



MUSCLE PRESERVATION CHECKLIST

Protect your muscle while losing fat — the non-negotiables for every fat loss phase.

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RESOURCES / CHECKLIST

— FAT LOSS · MUSCLE

MUSCLE PRESERVATION CHECKLIST

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0.7–1g

Protein per lb of bodyweight

3–4×/wk

Resistance training sessions

0.5–1 lb

Target fat loss per week

WHY MUSCLE PRESERVATION MATTERS

Most fat loss programs destroy muscle. Crash diets, excessive cardio, and low protein intake cause your body to burn muscle for fuel — slowing your metabolism and making the weight come back faster. This checklist gives you the non-negotiables to protect your muscle while losing fat.

The Rule: You cannot out-train a bad diet, but you can out-eat a good training plan. Protein and resistance training are the two levers that protect everything you've built.

DAILY NUTRITION CHECKLIST

■	Hit your protein target: 0.7–1g per lb of body weight every day
■	Stay in a moderate deficit: 300–500 calories below TDEE (not 1,000+)
■	Eat protein at every meal — aim for 30–40g per sitting
■	Prioritize whole food protein sources: chicken, eggs, fish, Greek yogurt, lean beef
■	Do not skip breakfast — morning protein sets the tone for the day
■	Track calories and protein in MyFitnessPal or Cronometer
■	Hydrate: aim for half your body weight (lbs) in ounces of water daily

WEEKLY TRAINING CHECKLIST

■	Resistance train 3–4× per week (compound lifts: squat, deadlift, press, row)
■	Progressive overload: add reps or weight each week — even small increases count
■	Keep cardio moderate: 2–3× per week, 20–30 min — do not use cardio to compensate for diet
■	Prioritize sleep: 7–9 hours — growth hormone peaks during deep sleep
■	Manage stress: cortisol breaks down muscle tissue; recovery matters as much as training
■	Track your lifts: if you're not tracking, you're guessing

RED FLAGS — SIGNS YOU'RE LOSING MUSCLE

Watch for these warning signs. If you see them, increase protein and reduce your deficit before continuing.

WARNING SIGN	WHAT IT MEANS	FIX
Losing strength in the gym	Muscle breakdown accelerating	Increase protein, reduce deficit
Losing weight too fast (>2 lb/wk)	Deficit too aggressive	Eat more — target 0.5–1 lb/week
Always exhausted	Undereating calories or protein	Track and audit your intake
No pump in training	Glycogen depleted, muscle flat	Add carbs around workouts
Plateau despite deficit	Metabolic adaptation	Diet break: eat at TDEE for 1–2 weeks

READY TO STOP STARTING OVER?

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