your main side.

• Use your phase rules for carbs:
Phase 1 Week 1-2: skip carbs
Phase 2 Week 3-8: only add carbs on a training day or eat out on your refeed day
Phase 3 Week 9-12: carbs on training day / eat out on refeed day

• Watch hidden fats like creamy sauces, dressings, oils and cheese add up quickly. Ask for sauces on the side.

• Control portions by stopping at comfortable fullness or sharing a meal.

• Drink water or sparkling water instead of sugary drinks.

Your plate doesn't need to be perfect, simply endeavour to match the spirit of the plan.

When Things Don't Go to Plan
Life will happen. Food options won't always be ideal. You might have a meal that feels "off plan." That's okay.

What matters is what you do next:
You return to the structure at your very next meal. No guilt. No starting over. Just straight back into the program.

Consistency is not about never slipping up - it's about how quickly you realign.

The Mindset That Makes the Difference
Whether you're away for a day, a weekend or a week, your goal is the same:

- Make the best decision available, not the perfect one.
- Small choices add up.
- The Cut doesn't fall apart because of a single meal. It stays strong because you do.

THE CUT — DAILY CHECKLIST

Use this checklist every day to stay consistent and on track.

Set up a whiteboard in the kitchen.
Use a different colour marker each day for a week to mark off.
Tick as you go. Small wins add up fast. Seeing the weeks ticks are incredibly satisfying.

MEALS
✓ I ate 4 meals today
✓ Every meal included lean protein
✓ My meals matched my current phase rules
✓ I measured without guessing my meals
✓ I only had the optional snack if I was genuinely hungry

HYDRATION
✓ I drank 2 litres of water

MOVEMENT
✓ I hit 8,000 steps (10,000 in Phase 3
✓ I trained with intention (if scheduled today)

MINDSET + STRUCTURE
✓ I stayed consistent more than perfect
✓ I reset and moved on quickly if something went off-plan

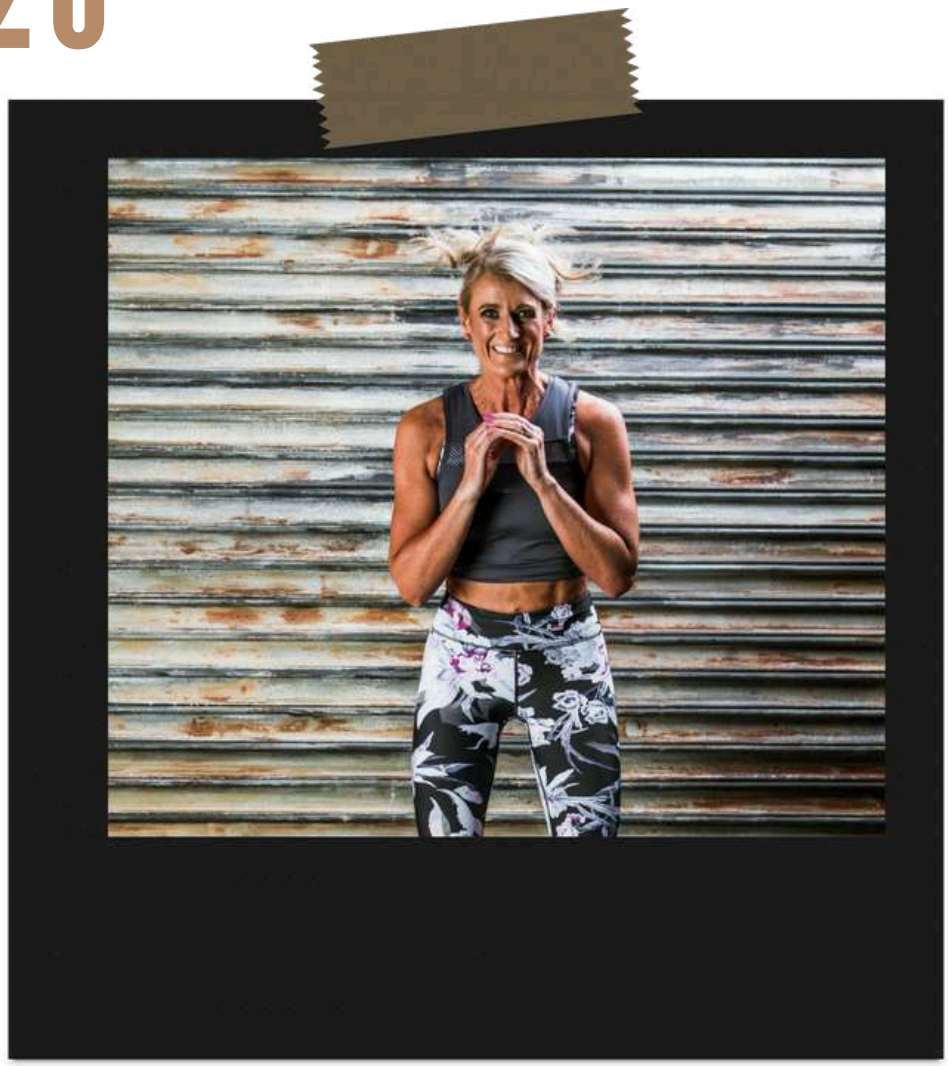
EVENING CHECK-IN
✓ Did I do my best today?
✓ What's one small thing I can improve tomorrow? Set a plan to adjust.







THE CUT 2026



Consistency won't always be glamorous

but the woman you become because of it absolutely will

xxx Karina

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