

What does your goal need?

Choose an emphasis that supports your goal. These are starting points, not strict diet rules.

YOUR GOAL	NUTRITION EMPHASIS	KEY PLAYERS
Lose body fat	Calorie-conscious + protein	Sustainable energy deficit · Protein · Fiber
Build muscle / get stronger	Protein + enough fuel	Protein · Carbs for training · Adequate calories
Improve workout performance	Carbs + recovery	Carbs around longer / harder sessions · Protein · Fluids
Feel fuller / manage cravings	Protein + fiber	Protein · Fiber-rich plants · Satisfying fats
Improve heart health	Mediterranean-style	Plants · Whole grains · Fish · Unsaturated fats
Lower LDL cholesterol	Soluble fiber + healthier fats	Oats / beans · Nuts · Less saturated fat
Support blood pressure	DASH-style	Produce · Whole grains · Lower sodium · Appropriate potassium
Support blood sugar	Fiber-rich, balanced carbs	Fiber-rich carbs · Protein · Individualized portions
Support gut health	Plant variety + fiber	Beans · Whole grains · Produce · Gradual fiber increase
Support overall health	Mediterranean-style	Colorful plants · Olive oil · Nuts · Fish
Steadier everyday energy	Balanced meals	Enough food · Protein · Fiber-rich carbs · Fluids
Support healthy aging	Protein + nutrient-rich foods	Protein · Plants · Calcium / vitamin D sources
Maintain weight / wellness	Flexible balanced eating	Variety · Adequate food · Foods you enjoy

Most goals need a shift in emphasis, not a whole new diet.