THE PRIME METHOD

PRIME NUTRITION & MACRO GUIDE

EAT WITH PURPOSE · FUEL YOUR TRAINING · TRANSFORM YOUR BODY

PROTEIN | CARBS | FATS

body_by_bern_pt · @body_by_bern_pt on Instagram

Why Nutrition Matters More Than You Think

Training is the stimulus. Nutrition is the result.

Most people who struggle to lose fat or build muscle are not failing in the gym — they are failing in the kitchen. Not because they eat badly, but because they eat **without intention**. They don't know how much they need, when to eat it, or what it's actually doing inside their body.

This guide gives you the foundation: how calories and macronutrients work, how to calculate your personal targets, how to structure your eating around training, and which foods to build your diet around. You don't need to count every gram forever — but doing it for 4–8 weeks will permanently change how you see food.

> **The Prime Method Nutrition Principle:** Eat enough protein to protect muscle, enough carbohydrates to fuel your training, and enough healthy fats to support your hormones. Everything else is detail. Get the fundamentals right first.

The Three Macronutrients

What they are and why each one matters

PROTEIN	CARBOHYDRATES	FATS
4 kcal/g	**4 kcal/g**	**9 kcal/g**
Builds and repairs muscle. Keeps you full. Highest thermic effect — your body burns more calories digesting it.	Primary fuel for high-intensity training. Powers your brain. Stored as glycogen in muscles and liver.	Hormone production, joint health, fat-soluble vitamin absorption. Essential — never eliminate fats.

PROTEIN — YOUR MOST IMPORTANT MACRO

When you train hard, you create tiny tears in your muscle fibres. Protein provides the amino acids your body uses to repair and rebuild those fibres — stronger and larger than before. Without adequate protein, your training stimulus goes partially wasted. You recover slower, you lose muscle mass when in a calorie deficit, and you feel hungrier throughout the day.

Target: 1.6–2.2g of protein per kg of bodyweight per day. For most active people, 2g/kg is an easy number to remember and optimally supports muscle building and retention. A 75kg person should aim for approximately 150g of protein daily.

CARBOHYDRATES — FUEL, NOT THE ENEMY

Carbohydrates are stored in your muscles and liver as glycogen — the primary energy source for intense exercise. When you train at high intensity, your body is almost entirely reliant on glycogen. Low carbs = low energy = poor performance = poor results. The key is timing: eat more carbohydrates around your training sessions, and less in the hours when you're sedentary. This is called nutrient timing, and it is particularly effective for body composition.

FATS — ESSENTIAL, NOT OPTIONAL

Dietary fat is critical for testosterone and oestrogen production, joint lubrication, and absorbing vitamins A, D, E, and K. Many people who eat very low-fat diets experience hormonal disruptions, joint discomfort, and mood instability. Prioritise unsaturated fats (olive oil, avocado, nuts, fatty fish) and limit — but don't eliminate — saturated fats.

Step 1: Calculate Your Calorie Target

Find your Total Daily Energy Expenditure (TDEE)

Your TDEE is the total number of calories your body burns in a day, accounting for both your resting metabolism and your activity level. This is your maintenance number — eat at this level and your weight stays the same. Adjust from here based on your goal.

STEP 1A — FIND YOUR BASAL METABOLIC RATE (BMR)

Mifflin-St Jeor Formula (most accurate for active people):

Men: BMR = (10 × weight in kg) + (6.25 × height in cm) – (5 × age in years) + 5
Women: BMR = (10 × weight in kg) + (6.25 × height in cm) – (5 × age in years) – 161

Example (80kg male, 178cm, 30 years): (10×80) + (6.25×178) – (5×30) + 5 = 800 + 1,112.5 – 150 + 5 = 1,767 kcal

STEP 1B — APPLY YOUR ACTIVITY MULTIPLIER

ACTIVITY LEVEL	DESCRIPTION	MULTIPLIER
Sedentary	Desk job, little to no exercise	**× 1.2**
Lightly active	Exercise 1–3 days/week	**× 1.375**
Moderately active	**Exercise 3–5 days/week (this program)**	**× 1.55**
Very active	Hard exercise 6–7 days/week	**× 1.725**
Extremely active	Physical job + daily hard training	**× 1.9**

STEP 1C — ADJUST FOR YOUR GOAL

GOAL	CALORIE ADJUSTMENT	EXPECTED RATE
Fat loss	TDEE – 300 to 500 kcal/day	0.3–0.5 kg per week
Maintenance / recomposition	TDEE (no change)	Body composition improves
Muscle building	TDEE + 200 to 350 kcal/day	0.2–0.4 kg per week

Step 2: Set Your Macro Targets

Once you know your calories, divide them between the three macros

The Prime Method Macro Split for Training Days:
Protein: 30–35% of total calories | Carbohydrates: 40–45% of total calories | Fats: 20–25% of total calories

Convert to grams: Protein ÷ 4, Carbs ÷ 4, Fats ÷ 9.

WORKED EXAMPLE — 80KG MALE, FAT LOSS GOAL

STEP	CALCULATION	RESULT
BMR	(10×80) + (6.25×178) – (5×30) + 5	**1,767 kcal**
TDEE (mod. active)	1,767 × 1.55	**2,739 kcal**
Calorie target (fat loss)	2,739 – 400	**2,339 kcal**
Protein (35%)	2,339 × 0.35 ÷ 4	**~204g / day**
Carbohydrates (40%)	2,339 × 0.40 ÷ 4	**~234g / day**
Fats (25%)	2,339 × 0.25 ÷ 9	**~65g / day**

YOUR PERSONAL MACRO CALCULATOR

	YOUR NUMBERS
Bodyweight (kg)	_____
Height (cm)	_____
Age (years)	_____
BMR (calculate above)	_____ kcal
Activity multiplier	_____
TDEE	_____ kcal
Calorie goal (+/–)	_____ kcal
Daily protein target	_____ g
Daily carb target	_____ g
Daily fat target	_____ g

Step 3: Time Your Nutrition Around Training

When you eat matters almost as much as what you eat

Nutrient timing is not complicated. The principle is simple: eat the majority of your carbohydrates in the hours surrounding your training session. This ensures your glycogen stores are full when you train, and replenished afterward for recovery.

TIMING WINDOW	WHAT TO EAT	WHY
1–2 hrs before training	Moderate carbs + moderate protein + low fat *e.g. chicken and rice, oats and eggs*	Fuels the session. High fat slows digestion — avoid pre-workout.
During training (60+ min)	Optional: water + electrolytes, or a banana mid-session	Maintains hydration and blood glucose for performance.
Within 1 hour after training	High protein + high carbs + minimal fat *e.g. protein shake + banana, or chicken and sweet potato*	Maximises muscle protein synthesis and glycogen replenishment.
Rest of the day	Hit remaining protein and fat targets. Reduce carbs slightly on rest days.	Consistent protein intake throughout the day supports muscle recovery.

Rest day nutrition: On days you don't train, reduce carbohydrates by 50–80g and slightly increase fats to compensate. Keep protein identical to training days — your muscles are still recovering and repairing on rest days.

The Prime Method Food List

Build your diet around these high-quality, high-performance foods

PROTEIN SOURCES

FOOD	MACRO	KCAL
Chicken breast (100g)	31g protein	165 kcal
Lean beef mince (100g)	26g protein	215 kcal
Canned tuna (100g)	25g protein	116 kcal
Hake / white fish (100g)	20g protein	90 kcal
Eggs (1 large)	6g protein	70 kcal
Egg whites (100g)	11g protein	52 kcal
Whey protein (1 scoop)	24g protein	120 kcal
Low-fat cottage cheese (100g)	11g protein	98 kcal
Greek yoghurt (100g)	10g protein	97 kcal
Lentils, cooked (100g)	9g protein	116 kcal

CARBOHYDRATE SOURCES

FOOD	MACRO	KCAL
White rice, cooked (100g)	28g carbs	130 kcal
Sweet potato (100g)	20g carbs	86 kcal
Oats (100g dry)	66g carbs	380 kcal
Wholewheat bread (1 slice)	13g carbs	70 kcal
Banana (1 medium)	27g carbs	105 kcal
Apple (1 medium)	25g carbs	95 kcal
Butternut (100g)	10g carbs	45 kcal
Brown rice, cooked (100g)	23g carbs	111 kcal
Pasta, cooked (100g)	25g carbs	131 kcal
Baby potatoes (100g)	17g carbs	77 kcal

FAT SOURCES

FOOD	MACRO	KCAL
Avocado (½ medium)	10g fat	120 kcal

Olive oil (1 tbsp)	**14g fat**	119 kcal
Almonds (30g)	**14g fat**	173 kcal
Peanut butter (2 tbsp)	**16g fat**	190 kcal
Salmon (100g)	**13g fat**	208 kcal
Whole eggs (1 large)	**5g fat**	70 kcal
Flaxseeds (1 tbsp)	**4g fat**	55 kcal
Macadamia nuts (30g)	**21g fat**	204 kcal
Coconut oil (1 tsp)	**5g fat**	40 kcal
Cheddar cheese (30g)	**9g fat**	120 kcal

Sample Meal Plans

3 full days showing how to hit your macros in practice

These sample days are based on approximately 2,300 kcal / 175g protein / 230g carbs / 65g fat. Adjust portion sizes up or down to match your personal targets.

TRAINING DAY — HIGH CARB

MEAL / TIME	WHAT TO EAT	APPROX MACROS
Breakfast (7am)	Oats (80g dry) cooked with water + 1 scoop whey protein mixed in + 1 banana	~620 kcal · 45g protein · 80g carbs · 8g fat
Mid-morning (10am)	200g low-fat Greek yoghurt + 30g mixed nuts + 1 apple	~380 kcal · 20g protein · 30g carbs · 18g fat
Pre-training (1pm)	150g chicken breast + 150g cooked white rice + broccoli	~430 kcal · 48g protein · 42g carbs · 4g fat
Post-training (4pm)	1 scoop whey protein in water + 1 large banana	~220 kcal · 25g protein · 30g carbs · 2g fat
Dinner (7pm)	150g hake / tilapia + 200g sweet potato + green salad + 1 tsp olive oil	~430 kcal · 33g protein · 42g carbs · 6g fat
Evening snack (9pm)	3 egg whites scrambled + 1 rice cake	~100 kcal · 11g protein · 8g carbs · 1g fat

REST DAY — MODERATE CARB

MEAL / TIME	WHAT TO EAT	APPROX MACROS
Breakfast (8am)	3 whole eggs scrambled + 1 slice wholewheat toast + ½ avocado	~450 kcal · 22g protein · 20g carbs · 28g fat
Mid-morning (11am)	200g cottage cheese + 1 apple	~240 kcal · 23g protein · 20g carbs · 3g fat
Lunch (1pm)	150g beef mince (lean) + 100g brown rice + spinach salad	~490 kcal · 42g protein · 25g carbs · 18g fat
Afternoon (3:30pm)	1 scoop whey in water + 30g almonds	~290 kcal · 26g protein · 5g carbs · 17g fat
Dinner (7pm)	200g salmon fillet + 150g baby potatoes + roasted veg	~510 kcal · 42g protein · 28g carbs · 22g fat
Evening (9pm)	150g Greek yoghurt + 1 tsp peanut butter	~175 kcal · 12g protein · 12g carbs · 8g fat

BUSY DAY — QUICK PREP

MEAL / TIME	WHAT TO EAT	APPROX MACROS
Breakfast (7am)	Overnight oats: 60g oats + 1 scoop protein + water/milk — prep night before	~470 kcal · 38g protein · 56g carbs · 7g fat
Snack (10:30am)	2 hard-boiled eggs + 1 banana	~235 kcal · 14g protein · 28g carbs · 8g fat
Lunch (1pm)	1 can tuna (160g) + 1 cup cooked pasta + olive oil + lemon	~430 kcal · 40g protein · 38g carbs · 8g fat
Pre-training (4pm)	1 scoop whey + 1 rice cake + peanut butter	~250 kcal · 26g protein · 18g carbs · 7g fat
Dinner (7pm)	Rotisserie chicken (200g, skin removed) + sweet potato (microwave 6 min) + green beans	~420 kcal · 48g protein · 40g carbs · 5g fat
Late snack (9pm)	200g low-fat yoghurt	~130 kcal · 12g protein · 15g carbs · 2g fat

Common Nutrition Mistakes

Avoid these — they stall 90% of people's progress

1 **Not eating enough protein**

Most people eating "healthy" are getting 60–90g of protein per day — roughly half of what an active person needs. Without adequate protein, you cannot build or maintain muscle mass, recovery is slow, and you feel hungry all the time. Track your protein first. Everything else is secondary.

2 **Underestimating calorie intake**

Cooking oils, sauces, drinks, and snacks add 200–600 calories per day that most people don't account for. A tablespoon of olive oil is 120 kcal. A teaspoon of peanut butter is 95 kcal. Be precise for the first 4–6 weeks to calibrate your awareness. Apps like Cronometer or MyFitnessPal make this straightforward.

3 **Cutting carbs to lose fat**

Carbohydrates are not the enemy. Excess calories are. Cutting carbs makes you feel depleted, kills your training performance, and is not sustainable. Instead, eat in a modest calorie deficit and keep carbs in your diet — especially around your training sessions.

4 **Eating too little on training days**

Some people try to eat less on days they train hard, thinking this will accelerate fat loss. The opposite is more effective: eat slightly more on training days (more carbs) and slightly less on rest days. This fuels performance and recovery while still creating a weekly calorie deficit.

5 **Neglecting hydration**

Even mild dehydration (1–2% of bodyweight) reduces training performance by up to 10%. Aim for 35ml of water per kg of bodyweight on training days. Add electrolytes (sodium, potassium, magnesium) if you sweat heavily. Thirst is a delayed signal — drink consistently throughout the day, not just when thirsty.

6 **Expecting results in 2 weeks**

Real, sustainable body composition change takes 8–16 weeks to become clearly visible. The scale fluctuates daily based on water retention, glycogen levels, and food volume — do not use it as your primary metric. Take weekly photos and monthly measurements. The scale is one data point, not the verdict.

Questions about your nutrition? DM @body_by_bern_pt on Instagram. For personalised coaching with custom nutrition and training: enquire about 1:1 online coaching.