THE FAT-LOSS KITCHEN SWAP CHEAT SHEET

RECLAIM YOUR FRIDGE, RECLAIM YOUR PHYSIQUE

HERE ARE SOME OF THE MOST EFFECTIVE SWAPS THAT YOU CAN MAKE SO THAT YOU CAN SAVE CALORIES AND NOT COMPLETELY RUIN YOUR RELATIONSHIP WITH FOOD!

INSTEAD OF THIS...	TRY THIS	WHY SWITCH?
WHITE BREAD	PROTEIN BREAD/ LOW CAL WRAPS	MORE FIBER + PROTEIN = BETTER DIGESTION, LONGER SATIETY
SUGARY CEREAL	HIGH PROTEIN CEREALS	WAY MORE PROTEIN, FEWER CARBS, STILL TASTES GOOD
FULL FAT MILKS	NATREL OR FAIRLIFE HIGH PROTEIN MILKS	SAME CREAMINESS, FEWER CALORIES, MORE PROTEIN
CHIPS	POPCORN, RICE CAKES, QUEST CHIPS	CRUNCHY + SALTY, BUT LOWER CAL AND HIGHER VOLUME
SODAS	ZERO SODAS, CARBONATED WATER	ZERO SUGAR, KEEPS YOU FROM DRINKING YOUR CALORIES
ICE CREAM	GREEK YOGURT&WHEY NINJA CREAMI	HIGH-PROTEIN DESSERT ALTERNATIVE
PASTA	PROTEIN PASTA, SHIRATAKI NOODLES	CUTS CARBS IN HALF WHILE BOOSTING PROTEIN
MAYO	LIGHT MAYO, PLAIN GREEK YOGURT	SAME TEXTURE, A FRACTION OF THE CALORIES
PEANUT BUTTER	POWDERED PB, REHYDRATED	SAME TASTE, WAY FEWER CALORIES

RULE OF THUMB:

Don’t “eliminate.” Replace. Keep your routines, but make them leaner.

These swaps alone could save you 200–500+ calories/day without you even noticing.

EXTRA TIPS FROM COACH SAGE

- Track what goes in your mouth. Not tracking = not improving.
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- Aim for 30g+ of protein per meal, ideally under 400 calories
- Hydrate: 0.5oz per lb of bodyweight is a solid goal
- Meal prep just 2–3 go-to options per day. Make them so easy, it’s harder not to eat them

WANT MORE?

IF YOU'RE SERIOUS ABOUT GETTING LEAN WITHOUT LIVING LIKE A MONK, DM ME "GRIND" ON INSTAGRAM (@*SAGERHYSFIT*)

FOR COACHING, CUSTOM PLANS, OR TO GRAB A FREE 3-DAY PROTEIN-PACKED MEAL PLAN.



RHYS ABOVE FITNESS

FUEL LIKE A WARRIOR. TRAIN LIKE A LEGEND.