



THE FITMAW NUTRITION BLUEPRINT



Lose Fat • Build Strength • Increase Energy

Discover simple Caribbean-inspired meals designed to help women lose belly fat, increase protein intake, improve digestion, and support long-term health without starving themselves or giving up the foods they love.



COACH JASON
FITMAW FOUNDER

WHY FITMAW WORKS



HIGH PROTEIN



HIGH FIBER



WHOLE FOOD BASED



FAMILY FRIENDLY



BUDGET FRIENDLY



PLANT-BASED OPTIONS INCLUDED

THE FITMAW EAT METHOD



= ENJOY WHOLE FOODS

Eat foods that come from nature.



= ADJUST PREPARATION

Choose:

- ✓ Boiled
- ✓ Steamed
- ✓ Baked
- ✓ Roasted
- ✓ Grilled
- ✓ Air Fried

Limit:

- ✗ Deep Fried Foods
- ✗ Heavy Oils
- ✗ Sugary Sauces



= TIME IT RIGHT



Breakfast = Bigger



Lunch = Bigger



Dinner = Lighter

Good Evening Meals:

- ✓ Soup
- ✓ Salad
- ✓ Fish & Vegetables
- ✓ Lentil Bowls
- ✓ Protein Shake

DAILY FITMAW TARGETS



FAT LOSS



PROTEIN
100–120g
DAILY



FIBER
30–40g
DAILY



GOAL:

Lose body fat while keeping muscle.



MAINTENANCE



PROTEIN
100–120g
DAILY



FIBER
30–40g
DAILY



GOAL:

Maintain results and stay healthy.



ACTIVE DAY



PROTEIN
110–130g
DAILY



FIBER
35–45g
DAILY



GOAL:

Fuel workouts and recover faster.

THE FITMAW RULE



PROTEIN FIRST



VEGETABLES SECOND



SMART CARBS THIRD



HEALTHY FATS IN MODERATION

Repeat Every Meal. Repeat Every Day. Results Will Follow.



**FITTER, HEALTHIER & HAPPIER
RIGHT FROM HOME.**



**YOU ARE STRONG.
YOU ARE CAPABLE.
YOU ARE FITMAW!**

You've Got This!



EAT FOR YOUR STAGE ADJUST. FUEL. THRIVE.

Same Meals. Smarter Portions. Better Results.

Adjust your portions based on your goal and activity level.



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FAT LOSS

Create a Calorie Deficit

FOCUS: Portion Control + High Protein + High Fiber + Plenty of Veggies



CHICKEN RICE PLATE

- Extra Veggies (1½ – 2 cups)
- Chicken 6 oz
- Rice ½ cup (cooked)

Lower Carbs • Higher Veggies



MAINTENANCE

Maintain Your Results

FOCUS: Balanced Portions + Consistent Habits



CHICKEN RICE PLATE

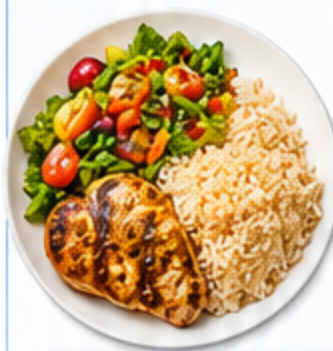
- Veggies (1 – 1½ cups)
- Chicken 6 oz
- Rice ¾ cup (cooked)

Balanced Plate



Fuel Performance & Recovery

FOCUS: More Fuel + More Carbs + High Protein + Hydration



CHICKEN RICE PLATE

- Veggies (1 – 1½ cups)
- Chicken 6–8 oz
- Rice 1½ cups (cooked)

More Carbs • More Fuel



LENTIL POWER BOWL

- Extra Veggies (1½ – 2 cups)
- Lentils 1 cup
- Rice ½ cup (cooked)

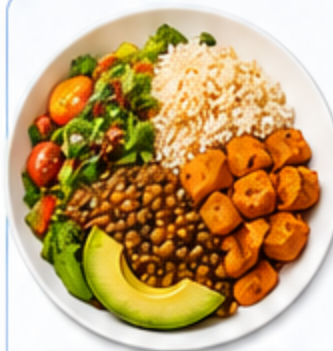
Higher Fiber • Lower Carbs



LENTIL POWER BOWL

- Veggies (1 – 1½ cups)
- Lentils 1 cup
- Rice ¾ cup (cooked)

Balanced Plate



LENTIL POWER BOWL

- Veggies (1 – 1½ cups)
- Lentils 1–1¼ cups
- Rice 1 – 1½ cups (cooked)

More Carbs • More Energy



FISH & VEGGIES

- Extra Veggies (1½ – 2 cups)
- Fish 6 oz
- Sweet Potato ½ cup

Light & Nutrient Dense



FISH & VEGGIES

- Veggies (1 – 1½ cups)
- Fish 6 oz
- Sweet Potato ¾ cup

Balanced Plate



FISH & VEGGIES

- Veggies (1 – 1½ cups)
- Fish 6–8 oz
- Sweet Potato 1 – 1½ cups

More Carbs • Better Recovery

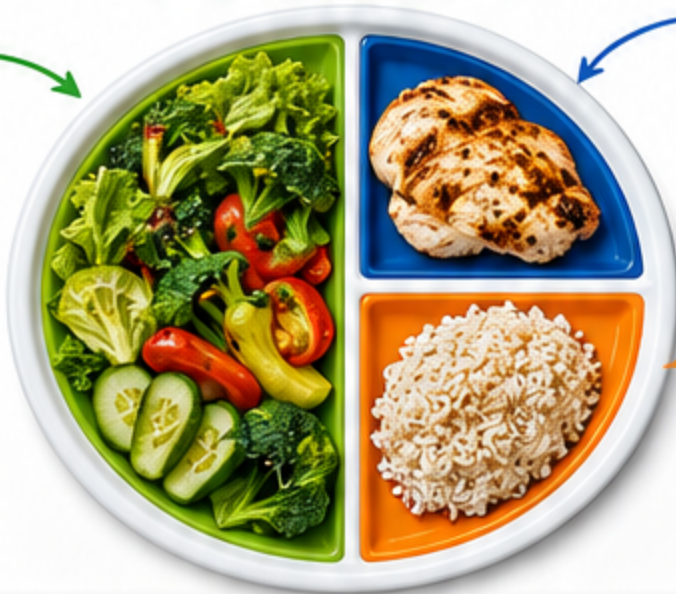
THE FITMAW PLATE PROTOCOL

Use this at every meal!

1/2

VEGETABLES

- ✓ Fill half your plate with non-starchy veggies.
- ✓ High in fiber, vitamins, and minerals.



1/4

PROTEIN

- ✓ Choose a lean protein source.
- ✓ Aim for 25–40g of protein per meal.

1/4

SMART CARBS

- ✓ Choose high fiber carbs in the right portions.
- ✓ This fuels your body and supports energy.

QUICK TIPS



More Active?

Add more smart carbs and protein.



Losing Fat?

Reduce carbs slightly and add more veggies.



Always Hydrate!

Drink plenty of water daily.

REMEMBER

- ✓ Protein First
- ✓ Vegetables Second
- ✓ Smart Carbs Third
- ✓ Healthy Fats in Moderation



FITTER, HEALTHIER & HAPPIER
RIGHT FROM HOME.



YOU ARE STRONG.
YOU ARE CAPABLE.
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You've Got This!

EAT FOR YOUR GOAL

SAME FOODS. DIFFERENT PORTIONS. DIFFERENT RESULTS

Choose your goal. Follow the portions. Get the results.



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		PLANT-BASED	NON PLANT-BASED
FAT LOSS Create a Calorie Deficit FOCUS: Portion Control + High Protein + High Fiber + Plenty of Veggies	BREAKFAST	PROTEIN OATS BOWL • ½ cup oats • 1 scoop plant protein • 1 tbsp chia seeds • ½ banana Protein: 30g	TUNA & EGG POWER TOAST • 1 slice whole wheat toast • 1 egg + ½ cup egg whites • ½ cup tuna • Veggies Protein: 35g
	LUNCH	LENTIL RICE POWER BOWL • Lentils • Large salad • ½ cup rice (cooked) Protein: 30g	CHICKEN RICE PLATE • 6 oz grilled chicken • ½ cup rice (cooked) • Large salad Protein: 40g
	DINNER	CALLALOO SOUP • Lentils • Callaloo • Pumpkin • Veggies Protein: 20–25g	FISH & GARDEN SALAD • 6 oz baked fish • Large salad • Veggies Protein: 30g
	DAILY GOAL	Protein 100–120g Fiber 30–40g Moderate Carbs	Protein 100–120g Fiber 30–40g Controlled Carbs
MAINTENANCE Maintain Your Results FOCUS: Balanced Portions + Consistent Habits	BREAKFAST	PROTEIN OATS BOWL + 1 WHOLE BANANA • ½ cup oats • 1 scoop plant protein • 1 tbsp chia seeds • 1 whole banana Protein: 30–35g	TUNA & EGG TOAST + FRUIT • 1 slice whole wheat toast • 1 egg + ½ cup egg whites • ½ cup tuna • Piece of fruit Protein: 30–35g
	LUNCH	LENTIL RICE POWER BOWL + ¾ CUP RICE • Lentils • ½ cup rice (cooked) • Large salad Protein: 30–35g	CHICKEN RICE PLATE + ¾ CUP RICE • 6 oz grilled chicken • ½ cup rice (cooked) • Large salad Protein: 35–40g
	DINNER	CHICKPEA POWER BOWL • Chickpeas • Large salad • Veggies • Avocado Protein: 25–30g	FISH & VEGETABLES + SMALL SWEET POTATO • 6 oz baked fish • Veggies • ½ small sweet potato Protein: 30g
	DAILY GOAL	Protein 100–120g Fiber 30–40g Balanced Portions	Protein 100–120g Fiber 30–40g Balanced Portions
ACTIVE DAY Fuel Performance & Recovery FOCUS: More Fuel + More Carbs + High Protein + Hydration	BREAKFAST	PROTEIN OATS BOWL • 1 cup oats • 1 scoop plant protein • 1 tbsp chia seeds • 1 banana Protein: 35–40g	TUNA & EGG TOAST + FRUIT + EXTRA TOAST • 2 slices whole wheat toast • 1 egg + ½ cup egg whites • ½ cup tuna • Fruit Protein: 35–40g
	LUNCH	LENTIL RICE POWER BOWL • Lentils • 1½ cups rice (cooked) • Large salad • Veggies Protein: 35–40g	CHICKEN RICE PLATE • 6–8 oz grilled chicken • 1½ cups rice (cooked) • Large salad • Veggies Protein: 45–50g
	DINNER	CHICKPEA POWER BOWL + SWEET POTATO • Chickpeas • Veggies • ½–1 cup sweet potato Protein: 30–35g	FISH & VEGETABLES + SWEET POTATO + FRUIT • 6 oz baked fish • Veggies • ½–1 cup sweet potato • Piece of fruit Protein: 35–40g
	DAILY GOAL	Protein 110–130g Fiber 35–45g Higher Carbs for Fuel	Protein 110–130g Fiber 35–45g More Fuel for Recovery

FITMAW QUICK NOTES

- LOSING FAT?**
- ✓ Keep protein high.
 - ✓ Increase vegetables.
 - ✓ Reduce starch portions slightly.

MAINTAINING?

- ✓ Follow the Plate Method.
- ✓ Stay consistent.
- ✓ Balance your portions.

MORE ACTIVE?

- ✓ Add more smart carbs.
- ✓ Keep protein high.
- ✓ Fuel your workouts.
- ✓ Hydrate!

THE FITMAW RULE

- PROTEIN FIRST**
- VEGETABLES SECOND**
- SMART CARBS THIRD**
- HEALTHY FATS IN MODERATION**

Repeat Every Meal.
Repeat Every Day.
Results Will Follow.

TIME IT RIGHT: STRUCTURE YOUR DAY



BREAKFAST
BIGGER MEAL
Fuel your day.
Focus on protein,
fiber & smart carbs.



BIGGER MEAL

LUNCH

BIGGER MEAL
Your main meal.
High protein,
veggies & smart carbs.



LIGHTER MEAL

DINNER
LIGHTER MEAL
Keep it light.
Protein + veggies.
Easy to digest.



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RIGHT FROM HOME.



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YOU ARE CAPABLE.
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FITMAW

GROCERY SHOPPING GUIDE

Build Your Cart. Build Your Results.

Use this guide to build healthy meals that support fat loss, maintenance, and active lifestyles.



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PROTEIN POWER FOODS

ANIMAL-BASED

- Eggs
- Tuna
- Sardines
- Mackerel
- Jack Fish
- Red Snapper
- Salmon (if available)
- Chicken Breast
- Turkey
- Greek Yogurt

PLANT-BASED PROTEINS

- Lentils
- Chickpeas
- Red Beans
- Black Beans
- Pigeon Peas
- Soy Chunks
- Tofu
- Tempeh
- Plant Protein Powder

 = PLANT-BASED OPTION

VEGETABLE POWER FOODS

- Callaloo
- Dasheen Bush
- Pak Choi
- Spinach
- Lettuce
- Cucumber
- Tomato
- Carrots
- Sweet Peppers
- Pumpkin
- Green Beans
- Seasoning Herbs (Thyme, Scallion, etc.)
- Cabbage
- Broccoli (if available)

SMART CARBS

- Sweet Potato
- Whole Wheat Bread
- Oats
- Green Banana
- Breadfruit
- Dasheen
- Yam
- Rice
- Corn
- Plantain
- Pumpkin
- Whole Wheat Wraps

HEALTHY FATS

- Avocado
- Chia Seeds
- Flax Seeds
- Peanuts
- Natural Peanut Butter
- Almonds
- Walnuts
- Coconut (small amounts)
- Olive Oil

FITMAW SHOPPING RULE

Every Shopping Cart Should Have:

-  PROTEIN
-  VEGETABLES
-  SMART CARBS
-  HEALTHY FATS

FITMAW PLANT-BASED SHOPPING CART

Build Every Plant-Based Meal Around:

- ✓ Lentils
- ✓ Chickpeas
- ✓ Beans
- ✓ Soy Chunks
- ✓ Tofu
- ✓ Plant Protein Powder

AIM FOR:

-  25-35g Protein Per Meal
-  100-120g Protein Per Day

COACH JASON'S SHOPPING TIP

SHOP THE OUTSIDE OF THE SUPERMARKET FIRST

-  Fruits
-  Vegetables
-  Proteins
-  Whole Foods

Leave the highly processed foods for last.



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