

# THE REALLOCATION PLAN.

## PROTEIN + STRENGTH, THE STARTING POINT.

Your body runs a different budget now. This is the reallocation — **two levers, nothing else**. No meal plans, no six-day splits, no supplements. Run it exactly as written before you customise anything.

### 01 — THE PROTEIN ANCHOR

**Daily target: your bodyweight in kg × 1.6–2 grams.** (80 kg = 130–160 g/day.) Split it as 30–40 g per meal — protein goes on the plate first, everything else fits around it.

#### What 40 g looks like

200 g chicken breast · 200 g paneer · 4 whole eggs  
+ a glass of milk · 150 g fish + a bowl of dal

#### The desk-job rule

If a meal has no obvious protein anchor, it's a snack wearing a meal's clothes. Fix the anchor before you count anything else.

### 02 — THE 2\*/WEEK STRENGTH STARTING POINT

Two 45-minute sessions, non-consecutive days (e.g. Tue + Fri). Five movement patterns — the same five this account never shuts up about.

| DAY A                    |                 | DAY B                     |                 |
|--------------------------|-----------------|---------------------------|-----------------|
| Squat                    | 3 sets × 8 reps | Hinge<br>(deadlift / RDL) | 3 sets × 8 reps |
| Press<br>(overhead)      | 3 × 8           | Push<br>(bench / push-up) | 3 × 8           |
| Row (cable / dumbbell)   | 3 × 8           | Pull (lat pulldown)       | 3 × 8           |
| Carry<br>(farmer's walk) | 3 × 30 seconds  | Carry                     | 3 × 30 seconds  |

**Three rules:** Start lighter than your ego wants — finish every set with two clean reps left in the tank. Add a little weight or one rep each week; that's the whole progression. Missed a session? Do it the next day — never skip a week.

The operating rule: run it for **8 straight weeks** before you judge it. You wouldn't judge a reallocation one quarter in — muscle compounds on exactly the same schedule as money.