

GAINS & GLORY FITNESS PRESENTS

**THE  
EVERYDAY  
ATHLETE**

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**METHOD**

Simple Nutrition for Real Life Performance

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**BY TRAVIS BROCK**

## **WHAT IS THE EVERYDAY ATHLETE METHOD?**

You don't need to be a professional athlete... but you weren't built to live like you're sedentary.

The Everyday Athlete Method is a simple, repeatable way of eating for people who want their body to keep up with their life.

### **THIS IS FOR YOU IF:**

- You're busy, but you still want results
- You've tried complicated plans that didn't stick
- You want more energy, not just weight loss
- You're ready for something sustainable

### **SIMPLE. REPEATABLE. EFFECTIVE.**

No tracking overload.

No constant changes.

No starting over.

Just a method you can execute — every single day.

### **THE SHIFT**

Most people don't fail because they lack discipline...

They fail because the plan requires too much thinking.

This method removes decision fatigue and replaces it with a clear standard.

You're not "on a diet."

You're learning to eat like someone who:

- Moves with purpose
- Trains with intention
- Lives with energy

### **AN EVERYDAY ATHLETE**

## **HOW IT WORKS**

The Everyday Athlete Method works by simplifying your meals down to what actually matters.

No guesswork.

No confusion.

Just a structure you can follow — every time you eat.

## **THE EVERYDAY ATHLETE MEAL**

Each meal is built using three components:

### **PROTEIN — THE FOUNDATION**

Build every meal around a quality protein source.

This supports:

- Muscle maintenance and growth
- Recovery
- Long-lasting fullness

### **FRUIT — YOUR FUEL**

Add one serving of fruit to each meal.

This provides:

- Natural energy
- Micronutrients
- Sustainable fuel without crashes

### **VEGETABLES — UNLIMITED SUPPORT**

Eat as many vegetables as needed to feel satisfied.

This helps with:

- Digestion
- Fullness
- Overall health

## **THE RULES (KEEP THESE SIMPLE & BOLD)**

- Eat 3 consistent meals per day
- Build every meal the same way
- Eat until satisfied, not stuffed
- Repeat daily

## **WHY THIS STRUCTURE WINS**

Most people struggle because they rely on variety and motivation.

This method is built on:

- Repetition
- Simplicity
- Execution

The less you have to think, the more consistent you become.

## **HOW IT WORKS**

Each meal follows a simple structure:

Protein: 8-10 oz — Foundation

Fruit: 1 piece or 1 cup — Fuel

Vegetables: Fill your plate — Support

Note: Dinner you can incorporate 1 cup cubed potatoes or ½ cup rice in replacement of your fruit.

## **WHAT TO AVOID**

To maximize the results and efficacy of the program. We eliminated dairys and simple carbs from the plan. This means no butter, sour cream, cheese. whey protein, tortillas, bread.

Don't overthink it. Protein, Fruit, Veggies, Olive Oil. Then Season to taste. Its that simple.

## **WHAT THIS COULD LOOK LIKE IN REAL LIFE**

**Meal 1:** (4) eggs, (2) turkey sausage patties + (1) large apple + sugar snap peas

**Meal 2:** 10 oz chicken + (1) banana + green beans

**Meal 3:** (2) 5 oz ground beef patties + 1 cup) Mixed Fruit + Salad with veggies (no croutons, cheese or extras ) with lite dressing or vinaigrette.

Repeat meals to reduce decision fatigue. Stay consistent even on busy days.

## **WHAT REPEATABILITY LOOKS LIKE**

You don't need new meals every day.

In fact most people find success by rotating the same 2–3 meals:

- Same breakfast
- Same 1–2 lunch/dinner options
- Slight variations if needed

This removes decision fatigue and builds consistency.

## **REAL LIFE FLEXIBILITY**

Life won't always be perfect — and it doesn't need to be.

If things get busy:

- Grab a quick protein + fruit combo
- Keep meals simple instead of skipping
- Stay close to the structure, not away from it

Progress comes from staying consistent, not being perfect.

## WHAT MOST PEOPLE NOTICE FIRST

Within the first few weeks, most people experience:

- More stable energy throughout the day
- Fewer cravings and less snacking
- Better control around food
- Improved recovery from workouts

When your nutrition becomes simple, your results become consistent.

## COMMON MISTAKES TO AVOID

### **MISTAKE #1 — ADDING TOO MUCH TOO FAST**

Trying to improve everything at once leads to burnout.

Stick to the structure first. Let it work.

### **MISTAKE #2 — CONSTANTLY CHANGING MEALS**

Variety feels exciting, but it kills consistency.

Repeat what works.

### **MISTAKE #3 — SKIPPING MEALS**

Skipping meals often leads to overeating later.

Stay consistent, even on busy days.

### **MISTAKE #4 — OVERTHINKING PORTIONS**

You don't need perfection.

Eat until satisfied. Stay within the structure.

### **MISTAKE #5 — WAITING FOR MOTIVATION**

Motivation fades. Structure doesn't.

Follow the method, regardless of how you feel.

**KEEP IT SIMPLE. STAY CONSISTENT. LET IT WORK.**

## FINAL WORD

You don't need another complicated plan.

You don't need more information.

You need something you can actually follow – day after day.

**The Everyday Athlete Method** is built for real life:

- Busy schedules
- Family responsibilities
- Work demands
- Limited time

This is for people who:

- Show up
- Put in the work
- Want their body to reflect how they live

TRAIN LIKE IT MATTERS | EAT LIKE IT MATTERS  
LIVE LIKE IT MATTERS



# DAILY SUPPLEMENT PROTOCOL

Everyday Athlete Method

## VITAMIN D3

Hormones • Mood •  
Recovery

**Dose:** 4,000–5,000 IU daily

► With meals

## VITAMIN K2

Heart & Bone Health

**Dose:** 150–200 mcg daily

► MK-7 Form

## FISH OIL (OMEGA-3)

Joint Health •  
Fat Loss Support

**Dose:** 2,000–3,000 mg  
EPA + DHA

► Split daily

\*Check EPA + DHA on label

## DAILY EXECUTION

### MORNING

**D3 + K2 + Fish Oil**

### EVENING

**D3 + K2 + Fish Oil**

CONSISTENCY BUILDS RESULTS.

