



# **The Fit Engineer 30-Day Cut Plan**

**An Optimized Fat-Loss Protocol for High-Output Professionals**

## **Disclaimer, Liability Waiver, and Health Advisory**

The workouts, exercises, and recommendations provided by PEAK Physique Coaching LLC are intended for general informational and educational purposes only. They are **not a substitute** for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider before beginning any new exercise program.

Do not disregard or delay professional medical advice because of something you have read or received from PEAK Physique Coaching LLC. Participation in any physical activity carries inherent risks, including but not limited to injury, illness, or death.

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### **Health Advisory**

Before engaging in this workout program, you should:

Consult with your physician to ensure you are healthy enough for physical activity.

Disclose any pre-existing medical conditions, injuries, or limitations to your healthcare provider.

Immediately stop any exercise that causes pain, dizziness, shortness of breath, or discomfort beyond normal exertion and seek medical advice.

Your participation is **voluntary**, and you assume **all risks** associated with physical activity.

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### **Liability Waiver and Release**

By participating in this program, you:

Acknowledge and accept all risks of injury, illness, or death that may arise from exercise activities.

Release, waive, and discharge PEAK Physique Coaching LLC, its owners, officers, employees, contractors, affiliates, and agents from any and all liability, claims, demands, or causes of action arising from participation in the program.

Agree not to sue PEAK Physique Coaching LLC for any injury, loss, or damage sustained while participating, whether caused by negligence or otherwise.

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### **Assumption of Risk**

You acknowledge that:

Physical exercise involves certain inherent risks.

Risks include, but are not limited to: muscle strain, heart attack, dehydration, falls, and other injuries.

You voluntarily choose to participate and accept full responsibility for any resulting injuries or damages.

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### **Indemnification**

You agree to indemnify and hold harmless PEAK Physique Coaching LLC from any claims, damages, losses, or expenses, including legal fees, arising from your participation in the workout program.

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### **Severability**

If any provision of this agreement is found to be invalid or unenforceable, the remaining provisions will continue in full force and effect.

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### **Acknowledgment of Understanding**

By participating in any workout program provided by PEAK Physique Coaching LLC, you confirm that:

- You have read this Disclaimer and Waiver in full.
- You fully understand its terms.
- You are voluntarily giving up substantial legal rights, including the right to sue.
- You are participating voluntarily and at your own risk.

## 1. The Fuel Source Schematic

To keep the engine clean, choose 1-2 items from each column. Use your **fist** as the universal measuring tool to ensure you stay in a deficit without counting every calorie.

| Proteins (The Build)               | Carbs (The Energy)                  | Veggies (The Volume)            | Fats (The Support)                    |
|------------------------------------|-------------------------------------|---------------------------------|---------------------------------------|
| <b><u>Portion: 1-1.5 Fists</u></b> | <b><u>Portion: 0.5 - 1 Fist</u></b> | <b><u>Portion: 2+ Fists</u></b> | <b><u>Portion: 1/2 Thumb Size</u></b> |
| Chicken Breast                     | Old Fashioned Oats                  | Spring Mix Greens               | Avocado                               |
| Extra Lean Ground Beef             | White/Basmati Rice                  | Broccoli                        | Olive Oil                             |
| Egg Whites / Whole Eggs            | Mixed Berries                       | Spinach                         | Almonds/Walnuts                       |
| Greek Yogurt / Cottage Cheese      | Sweet Potato                        | Asparagus                       | Nut Butters                           |

## 2. The Strength Training Logic

Perform 4 workouts per week. For each "Exercise Slot," choose one of the two options. Perform 4 sets of 8–12 reps for each.

| Workout Type | Exercise Slot 1            | Exercise Slot 2                 | Exercise Slot 3              | Exercise Slot 4             |
|--------------|----------------------------|---------------------------------|------------------------------|-----------------------------|
| A: PUSH      | Bench Press OR DB Press    | Overhead Press OR Lateral Raise | Incline Press OR Pushups     | Tricep Extension OR Dips    |
| B: PULL      | Pull-Ups OR Lat Pulldown   | Barbell Row OR Seated Row       | Face Pulls OR Reverse Fly    | Bicep Curls OR Hammer Curls |
| C: LEGS A    | Back Squat OR Goblet Squat | Leg Press OR Lunges             | Leg Extension OR Sissy Squat | Plank OR Hanging Leg Raise  |
| D: LEGS B    | Deadlift OR RDL            | Hamstring Curl OR Glute Bridge  | Calf Raises OR Box Step-ups  | Russian Twists OR Ab Wheel  |

### 3. The Cardio Protocol

Perform 20 minutes per day, every single day. Choose your "Operating Mode":

- **Incline Walk:** Treadmill at 3.0 mph / 10% incline.
- **The Rower:** Steady-state pace (moderate intensity).
- **The Stairclimber:** Slow, steady climb.
- **Fast-Paced Walk:** Outdoors, no phone, focused movement.

### 4. The 30-Day Performance Tracker

Mark an "X" or the specific value in each box upon completion. Print this template out to help you stay accountable.

| Day | Weight | Whole Foods (All Meals) | Workout (A/B/C/D) | Cardio (20 Min) | Water (1 Gal) | Sleep (7+ hrs) |
|-----|--------|-------------------------|-------------------|-----------------|---------------|----------------|
| 1   |        |                         |                   |                 |               |                |
| 2   |        |                         |                   |                 |               |                |
| 3   |        |                         |                   |                 |               |                |
| 4   |        |                         |                   |                 |               |                |
| 5   |        |                         |                   |                 |               |                |
| 6   |        |                         |                   |                 |               |                |
| 7   |        |                         |                   |                 |               |                |
| 8   |        |                         |                   |                 |               |                |
| 9   |        |                         |                   |                 |               |                |
| 10  |        |                         |                   |                 |               |                |
| 11  |        |                         |                   |                 |               |                |
| 12  |        |                         |                   |                 |               |                |
| 13  |        |                         |                   |                 |               |                |
| 14  |        |                         |                   |                 |               |                |

| Day | Weight | Whole Foods (All Meals) | Workout (A/B/C/D) | Cardio (20 Min) | Water (1 Gal) | Sleep (7+ hrs) |
|-----|--------|-------------------------|-------------------|-----------------|---------------|----------------|
| 15  |        |                         |                   |                 |               |                |
| 16  |        |                         |                   |                 |               |                |
| 17  |        |                         |                   |                 |               |                |
| 18  |        |                         |                   |                 |               |                |
| 19  |        |                         |                   |                 |               |                |
| 20  |        |                         |                   |                 |               |                |
| 21  |        |                         |                   |                 |               |                |
| 22  |        |                         |                   |                 |               |                |
| 23  |        |                         |                   |                 |               |                |
| 24  |        |                         |                   |                 |               |                |
| 25  |        |                         |                   |                 |               |                |
| 26  |        |                         |                   |                 |               |                |
| 27  |        |                         |                   |                 |               |                |
| 28  |        |                         |                   |                 |               |                |
| 29  |        |                         |                   |                 |               |                |
| 30  |        |                         |                   |                 |               |                |

This plan provides the basic "code" to get you moving in the right direction. However, to see elite results, the variables need to be adjusted based on your specific Body Fat Percentage and Metabolic Rate.

Ready to optimize for your specific bodily needs? If you want custom tailored nutrition protocols, the macro breakdown for your body type, and the accountability to ensure this 30-day "cut" turns into a permanent lifestyle...

[\[Click Here to Apply for Coaching with Sean the Fit Engineer\]](#)

# The High-Performance Foundation for Busy Tech Professionals: The 12 Essential Items That Are Always On My Grocery List

You're used to optimizing complex systems. Now, it's time to optimize your nutrition. For the busy tech professional aiming to lose body fat, your grocery list is your highest-leverage asset. This isn't about restrictive dieting; it's about building a foundational list of high-ROI, nutrient-dense foods that fuel high cognitive performance and accelerate fat loss.

## The Protein Power Players

Protein is the critical macro for fat loss, especially when you're managing a demanding workload. It helps preserve lean muscle mass and keeps you feeling full longer (1).

- **Whole Eggs:** The "gold standard" of protein; perfect for quick, nutrient-dense fuel.
- **Liquid Egg Whites:** High-volume lean protein that blends easily into meals for maximum efficiency.
- **Chicken Breast:** The ultimate versatile lean protein for consistent meal prepping.
- **Extra Lean Ground Beef:** Provides essential iron and B12 to keep energy high during long deep-work sessions (2).
- **Greek Yogurt (Plain):** High in protein and probiotics; a quick, no-prep snack for between meetings.
- **Cottage Cheese:** Slow-digesting casein protein—perfect for sustained recovery overnight.



## The Complex Fuel

Don't crash the system. Carbohydrates are your brain and body's primary fuel source. The key is choosing complex, high-fiber sources that provide a steady release of energy, not the sugar spike and crash that follows (3).

- **Old Fashioned Oats:** High-fiber, slow-burning fuel to prevent mid-afternoon energy crashes.
- **Rice (Basmati or Brown):** An easy-to-digest carbohydrate source to power your workouts and brain.

## The Micronutrient & Volume Boosters

These items maximize satiety with minimal calories, making fat loss feel effortless. They also deliver the micronutrients needed to keep your complex biochemistry running smoothly.

- **Spring Mix Salad Greens:** The ultimate zero-prep "volume filler." Add a handful to any meal to stay full without the "food coma."
- **Broccoli:** High fiber and micronutrients to support gut health and long-term vitality.
- **Mixed Berries:** Antioxidant-rich "brain food" that's lower in sugar than typical office snacks.



## The Healthy Fat

Fats are crucial for hormone synthesis, cell structure, and the absorption of fat-soluble vitamins (A, D, E, and K). Don't fear them—respect them (4).

- **Avocados (or Olive Oil):** Essential for hormone health, cognitive function, and vitamin absorption.

## The "Fit Engineer" Pro-Tip

Don't debug your diet while you're standing in the grocery aisle. Stick to the perimeter of the store where the whole foods live. If a product comes in a box with a cartoon mascot or looks like it belongs in a vending machine, leave it on the shelf. Stick to this optimized list, and you'll spend less time shopping and more time seeing high-ROI results in the mirror.

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Want the exact blueprints on how to use these foods to lose 20+ lbs? If you're a busy tech professional who is tired of the "desk-job fatigue" and wants a simple, sustainable plan to get back in the best shape of your life...

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**(1) Paddon-Jones, D., et al. (2008). Protein and exercise: effect on energy balance and body composition. *The American Journal of Clinical Nutrition*.**

**(2) Hurrell, R. F. (2002). Influence of vegetable protein sources on trace element and mineral bioavailability. *The Journal of Nutrition*.**

**(3) Augustin, L. S. A., et al. (2015). Dietary fiber and cognitive function: a systematic review of the literature. *The American Journal of Clinical Nutrition*.**

**(4) Lunn, J., & Theobald, H. E. (2006). The health effects of dietary unsaturated fatty acids. *Nutrition Bulletin*.**