

The 50+ Body Fuel Guide

The exact nutrition, supplement, and tracking system that produced 30 lbs lost in 6 months.

Your strongest chapter starts now.

GUIDE 2 OF 2 — NUTRITION & SUPPLEMENT EDITION

‡ **Medical Disclaimer — Please Read First.** Nothing in this guide is medical advice. It is for informational and educational purposes only. Always consult your physician or a qualified healthcare provider before changing your nutrition or supplement protocol — especially if you have existing health conditions or take medications. Experiences shared here are personal; individual results will vary.

Food Is the Other Half of the Equation

You can train perfectly and still get mediocre results if your nutrition is wrong. You can eat well and skip the gym and lose some weight — but lose muscle with the fat, leaving you lighter, not stronger. The combination of structured training (Guide 1) and deliberate nutrition is what produces the transformation.

This guide shares the exact nutrition approach, meal choices, supplement stack, and tracking system I use personally. Not a diet. Not a program I read about. A system I built through real experience that produced 30 lbs of fat loss in 6 months while building functional strength at the same time.

What This Guide Covers

- The 16:8 intermittent-fasting protocol — how and why it works
- The morning weigh-in system — using data as a tool, not a judgment
- Protein targets — the 0.6g to 1.0g per lb framework
- What A2 protein is and why it matters after 50
- Real meals — what I actually eat, by name and brand
- Smoothie, yogurt-bowl, and edamame recipes
- The complete supplement stack — morning, daytime, and night
- Budget vs Premium options for every supplement
- MyNetDiary — the tracking system that makes everything accountable

The 16:8 Intermittent-Fasting Protocol

Intermittent fasting is the single most impactful change I made. Not what I ate — when I ate. The 16:8 protocol means fasting 16 hours and eating within an 8-hour window. In practice: skip breakfast until after the morning workout.

Why It Works After 50

Fat oxidation: After 12–14 hours of fasting your body exhausts glycogen stores and shifts to burning stored fat as its primary fuel. Adding exercise during this window amplifies fat burning significantly.

Insulin sensitivity: Regular fasting windows improve insulin sensitivity — your body processes carbohydrates more efficiently. Particularly relevant after 50, when insulin sensitivity naturally declines.

Autophagy: The cellular cleanup triggered by fasting is one of the most powerful anti-aging mechanisms available. The 16-hour window is the threshold where it accelerates meaningfully

(covered in depth in Guide 1).

Simplicity: Fewer meals means fewer decisions. Removing breakfast simplifies the entire day without sacrificing results.

How the 16:8 Works in Practice

Last meal the night before: finish eating by 7–8pm

Fasting window: 7pm to 11am (16 hours) — water, black coffee, or Ultima Replenisher only

Morning: wake, weigh in, confirm 16 hours reached, go to the gym

Train fasted: the workout happens at the end of the fast

First meal: immediately post-workout — break the fast with high protein

Eating window: roughly 11am to 7pm (8 hours)

Times are flexible — the 16-hour gap is what matters, not the clock.

Intermittent Fasting — Important Considerations

IF is not appropriate for everyone. Do not fast if you have blood-sugar regulation issues, a history of disordered eating, or if your physician advises against it.

Some medications require food — always check first. If you feel significantly lightheaded during fasted training, eat a small amount beforehand and consult your doctor.

The Morning Weigh-In — Data, Not Judgment

Most people have a broken relationship with the scale — they weigh, feel bad, and either obsess or avoid it. Both miss the point. The scale is a data tool. Used correctly it is one of the most powerful feedback mechanisms in your entire system.

How to Use It Correctly

Weigh-In Rules

- Weigh every morning — same time, before eating or drinking, after the bathroom
- Track weight, BMI, and body-fat % — not just weight alone
- Look at the 7-day trend — not the single-day number
- A spike after high-carb or high-sodium food is water retention, not fat
- A consistent downward trend over 2–4 weeks is the only signal that matters
- Use data to understand your body's response to foods — not to judge yourself

Body-Tracking Scale

BUDGET

Renpho Smart Scale
Under \$40 on Amazon
Weight, BMI, body-fat %, muscle mass
Syncs to phone app; trend graphs built in

PREMIUM

InBody Scale
Available at most gyms
Medical-grade body composition
Use quarterly as a benchmark checkpoint

Protein — The Non-Negotiable Foundation

After 50, protein is not optional — it is the primary nutritional lever for maintaining muscle, supporting fat loss, and recovering from training. Most people eating a normal Western diet get half the protein they need.

The Protein-Target Framework

Minimum: 0.6g of protein per pound of bodyweight — every day
Gym days: scale up toward 1.0g per pound
Example: a 180 lb person targets 108g minimum, up to 180g on training days
Hit protein first. Manage carbs and fats around it.
Track it every day in MyNetDiary. No guessing.

Understanding A2 Protein — Why It Matters After 50

Most dairy contains a mix of A1 and A2 beta-casein proteins. A1 protein — in standard cow's milk — breaks down during digestion into a peptide that can cause bloating, inflammation, and digestive discomfort in many people. This becomes more pronounced after 50 as digestive efficiency declines.

A2 protein — from specific breeds like Jersey cows — does not produce this peptide. The result is dairy that is significantly easier to digest, less inflammatory, and better tolerated. For anyone who has experienced dairy sensitivity but loves yogurt, switching to A2 is often a revelation.

Bellwether Farms A2 Organic Whole-Milk Yogurt

From grass-fed Jersey cows in Sonoma County, California
Contains only A2 beta-casein protein — easier to digest
USDA Certified Organic — no antibiotics, hormones, or GMOs
8g protein per serving — rich, creamy, full-fat
Available at Costco
Why plain? Full control over what goes in — add your own fruit, seeds, and protein powder, not pre-mixed sugar and artificial flavoring.

Real Meals — What Actually Works

These are not meal-plan suggestions. These are the actual meals I eat — high in protein, manageable to prepare, and sustainable long term. The only kind of nutrition that actually works.

Post-Workout Breakfast — Option A: Eggs

Two eggs, any style

Light vegetables: spinach and cucumber

One slice sourdough (with or without butter)

Simple, fast, real food — high-protein start, complex carb for sustained energy.

Post-Workout Breakfast — Option B: A2 Yogurt Bowl

Bellwether Farms A2 yogurt (plain)

One scoop vanilla protein powder

Chia seeds — omega-3s, fiber, satiety

Pumpkin seeds — magnesium, zinc, protein

Fresh blueberries and strawberries

No honey — keep sugar low

High protein, high fiber, anti-inflammatory; the A2 protein is easier to digest than standard dairy.

Smoothie Option (alternative to the yogurt bowl)

One scoop vanilla protein powder

Fresh or frozen blueberries and strawberries

1 tsp chia seeds or psyllium husk (based on how you feel that day)

Water base (almond milk works well) + ice

Blend and drink immediately post-workout — fast, portable, hits protein targets.

Lunch Options

Option A: Costco chipotle chicken + a large salad — high protein, zero prep, keeps all week

Option B: Tuna with parsley, chopped celery, mustard, and mayo — fast, high-protein, anti-inflammatory

Dinner Options

Protein: 4oz steak, chicken breast, or fish (salmon preferred — high omega-3, anti-inflammatory)

Sides (choose one or combine): Costco sheet-pan vegetables; a large Greek salad with tzatziki; or sauteed greens with olive oil and garlic

Plate should be mostly protein and vegetables — not carbs. Finish eating by 7–8pm to maintain the fasting window.

Rob's Restaurant-Style Garlic-Chili Edamame

Imperial Garden Organic Edamame in pods (Costco, frozen) — 2 servings · prep 5 min · cook 7 min

Ingredients: 2 cups edamame in pods, 1 tbsp sesame oil, 3 cloves garlic (minced), 1–2 tsp chili paste or flakes, 1 tbsp soy sauce or tamari, 1 tsp rice vinegar, ½ tsp sea salt, 1 tsp sesame seeds

1. Boil edamame in salted water 4–5 min. Drain well.
2. Heat sesame oil on medium; add garlic, sauté 30 sec — do not brown.
3. Stir in chili paste, soy sauce, and rice vinegar.
4. Add edamame; toss 1–2 min until pods are coated.
5. Finish with sea salt and sesame seeds; let sit 2 min before serving.

Optional: grated ginger, chili oil, or a squeeze of lime. ~17g plant-based protein per cup.

Protein Shakes — Closing the Gap

The gap between the protein most people eat and what they need is significant. Protein shakes are a practical tool for closing it on busy days. I drink one or two per day depending on what the food has looked like.

Super Coffee Protein+ (Caffè Latte): 25g protein, 1g sugar, 3g net carbs. Replaces a sugary coffee drink and delivers a protein hit at the same time.

Premier Protein (Café Latte): 30g protein, 160 calories, 25 vitamins and minerals, no added sugar. Available at Costco in bulk.

The Habit Swap That Changes Everything

Old: Starbucks latte — 250–400 calories, 10–15g protein, 30–50g sugar

New: Super Coffee Protein+ — 140 calories, 25g protein, 1g sugar

Same caffeine, same convenient format — completely different nutritional outcome.

This single swap saves hundreds of calories per week and adds meaningful protein to your daily total.

The Complete Supplement Stack

Everything on this list I take personally and consistently. This is not an aggressive protocol — it is a foundational one, organized around what the body actually needs after 50. For each category, a budget and a premium option are provided.

Morning Stack

Take these with or after your post-workout breakfast.

Creatine Monohydrate — 10g daily

BUDGET

Orgain Micronized Creatine
Available at Costco
Unflavored — mixes into anything

PREMIUM

Thorne Creatine
NSF Certified for Sport
Highest purity standard (Amazon)

Multivitamin — Men's 50+, 1 tablet daily

BUDGET

One A Day Men's 50+
Costco or Amazon
Good foundational coverage

PREMIUM

Thorne Basic Nutrients 50+ Men
NSF Certified
Higher bioavailability, cleaner formula

Vitamin D₃ + K₂ — daily

BUDGET

Nature's Bounty D3 2,000 IU
Widely available
Good basic D3 coverage

PREMIUM

Thorne Vitamin D/K2
NSF Certified — pairs D3 with MK-7 K2
K2 directs calcium to bones, not arteries

Omega-3 Fish Oil — daily

BUDGET

Sports Research Triple-Strength Omega-3
IFOS 5-star certified
Triglyceride form (Amazon)

PREMIUM

Nordic Naturals Ultimate Omega
Gold-standard brand, third-party tested
Natural triglyceride form — best absorption

Berberine — daily (blood sugar, weight, antioxidant)

BUDGET

Nature's Bounty Berberine 500mg
Available on Amazon
Good entry-level option

PREMIUM

Thorne Berberine
500mg per capsule, NSF Certified
Highest bioavailability, cleanest formula

Also in the Morning Stack

Nature's Bounty Hair, Skin & Nails (5,000mcg Biotin) — supports hair thickness, nail strength, and skin integrity; visibly impactful within 60–90 days.

Ashwagandha (Costco brand) — an adaptogen for stress and cortisol management; reduces the cortisol spikes that drive abdominal fat storage.

Throughout the Day

Daytime

Ultima Replenisher (Raspberry) — 0g sugar, 0 calories, 6 essential electrolytes. Sip throughout the day, not just around workouts. Zero sugar means it does not break the fast.

Super Coffee Protein+ and/or Premier Protein — 1–2 daily, 25–30g protein each, zero added sugar. Use to close the gap to your protein target.

Before Bed

Magnesium Glycinate — before bed (sleep, recovery)

BUDGET

Costco Magnesium Glycinate
Good value, reliable form
Gentle on digestion

PREMIUM

Thorne Magnesium Glycinate
NSF Certified, highest absorption
Best for deep sleep

Melatonin — 30 min before bed (sleep onset)

BUDGET

Costco Melatonin
Start with the lowest effective dose
More is not better with melatonin

PREMIUM

Thorne Melaton-3
3mg controlled-release, NSF Certified
Sustained release for full-night support

MyNetDiary — The Accountability System

Logging food feels tedious until the day you realize it is the primary reason your results are accelerating. MyNetDiary is the tracking app I use every day — large food database, simple barcode scanning, clear macro breakdowns, without overwhelming complexity.

How to Use It Effectively

MyNetDiary Rules

- Log everything — including cooking oils, sauces, condiments, and drinks
- Scan barcodes for packaged items — takes 5 seconds
- Hit your protein target first — build the rest of the day around it
- Watch sodium — it directly affects next-morning scale readings
- Keep added sugar low — fruit sugar is different from added sugar
- Review your macro breakdown each evening and adjust tomorrow
- After 2–3 weeks, patterns become clear and logging gets much faster

Rob's Complete Daily Blueprint

Wake up: step on the Renpho scale — log weight, BMI, body-fat % trend

Confirm: 16-hour fast window reached

Water: 16 oz immediately on waking

Gym: train fasted — warmup, session, cooldown (see Guide 1)

Morning supplements: full stack with post-workout breakfast

Breakfast: high-protein first meal — eggs + veg + sourdough, A2 yogurt bowl, or smoothie

Throughout the day: Ultima Replenisher + protein shakes as needed

Lunch: protein-forward — Costco chicken or the tuna recipe

Snack (optional): Rob's edamame recipe — 17g protein

Dinner: 4oz protein + vegetables — finish by 7–8pm

Track: log everything in MyNetDiary

Night stack: Magnesium Glycinate + Melatonin 30 min before bed

Sleep: 8 hours — non-negotiable

Repeat. Every day. The results compound.

Your Next Step

This guide gives you the complete fuel system. Guide 1 — The 50+ Strength Starter Guide — gives you the training framework. Together they are the complete system.

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All supplement links: primechapter.co/resources

