

Nutrition Priorities Made Simple

Audit the foundation. Fix the lowest unstable tier. Then move up.

LOWEST GAP

if Adherence is workable, start with the first numbered tier that is not yet reliable

EDITORIAL MAP

a decision sequence—not a validated scientific ranking

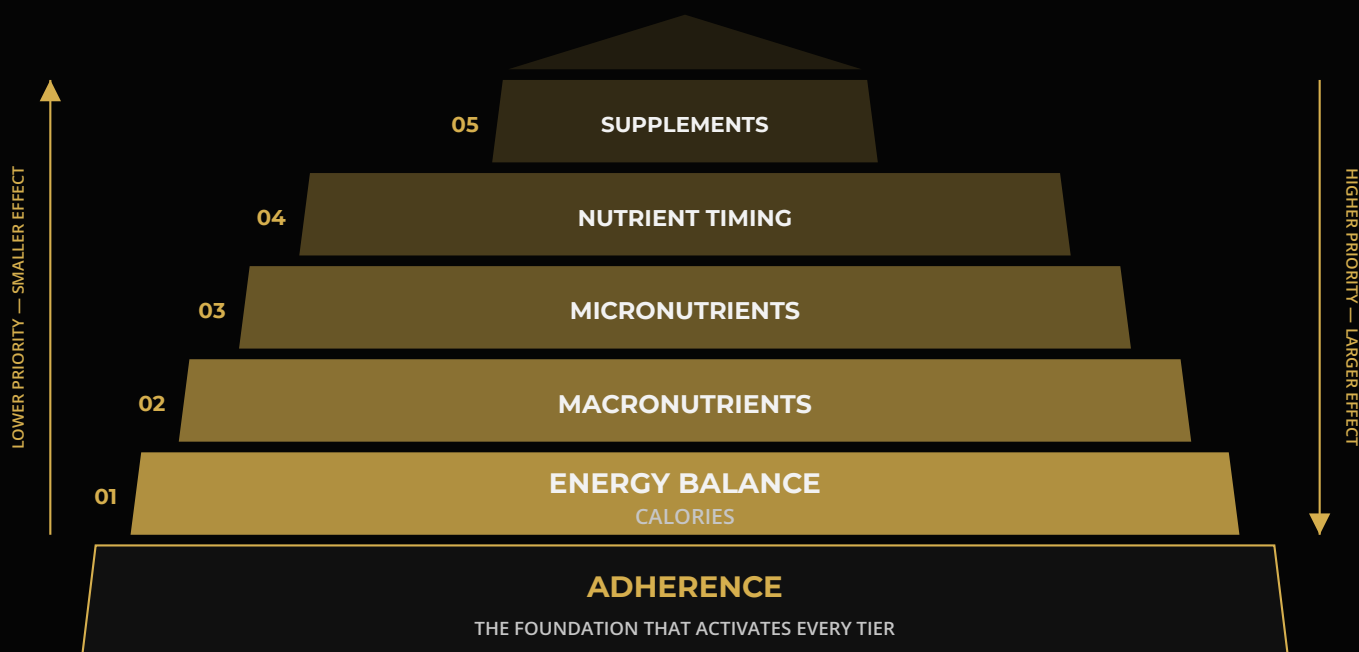
ONE ACTION

run one tier action before adding another refinement

READ THE HIERARCHY

Calories steer bodyweight; they do not define diet quality

The Nutrition Priority Pyramid



ESTABLISHED — WHAT CALORIES MEAN HERE

Calories are the plain-language measure of dietary energy. Over time, sustained energy imbalance pushes bodyweight up or down, while adaptation makes the path dynamic. Energy balance does not, by itself, establish diet quality.

EDITORIAL MAP — NOT A VALIDATED RANKING

The pyramid organizes decisions from Adherence and Energy Balance toward optional refinements. Adherence is the cross-tier foundation; Calories is the plain-language sublabel inside Energy Balance. Neither is an extra numbered tier.

SUPPORTED WITH CONDITIONS — SUPPLEMENTS

Supplements can be useful for a defined gap or performance use. Core diet, evidence, safety, contamination risk, and product quality come first; the apex does not mean never useful.

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RUN THE SELF-AUDIT

If Adherence is workable, find the first numbered tier that is not yet reliable

ADHERENCE — THE CROSS-TIER FOUNDATION

Before the five numbered tiers, ask whether the current plan is workable enough to repeat. If not, stop there: remove one recurring friction point and select no numbered tier this pass. Adherence activates every tier; it is not tier 00.

Audit the five numbered tiers

Check Adherence first. If it is not workable, stop and use the foundation action. Otherwise answer yes or not yet from 01 Energy Balance through 05 Supplements and choose the action beside the first not yet.

01 ENERGY BALANCE / CALORIES — Does the longer-term bodyweight trend match the intended direction? Action: Collect comparable observations and review the trend before changing the plan.

02 MACRONUTRIENTS — Is protein set for training, energy balance, age, body size, and goal? Action: Choose a contextual range instead of a one-number rule.

03 MICRONUTRIENTS — Does the week include nutrient-dense variety that fits your energy needs? Action: Add one missing variety opportunity to the next grocery list.

04 NUTRIENT TIMING — Is a defined training or recovery problem still unsolved after daily intake is adequate? Action: Adjust one meal or snack around that problem.

05 SUPPLEMENTS — Is there a defined gap or performance use, evidence, safety screen, and quality check? Action: If no, do not add it yet; if yes, document the purpose and risk review.

SUPPORTED WITH CONDITIONS — PROTEIN

Protein needs depend on training, energy balance, age, body size, and goal. Use a contextual range; do not turn one group estimate into a universal ceiling.

SUPPORTED WITH CONDITIONS — TIMING

Nutrient timing can help with a defined training or recovery demand after daily intake is adequate. It is not a universal schedule or an independent hypertrophy promise.

YOUR RESULT

If Adherence is not workable, stop and simplify the plan. Otherwise, your next move is the action beside the lowest numbered not yet. Run one action; this audit is a decision aid, not a score.

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ACT ON THE RESULT

Turn the first gap into Monday's plan What to Do Monday

01 AUDIT FROM THE BASE

Check Adherence. If it is not workable, stop and simplify it; otherwise audit the five numbered tiers.

02 CHOOSE THE LOWEST GAP

Only after Adherence is workable, circle the first not yet. That numbered tier becomes the only priority for this pass.

03 SCHEDULE THE TIER ACTION

Put the exact action beside that tier on Monday's schedule. Keep higher-tier changes out of the plan.

04 RE-AUDIT BEFORE MOVING UP

When the chosen action is repeatable, run the audit again. Move upward only if the foundation and lower tiers remain workable.

If calories steer bodyweight, are they all that matters?

No. Energy balance helps explain bodyweight direction; it does not establish protein adequacy, micronutrient coverage, food variety, body composition, or health by itself.

Does being at the apex mean supplements never help?

No. They are conditional tools for a defined gap or performance use after core diet, evidence, safety, contamination risk, and quality are considered.

Must every lower layer be perfect before I move up?

No. The pyramid is an editorial decision sequence, not a validated score. Build a workable lower tier, then re-audit before adding a higher-tier refinement.

Macro Setup Made Simple

If the audit finds Energy Balance or Macronutrients, use Macro Setup Made Simple to build the provisional numbers.

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