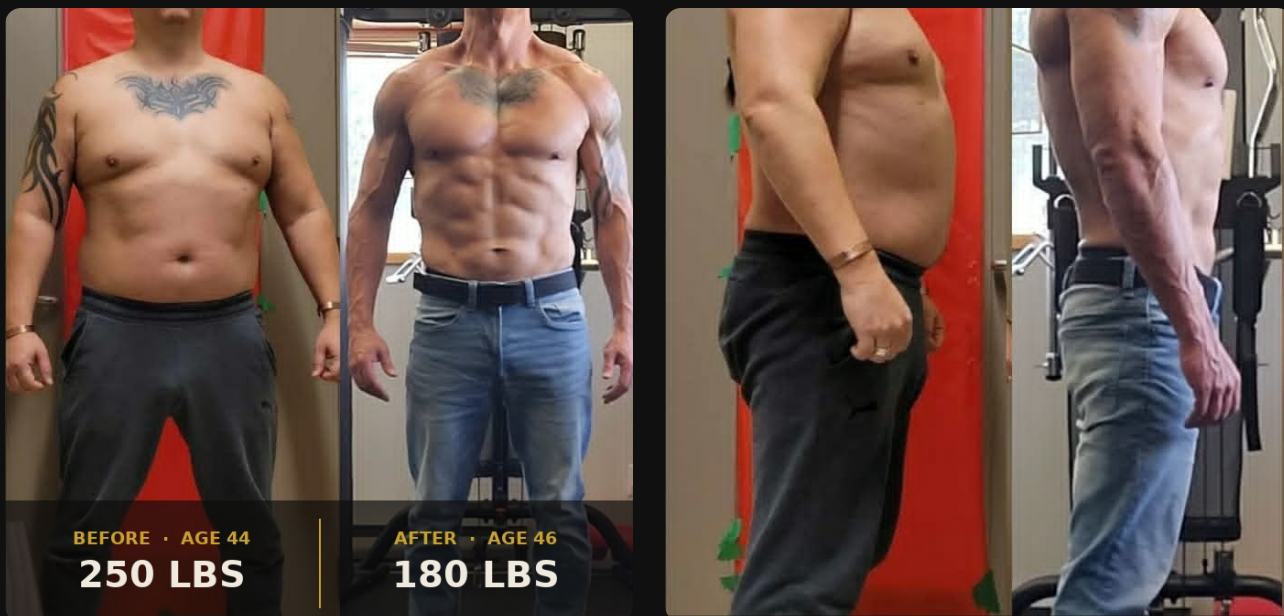




WOLVERINE ASCENSION FAT LOSS

THE NEXT MEAL

250 lbs and pre-diabetic at 44. 178 one year later. 187 today with my smallest waist ever. No Mondays involved.



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The only rule that matters

Hey, Johnny here.

I started over on a Monday about forty times. There is nothing in a Monday. I had two hundred of them and I stayed 250 lbs.

Here is the rule that actually got me to 178.

You are never more than one meal from being back on.

Not next Monday. Not tomorrow morning. The next time you eat, you are either back on or you are not. That is the whole system. Everything in this guide hangs off that one rule.

Blew up at lunch? Dinner is your comeback. Wrecked the weekend? Sunday dinner is your comeback. You never need a fresh start, you need the next meal.

My full day of eating

This is the exact day I run. Real food, no punishment, built around a busy life with two little boys orbiting my legs.

~1,960

CALORIES

200g

PROTEIN

150g

CARBS

62g

FAT

UPON WAKING

16 oz water with apple cider vinegar and lemon juice. Digestion and insulin sensitivity, first thing.

MEAL 1 • 8:00 AM • PRE-WORKOUT

Oats and Eggs

1.75 oz rolled oats, 1 oz almond butter, 2 whole eggs, 10 oz egg whites, 1 serving fruit.

50g protein • 40g carbs • 25g fat

MEAL 2 • 1:00 PM • POST-WORKOUT

Ground Beef and Rice

8 oz extra lean ground beef, 7.5 oz jasmine rice, fruit, vegetables.

50g protein • 50g carbs • 16g fat

MEAL 3 • 5:00 PM • DINNER

Sirloin Steak and Sweet Potato

8 oz sirloin, 6 oz sweet potato, vegetables. This is the meal people don't believe is in a fat loss plan. I lost 72 lbs eating exactly this.

50g protein • 30g carbs • 16g fat

MEAL 4 • 9:00 PM • BED-TIME MEAL

Chicken and Sweet Potato

7 oz chicken breast, 6 oz sweet potato, vegetables.

50g protein • 30g carbs • 5g fat

One digestive enzyme before each meal. And here is the real non-negotiable, the one thing I hit every single day without exception: my macros. That is the needle. Everything else is support: a gallon of water a day, 7 to 8 hours of sleep, a meal every 3 to 4 hours, and 1 or 2 rest days a week that are built in, not skipped. For cardio, one 45-minute walk a week at an easy pace, heart rate around 115. That is it. I did not walk 10,000 steps a day and I did not grind hours of cardio. The eating is what changed my body.

Notice what is missing. Nothing is banned. There is no cheat day because no day is clean enough to cheat on. There is just the next meal, and most of mine look like this.

Protein is the anchor

Look at the pattern back there: four meals, 50g of protein in every single one. That is not an accident, that is the whole architecture.

200 grams a day, split evenly, so no meal ever has to be heroic.

Protein is what tells your body to keep the muscle and burn the fat instead of burning the muscle and keeping the fat. Get it wrong and the scale drops but you just become a smaller soft guy. Get it right and your body recomposes. That is the word behind RECOMP, and it is the difference between losing weight and actually changing what you are made of.

The part nobody tells guys our age

A calorie deficit works. But if all you ever do is eat less and less, your metabolism slows down to match, and you end up starving and stalled at the same time. I have been there.

The move is strategic: enough food to keep your metabolism hot and build muscle, a smart deficit to burn fat, and strength training so your body has a reason to keep what matters. Eat more than you think, of the right things, and train like it is worth keeping.

Here is my proof. At 45 I hit 178. Today at 46 I weigh 187, nine pounds MORE, and my waist is the smallest it has ever been. The scale went up because muscle came on while fat kept leaving. That is recomp, and it is why I will never chase a scale number again.

The weekend, where it all falls apart

Weekends killed my progress for two years. More food, less moving, "I deserved it." If that is you, it is not a discipline problem, it is a structure problem. My three weekend rules:

1. **No alcohol.** Not moderation, none. Alcohol is a weekend eraser: it takes out your food choices, your sleep, and your Sunday all at once. Cutting it is the single highest-leverage move on this whole page.
2. **No sheeping.** Sheeping is bitching and whining. "It's too hard, it's not fair, I'll start Monday." That is sheep talk, and the weekend feeds on it. You are a Wolverine, not a sheep. You can miss a meal or blow one up, but you don't get to narrate your own quitting. Your sheep days are dead. Handle the next meal.
3. **The next meal rule, again.** Saturday night pizza does not cost you the week. Skipping Sunday because of Saturday is what costs you the week.

Where this goes

That is the eating side of how I dropped 72 lbs. It is simple on purpose. Simple is what survives a real life with a job and kids.

If you read this far, you are probably where I was at 44. Capable everywhere else, stalled here. This day was built for MY body and MY life. Yours would be different: different calories, different macros, built around your schedule and your goals.

If you want, message me on Instagram [**@johnnyketlo**](#) and tell me your number one struggle. I read every one.

This is only the beginning. Johnny · @johnnyketlo

This is not medical or nutritional advice. Consult your physician before beginning any diet or exercise program. Results vary. This guide reflects the personal eating approach of Johnny Ketlo and is shared for educational purposes only. © Wolverine Ascension Fat Loss.