



ABS | BYU

YOUR GUIDE

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CHAPTER 1. INTRODUCTION



I'm Mads. I'm someone who believes you don't need to wait for the perfect time, the perfect body, or the perfect person to start doing things.

I train because it gives me structure and confidence, but more than that, I value being able to rely on myself.

I'm big on doing things independently, pushing yourself outside your comfort zone, and not letting doubt hold you back.

The gym for me isn't just about how you look, it's about building the kind of self-belief that carries into everything else.

CHAPTER 1. INTRODUCTION



I originally got into fitness during a time when my relationship with food and my body wasn't great. I struggled for a long time with not liking how I looked and feeling out of control around it.

Training started as a way to change my body, but it slowly became something much more. It gave me structure, routine, and somewhere to put my energy in a way that felt productive instead of destructive.

Over time, it shifted from being about shrinking myself to strengthening myself, physically and mentally.

I want this to grow into more than just workouts.

Fitness is the foundation, but confidence and independence are the bigger picture. I want to build something that encourages girls to trust themselves, whether that's in the gym, starting something new, setting boundaries, or doing things that feel uncomfortable.

The goal is growth that carries into real life.

CHAPTER 2. OVERCOMING STRUGGLES



I've struggled on and off for years with my relationship with food and my body. It's something that comes in phases throughout my life.

During harder periods, I've found myself slipping back into old habits and feeling disconnected from myself.

The gym has consistently been the thing that helps me regain structure and stability.

It gives me routine, focus, and somewhere to direct my energy in a healthier way.

CHAPTER 3. BYO NUTRITION



I keep my food simple. I focus on high protein, whole foods and don't overcomplicate meals.

I don't follow strict "breakfast/lunch/dinner" rules, I prioritise protein, build my meals around that, and add carbs and fats depending on my training and how I'm feeling.

Most of what I eat is basic: eggs, steak, chicken, yogurt, fruit, rice, potatoes. Simple, structured meals that support my training and are easy to stay consistent with.

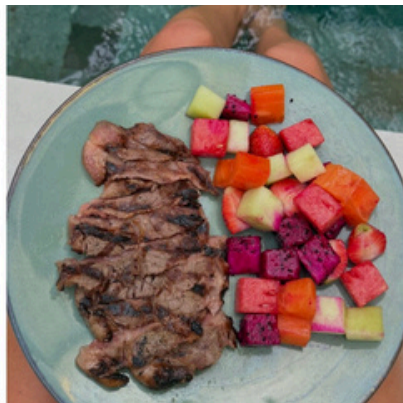
PROTEINS (Pick 1-2 per plate)

My Go-Tos:

- ☐ Steak
- ☐ Chicken (grilled, roasted)
- ☐ Turkey mince
- ☐ Salmon
- ☐ White fish (cod, sea bass)
- ☐ Eggs (fried, scrambled, poached)
- ☐ Greek yogurt (0% or full fat)
- ☐ Cottage cheese
- ☐ Protein powder (shakes, smoothies)

Portion Guide:

Palm-sized serving or 20-30g protein per meal



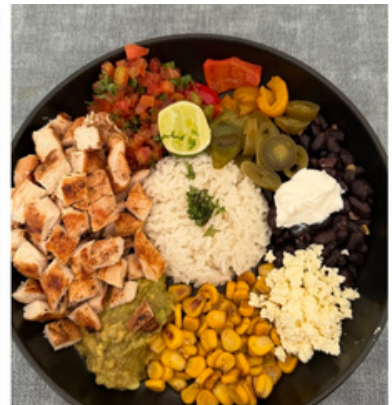
CARBS (Pick 1-2 per plate)

My Go-Tos:

- ☐ Sweet potato
- ☐ White rice (basmati)
- ☐ Brown rice
- ☐ Pasta
- ☐ Sourdough bread
- ☐ Oats
- ☐ Potatoes (roasted, mashed)
- ☐ Wraps/tortillas
- ☐ Rice cakes
- ☐ Fruit (banana, berries, mango)

Portion Guide:

Fist-sized serving or what keeps you full



GREENS & VEG (Load up on these)

My Go-Tos:

- ☐ Spinach
- ☐ Rocket/arugula
- ☐ Broccoli
- ☐ Asparagus
- ☐ Courgette/zucchini
- ☐ Peppers (red, yellow, green)
- ☐ Tomatoes
- ☐ Cucumber
- ☐ Avocado
- ☐ Mushrooms
- ☐ Green beans

Portion Guide:

As much as you want. Seriously.



FLAVOUR & FATS (Don't skip these)

My Go-Tos:

- ☐ Olive oil
- ☐ Butter
- ☐ Coconut oil
- ☐ Avocado oil
- ☐ Nut butters (almond, peanut)
- ☐ Nuts (almonds, cashews)
- ☐ Seeds (chia, pumpkin)
- ☐ Honey
- ☐ Soy sauce
- ☐ Hot sauce
- ☐ Garlic & herbs
- ☐ Lemon/lime juice

Portion Guide:

Thumb-sized for oils/butters

Handful for nuts/seeds



CHAPTER 4. MY GUILT FREE SNACKS



MY
GO TO
SNACKS

CHAPTER 5. READ THIS

I recently went through a phase where I lost a lot of weight and didn't feel my best physically or mentally. I've worked hard to rebuild, not just physically, but in terms of mindset. That process reminded me that progress isn't linear, but having structure makes a huge difference.

The gym has never been about perfection for me, it's been about coming back to myself.

Building new habits isn't dramatic, it's uncomfortable and repetitive. It takes showing up when you don't feel like it. But confidence doesn't come from waiting until you feel ready.

It comes from proving to yourself that you can follow through. Start small. Stay consistent. Let momentum build. when it feels hard, remind yourself why you started and show up anyway.