



TRAINING AND NUTRITION GUIDE

**Build Muscle.
Lose Fat.
Get Healthy.**

THE MAGIC BOOK
SPOILER: EAT THE PROTEIN

Workouts, food and a simple way to track it. From the formed labs team.



YOU GOT THIS.

SCAN ME



FREE TO START. NO DOWNLOAD NEEDED.

SEPTEMBER 2026

app.formedlabs.co

Welcome.

This guide is everything we'd tell you on day one: your numbers, two simple workouts, food that works even when you're not hungry, a grocery list and charts to track your first two months.

It comes from real bodybuilding experience: 20 years of lifting, eating right and competing on stage. Turn the page for Chad's story. He started out right where a lot of people are today.

Check with your doctor before you start, especially if you have a health condition or take a daily medication.

Take it one week at a time. And whenever you want someone in your corner, our coaches are in the app.

THE FORMED LABS TEAM



Scan to open the app

Free to start, nothing to download. Chat with any of our four coaches.

HOW TO USE THIS GUIDE

Start on page 9

The first-week checklist walks you through day one, step by step.

Scan the codes

Point your phone camera at any code in here to watch a demo video or open the app.

Print the charts

The fridge sheet, starter chart and grocery list are made to print and keep handy.

MY STORY

How I started

They laughed.

Over 20 years ago, I was overweight and out of shape. I was drinking too much, eating crappy and smoking cigarettes. I did eventually quit smoking, but back then, none of my choices were doing me any favors.

I'm telling you this because I'm just like anybody else. I wasn't born into this. I was a regular guy making bad choices, sick of how I felt and sick of how I looked, and my confidence was gone. Then one day I was joking around and said I could bodybuild if I wanted to.

They laughed.

I didn't say a word. I didn't have to. That laugh lit something in me. I was going to prove it to myself, in the gym and in the kitchen, every single day.

But here's the part nobody tells you.

I was scared. I had low self-confidence, I was anxious, and I was nervous just to step inside a gym. Honestly, I didn't know how to do the lifts right. I didn't know how to pick my food. I didn't know where to start.

I was lost.

So if you're reading this with no motivation, no confidence and no idea where to begin, I get it. I've been exactly where you are.

I didn't feel ready. I started anyway, one workout at a time, figuring it out as I went.

I didn't know how to lift. I didn't know what to eat. I was lost.

WHERE I STARTED

- Overweight and out of shape
- Drinking too much, eating crappy
- Smoking cigarettes
- Low self-confidence
- Nervous to walk into a gym
- Didn't know how to lift right
- Didn't know what to eat

BEEN THERE.

KEEP READING →

MY STORY

Trust the process

It was hard. It sucked. I hated it. There were days, sometimes whole weeks, when the scale wouldn't move and the gains wouldn't come, and I started losing faith.

So I forgot the scale.

I started judging myself by one question: how do my pants feel today? Tighter? Looser? Better? When the scale wouldn't play nice, that became my gauge.

And I kept showing up.

I trusted the process. Then something flipped. I started to enjoy it. Day by day. Some days, hour by hour. The place that used to scare me started to feel like mine.

And I didn't do it alone.

I was lucky. My wife and kids were my support system from day one, especially my wife. She backed me on the days I doubted myself and was right there every step of the way. I couldn't have done it without her.

Not everybody has that. If you don't, that's where our app steps in: four coaches in your pocket who check on you after a missed day, call out your records and keep your food on track. And our coaches are always there.

Then came my first show. I took 3rd.

The next one? Dead last.

And I was ecstatic.

Because I knew where I started: the guy who was nervous to walk into a gym and didn't know what to eat. And I knew where I stood that day. I'd already won before I ever stepped on stage. I proved to myself I could do it.

I'd already won before I ever stepped on stage.

WHERE I ENDED UP

- Over 20 years of lifting
- Quit smoking
- On stage in St. Louis, Las Vegas, Omaha and Council Bluffs
- 3rd at my first show
- Dead last at my second, and ecstatic

CHAD

AND SO CAN YOU.

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READ THIS FIRST

This is our app

We are formed labs. Our team hand coded all three of these sites, and everything in them comes from real bodybuilding experience: 20 years of lifting, eating right and training hard, including competing on stage in St. Louis, Las Vegas, Omaha, Council Bluffs and more.

The apps are just suggestions if you're interested. You don't have to use them. Everything you need is right here in this book. The app just makes tracking easier, and it has four coaches built in if you ever want the extra push.

app.formedlabs.co

Workouts, food, progress and coaches, if you like tracking on your phone.

formedlabs.co

Our research peptide store, for lab research use only.

crossword.formedlabs.co

A free daily crossword for your rest days.

YOU GOT THIS.

AND WE GOT YOU.



20

years of lifting
and eating
right

3

sites our
team hand
coded

4

coaches in
the app

WHERE OUR TEAM COMPETED

- ST. LOUIS ■ LAS VEGAS
- OMAHA
- COUNCIL BLUFFS

WHAT THE APP DOES FOR YOU

Your plan, built around you and the food you actually like

This book gets you started. The app takes it the rest of the way. It handles your training and your nutrition in one place, and it changes with you instead of making you fit a template.

876 exercises in the library	131 everyday foods built in, plus packaged brands	27 meal ideas, plus your own recipes	9 common allergens it keeps out	4 AI coaches reading your log
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Swap anything

Don't like a meal it suggests? Tap Swap and it offers other meals that still hit your numbers. You can swap a single ingredient while you cook, too. Only ate half? Tap Log half and it counts it right.

It learns what you don't eat

Mark the foods you don't like and it stops suggesting them. Set allergies like milk, eggs, peanuts, tree nuts, fish, shellfish, soy, gluten or sesame, and they stay out of every plan it builds.

A week of meals, done for you

It builds three different weeks of meals that hit your targets. Pick the one that looks good, and it writes your grocery list by aisle.

Hundreds of food choices

131 everyday foods built in. Search packaged brands by name, scan a barcode or a nutrition label, or just say what you ate. Save your own recipes and your go-to restaurant orders.

Training that adjusts to you

Set your goal, how many days you can train and the equipment you actually have, and next week rebuilds around it. Lift stuck? It suggests a swap for three weeks. Rough week? It offers a lighter one. Hurt something? It stops programming what loads it.

Targets that move with you

Your protein, water and step targets shift between training days and rest days, and once you've logged enough, it measures what you actually burn instead of guessing.

Coaches in your pocket

Four AI coaches read your log, and once a week each one brings back one thing to work on. Chat with any of them anytime.

Progress you can see

Estimated max on every lift, personal records, progress photos, and a split of how much of your change is muscle and how much is fat.

Your data, your call

Keep it on your phone, or sign in to sync across devices. Export everything anytime, or send your doctor a read-only link that expires on its own.



Use as much or as little of it as you want.

The plan in this book works either way. Scan to open app.formedlabs.co, free to start.

TRAINING AND NUTRITION PLAN

Muscle Building Plan

From the formed labs team

We put this plan together to help you put on muscle and some healthy weight without having to force down huge meals. Keep it simple. Hit your protein, eat more than you burn, lift three days a week, and eat on a schedule even when you're not hungry.

Want someone in your corner? Once a week, our four coaches in the app read your log and each one brings back one thing to work on.

ONE REP AT A TIME
 STRONGER THAN LAST WEEK
 THE HARD PART IS STARTING.
 YOU ALREADY DID IT.

0.7-1 g

protein per pound of your goal weight, every day

+1/2-1 lb

a week on the scale

3

lifting days a week

5-6

meals and snacks a day

START HERE

Your first week, step by step

Don't try to be perfect. Check these off one at a time, and by next Sunday you'll have the whole routine down.

- ☐ **1 Run this by your doctor.**
 Especially the protein amount and any daily medication you take.

- ☐ **2 Weigh in and measure.**
 First thing in the morning, before you eat. Weight goes on your chart on page 27, tape and photos on page 30.

- ☐ **3 Find your numbers.**
 Page 11 gives you your protein and calories. Write them on the fridge sheet on page 31 and hang it up.

- ☐ **4 Go shopping.**
 Take the grocery list on page 20. You do not need all of it, just what sounds good.

- ☐ **5 Prep on Sunday.**
 Page 21 walks you through the whole week in about 90 minutes.

- ☐ **6 Set 6 alarms.**
 Your eating times, every 3 to 4 hours, hungry or not. Page 16.

- ☐ **7 Watch the videos.**
 Scan the codes on pages 14 and 15 before your first workout so you know the moves.

- ☐ **8 Lift Monday, Wednesday and Friday.**
 Weeks 1 and 2 are 2 sets of everything while you learn. Eat a shake or a meal within an hour or two after.

- ☐ **9 Walk 10 minutes after your biggest meal.**
 Every day. Easy pace. It helps your appetite and how you feel.

- ☐ **10 Close out the week.**
 Fill in your chart, or log it in the app. Then share it with someone who keeps you honest.

THE ROAD AHEAD

What to expect

Here's how the first six months usually go. Everybody's a little different, so don't sweat the exact numbers. If your dots land in the blue band on your chart, you're right on track.

	 Weeks 1-2	 Weeks 3-4	 Months 2-3	 Months 4-6
HOW YOU'LL FEEL	Sore for a day or two after lifting. That's normal, and it fades fast.	Less sore after workouts, and more energy.	Shirts get tighter in the shoulders and arms.	People start noticing. Your photos side by side tell the story.
YOUR LIFTS	Learning the moves. 2 sets, lighter on purpose.	Full 3 sets. The weights go up almost every week.	Still climbing, a little slower. That's normal.	Weights that felt heavy in week 1 are your warm-ups now.
YOUR FOOD	Eating on the clock feels like a chore. Stick with it.	Getting easier. The alarms are doing the work.	It's a habit now. You may need a little more food to keep gaining.	Keep it going until you hit your goal weight.
THE SCALE	Up about 1 to 2 lb	Up about 2 to 4 lb total	Up about 6 to 13 lb total	Closing in on your goal

Bad week? It happens to everybody. Don't start over, just pick it back up at the next meal and the next workout. Progress comes from the weeks you keep showing up, not the perfect ones.

TRUST THE PROCESS

YOUR NUMBERS

Dial it in

Find your weight now and your goal weight below, and write your numbers in. Think of this whole plan as a starting point. The first few weeks are about dialing it in: watch the scale and your lifts, then nudge your food up or down until you're gaining about ½ to 1 lb a week. Everybody is a little different, and your body will tell you what it needs.

MY NUMBERS

WEIGHT NOW	GOAL WEIGHT	PROTEIN A DAY	CALORIES A DAY
_____ lb	_____ lb	_____ g	_____ cal

Starting calories

Go by your weight now.

WEIGHT NOW	CALORIES A DAY	SAMPLE DAY PORTIONS
110 lb	1,950	80%
120 lb	2,100	85%
130 lb	2,250	90%
140 lb	2,400	100%
150 lb	2,550	105%
160 lb	2,700	110%
170 lb	2,850	115%
180 lb	3,000	120%

Protein

Go by your goal weight.

GOAL WEIGHT	PROTEIN A DAY	AT EACH OF 5 MEALS
130 lb	91-130 g	18-26 g
140 lb	98-140 g	20-28 g
150 lb	105-150 g	21-30 g
160 lb	112-160 g	22-32 g
170 lb	119-170 g	24-34 g
180 lb	126-180 g	25-36 g
190 lb	133-190 g	27-38 g
200 lb	140-200 g	28-40 g

Time to goal

Take your goal minus your weight now. At ½ to 1 lb a week, 18 lb to go takes about 18 to 36 weeks.

Not gaining?

Starting calories are an estimate. The scale is the real judge. No gain after 2 weeks? Add about 250 calories a day, like a second shake.

Gaining fast?

More than 2 lb a week, 2 weeks in a row? Pull back a little, like dropping the evening snack.



Rather not do the math?

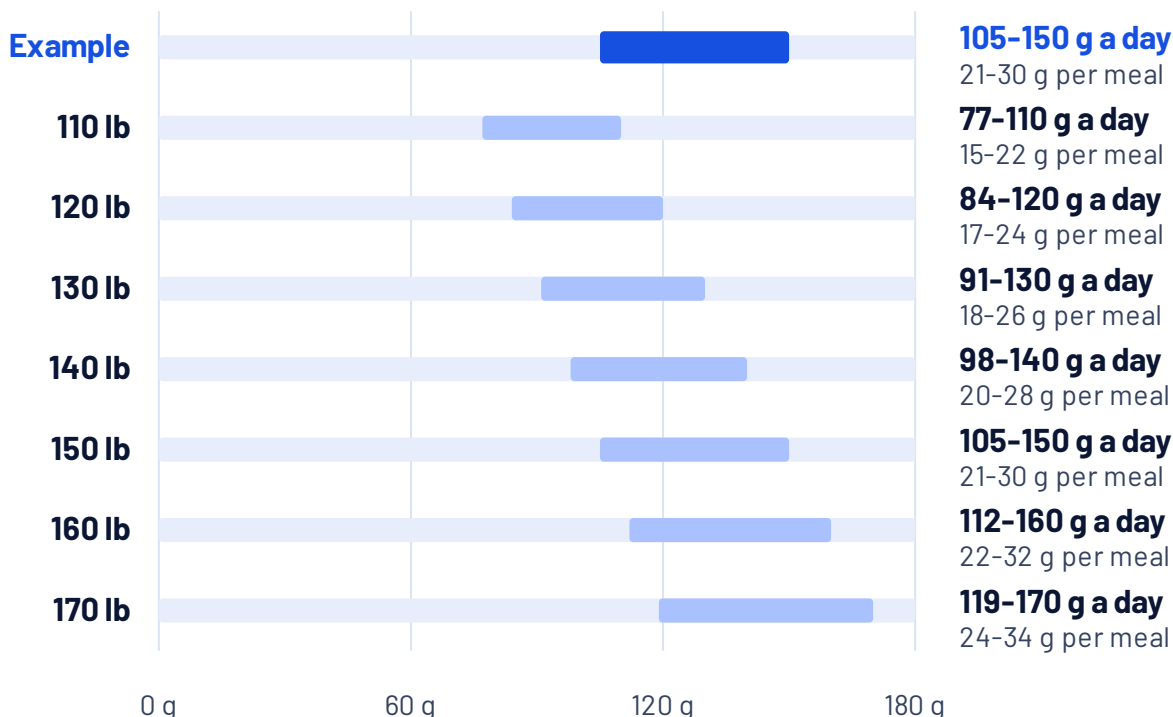
Scan this and put in your weight and goal. The free online guide sets every number for you at plan.formedlabs.co/guide.

NUTRITION

Your daily protein

This is the one number you don't skip. Find the weight you're working toward on the chart, and that's your range for the day. Split it across your meals and snacks.

Protein builds the muscle, but calories are what let it grow. If the scale isn't moving, you need more food, not more protein.



Protein per day by goal weight (grams), and what that works out to at each of 5 eating times.

SCALE

+1/2-1 lb

a week, same morning,
same scale

WATER

**8-10
cups**

a day, mostly between
meals

SLEEP

**7-9
hours**

that's when muscle
actually grows

WALKS

Easy

moving is the goal, not
burning calories

📱 If you want, our app shows your protein target on the Today screen and adds it up as you log. app.formedlabs.co

TRAINING

Your week

Three lifting days, three easy walking days, and one day off. Take a 10-minute walk after your biggest meal every day. Next week flip it to B, A, B and keep switching back and forth.

MON	TUE	WED	THU	FRI	SAT	SUN
						
Workout A	Easy walk	Workout B	Easy walk	Workout A	Easy activity	Rest and prep
About 45 min	20-30 min	About 45 min	20-30 min	About 45 min	Walk, bike, or yard work	Cook 2 proteins, boil a dozen eggs, bag up snacks

 Lifting  Walking or easy activity  Rest

Warm up

5 minutes of easy walking or biking, then one light set of your first exercise.

Effort

Stop every set with 1 or 2 good reps left in you. Hard, but never sloppy.

Move up

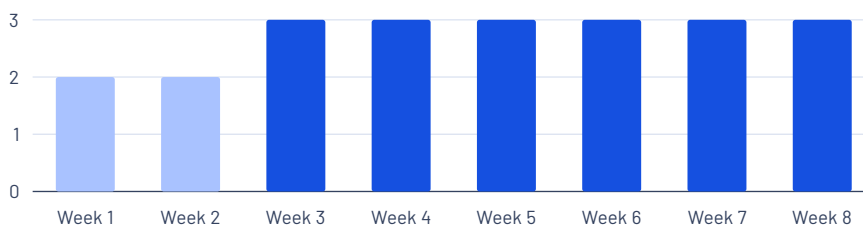
Hit the top of the rep range on every set? Go up 5 lb or grab the next dumbbell.

Eat after

Have a shake or a meal within an hour or two after every workout. That's when your body wants it most.

Ease into it

Weeks 1 and 2 are 2 sets of everything while you learn the moves. From week 3 on, it's the full 3 sets.



Sets per exercise, weeks 1 through 8.

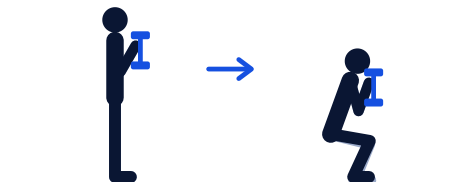
 Prefer an app? Ours times your rest, calls out your next lift, and keeps every personal record. app.formedlabs.co

TRAINING

Workout A

Mondays and Fridays in week 1
Then keep switching A and B.

Do the exercises in order, finish all sets of one before moving to the next, and write down every weight. Each picture shows where you start and where you finish. Scan the code to watch a trainer do it first.



1 Goblet squat

3 sets **8-12** reps **90-120** sec rest

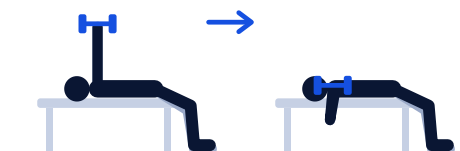
At home: squat down to a chair holding a water jug

Demo: Buff Dudes on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH



2 Dumbbell bench press

3 sets **8-12** reps **90-120** sec rest

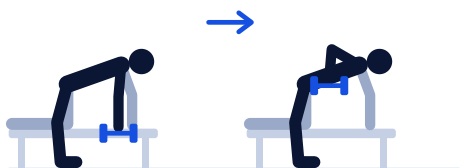
At home: push-ups, with your hands on a counter if the floor is too hard

Demo: ScottHermanFitness on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH



3 One-arm dumbbell row

3 sets **10-12** reps each side **90-120** sec rest

At home: row a backpack loaded with books, one hand on a chair

Demo: ScottHermanFitness on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH



4 Dumbbell Romanian deadlift

3 sets **10-12** reps **90-120** sec rest

At home: same move holding the backpack

Demo: NASM on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH

HOLD 20-40 SEC



5 Plank

3 holds **20-40** sec each **60** sec rest

At home: same, on a rug or towel

Demo: Well+Good on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH

TRAINING

Workout B

Wednesday in week 1
Then keep switching A and B.

Do the exercises in order, finish all sets of one before moving to the next, and write down every weight. Each picture shows where you start and where you finish. Scan the code to watch a trainer do it first.



1 Split squat

3 sets **8-10** reps each leg **90-120** sec rest

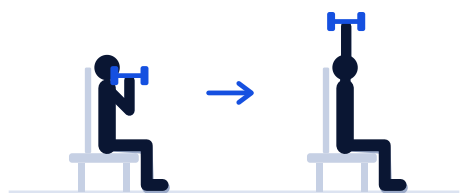
At home: same, one hand on a chair for balance

Demo: Michelle Adams PT on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH



2 Seated dumbbell shoulder press

3 sets **8-12** reps **90-120** sec rest

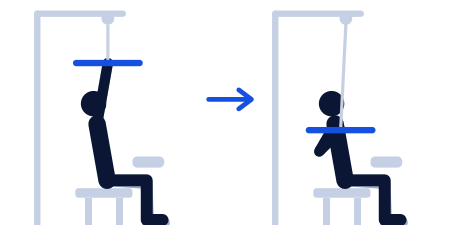
At home: resistance band press, standing on the band

Demo: Buff Dudes on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH



3 Lat pulldown

3 sets **10-12** reps **90-120** sec rest

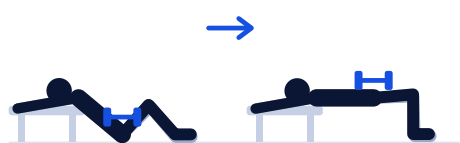
At home: band pulldown, with the band anchored over a door

Demo: SilverSneakers on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH



4 Hip thrust or glute bridge

3 sets **12-15** reps **90-120** sec rest

At home: glute bridge on the floor, bodyweight

Demo: Buff Dudes on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH



5 Farmer carry

3 walks **30-40** sec each **60** sec rest

At home: carry two full grocery bags

Demo: Buff Dudes on YouTube

SETS DONE ☐ ☐ ☐



SCAN TO WATCH

NUTRITION

Eating when you're not hungry

Most days you're not going to feel hungry, and that's okay. Don't wait for it. Eat on a schedule and make every bite count.

Eat by the clock

Every 3 to 4 hours, hungry or not. Set phone alarms so you don't have to remember.

Drink it

A shake goes down way easier than a plate. One a day, two if the scale isn't moving.

Protein first

Eat the protein on your plate before anything else, then the rest.

Pack it in

Add olive oil, nut butter, cheese, or avocado. Same size bite, a lot more fuel.

Water between meals

Big drinks at the table fill you up fast. Sip with food and drink the rest in between.

Walk first

A 10-minute walk before you eat helps wake your appetite up.

Keep it in sight

Boiled eggs, cheese sticks, jerky, nuts, and yogurt cups at eye level in the fridge.

Go bold on flavor

Salsa, lemon, garlic, spices, and hot sauce make food a lot more appealing.

Go cold

When nothing sounds good, yogurt, cottage cheese, and shakes still go down easy.

Your eating times

Here's a schedule that works. Move the times to fit your day, write yours in, and set an alarm for each one.

EATING TIME	SUGGESTED	MY TIME	ALARM SET
Breakfast	7:30 AM		☐
Shake	10:30 AM		☐
Lunch	1:00 PM		☐
Snack	3:30 PM		☐
Dinner	6:30 PM		☐
Evening	8:30 PM		☐



Our app can remind you to eat, drink water and weigh in, and it only goes off if you haven't logged it yet.

app.formedlabs.co

NUTRITION

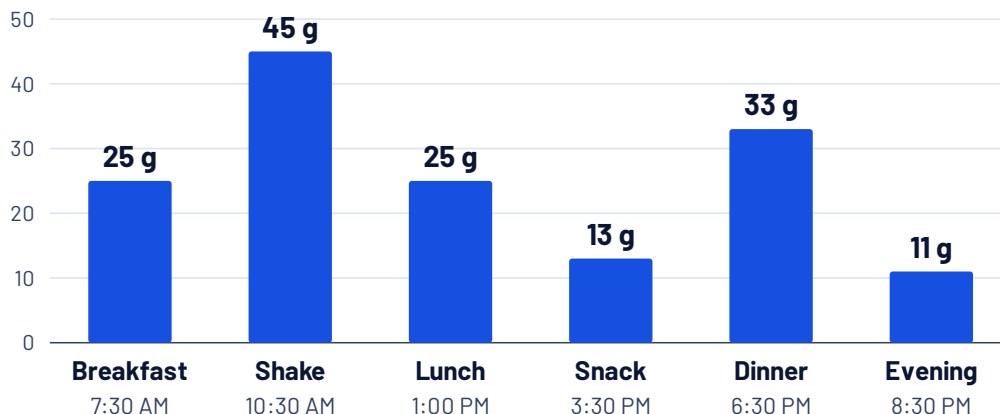
A sample day

Here's what a full day looks like for someone working up to about 150 lb. Nothing on here is a big meal. On lifting days, work out 1 to 2 hours after breakfast and drink the shake right after. Adjust the portions to hit your own protein number, and add a second shake if the scale isn't moving.

152 g
protein

2,450
calories

6
small meals



Protein at each eating time (grams).

TIME	WHAT TO EAT	PROTEIN	CALORIES
7:30 AM Breakfast	2 eggs scrambled in butter with 1 oz cheese, 1 slice whole-grain toast, ½ avocado	25 g	510
10:30 AM Shake	Peanut butter power shake	45 g	460
1:00 PM Lunch	Chicken and rice bowl with roasted vegetables and 1 Tbsp olive oil	25 g	420
3:30 PM Snack	Cheese stick and 1 oz almonds	13 g	245
6:30 PM Dinner	4 oz salmon, ½ cup quinoa, 1 cup broccoli roasted in olive oil	33 g	520
8:30 PM Evening	1 slice whole-grain toast with 2 Tbsp almond butter	11 g	295



If you'd rather not count by hand, our app logs meals in seconds. Scan the label, search it, or just say what you ate.

app.formedlabs.co

NUTRITION

What to eat

Every meal and every snack gets protein. Carbs are fine. Just pick the slow ones and always eat them with protein. Don't be shy with healthy fats, they're the easiest way to add calories without adding more food. Here's how to build a plate.

1-2 palms protein	1 cupped hand slow carbs	1 fist cooked vegetables	2-3 thumbs healthy fat
Go-to carbs Oatmeal, beans, lentils, quinoa, sweet potatoes, berries, brown rice, whole-grain bread, and high-fiber tortillas.	Easy calories Olive oil, avocado, nuts, nut butters, cheese, whole milk, and whole-milk Greek yogurt.	Skip these Juice, soda, sweetened coffee drinks, candy, pastries, and store-bought mass gainer powders. They're mostly sugar.	Check the label Buy plain yogurt and unsweetened milk alternatives. Protein powder and jerky should have 5 g of sugar or less per serving.

Breakfast

IDEA	PROTEIN
Protein oatmeal ½ cup oats cooked in 1 cup milk, 1 scoop whey stirred in after, 1 Tbsp peanut butter	 41 g
Breakfast burrito 2 eggs, ¼ cup black beans, 1 oz cheese, salsa, high-fiber tortilla. Make 6 and freeze them.	 28 g
Greek yogurt bowl 1 cup plain whole-milk Greek yogurt, ¼ cup berries, 2 Tbsp walnuts, 1 Tbsp chia seeds	 25 g
Egg scramble 2 eggs scrambled in butter, 1 oz cheese, spinach, 1 slice whole-grain toast, ½ avocado	 25 g
Cottage cheese toast ½ cup cottage cheese on whole-grain toast with tomato, olive oil and black pepper	 16 g

Lunch

IDEA	PROTEIN
Chicken hummus wrap 3 oz chicken, 2 Tbsp hummus, 1 oz feta, greens, high-fiber tortilla	 37 g
Turkey chili Lean ground turkey, beans, tomatoes, peppers, cheese on top. 1½-cup bowl. Make a big pot.	 30 g
Tuna salad 1 can tuna, 2 Tbsp plain Greek yogurt, 1 Tbsp olive oil mayo, on lettuce or whole-grain crackers	 28 g
Chicken and rice bowl 3 oz chicken thighs, ½ cup brown rice, roasted vegetables, 1 Tbsp olive oil	 25 g
Lentil soup and sausage 1½ cups lentil soup with 1 chicken sausage link	 25 g

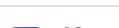
NUTRITION

What to eat, continued

Dinner

IDEA	PROTEIN
Shrimp stir-fry 4 oz shrimp, ½ cup shelled edamame, stir-fry vegetables, ½ cup brown rice	 38 g
Taco bowl 3 oz cooked lean ground beef or turkey, ¼ cup black beans, 1 oz cheese, salsa, avocado, greens	 33 g
Salmon plate 4 oz salmon, ½ cup quinoa, 1 cup broccoli roasted in olive oil	 33 g
Pork tenderloin plate 4 oz pork tenderloin, roasted carrots, ½ cup brown rice	 32 g
Sheet pan chicken 4 oz chicken thighs, ½ cup sweet potato, green beans, olive oil	 30 g

Snacks

IDEA	PROTEIN
Turkey and cheese roll-ups 3 oz deli turkey, 1 slice cheese	 20 g
Shelled edamame 1 cup, sprinkled with salt	 18 g
Tuna pouch and crackers 1 pouch, 5 whole-grain crackers	 18 g
Plain Greek yogurt cup 5.3 oz single serve, add a handful of nuts	 15 g
Cheese stick and almonds 1 cheese stick, 1 oz almonds	 13 g
Hard-boiled eggs 2 eggs	 12 g
Toast and almond butter 1 slice whole-grain toast, 2 Tbsp almond butter	 11 g
Beef jerky 1 oz, low sugar	 10 g

Shakes

Blend each one with ice. These are your easiest calories of the day.

SHAKE	PROTEIN	CALORIES
Peanut butter power 1 cup ultra-filtered whole milk, 1 scoop vanilla whey, 2 Tbsp peanut butter, pinch of cinnamon	 45 g	460
Mocha ½ cup cold brew coffee, 1 cup ultra-filtered whole milk, 1 scoop chocolate whey, 1 Tbsp almond butter	 40 g	370
Berry 1 cup unsweetened soy milk, 1 scoop vanilla whey, ½ cup frozen berries, 1 Tbsp ground flaxseed, 1 Tbsp almond butter	 36 g	375

SHOPPING

Grocery list

Everything in this book, sorted by aisle. You don't need all of it. Check off what sounds good, and grab enough for 5 or 6 small meals a day.

MEAT AND SEAFOOD

- ☐ Chicken thighs
- ☐ Lean ground turkey
- ☐ Lean ground beef
- ☐ Salmon
- ☐ Shrimp
- ☐ Pork tenderloin
- ☐ Deli turkey
- ☐ Chicken sausage

EGGS AND DAIRY

- ☐ Eggs, 2 dozen
- ☐ Plain whole-milk Greek yogurt, tub and single cups
- ☐ Cottage cheese
- ☐ Cheese sticks
- ☐ Shredded and sliced cheese
- ☐ Feta
- ☐ Ultra-filtered whole milk
- ☐ Butter

FROZEN

- ☐ Berries
- ☐ Shelled edamame
- ☐ Stir-fry vegetables

ADD YOUR OWN

- ☐ _____ ☐ _____
- ☐ _____ ☐ _____

PRODUCE

- ☐ Spinach and salad greens
- ☐ Avocados
- ☐ Broccoli
- ☐ Carrots
- ☐ Green beans
- ☐ Bell peppers
- ☐ Tomatoes
- ☐ Sweet potatoes
- ☐ Garlic and lemons
- ☐ Small apples

GRAINS AND BEANS

- ☐ Old-fashioned oats
- ☐ Brown rice
- ☐ Quinoa
- ☐ Whole-grain bread
- ☐ High-fiber tortillas
- ☐ Whole-grain crackers
- ☐ Black beans
- ☐ Lentil soup
- ☐ Canned beans and tomatoes for chili

NUTS, BUTTERS AND OILS

- ☐ Peanut butter
- ☐ Almond butter
- ☐ Almonds
- ☐ Walnuts
- ☐ Chia seeds
- ☐ Ground flaxseed
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ Hummus

PROTEIN AND SNACKS

- ☐ Whey protein, vanilla and chocolate (5 g sugar or less)
- ☐ Tuna, cans and pouches
- ☐ Beef jerky, low sugar

DRINKS AND FLAVOR

- ☐ Cold brew coffee
- ☐ Unsweetened soy milk
- ☐ Salsa
- ☐ Hot sauce
- ☐ Cinnamon and your favorite spices

 The app can build a week of meals and write this list for you, sorted by aisle. app.formedlabs.co

REST AND PREP

Sunday prep

About 90 minutes on Sunday makes the whole week easy. Put some music on and knock it out.

1 Sheet pan chicken.

Heat the oven to 425°F and get it going first. About 35 minutes in the oven, and the recipe is on page 23.

2 Turkey chili.

Start the pot while the chicken bakes. It simmers while you do everything else. Recipe on page 22.

3 Cook a pot of grains.

Brown rice or quinoa, enough for 4 or 5 meals.

4 Boil a dozen eggs.

Cool them in ice water and keep them in the fridge for grab-and-go protein.

5 Make 6 breakfast burritos.

Wrap each one in foil and freeze them. Recipe on page 22.

6 Bag up snacks.

1 oz bags of almonds, cheese sticks and jerky. Put them at eye level in the fridge where you will see them.

7 Pack your gym bag snack.

Cheese and crackers or a small apple, so you never train on an empty stomach.

8 Check your alarms.

Six eating times set for the week. Page 16.

Fridge

Cooked meat and grains keep 3 to 4 days. Eat those first and freeze anything for later in the week.

Eggs

Hard-boiled eggs keep about a week in the fridge.

Freezer

Burritos and chili keep up to 2 months. Reheat until hot all the way through.

COOK ONCE, EAT ALL WEEK

Recipes

The two recipes that carry most of your week. Both freeze well, so make the full batch.

Freezer breakfast burritos

Makes 6 · about 28 g protein each · freezer up to 2 months

- ☐ 12 eggs
 - ☐ 1 can (15 oz) black beans
 - ☐ 6 oz shredded cheese (1½ cups)
 - ☐ Salsa
 - ☐ 6 large high-fiber tortillas
 - ☐ 1 Tbsp butter
 - ☐ Salt and pepper
1. Whisk the eggs with a pinch of salt and pepper. Scramble them in the butter over medium-low heat until just set. They finish cooking when you reheat, so don't overcook them.
 2. Rinse and drain the beans. Let the eggs and beans cool about 10 minutes so the tortillas don't get soggy.
 3. Warm the tortillas for a few seconds so they roll without cracking.
 4. Fill each one with a sixth of the eggs, ¼ cup beans, 1 oz cheese and a spoon of salsa. Fold in the sides and roll it tight.
 5. Wrap each one in foil, put them all in a freezer bag, and freeze.
 6. **To reheat:** take off the foil, wrap it in a damp paper towel, and microwave 2 to 3 minutes, flipping halfway, until hot all the way through.

Turkey chili

Makes about 7 bowls (1½ cups each) · about 30 g protein a bowl, more with cheese · fridge 3 to 4 days, freezer up to 2 months

- ☐ 1 Tbsp olive oil
 - ☐ 2 lb lean ground turkey
 - ☐ 1 onion, diced
 - ☐ 1 bell pepper, diced
 - ☐ 3 cloves garlic, minced
 - ☐ 2 Tbsp chili powder
 - ☐ 1 tsp ground cumin
 - ☐ 1 tsp salt
 - ☐ 1 can (28 oz) crushed tomatoes
 - ☐ 1 can (15 oz) diced tomatoes
 - ☐ 2 cans (15 oz) kidney or black beans
 - ☐ Shredded cheese for the top
1. Heat the oil in a big pot over medium-high heat. Brown the turkey, breaking it up, until no pink is left.
 2. Add the onion and pepper and cook about 5 minutes, until soft.
 3. Stir in the garlic, chili powder, cumin and salt and cook 1 minute.
 4. Rinse and drain the beans. Add them with both cans of tomatoes and bring it to a simmer.
 5. Turn it down and let it bubble gently 20 to 30 minutes, stirring now and then. Taste, add salt if it needs it, and top each bowl with cheese.

COOK ONCE, EAT ALL WEEK

Recipes, continued

Sheet pan chicken

Makes about 6 plates · about 30 g protein each · fridge 3 to 4 days

- ☐ 2 lb boneless, skinless chicken thighs
 ☐ 2 medium sweet potatoes, cut in ¾-inch cubes
 ☐ 12 oz green beans, ends trimmed
 ☐ 3 Tbsp olive oil
 ☐ 1 tsp garlic powder
 ☐ 1 tsp paprika
 ☐ 1 tsp salt
 ☐ ½ tsp black pepper
1. Heat the oven to 425°F. Line a big sheet pan with foil or parchment.
 2. Toss the sweet potatoes with 1 Tbsp of the oil and a pinch of salt. Roast them 10 minutes to give them a head start.
 3. Mix the rest of the oil with the garlic powder, paprika, salt and pepper. Toss the chicken and green beans in it.
 4. Add the chicken and green beans to the pan in one layer, using two pans if it's crowded. Roast 20 to 25 minutes more, until the chicken reads 165°F in the thickest part.
 5. Split it into 6 containers: about 4 oz chicken, ½ cup sweet potato and a handful of green beans each.

Swap it

Don't like something in this book? Trade it for something close and keep going.

INSTEAD OF	TRY
Ground turkey	Lean ground beef or ground chicken
Chicken thighs	Chicken breast. Check it a few minutes early, it dries out faster.
Salmon	Any fish you like, or shrimp
Black beans	Pinto or kidney beans
Brown rice	Quinoa, sweet potato or whole-grain pasta
Whey protein	A plant protein powder with 5 g of sugar or less
Milk	Unsweetened soy milk. It has the most protein of the milk swaps.
Peanut butter	Almond or cashew butter. Nut allergy? Sunflower seed butter.
Greek yogurt	Cottage cheese or skyr

 In the app, tap Swap on any meal and it offers others that still hit your numbers. app.formedlabs.co

ON THE GO

Eating out

Busy day? No problem. Almost every place has something that fits. Here's what to order.

Burrito and bowl places

A bowl with double chicken or steak, beans, fajita veggies, cheese and guacamole. Go easy on the rice and skip the chips.

Burger places

A burger or grilled chicken sandwich with cheese. Pick a side salad or fruit over fries most of the time.

Chicken places

Grilled over fried when you can, with green beans, a side salad or coleslaw.

Pizza night

Thin crust with meat toppings, and a side salad first. Pair it with a protein snack later if you need it.

Sub shops

Double meat on whole-grain bread with cheese, lots of veggies, and oil and vinegar.

Breakfast spots

Eggs any style or an omelet with cheese and veggies, with bacon or sausage and whole-grain toast. Skip the pancakes and syrup.

Steakhouse or diner

Steak, grilled chicken or fish with a baked potato or vegetables. Butter and sour cream are easy calories.

Gas station or grab-and-go

Beef jerky, cheese sticks, nuts, hard-boiled eggs, Greek yogurt, or a ready-to-drink protein shake with 5 g of sugar or less.

THREE RULES ANYWHERE YOU GO

Protein first

Order around the protein, then add the rest. Double meat is almost always an option.

Add a fat

Cheese, avocado, guacamole or olive oil. Same size meal, a lot more fuel.

Drink smart

Water, unsweetened tea or milk. Skip the soda, sweet tea and sweetened coffee drinks.

KEEP A STASH IN YOUR CAR, BAG OR DESK

- ☐ 1 oz bags of nuts
- ☐ Beef jerky, low sugar
- ☐ A shaker bottle with a scoop of protein powder. Add milk or water when you need it.
- ☐ Tuna pouches
- ☐ Whole-grain crackers
- ☐ Nut butter squeeze packs
- ☐ A ready-to-drink protein shake, 5 g of sugar or less

 Save your go-to restaurant orders in the app, and logging them is one tap. app.formedlabs.co

ROUGH DAYS

The minimum day

Some days you won't be hungry at all, or you'll be slammed, sore or worn out. Don't write the day off. Hit the minimum and you still move forward. Two shakes do most of the work.

125 g

protein, most of your target

0

big meals

10 min

easy walk

WHEN	WHAT	PROTEIN
Morning	Peanut butter power shake	 45 g
Mid-morning	2 hard-boiled eggs	 12 g
Lunch time	Plain Greek yogurt cup with a handful of nuts	 15 g
Afternoon	Mocha shake	 40 g
Evening	Cheese stick and 1 oz almonds	 13 g
Anytime	A 10-minute easy walk	

WHEN LIFE HAPPENS

Missed a workout

Don't double up. Do the next one on schedule and keep going.

Missed a meal

Don't make it up with a huge one. Eat the next one on time, and add a shake if you can.

Nothing sounds good

Go cold and go liquid: shakes, yogurt and cottage cheese. More tricks on page 16.

Worn out

Do the walk and 1 set of each exercise at home. Showing up counts.

Traveling

Pack a shaker with a scoop of protein powder, jerky and nuts. Eating out is on page 24.

Feeling sick

Rest. Keep fluids and protein going as best you can, and call your doctor if you can't keep food or drinks down.

PROGRESS, NOT PERFECT.

AS YOU GO

Reading your progress

Once a week, same morning, step on the scale and look at your workout log. Here's how to read it.

WHAT YOU SEE

WHAT TO DO

Weight dropping or stuck for 2 weeks

Add a second shake, or add 1 Tbsp of olive oil or nut butter to two meals. That's about 250 more calories a day.

Up ½ to 1 lb a week, lifts going up

Keep going. It's working.

Up more than 2 lb a week, 2 weeks in a row

Drop the evening snack and keep everything else the same.

Lifts stuck 2 weeks in a row

Check your sleep and your calories first. Then drop the weight 10% and build back up.

Want a second set of eyes? Our coaches in the app read your log every week and tell you exactly what to adjust. Start free at app.formedlabs.co.

IMPORTANT

Stay safe

Talk to your doctor

Run this by your doctor before you start, especially the protein amount and any daily medication you take.

Never train empty

Keep a small snack in your gym bag, like cheese and crackers or a small apple. If you get shaky, dizzy, sweaty, or suddenly weak during a workout, stop and eat it.

Pain means stop

Sharp pain means stop that exercise. Being sore for a day or two after is normal.


Check in with a coach

Scan to open the app. Tell a coach your weigh-in, your workouts and how you're eating, and they'll help you dial it in.

**STRONGER THAN
LAST WEEK**

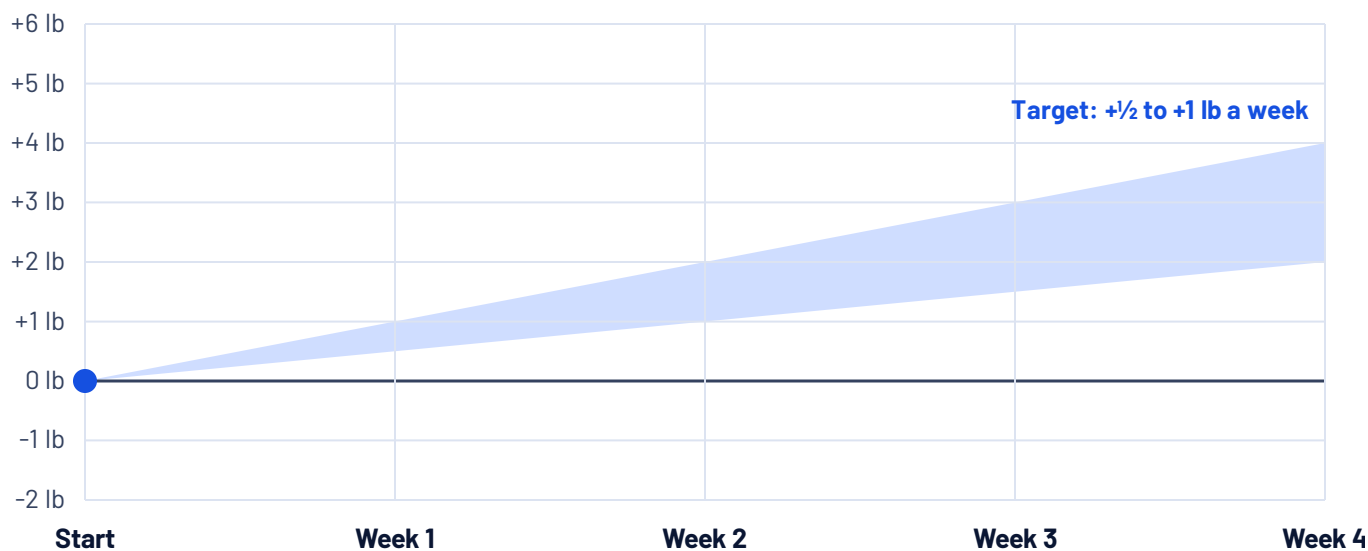
 If you use the app, it does this math for you. app.formedlabs.co

STARTER CHART

Your first 4 weeks

Fill this in as you go. Weigh in once a week, same morning, check off every workout, and count the days you hit your protein. Then put a dot on the graph for how much you've gained since you started. If your dots land in the blue band, it's working.

WEEK	WEIGH-IN (LB)	MON	WED	FRI	PROTEIN DAYS HIT
Start		Weigh in before your first workout			
Week 1		☐	☐	☐	of 7
Week 2		☐	☐	☐	of 7
Week 3		☐	☐	☐	of 7
Week 4		☐	☐	☐	of 7



Pounds gained since you started. The shaded band is the target of $\frac{1}{2}$ to 1 lb a week.



When a week is done, share it.

Scan this to use the free online chart. It adds everything up and texts your week to anyone you want keeping you honest, with one tap.

STARTER CHART

Weeks 5 to 8

You've got the routine down. Here's what changes for the next month.

Keep adding weight

Hit the top of the rep range on every set? Go up 5 lb. That's how the muscle keeps coming.

Eat a little more

As you grow, you burn more. If the scale stalls for 2 weeks, add about 250 calories a day.

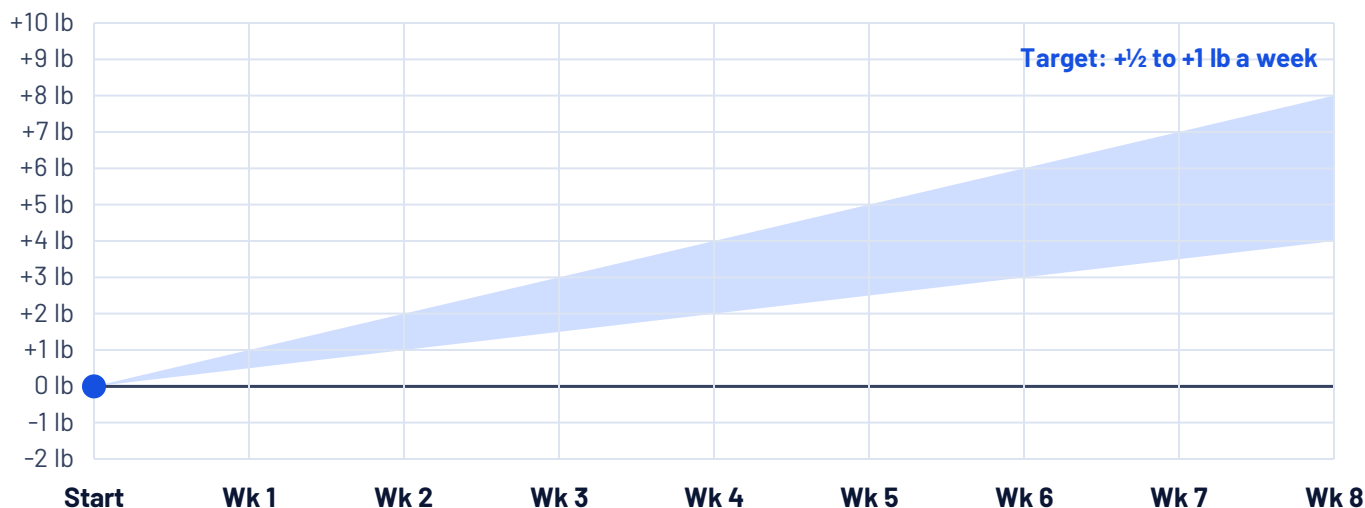
Lighter week if needed

Run down around week 8? Take one week at 2 sets with the same weights, then get back to it.

Measure at week 8

Tape and photos on page 30. Line them up next to your start.

WEEK	WEIGH-IN (LB)	MON	WED	FRI	PROTEIN DAYS HIT
Week 5		☐	☐	☐	of 7
Week 6		☐	☐	☐	of 7
Week 7		☐	☐	☐	of 7
Week 8		☐	☐	☐	of 7



All 8 weeks: pounds gained since you started. Copy your first 4 dots over, then keep going. The shaded band is 1/2 to 1 lb a week.

STARTER CHART

Lift log

Write down the weight you used on your last set. When the numbers on this page go up, you're building muscle. That's the whole game.

EXERCISE	UNIT	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
----------	------	------	------	------	------	------	------	------	------

WORKOUT A

Goblet squat	lb								
Dumbbell bench press	lb each								
One-arm dumbbell row	lb								
Dumbbell Romanian deadlift	lb each								
Plank	sec								

WORKOUT B

Split squat	lb each								
Seated dumbbell shoulder press	lb each								
Lat pulldown	lb								
Hip thrust or glute bridge	lb								
Farmer carry	lb each								

NOTES

 If you ever want to, our app keeps your numbers for good and the coaches read them every week. app.formedlabs.co

TRACK THE MUSCLE

Measurements and photos

The scale can't tell muscle from anything else. A tape measure and a few photos can. Take them at the start and every 4 weeks, first thing in the morning, before you eat.

MEASURE	UNIT	START	WEEK 4	WEEK 8	WEEK 12
Weight	lb				
Chest	in				
Shoulders	in				
Upper arm	in				
Waist	in				
Thigh	in				
Photos	front, side, back				

WHERE TO MEASURE

Chest	Around the fullest part, under your arms, tape level.
Shoulders	Around the widest part, arms relaxed at your sides.
Upper arm	Relaxed, halfway between shoulder and elbow. Same arm every time.
Waist	At your belly button, standing relaxed, after you breathe out.
Thigh	Around the biggest part, standing with weight on both feet. Same leg every time.

Keep the tape snug, not squeezing. Have someone help with chest and shoulders if you can.

PHOTOS

Front, side and back. Same spot, same light, same clothes, first thing in the morning. Don't check them day to day. Line them up side by side every 4 weeks.

HOW TO READ IT

Chest, shoulders, arms and thighs going up while your waist moves slowly means you're building muscle. If your waist is growing fast and everything else is holding still, pull back a little, like dropping the evening snack.

SCALE STUCK? TRY CHAD'S PANTS TEST

How do your pants feel today? Tighter? Looser? Better? When the scale won't play nice, that's your gauge.

 Put your tape numbers in the app and it splits your weight change into muscle and fat for you. app.formedlabs.co

PRINT THIS PAGE

Stick this on the fridge

YOU GOT THIS.

MY NUMBERS

PROTEIN A DAY

CALORIES A DAY

GOAL WEIGHT

WEIGH-IN DAY

_____ g _____ cal _____ lb _____

EAT BY THE CLOCK, HUNGRY OR NOT

Breakfast

7:30 AM

Shake

10:30 AM

Lunch

1:00 PM

Snack

3:30 PM

Dinner

6:30 PM

Evening

8:30 PM

MY WEEK

MON

Lift

TUE

Walk

WED

Lift

THU

Walk

FRI

Lift

SAT

Easy activity

SUN

Rest and prep

Lift days switch between Workout A and B: A, B, A one week, then B, A, B the next.

EVERY DAY

- ☐ Protein at every meal and snack
- ☐ 8 to 10 cups of water, mostly between meals
- ☐ A 10-minute walk after your biggest meal
- ☐ 7 to 9 hours of sleep
- ☐ Scale not moving for 2 weeks? Add a second shake



Questions? Ask a coach.

Scan this to open the app and chat with any of our four coaches.

FORMED LABS APP

Run this plan in our app

Totally optional. If you like tracking on your phone, everything in this book lives in our app at app.formedlabs.co. It opens right in your phone's browser, and you can add it to your home screen like any other app. Sign in and your log follows you from your phone to your computer.

Your workouts

Build Workout A and Workout B once from the exercise library, put them on your days, and log every set as you go. The rest timer counts down between sets, and the app can call out your next lift, weight and rest out loud. Want it done for you? Set your goal, experience, training days and the equipment you actually have, and it builds a program that rebuilds every week.

Appetite and reminders

Rate your appetite each day and it sits right next to what you actually ate, so you can see the pattern. Reminders for meals, water and the scale only go off if you haven't logged it yet, which is exactly what eating by the clock needs.

Peptides and prescriptions

The app is also a full peptide tracker. If your doctor has you on a GLP-1 or another prescribed injection, turn on the peptide side. It logs every dose, shows when the next one is due, tracks what's left in the pen or vial, rotates your injection sites, and lines your weight trend up with your doses. Leave it off and the app stays all training and food.

Your food

Log food by searching it, scanning the label, saying it out loud, or one tap for what you usually eat. It runs on the USDA food database. Your protein target sits right at the top of the Today screen, and it can lay out a week of meals under your targets and turn it into a grocery list by aisle.

Your progress

It tracks your estimated max on every lift, your personal records, weekly sets per muscle, and progress photos. It also uses tape measurements to split your weight change into muscle and fat, so you can see the muscle you're adding, not just the number on the scale.

Your crew and your doctor

Train with a crew of up to 8 people, with one of them as the trainer, and earn badges from your real numbers. When you see your doctor, print your full record or send a read-only link that expires on its own.

Get the app on your phone

iPhone

Open app.formedlabs.co in Safari, tap the Share button, then tap Add to Home Screen.

Android

Open app.formedlabs.co in Chrome, tap the three-dot menu, then tap Add to Home screen or Install app.

Computer

Just open app.formedlabs.co and sign in. Your log is the same everywhere.



Scan to open

YOUR COACHING TEAM

Meet the coaches

Four AI coaches live inside the app, and you can chat with any of them. Each one has a job. Once a week all four read your last two weeks and each brings back one thing to work on.



Dakota Jane

FORM, CONTROL, CONSISTENCY

Your anchor. She welcomes you in, notices your patterns before you do, and she's the one who checks on you after a missed day, a broken streak or a comeback. No guilt and no lectures. She'd rather see three good sessions a week for a year than six for a month.



Titan Kane

STRENGTH ARCHITECT

He owns the bar. He handles your weights and how fast they go up, calls out your personal records, figures out what's wrong when a lift stalls, and tells you when it's time for a lighter week. Technique first, then load. He writes your next week of training.



Shaniqua

PERFORMANCE COACH, RUNS THE FLOOR

Goes by Shay in the app. She plans your sessions, hypes you up after every workout, and walks you through your weekly review. One cue at a time, never embarrassing, and she'll make you laugh while you work. Show up after a rough week and she says so first.



Nova Reyes

PERFORMANCE NUTRITION

Handles food, water and recovery. She speaks up when your protein runs low, your water or steps fall short, a weigh-in looks off, or your progress stalls. She goes by trends, not one morning on the scale, and there's zero food guilt with her.

WE GOT YOU.

Curious? You can chat with any of them in our app. Scan the code, open Coaches, and say hi.



FORMED LABS ONLINE

Our sites

We built all three. Here's what each one is for.

app.formedlabs.co

THE FORMED LABS APP

Your training, food, progress and coaches all in one place. This is where you can run this plan every day if you like. Log your workouts and meals, watch your numbers climb, and chat with the coaches.



formedlabs.co

OUR RESEARCH PEPTIDE STORE

Where formed labs sells research peptides made with our two US labs. Every vial is sealed and batch-coded, held to a 99% purity floor, and you can look up any batch's test result by its code. Everything there is sold for laboratory research use only, not for people to take, and you have to be 21 or older to go in.



crossword.formedlabs.co

THE FORMED CROSSWORD

A free crossword game that plays right in your browser, nothing to download. Play the daily puzzle everyone gets, run the 5-minute Gauntlet where every grid gets harder, race a friend by sending a link, or make a custom grid for someone. A good brain workout for your rest days.



You have everything you need.

See you in the app. **app.formedlabs.co**

CHAD

FAT LOSS

Losing fat, keeping muscle

Everything in this book works for fat loss too. You keep the same two workouts, the same protein and the same weekly check-in. The only thing that changes is how much you eat.

Fat comes off when you eat a little less than you burn, every day, for weeks. **A little** is the key word. Cut too hard and your body takes muscle along with the fat, you feel flat in the gym, and you quit by week three. Cut a little and it just works.

Three rules do almost all of the work:

- 1. Eat about 300 to 500 calories under what you burn.** Page 36 has your number. That is roughly one snack and a smaller dinner, not a new life.
- 2. Keep protein at the top of your range.** Protein is what tells your body to hold on to muscle while the fat goes. It also keeps you full.
- 3. Keep lifting.** Workouts A and B stay exactly the same. The muscle you train is the muscle you keep. Walking burns the extra, lifting protects the shape.

SCALE	PROTEIN	STEPS	LIFTING
-1/2-1 1/2 lb	0.8-1 g	8-10k	3x
a week, weekly average, same morning	per pound of your goal weight, every day	a day, the easiest calories you'll ever burn	a week, same workouts, same weights or more

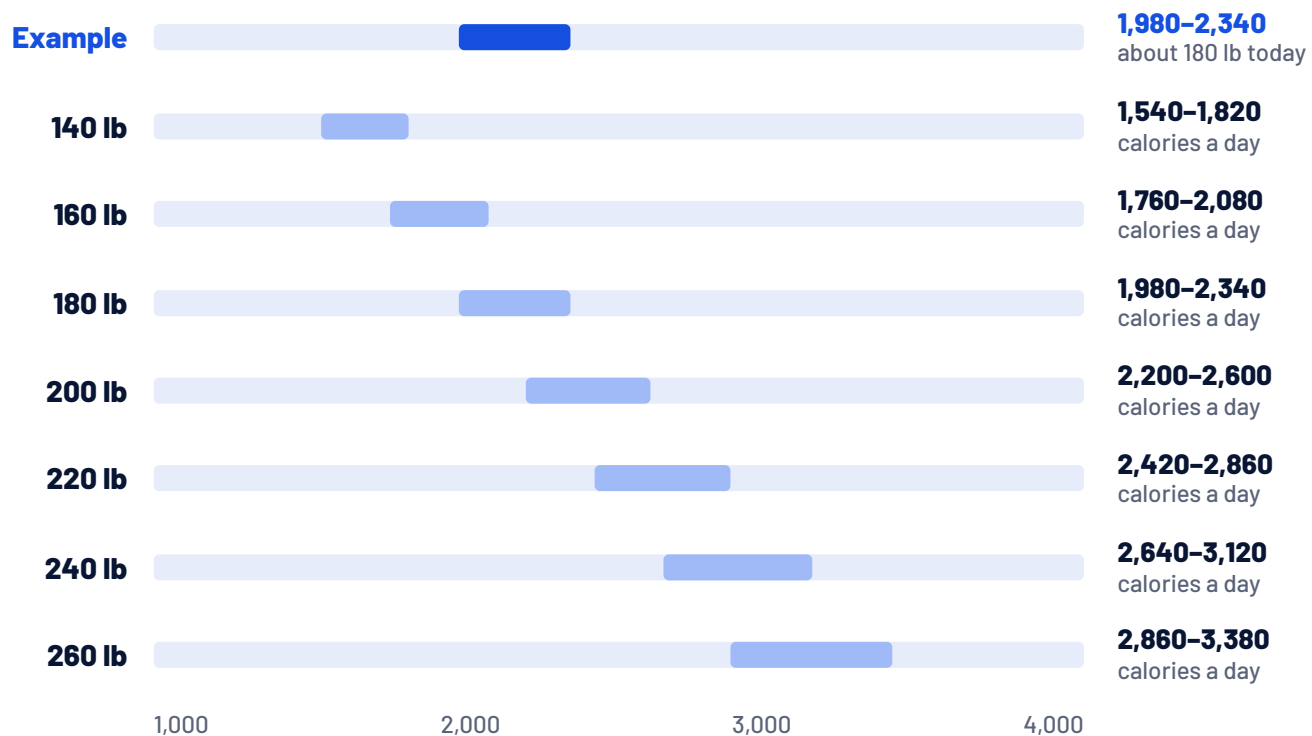


The scale bounces 2 to 4 lb day to day from water and salt. Judge the **weekly average**, not one morning. The app draws the trend line for you at app.formedlabs.co.

FAT LOSS

Your fat-loss numbers

Find your weight today on the chart. That range is your daily calories to lose fat at a steady pace. Start in the middle. After two weeks, read the weekly average and adjust by 100 to 150 calories.



About 11 to 13 calories per pound of your weight today. Protein stays on page 12: use your goal weight.

⚠ **Don't go lower on your own.** Stay above about 1,200 calories a day (women) or 1,500 (men) unless a doctor is running your plan. If you are on a weight-loss medication, your prescriber sets the pace: eat your protein first and keep lifting.

FAT LOSS

A fat-loss day

Here's a full day at about 1,700 calories for someone losing toward roughly 160 lb. It's built from the same foods and recipes in this book, so there's nothing new to buy.

BREAKFAST	Greek yogurt bowl 1 cup nonfat Greek yogurt, ½ cup berries, 2 tbsp granola	260 CALORIES	25 g PROTEIN
LUNCH	Chicken burrito bowl 5 oz chicken, ½ cup rice, ¼ cup beans, salsa, lettuce	520 CALORIES	45 g PROTEIN
SNACK	Shake and an apple 1 scoop protein in water, 1 medium apple	250 CALORIES	30 g PROTEIN
DINNER	Sheet pan chicken 5 oz chicken, 2 cups roasted vegetables, 1 small potato	520 CALORIES	42 g PROTEIN
EVENING	Cottage cheese ¾ cup low-fat cottage cheese, cinnamon	150 CALORIES	18 g PROTEIN
		1,700 calories	160 g protein

Hungry? Add vegetables first, they're almost free. Still hungry most days? That's your sign to move up 100 to 150 calories, not to push through.

GET HEALTHY

Get healthy

Muscle and fat loss are the headline. These six habits are what make them stick, and they're what you'll actually feel first: better sleep, more energy, steadier mood.

STEPS

8,000–10,000

a day. Walk after meals. It helps blood sugar and it's the easiest fat loss there is.

SLEEP

7–9 hours

Short sleep makes you hungrier the next day. Same bedtime most nights.

FIBER

25–35 g

a day from vegetables, fruit, beans and oats. It keeps you full and regular.

WATER

8–10 cups

a day, more on lifting days. Thirst often shows up as hunger.

ALCOHOL

Keep it rare

Drinks add calories, wreck sleep and stall recovery. Save them for the weekend, if at all.

THE PLATEAU RULE

2 flat weeks?

Take 100–150 calories off, or add 2,000 steps. Change one thing, then wait two more weeks.



Check in with your doctor before starting if you have a health condition or take medication, and any time you feel dizzy, faint or unwell. Losing more than 2 lb a week for several weeks is a sign to eat a bit more.

Stick with it.

YOU GOT THIS.

ONE REP AT A TIME

Questions, or anything else at all? Our four coaches live in the app, and they read your log every week. Start free, no download needed.

CHAD



Open the app

app.formedlabs.co
Free to start. No download needed.



The free online guide

plan.formedlabs.co/guide
Your numbers set themselves, and your chart texts your week.