



## HOW TO ORDER FOR REAL RESULTS

At **Simple Yummy Meals**, our meals are intentionally designed to help you:

- Lose fat
- Maintain your weight
- Build muscle
- Control blood sugar
- Reduce inflammation
- Eat real, whole foods consistently

Our portions are not restaurant sized. They are strategically portioned to work when used correctly. This guide is based on averages. Individual needs vary.



### FIRST, UNDERSTAND OUR MEAL TYPES



#### SYM CUT (Weight Loss)

- 280–380 calories
  - High protein
  - High vegetable volume
  - Controlled carbohydrates
  - Anti-inflammatory ingredients
- Designed for fat loss and blood sugar stability.*



#### SYM BALANCE (Maintenance)

- 400–500 calories
  - Balanced protein, carbs, and fats
  - Still whole food and anti-inflammatory
- Designed to maintain weight and support active lifestyles.*



#### SYM BUILD (Muscle Gain)

- 550–700 calories
  - Higher protein and carbohydrates
  - Still clean, never junk
- Designed to support muscle growth and performance.*



#### SYM KETO

- 350–450 calories
  - Very low total carbohydrates
  - Extra protein, vegetables, and healthy fats
- Designed for keto and insulin-sensitive eating.*



#### ABOUT BREAKFAST AT SYM (IMPORTANT)

- Our breakfasts are
- 280–360 calories
  - 25–35g protein
  - Built to start your day stable, not spiked
- Breakfast counts as one full meal.*



### STEP 1: START WITH YOUR DEFAULT PLAN

These are starting points, not rigid rules.



#### WOMEN — DEFAULT START

- Weight Loss
- 👉 2 meals + 1 breakfast per day
- Maintenance
- 👉 2–3 meals per day
- Muscle Gain
- 👉 3 meals per day + breakfast



#### MEN — DEFAULT START

- Weight Loss
- 👉 3 meals per day
- Maintenance
- 👉 meals per day + breakfast
- Muscle Gain
- 👉 3 meals per day + breakfast or snack
- Men typically need more meals, not bigger portions.*



#### KETO CLIENTS (MEN & WOMEN)

- 👉 2–3 keto meals per day, based on hunger and energy
- 👉 Keto eating is guided more by satiety and stability, not gender



### STEP 2: CHOOSE THE RIGHT MEAL TYPES

#### Weight Loss

- Mostly SYM CUT
- Optional 1–2 SYM BALANCE meals per week if very active

#### Maintenance

- Mostly SYM BALANCE
- Optional SYM CUT on lighter days

#### Muscle Gain

- Mostly SYM BUILD
- Some SYM BALANCE meals

#### Keto

- SYM KETO only
- No grains, sugars, or starches



### STEP 3: ADJUST USING REAL BODY SIGNALS

*Instead of guessing, use these simple rules after 7–14 days.*

#### If you feel:

- Low energy
  - Lightheaded
  - Extremely hungry between meals
- 👉 Add 1 additional SYM CUT meal or breakfast

#### If you feel:

- Bloating
  - Too full
  - Not losing weight after 10–14 days
- 👉 Remove 1 meal OR swap a BALANCE → CUT



#### THIS IS HOW RESULTS HAPPEN

- Eat consistently
  - Adjust slightly
  - Let your body respond
- No extremes. No guessing.*



### COMMON MISTAKES TO AVOID

- ✗ Ordering too few meals and expecting results
- ✗ Choosing muscle meals for weight loss
- ✗ Skipping meals and overeating later
- ✗ Expecting oversized restaurant portions

*Consistency beats portion size every time.*



### IMPORTANT NOTES

- All carbohydrates listed are total carbs, not net carbs
- Fiber is included to support digestion and blood sugar balance
- Keto meals are designed to stay very low carb by ingredients, not gimmick



### DISCLAIMER (USE THIS EXACTLY)

Portions and recommendations are based on averages. Individual calorie needs vary depending on height, weight, activity level, and metabolism. This guide is intended for general nutrition support and is not medical advice.



### THE SYM PHILOSOPHY

We focus on:

- Real, whole foods
- Anti-inflammatory ingredients
- High protein
- Balanced carbohydrates
- Stable blood sugar
- Sustainable results

*When your meals are balanced and consistent, your body follows.*

