THE NUTRITION AUTOPILOT BUILDER

Less decision fatigue. More consistent nutrition. A practical system you can customize in about 15 minutes.

THE IDEA	Instead of trying to eat perfectly, create a handful of reliable choices that make eating well easier on ordinary days and busy ones.

01 Build a balanced default meal

Use this flexible formula as a starting point. Portions depend on your goals, appetite, activity and individual needs.

PROTEIN	Choose a food such as eggs, yogurt, tofu, beans, fish, poultry or lean meat.
PRODUCE + FIBER	Add vegetables or fruit; include whole grains, beans or other fiber-rich foods regularly.
ENERGY + FLAVOR	Add carbohydrates and fats that suit your needs, such as rice, potatoes, olive oil, nuts or avocado.

Example defaults

Breakfast: Greek yogurt, berries, oats and nuts.
Lunch: Chicken or tofu bowl with rice and vegetables.
Dinner: Salmon or beans, potatoes and greens.
Busy-day option: A satisfying sandwich or prepared bowl with protein and produce.

These are examples, not a prescribed diet. Adjust for allergies, preferences, medical needs and goals.

Your routine, your rules

Choose repeatable options that you actually enjoy. A system should save you time, not create more work.

My two reliable breakfasts

Option A:

Option B:

My two reliable lunches

Option A:

Option B:

My two easy dinners

Option A:

Option B:

03 Your backup plan

Pick realistic solutions for the days when the original plan disappears.

If I have 10 minutes to eat, I can choose:

If I am traveling or eating out, I can choose:

If I miss my normal routine, I will restart with:

The goal is a reliable next choice, not compensating for a previous meal.

Run your system for one week

Pick one nutrition habit to test. Make it specific, realistic and easy to repeat. Examples: prepare lunch three times; include a protein source at breakfast; shop for two reliable dinners.

My one habit this week:

I will:

Check off each day you practiced it. Missed days are information, not failure.

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐

Review your experiment

What made this habit easier?

What got in the way?

What is one adjustment for next week?

THE TAKEAWAY	A sustainable nutrition system is one you can return to after a busy day, a restaurant meal or a disrupted week. Consistency grows through repeatable choices, not perfection.

GOALS GIVE YOU DIRECTION. SYSTEMS MOVE YOU FORWARD.

General educational resource only. Not individualized medical or nutrition advice. For specialized needs, consult an appropriately qualified professional.