HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

Recomposition Nutrition Guide

Lose fat, preserve muscle, and transform your body composition — without obsessive calorie counting

Nutrition & Peptide Wellness Cohort · Month 5

Body recomposition — losing fat while preserving or building lean muscle simultaneously — is the true goal of this program. It is different from weight loss. The scale may barely move while your body is fundamentally changing. This guide gives you the nutritional framework to make it happen.

> **Remember: Peptides accelerate recomposition. They do not cause it. The nutrition, resistance training, and sleep in this guide are the engine. Peptides are the turbocharger.**

THE FRAMEWORK

Why Calories Alone Won't Get You There

Two people can eat identical calories with dramatically different body composition outcomes — because insulin environment, hormonal status, sleep quality, gut health, and protein timing all determine what your body does with those calories.

Insulin

Chronically elevated insulin = fat storage mode. Lower insulin by reducing refined carbohydrates and timing carbohydrates around training. When insulin is low, fat oxidation is accessible.

Cortisol

Chronic stress drives visceral fat storage. Cortisol triggers gluconeogenesis — your body breaks down muscle for glucose. Stress management is body composition management.

Growth Hormone

GH directly mobilizes stored fat for energy and stimulates muscle protein synthesis. GH peptides amplify this — but only if you're sleeping well and training consistently.

Leptin & Ghrelin

These hunger hormones are disrupted by poor sleep and ultra-processed food. Restore them by sleeping 7–9 hours and eating real, whole food.

Testosterone & Estrogen

Low testosterone = muscle loss + fat gain. Estrogen dominance = hip/thigh fat storage. Address these with nutrition, sleep, and resistance training before adding anything else.

MACRONUTRIENT STRATEGY

The Recomposition Macro Framework

Recomposition requires precision with protein and strategic flexibility with carbohydrates. Fat stays moderate and consistent. Here is the exact framework:

Macronutrient	Recomposition Target	Timing Strategy	Why
Protein	1.0–1.2g per lb bodyweight	Spread across 4 meals; 30–50g per meal; 30–50g post-workout	Non-negotiable — muscle synthesis requires leucine threshold at each meal
Carbohydrates	0.5–1.0g per lb on training days; 0.3–0.5g on rest days	Training days: pre and post workout; Rest days: morning only	Carbs drive insulin; timing around training maximizes muscle uptake, minimizes fat storage
Fat	0.35–0.45g per lb bodyweight	Distributed across meals; avoid with high-carb meals	Hormonal precursor; anti-inflammatory; do not restrict fat below 0.35g/lb
Total Calories	100–200 kcal below TDEE on rest days; at or slightly above on training days	Flexible — not rigid counting	Modest deficit maintains fat burning; training-day surplus supports muscle growth

Sample calculation for 160 lb woman training 4x/week: 160g protein (640 kcal) + 120g carbs training day (480 kcal) + 65g fat (585 kcal) = ~1,700 kcal training day. Rest day: reduce carbs to 70g = ~1,450 kcal.

CARBOHYDRATE TIMING

Strategic Carb Timing for Recomposition

The type, amount, and timing of carbohydrates determines whether they fuel muscle or feed fat cells. Here is the decision framework:

Timing	Amount	Sources	Rationale
Pre-Workout (60–90 min before)	25–40g fast-medium GI carbs	Rice, banana, oatmeal, sweet potato	Fuels training performance; insulin elevated entering workout = pro-anabolic
Post-Workout (within 45 min)	30–50g fast GI carbs + 40–50g protein	White rice, rice cakes, fruit + whey or collagen	GLUT-4 channels open post-exercise — glucose goes to muscle, not fat
Morning (non-workout days)	20–30g low-GI only	Berries, oats, sweet potato	Cortisol is naturally high in AM — use to fuel the day, not store fat

Timing	Amount	Sources	Rationale
Lunch	15–25g from vegetables and legumes only	Mixed greens, lentils, quinoa, root veg	Maintain stable blood sugar through the afternoon
Dinner	Minimal to none on non-training days	Non-starchy vegetables only	Insulin is lowest at night — protect overnight fat burning and GH release
Evening (never)	Avoid refined carbs after 7pm	No bread, pasta, sugar, fruit juice	Insulin spike during GH pulse window suppresses GH release

TRAINING NUTRITION

The Workout Nutrition Window

Pre-Workout Meal (60–90 min before)

- 30–40g protein (chicken, eggs, Greek yogurt)
- 25–35g carbohydrates (oatmeal, banana, rice)
- Minimal fat — slows gastric emptying, blunts the insulin response
- Avoid high-fiber vegetables pre-workout — digestion diverts blood flow
- Coffee or tea (caffeine) 30–45 min before is fine and ergogenic

Post-Workout Window (within 30–45 min)

- 40–50g fast-digesting protein (whey, egg white, collagen)
- 30–50g fast carbohydrates (white rice, rice cakes, banana)
- Minimal fat in this window — delays protein absorption
- This window has the highest muscle uptake sensitivity of the day
- If using GH peptides: do NOT inject in this window — insulin antagonizes GH

RECOMPOSITION MEAL STRUCTURE

Sample Training Day vs. Rest Day

Meal	Training Day	Rest Day	Protein
Breakfast 7am	3 eggs + smoked salmon + avocado + berries	3 eggs + avocado + spinach (no fruit)	38–42g

Meal	Training Day	Rest Day	Protein
Pre-Workout 11am	Chicken breast + banana + rice cakes	N/A (rest day)	35g
Post-Workout 1pm	Whey protein shake + white rice + berries	N/A	40g
Lunch 2pm	Ground turkey bowl + veggies + olive oil	Chicken salad + greens + olive oil + nuts	40–44g
Snack 4pm	Greek yogurt + hemp seeds	Hard-boiled eggs + cucumber	18–20g
Dinner 7pm	Salmon + roasted asparagus + sweet potato	Salmon + roasted broccoli + cauliflower rice (no potato)	38–42g
Total	~1,700–1,800 kcal; 170–190g protein	~1,400–1,500 kcal; 160–175g protein	

RESISTANCE TRAINING

Why Training is Non-Negotiable for Recomposition

You cannot recompose without resistance training. Cardio burns calories but does not signal muscle preservation or growth. Only progressive resistance training creates the mechanical tension that tells your body to hold onto — and build — lean mass.

Minimum Effective Training Dose for Recomposition

- Frequency: 3–4 resistance training sessions per week — non-negotiable
- Progressive overload: increase weight, reps, or sets every 1–2 weeks — the signal for muscle growth
- Compound movements first: squats, deadlifts, rows, presses — maximum muscle recruitment
- Protein within 45 minutes post-training — this is when muscle protein synthesis is maximally responsive
- Cardio: 2–3 sessions of moderate-intensity (Zone 2) cardio for cardiovascular health, not as primary fat loss strategy
- Sleep: 7–9 hours minimum — GH release during deep sleep is when muscle is actually repaired and built

Month 5 Action Step

- Take baseline body composition measurements this week: waist, hips, both arms, both thighs, scale weight

- Take progress photos (optional but highly recommended — in the same lighting and clothing each time)
- Write your current weekly movement routine — how many resistance sessions, what cardio
- Set your 8-week recomposition goal: specific measurements, not just a scale weight
- Bring your baseline data to Session 6 for your final cohort review