

1-Month Recomp Cut — Mobile Worksheet

Built for: 77 kg, ~175 cm male, night training (9–11 PM), sleep ~1 AM–8 AM.

Use this daily

Protein-first

Oil-controlled

Daily targets (lock for 14 days)

Workout day (5×/week)

Calories

2300 kcal

Protein

160 g

Carbs

280 g

Fat

60 g

Fiber

35 g

Steps

8k–12k

Water

3.2–4.0 L

Electrolytes

Na 2–3 g, K 3.5–4.7 g

Carb timing: keep most carbs pre/post workout. Measure oil (1 tsp ≈ 45 kcal).

Rest day (2×/week)

Calories

2100 kcal

Protein

160 g

Carbs

185 g

Fat

70 g

Fiber

35 g

Steps

8k–12k

Water

3.2–4.0 L

Electrolytes

Na 2–3 g, K 3.5–4.7 g

Rest-day swap: reduce rice by ½ cup cooked or reduce 1 chapati; replace with veg + protein.

Daily completion checklist (tick)

Nutrition

- Protein \geq 160 g (whey/egg whites/paneer/tofu)
- Calories on target (2300 workout / 2100 rest)
- Veg 500–800 g (salad + cooked veg)
- Fiber \sim 35 g (veg + fruit + sambar + legumes if tolerated)
- Oil measured (avoid “free pour”)
- Late dinner kept lighter (sleep-friendly)

Training + recovery

- Weights done (9–10 PM)
- Cardio done (Zone 2 most days)
- Steps hit (8k–12k)
- Water hit (3.2–4.0 L)
- Electrolytes reasonable (salt + potassium foods)
- Sleep routine: no caffeine late, wind-down

Meal timing template (fill what you ate)

TIME	MEAL	PLANNED (WRITE OPTION)	DONE
9:00–10:00 AM	Breakfast	Eg: 3 eggs + 250 ml whites OR whey + idly + sambar	<input type="checkbox"/>
12:00–1:00 PM	Snack	Eg: whey OR tofu 200 g OR curd + whites	<input type="checkbox"/>
2:30–4:00 PM	Lunch	Eg: rice + sambar + tofu OR chapati + low-fat paneer	<input type="checkbox"/>
6:30–7:30 PM	Evening snack	Eg: whey + banana OR paneer 150 g	<input type="checkbox"/>
8:00–8:30 PM	Pre-workout	Eg: whites + chapati OR whey + idly	<input type="checkbox"/>
11:15 PM–12:00 AM	Post-workout dinner	Eg: whey + whites OR tofu/paneer + light carbs	<input type="checkbox"/>

Tip: if adherence is hard, only track 4 things: calories, protein, steps, sleep.

Weekly check-in (10 minutes, once/week)

Measurements

- 7-day average weight recorded
- Waist measured (navel, relaxed)
- Progress photos (front/side/back)
- Strength log reviewed (top sets)

Adjustments (only if needed)

- If 14-day avg + waist stalled: -150 to -200 kcal/day OR +2k steps/day
- If strength/sleep crash: +100–200 kcal/day and reduce hard cardio
- Keep cardio mostly Zone 2 (protect muscle)

Print tip: Use your browser "Print" → "Save as PDF".