

MHCOACHING

***THE NO-TIME
NUTRITION FIX
FOR BUSY MEN
WHO WANT TO GET
IN SHAPE***

@matt_hodgson_coaching



MHCOACHING

MEET YOUR COACH

MATT HODGSON

I'm not here to sell you a dream. I coach busy, high-performing men — business owners, tradesmen, and professionals — who've let their health slip because work always comes first.

Most of them feel like they're running on fumes, frustrated with how they look, and stuck in a cycle of **"I'll start again Monday."**

What I help them do is take back control — build a strong, confident body, feel proud of their routine again, and finally get their energy, health, and mindset on track.

And no, it doesn't involve tracking every crumb or living out of Tupperware.

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WHY YOU'RE STRUGGLING TO "EAT CLEAN" (IT'S NOT WILLPOWER)

You're not lazy. You're not broken. You're just busy.

And you've been led to believe that getting in shape means spending hours in the kitchen.

This PDF gives you quick nutrition wins that work even when your schedule's packed —

no BS, no chef skills, and no spreadsheet meal plans.



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ACR
Physical Coaching

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7 NO-TIME NUTRITION FIXES



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1

STOP SKIPPING MEALS

START FRONT-LOADING PROTEIN

Most guys grab nothing but coffee until lunch, then overeat later. Start your day with a quick **high-protein meal**:



- Eggs & toast



- Greek yogurt + protein scoop



- Protein shake + banana

It's not about perfection — **it's about momentum.**

2

USE THE “2-MINUTE RULE” FOR LUNCHES

IF IT TAKES LONGER THAN
2 MINUTES TO PREP, YOU
WON'T DO IT.

Go-to combos:



- Pre-cooked chicken + tortilla wrap + salad bag



- Tuna pouch + jacket spud + chopped veg



- Protein shake + peanut butter + oats (blended up)

No prep = no excuse.

3

DON'T TRACK – JUST BUILD PLATES

SKIP THE APPS. USE THIS
SIMPLE PLATE SETUP:



- 1 palm of protein
- 1 fist of carbs
- 2 fists of veg or salad
- Add healthy fats if you need more calories

Simple. Visual.
Works anywhere.

4

PICK YOUR “NON-NEGOTIABLE” MEALS

YOU DON'T NEED TO EAT
PERFECTLY 24/7 — JUST
CONTROL 2 MEALS PER DAY.

FOR MOST GUYS:



BREAKFAST



LUNCH

Even if dinner gets social or off-track, your day
is still a win.

5

USE CONVENIENCE — DON'T FIGHT IT

STOP FEELING GUILTY FOR
BUYING “READY” FOOD.

Just be smart about it:



- Pre-cooked meats



- Chicken sandwiches from the garage



- Protein bars or shakes

These save your life when time's tight.

6

SET A “DEFAULT ORDER” AT YOUR GO-TO SPOTS

IF YOU EAT OUT A LOT, CREATE
A HEALTHY GO-TO:

Just be smart about it:



- **Nando's:** Chicken butterfly + spicy rice + peas



- **Pret:** Chicken salad box + boiled egg pot



- **Subway:** Protein bowl instead of a footlong

Know what to order before you get there.

7

OWN THE EVENING — DON'T LET IT UNDO THE DAY

EVENINGS = WHERE MOST MEN
BLOW IT.

Don't "wing it" at 8pm. Have a backup meal ready:



- Protein shake + nuts



- Omelette



- Soup + toast

Having a fallback = winning by default.

A man with a beard and short hair is shown from the chest up, lifting a large black dumbbell. He is looking off to the side with a focused expression. The background is a dimly lit gym with various pieces of equipment visible.

FINAL THOUGHT

You don't need more willpower —
you need less friction.

When eating well is easier than
eating like crap, you win.

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WANT HELP PUTTING THIS INTO ACTION?

**If you're done winging it and ready to get in
shape — without letting your job take over
your life —**

BOOK A FREE CALL HERE



and I'll show you exactly how we build a
routine that works for you, not against you.



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