

**SHORTCUT**  
LIFESTYLE



CALORIE COUNTING'S  
WORST NIGHTMARE



## **INTRODUCTION**

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# ***SUSTAINABLE EATING ≠ EATING FOR A BODYBUILDING SHOW***

Hey there, it's Quan. If I could narrow down just ONE thing I want Shortcut Lfiestyle to be known for it's this:

***Eating normally doesn't need to be done through calorie or macro tracking apps.***

I think there's a time and place for strictly tracking every calorie and bust out that food scale.

But if you're a busy entrepreneur, high-achiever, or professional and you want to lose weight to get your life back together, ***then the Thirds Method is a breath of fresh air.***

Take a look at what this is all about...



## **INTRODUCTION**

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### ***A COUPLE THINGS TO KNOW (THE METHOD BEHIND THE MADNESS)***

#### **The Thirds Method works because it:**

- ✓ Helps you achieve a calorie deficit to lose fat.
- ✓ Helps you hit your daily protein goal to build muscle.
- ✓ Helps you get micronutrients in every day.

#### **Disclaimer:**

Expect results to be slower than the traditional crash diet 90-day programs.

This approach was designed with sustainability in mind and I personally will trade slower progress for sustainable progress that lasts.

That choice is up to you.



## HOW IT WORKS

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### High-Level

I will refer to a standard size plate for this walk-through, but the concept applies to bowls too. It's best to learn using a plate then move on to bowls once you get the portions right.

Do not add extra layers of food on top of each other, otherwise, the purpose of the method is defeated.

### The Three Portions

These items

Mentally spilt your plate into three even sections or thirds.

- One third will be for a protein source.
- One will be for carbs.
- And the last will be for fruits and/or veggies.

***This plate layout provides a built-in macro ratio that is opposite of the typical high-carb, low-protein that makes it easy to overshoot your maintenance calories.***



# PROTEIN

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## The Protein Third

This part of the plate should be mainly protein. This doesn't mean it just has to be protein, but options like chicken thighs where there is a handful grams of fat satisfies this requirement.

Really, we are aiming for **20-30 grams of protein** just from this third. If there is more protein in the other sections, coming from rice in the "Carb Third" for example, then that's 100% fine.

That extra protein shouldn't count towards or against anything for the sake of this strategy. Practically, the extra is trivial from a sustainability standpoint and scientifically, the effect is minuscule.



## CARB

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### The Carb Third

This might be the most enjoyable third. Carbs are not bad, **carbs are a tool for fat loss and sustainable results when used correctly.**

Without them, you've probably found it hard to stick to any kind of diet.

Any carb source outside of ultra-processed options is fair game here. Even for options that are protein-infused like pasta with higher protein content, for the sake of simplicity, consider them just as a carb source.

As a reminder, don't add layers or pile servings on each other. Be reasonable with it.



## PRODUCE

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### The Produce Third

Let's get the elephant out of the room. This might be the least enjoyable third. But hey, we all need our vitamins and minerals somehow...

If you pick veggies, portioning will be more straightforward. If you pick fruit, it can be tricky depending on what kind like bananas for example.

If that's the case, just do a banana even if it technically doesn't fit in the third. Other options like blueberries for example fit a lot easier.

P.S. If you want to eat more fruit or veggies than the third, absolutely that's fine. Even if the fruit has sugar. **Just make sure to eat the rest of the plate for a well-balanced meal.**



## **NOTE**

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### **Extra Resources**

For an extensive list of whole food-based protein, carb, fats, and other food groups, refer to the free resource called,

**“Pantry Clean-out Ingredient Guide” at**

**<https://www.shortcutfestyle.com/free-resources>**

**where other free resources will be available for high-performers, leaders, and people who don’t have a lot of time.**