Sustainable Fat Loss Blueprint

A PRACTICAL, STEP-BY-STEP GUIDE TO LOSING BODY FAT WITHOUT EXTREME DIETS



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SBF COACHING

THE BLUEPRINT

How to use this book

Read it once for the big picture. Then return to the chapters that solve your current problem.

This blueprint is a practical operating system for sustainable fat loss. It is not a crash diet, a list of forbidden foods, or a plan that assumes your life is perfect.

You will learn how fat loss works, how calories and macros work, how to set a starting target, how to build meals around familiar Indian foods, how activity changes the equation, how to track progress, how to handle restaurants and travel, and how to troubleshoot a genuine plateau.

SRAVAN'S TAKE
The job is not to make you follow a perfect diet. The job is to build a system you can repeat when your week is busy, your schedule changes, or you eat foods you enjoy.

SBF PRINCIPLE
Understand the system first. Then personalize it to your body, lifestyle, food preferences, training and goals.

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THE MAP

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01

Why Fat Loss?

Fat loss is a body-composition goal, not simply a race to make the scale smaller.

Start with the reason

People often begin with a number: "I want to lose 10 kg." A better starting question is what that number represents. You may want to reduce excess body fat, improve waist circumference, feel fitter, move more comfortably, improve confidence, or make your health habits more consistent.

What a successful fat-loss phase should protect

- Lean mass and strength as much as practical.
- Training performance and recovery.
- Food quality and adequate nutrition.
- Social flexibility and normal life.
- Habits that can continue after the deficit ends.

> **The best plan is not the one that looks hardest. It is the one you can execute long enough to create a result and then maintain it.**

SRAVAN'S TAKE
When I coach someone, I want the plan to make their life better. If the process makes them afraid of food, unable to travel, or dependent on perfect weeks, we redesign the process.

COMMON MISTAKE
Choosing a goal only because a lower number sounds better, without defining what you actually want to improve.

DO THIS INSTEAD
Write down one body-composition goal, one fitness goal and one lifestyle goal.

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02

Fat Loss vs Weight Loss

Body weight is one measurement. Body fat is one component of that measurement.

What the scale includes

• Body fat.

• Muscle and other lean tissue.

• Body water.

• Glycogen stored with associated water.

• Food and fluid currently in the digestive system.

Because these compartments can change independently, a short-term scale change does not tell you exactly how much body fat changed.

A better progress dashboard

Measure	What it tells you	How to use it
Scale trend	Total body mass trend	Use repeated weigh-ins and a weekly average.
Waist	Change in body dimensions	Measure under consistent conditions.
Photos	Visual change	Same lighting, pose and distance.
Clothing fit	Real-world change	Useful when scale data is noisy.
Strength	Training response	Track key movements over time.

SBF PRINCIPLE
Never let one measurement carry the entire decision. Use multiple signals and look for trends.

COMMON MISTAKE
Treating a one-day increase as proof that body fat increased by the same amount.

DO THIS INSTEAD
Combine weight trend with waist, photos, clothing fit and training performance.

03

The Fat-Loss Equation

Fat loss requires a sustained energy deficit over time. The practical challenge is creating that deficit without destroying adherence.

The simple model

> **Average energy intake < average energy expenditure → body mass tends to decrease over time.**

Energy expenditure comes from several components: resting energy needs, movement outside formal exercise, structured training, cardio and the thermic effect of food.

Why the equation is simple but the process is not

- Appetite can change during a diet.
- Daily movement can rise or fall without conscious intent.
- Food tracking has measurement error.
- Water changes can hide short-term fat loss.
- Adherence can differ between weekdays and weekends.

The coaching mindset

Use the equation as the foundation, then solve the human problems around it. The target is not mathematical perfection. The target is a repeatable system that creates a useful average deficit.

SBF PRINCIPLE
Calories create the direction. Adherence determines whether you actually travel in that direction.

COMMON MISTAKE
Assuming a single meal, workout or day determines the outcome.

DO THIS INSTEAD
Judge the system using patterns across several weeks.

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04

Calories Made Simple

Calories are a unit of energy. Learning energy density and portions makes food decisions easier.

The energy values of macros

Nutrient	Approx. kcal/g	Main role
Protein	4	Tissue maintenance, repair and muscle support.
Carbohydrate	4	Important fuel source for many activities.
Fat	9	Essential fatty acids, cell structure and vitamin absorption.
Alcohol	7	Energy without being an essential nutrient.

Why portions matter

Two foods can both be nutritious while contributing very different amounts of energy per serving. Oils, nuts, nut butters, spreads and restaurant sauces are particularly easy to underestimate because they are compact sources of calories.

Healthy does not mean unlimited

A sustainable diet can contain calorie-dense foods. The skill is portion awareness, not fear.

SRAVAN'S TAKE
I do not want people to fear calories. I want them to understand calories.

COMMON MISTAKE
Using "healthy" as a synonym for "low calorie".

DO THIS INSTEAD
Keep nutritious foods, but measure calorie-dense ingredients when accuracy matters.

05

Macronutrients

Macros are major nutrients that supply energy and perform important functions. They are tools, not identities.

Protein

Protein supplies amino acids needed for tissue maintenance and repair. During fat loss, adequate protein plus resistance training can help support lean mass.

Carbohydrate

Carbohydrates include rice, roti, oats, potatoes, fruit and many traditional Indian staples. They can support training and make a diet easier to enjoy.

Dietary fat

Fat is essential for normal physiology and helps absorb fat-soluble vitamins. It is energy dense, so portions can matter significantly when calories are limited.

Macro priorities

1. Set a realistic calorie target.
2. Set protein high enough to support your goal and training.
3. Ensure adequate dietary fat and overall nutrition.
4. Use remaining calories for carbohydrates and foods you enjoy.
5. Adjust based on performance, hunger, adherence and progress.

SBF PRINCIPLE
There is no magical macro split. Use a distribution that meets nutrition needs and supports adherence.

COMMON MISTAKE
Copying another person's exact macro numbers.

DO THIS INSTEAD
Use ranges, then personalize them to body size, training and food preferences.

06

Protein

Protein is one of the most useful anchors for a fat-loss diet because it supports nutrition quality, satiety and lean-mass retention.

A practical starting range

For many active adults, around 1.6 to 2.0 g of protein per kg of body weight per day is a useful starting range. The appropriate target can differ with body size, training status, dietary pattern and clinical factors.

Make protein visible

Meal	Simple anchor	Examples
Breakfast	Protein first	Eggs, skyr/Greek yogurt, milk, paneer or tofu.
Lunch	Protein + staple	Chicken, fish, paneer, tofu, dal plus rice or roti.
Snack	Easy protein	Skyr, curd, milk, eggs or another protein food.
Dinner	Protein + produce	Lean meat, fish, paneer/tofu, dal plus vegetables.

Distribution beats a last-minute scramble

If you need 110 g for the day, it is usually easier to plan meaningful protein at three or four eating occasions than to eat very little protein until dinner.

SRAVAN'S TAKE
I like protein to be obvious. When you look at a meal, you should be able to point to the protein source.

COMMON MISTAKE
Trying to eat almost all daily protein in one meal.

DO THIS INSTEAD
Give each main meal a deliberate protein source.

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07

Carbohydrates

Rice, roti, dosa, idli, oats, potatoes and fruit can fit into a fat-loss diet.

Carbohydrates are not automatically fattening

Body fat gain is primarily about sustained energy surplus, not the presence of one macronutrient. Carbohydrate-containing foods can be nutritious, satisfying and useful for training.

The portion is part of the plan

A practical meal can include a carbohydrate portion that fits the calorie target. The portion can differ by body size, activity, training and overall diet.

Build around the foods you already eat

- Keep rice if rice is part of your normal diet.
- Keep roti if it is practical and enjoyable.
- Use potatoes and other staples strategically.
- Include fruit instead of treating it as forbidden.
- Measure portions when you need accuracy.

SRAVAN'S TAKE
Traditional foods do not need to disappear because someone wants to lose fat. The coaching question is usually how much and how often.

COMMON MISTAKE
Blaming carbohydrates while ignoring total calorie intake and portion size.

DO THIS INSTEAD
Keep familiar foods, manage portions and build meals around protein and produce.

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08

Dietary Fat & Fiber

Fat is energy dense. Fiber-rich foods can support fullness and nutritional quality.

Where hidden calories often appear

• Cooking oils and ghee.

• Nut-based chutneys.

• Nuts and seeds.

• Nut butters and spreads.

• Restaurant sauces and dressings.

• Oil-heavy pickles and sides.

Fiber is a food-quality tool

Vegetables, fruit, pulses, legumes and whole grains can contribute fiber and fit within a nutritious dietary pattern.

The goal is not zero fat

A calorie-controlled diet still needs adequate dietary fat. The skill is knowing where fat is concentrated and using portions that fit your intake.

COMMON MISTAKE
Free-pouring oil, ghee or nut butter and assuming the amount is too small to matter.

DO THIS INSTEAD
Measure calorie-dense fats during a tracking phase while keeping a varied diet.

SRAVAN'S TAKE
I am not interested in removing healthy fats. I am interested in teaching you how much you are actually eating.

09

How to Set Your Calories

Use a calculator to create a starting estimate. Use real-world data to refine it.

Step 1: Estimate resting energy needs

A commonly used equation is the Mifflin-St Jeor equation. It is an estimate, not a laboratory measurement.

Formula	Estimate
Men	BMR = 10 × weight(kg) + 6.25 × height(cm) − 5 × age + 5
Women	BMR = 10 × weight(kg) + 6.25 × height(cm) − 5 × age − 161

Step 2: Estimate maintenance

Multiply estimated BMR by an activity factor or use a calculator that accounts for activity. Activity factors are rough starting points because real-world movement varies.

Step 3: Choose a manageable deficit

For many adults, starting around 10 to 20% below estimated maintenance is a reasonable framework. A smaller deficit can be appropriate when adherence, performance or body-fat levels make aggressive dieting undesirable.

Step 4: Validate with your trend

Track intake and body weight consistently for several weeks. If the trend is moving at a sustainable rate, do not change the target simply because a calculator predicted something different.

Worked example

Example only: estimated maintenance 2,400 kcal. A 15% starting reduction is about 2,040 kcal. The number is a starting hypothesis. Actual progress data is what tells you whether it is appropriate.

SBF PRINCIPLE
Your calorie target is a starting point. Your trend is the feedback.

COMMON MISTAKE
Changing calories every few days because the scale is noisy.

DO THIS INSTEAD
Hold the plan long enough to collect useful data, then make a modest adjustment only when the trend supports it.

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Activity, Steps & Training

Fat loss is easier to manage when daily movement and structured training are treated as separate tools.

Start with your baseline

Record your average steps for 7 to 14 days before deciding that you need a dramatic new target. Your baseline tells you what your lifestyle actually looks like.

Use steps as a controllable lever

Situation	Practical approach
Low current activity	Increase gradually and build a repeatable walking routine.
Moderate activity	Maintain consistency before adding more.
Very active	Prioritize recovery and avoid adding activity simply to force faster loss.
Busy schedule	Use short walks, errands and movement breaks.

Resistance training

For many adults pursuing fat loss, resistance training is valuable because it helps maintain or build muscle and improves strength and function. A practical target is 2 to 4 sessions per week, adjusted for experience and recovery.

Cardio

Cardio can support cardiovascular fitness and increase activity. It does not need to become punishment for eating.

SRAVAN'S TAKE
I would rather help you become a person who naturally moves more than make you depend on punishment cardio.

COMMON MISTAKE
Jumping from a low step count to an extreme target overnight.

DO THIS INSTEAD
Find your baseline, increase gradually, and make resistance training consistent.

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Build Your Fat-Loss Diet

Turn calorie and protein targets into meals that look and feel like your normal life.

The SBF meal-building framework

Protein + produce + a measured carbohydrate portion + appropriate dietary fat

Component	Questions to ask	Examples
Protein	Where is my main protein?	Eggs, chicken, fish, curd/skyr, paneer, tofu, dal.
Produce	What adds volume and nutrients?	Vegetables, salads, fruit.
Carbohydrate	What portion fits today?	Rice, roti, dosa, idli, oats, potato.
Fat	What is the calorie-dense addition?	Oil, nuts, seeds, ghee, spreads.

Build a repeatable menu

Choose two or three breakfasts, lunches and dinners that you genuinely enjoy. Repetition reduces decision fatigue. Variety can come from vegetables, seasonings, fruit and rotating protein sources.

Indian-food example

A meal can be built around chicken or paneer, a measured rice portion, dal, vegetables and a controlled amount of cooking oil. Exact portions should be determined by calorie and protein targets, not a universal plate rule.

SBF PRINCIPLE
The best meal plan fits your culture, schedule, budget, cooking ability and preferences.

COMMON MISTAKE
Creating a perfect meal plan that looks nothing like the way you normally eat.

DO THIS INSTEAD
Start with existing meals and improve portions, protein, produce and structure.

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How to Track Calories

Tracking is a skill. Accuracy improves when your measurement method is consistent.

The five common tracking errors

1. Raw versus cooked weights.
2. Serving size interpretation on food labels.
3. Cooking oils and added fats.
4. Sauces, chutneys, pickles, spreads and drinks.
5. Restaurant portions and recipe estimates.

Raw vs cooked weights

If a database lists rice as raw weight, do not compare that value with cooked rice without accounting for water gained during cooking. Pick one method and use it consistently.

Recipe tracking

For a home recipe, record ingredients, weigh the finished batch if useful, then divide into portions. This is often more accurate than guessing each serving.

Accuracy without obsession

A tracking phase is an education tool. Once you understand your normal portions, you may be able to maintain many habits without weighing every ingredient forever.

COMMON MISTAKE
Ignoring oil, spreads, drinks and calorie-dense sides because they are not the main food.

DO THIS INSTEAD
Track ingredients that meaningfully contribute calories and use the same weighing convention each day.

SRAVAN'S TAKE
Tracking is a skill. You do not have to track every gram forever, but learning what your normal portions contain can change your awareness.

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Eating Out & Travel

A sustainable diet needs a strategy for restaurants, weddings, holidays and busy workdays.

Before the meal

• Do not starve all day to save calories.

• Keep earlier meals protein-focused and moderate.

• Arrive with enough hunger to enjoy the meal, not extreme hunger.

At the meal

1. Start with a protein source where practical.

2. Add vegetables, salad or fruit when available.

3. Choose the carbohydrate portion deliberately.

4. Use fried sides, sauces and desserts according to preference and the overall day.

5. Eat slowly enough to notice satisfaction.

After the meal

Do not compensate with starvation or punishment cardio. Return to your normal routine at the next meal.

Travel checklist

• Identify protein options at the destination.

• Keep a few easy foods available.

• Use walking as part of sightseeing and daily movement.

• Expect some scale fluctuation from sodium, carbohydrates, travel and food volume.

• Measure success by the whole trip, not one meal.

SRAVAN'S TAKE
Your plan should have a strategy for the wedding, the restaurant and the holiday before those situations happen.

COMMON MISTAKE
Thinking one high-calorie meal requires a low-calorie day afterward.

DO THIS INSTEAD
Enjoy the event, then return to the normal system without compensation.

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Weight & Progress Tracking

Good tracking turns emotion into information.

The scale protocol

1. Weigh under similar conditions whenever practical.
2. Use the same scale and location.
3. Record the number rather than interpreting it immediately.
4. Calculate a weekly average when enough readings are available.
5. Compare weekly trends rather than isolated days.

Add non-scale measurements

- Waist circumference.
- Progress photographs.
- Clothing fit.
- Strength and training performance.
- Daily movement and step consistency.

Weekly review

Ask: What was my average weight? How consistent was intake? What happened to steps? How did training go? How was recovery?

SBF PRINCIPLE
Data is useful only when it is collected consistently enough to reveal a trend.

COMMON MISTAKE
Changing the plan because of one morning's reading.

DO THIS INSTEAD
Review the trend and the behaviors that produced it.

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Why Weight Fluctuates

Short-term weight changes are normal. Understanding them prevents unnecessary diet changes.

Common reasons the scale changes

Factor	What can happen
Sodium	Higher intake can temporarily increase water retention.
Carbohydrate	More glycogen is stored with associated water.
Food volume	A larger meal can increase scale weight before digestion.
Training	Hard sessions can temporarily alter water balance.
Sleep / routine	Changes can influence appetite, activity and water balance.
Menstrual cycle	Hormonal changes can affect water retention for some women.

A practical example

If your weight moves from 74 kg to 75 kg overnight, that does not mean you suddenly stored 1 kg of body fat. Water and digestive contents can change quickly.

The correct response

Keep the routine steady. Look at the weekly trend. Only change the plan when broader data suggests a real change is needed.

SRAVAN'S TAKE
When you see a sudden jump, ask what else could have changed before assuming it is body fat.

COMMON MISTAKE
Reacting to temporary scale increases by cutting food aggressively.

DO THIS INSTEAD
Stay consistent and let the trend reveal what is actually happening.

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Is It Really a Plateau?

Before you call it a plateau, confirm that the trend has genuinely stalled.

A plateau is not one bad week

A genuine plateau is a sustained lack of progress in the relevant outcome despite reasonably consistent execution. A few flat weigh-ins are not enough to prove one.

Five questions before adjusting calories

1. Has the weekly average truly stopped moving for several weeks?
2. Has weekend intake drifted upward?
3. Has step count fallen?
4. Has training or recovery changed?
5. Are portions, oils, drinks and restaurant meals being tracked accurately enough?

Look for masking factors

Travel, high-sodium meals, menstrual-cycle-related water retention, constipation, harder training and changes in carbohydrate intake can make a short-term trend harder to interpret.

SBF PRINCIPLE
Diagnose first. Adjust second.

COMMON MISTAKE
Immediately reducing calories or adding large amounts of cardio.

DO THIS INSTEAD
Audit the system before touching the calorie target.

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The Plateau Troubleshooting System

Use a fixed sequence so you do not change five variables at once.

The six-step audit

1. Confirm the trend using weekly averages and enough data.
2. Audit adherence by comparing logged intake with actual intake.
3. Check activity by comparing current steps with baseline.
4. Check training and recovery.
5. Check sleep, stress, travel and schedule changes.
6. If the plateau is genuine, make one modest adjustment and monitor again.

What not to do

- Do not slash calories because of a three-day fluctuation.
- Do not add extreme cardio as punishment.
- Do not change calories, steps, training and meal timing simultaneously.
- Do not assume your metabolism is broken because progress slowed.

The one-variable rule

When you make an adjustment, keep other major variables as stable as practical. This gives you a better chance of learning what actually changed the outcome.

SRAVAN'S TAKE
The answer is rarely "try harder" before we understand what is actually happening.

DO THIS INSTEAD
Treat a plateau like a troubleshooting problem: gather evidence, identify the likely lever, make a modest change and reassess.

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Sustainability & Psychology

Consistency is a behavior skill. It is not the absence of imperfect days.

Replace all-or-nothing thinking

Instead of	Use
I ruined the day.	That meal happened. The next meal is normal.
I missed the workout.	I can complete the next session.
I cannot eat this food.	I can include it within my overall plan.
The scale went up.	The trend needs more data.

Build minimums

Create a version of your routine that works on difficult days: a short walk, a simple protein-focused meal, a planned bedtime, or a shortened training session.

Plan for predictable problems

- Busy workdays.
- Travel.
- Family events.
- Restaurants.
- Low-motivation days.
- Illness or recovery periods.

SRAVAN'S TAKE
I would rather see an 8-out-of-10 plan followed for a year than a 10-out-of-10 plan followed for ten days.

COMMON MISTAKE
Trying to compensate for an imperfect meal with extreme restriction.

DO THIS INSTEAD
Make the next decision normal. Consistency is built by returning to the system.

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Maintenance

The real finish line is being able to live at your new weight without repeatedly starting another diet.

What changes after fat loss

As body weight decreases, energy needs generally decrease. Appetite, movement and food preferences can also change. Maintenance therefore deserves its own plan.

Maintenance habits

- Continue resistance training.
- Keep regular movement.
- Maintain adequate protein and a nutritious diet.
- Keep some awareness of body weight and waist.
- Retain flexibility for restaurants, travel and celebrations.

A practical transition

After the deficit, gradually increase food intake toward a sustainable maintenance level rather than treating the end of dieting as permission to return to the exact habits that created the original problem.

Maintenance guardrails

Choose a weight range or trend that feels acceptable. Decide in advance what you will do if your average weight rises beyond that range.

SBF PRINCIPLE
Lose → maintain → live normally. The goal is not to repeatedly diet off the same weight.

COMMON MISTAKE
Returning immediately to old eating and activity habits because the deficit is finished.

DO THIS INSTEAD
Keep the habits that worked and build a maintenance intake around your real lifestyle.

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Your Personal SBF Blueprint

Use this page to convert the book into a practical starting plan.

Step 1: Define your target

What do you want to change, and why does it matter?

Step 2: Set the starting numbers

My metric	My starting point
Current body weight	_____
Average daily steps	_____
Training days / week	_____
Estimated maintenance	_____ kcal
Starting calorie target	_____ kcal
Protein target	_____ g
Sleep routine	_____

Step 3: Build your default meals

- Breakfast: _____
- Lunch: _____
- Snack: _____
- Dinner: _____
- Travel / restaurant default: _____

Step 4: Define your review

I will review my weekly average weight, waist, steps, training and adherence every: _____.

Step 5: Decide what happens if progress stalls

First I will audit: adherence → activity → training → recovery → trend. I will change only one major variable at a time.

SRAVAN'S TAKE
You do not need to implement everything perfectly on Day 1. Start with the fundamentals, collect data and improve the system as you learn.

SBF PRINCIPLE
The blueprint is the framework. Your lifestyle is the context. Your plan should be customized to both.

COACHING CTA
If you want us to build the blueprint with you, apply for personalized SBF coaching.

BONUS

The 14-Day SBF Start

A simple implementation phase to move from reading to doing.

Do not try to change everything at once. For the first 14 days, focus on clean data and repeatable behaviors.

Daily target	What to do
Calories	Follow the starting target consistently enough to create useful data.
Protein	Hit your protein target or get as close as practical.
Steps	Stay near your chosen daily average.
Training	Complete planned sessions with good effort and recovery.
Weight	Weigh under consistent conditions when practical.
Sleep	Keep a reasonably consistent sleep/wake routine.
Notes	Record unusual events such as travel, celebrations, illness or high-sodium meals.

DO THIS INSTEAD
Do not judge the plan on Day 2. Your first job is to make the system measurable. Your second job is to make it repeatable. Then use the data to improve it.

BONUS

Flexible Food Swaps

Sustainability improves when you know how to swap foods without abandoning the structure.

If you usually eat	A flexible swap can be	Keep the principle
Rice	Roti, dosa, idli, potato, other grains	Match the portion to your target.
Chicken	Fish, eggs, lean meat, paneer, tofu, soy	Keep a meaningful protein source.
Curd	Skyr / Greek yogurt / another suitable dairy option	Use a protein-rich option when useful.
Fruit	Another fruit you enjoy	Keep produce in the diet.
Nuts	Seeds or another measured fat source	Measure calorie-dense portions.
Home meal	Restaurant equivalent	Use the same meal-building logic.

SBF PRINCIPLE
Flexibility is not the opposite of structure. Good structure makes flexibility possible.

IMPORTANT

Know When to Get Individual Help

A general blueprint cannot replace medical assessment or individualized nutrition care when a health condition, medication, pregnancy, eating disorder history or another clinical factor changes the situation.

Consider working with an appropriately qualified health professional when you have a medical condition that affects nutrition or exercise, are pregnant or recently postpartum, have a history of an eating disorder, experience unexplained symptoms, or are unsure whether a calorie deficit is appropriate for you.

SBF PRINCIPLE
Good coaching includes knowing when a general framework is not enough and individualized professional care is appropriate.

For personalized fitness and nutrition coaching, explore SBF coaching.

YOU DON'T NEED ANOTHER DIET.

You need a system you understand, can apply and can maintain.

This blueprint gives you the framework. Personalized coaching takes the next step by applying that framework to your body, schedule, activity, food preferences and goals.

SRAVAN BALIVADA

Founder, Sustainable Balanced Fitness

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