

@THEFITBUSYEXEC

FIT BUSY EXEC NUTRITION CHEAT SHEET

Eat well when you're slammed.
Travel, meetings, and 12-hour days — covered.

// A FREE GUIDE FROM @TheFitBusyExec

The Executive's Food Problem

You're not failing at nutrition because you're lazy. You're failing because every nutrition plan was built for someone with time. You have back-to-back meetings, travel every other week, client dinners, and a vending machine always 10 feet away. This guide was built for that reality.

// FREE TOOL — GET YOUR PERSONAL MACRO TARGETS

Executive Macro Calculator

Enter your stats and get exact daily protein, carb, and fat targets.

→ thefitbusyexec.com/macros

// WHAT THIS GUIDE COVERS

- The 3 non-negotiable rules every busy exec needs
- Sunday meal prep in under 45 minutes
- What to eat when traveling — airports, hotels, client dinners
- Smart snacking for long work days
- How to handle alcohol and social eating
- Quick-reference macro targets by goal

The 3 Non-Negotiable Rules

01 PROTEIN AT EVERY MEAL

Aim for 25-40g of protein per meal. Prevents overeating, maintains muscle over 40, keeps energy stable.

- Chicken breast or thighs
- Greek yogurt — plain, not flavored
- Eggs — 3 gives you 18g

02 WATER BEFORE COFFEE

16oz water before your first coffee, every day. Most executive fatigue is dehydration, not sleep deprivation.

- 16oz water immediately after waking
- Then coffee — not instead of water
- Keep a large water bottle visible on your desk

03 NEVER ARRIVE HUNGRY

Eat before every meeting, flight, or dinner event. Hungry decisions are bad decisions — for your diet and your business.

- Keep protein bars in your bag and desk drawer
- Eat a snack before leaving the office
- Never go more than 4-5 hours without eating

Sunday Meal Prep in 45 Minutes

Cook once. Eat well all week. Assemble in 3 minutes. Here's the exact system.

// SUNDAY MEAL PREP

// PROTEIN — COOK ALL AT ONCE

- 6-8 chicken thighs: season, bake 425°F for 30 min.
- 8-10 hard boiled eggs: boil 10 min, ice bath, fridge.
- 1 lb ground turkey or beef: brown with spices. 8 minutes.
- Optional: salmon fillet — 400°F for 12-15 minutes.

// CARBS — SET AND FORGET

- 2 cups dry rice in a rice cooker — press start, walk away.
- 2-3 sweet potatoes: cube, oil and salt, roast 400°F 25 min.
- Quinoa: higher protein than rice — a worthwhile swap.

// VEGETABLES — SHEET PAN

- Two sheet pans: broccoli, peppers, zucchini, onion — whatever you have.
- Olive oil, salt, garlic. Roast 425°F for 20-25 minutes.
- Pre-washed salad greens: zero prep required.

// SNACKS

- Greek yogurt singles — grab one per day.
- Almonds or nuts: portion into 1oz bags.
- Protein bars: 1 per day emergency backup.

Eating Well on the Road

Travel is where most executives abandon their nutrition. Here's how to navigate every scenario.

// AIRPORT

EAT BEFORE Have a real meal before entering the airport.

BEST OPTIONS Grilled protein salads at any terminal restaurant. Dressing on the side.

CARRY THIS Mixed nuts + protein bar + large water bottle.

AVOID Muffins, airport pizza, anything from a vending machine.

// HOTEL

ROOM SERVICE Grilled protein + steamed vegetables. Available everywhere.

GROCERY STORE Ask the front desk. Buy Greek yogurt, fruit, nuts, water.

BREAKFAST Eggs, plain oatmeal, fruit. Skip pastries and the waffle station.

// CLIENT DINNERS

PROTEIN FIRST Steak, salmon, chicken — always available.

BREAD BASKET Ask the server not to bring it.

ALCOHOL One drink, then sparkling water. Nobody notices.

DESSERT Coffee instead. Saves 600 calories.

Your Cheat Sheet Summary

These are the only nutrition rules you need. Print this page.

RULE 1

Protein at every meal — 25-40g minimum

RULE 2

Water before coffee — 16oz every morning

RULE 3

Never arrive hungry — prepare before every event

TRAVEL

Eat before the airport. Carry protein bars. Grilled protein at every meal.

MEAL PREP

45 minutes Sunday. Protein + carbs + veggies. Assemble all week.

SNACKING

10am and 3pm. Pre-portioned nuts, protein bars, Greek yogurt.

ALCOHOL

Alternate with sparkling water. Choose lower-sugar options.

MINDSET

Preparation beats willpower every time.

// WANT YOUR EXACT PERSONAL MACRO TARGETS?

Use our free Executive Macro Calculator — enter your stats, get your numbers.

→ thefitbusyexec.com/macros