

The Constancy Code - Starter Pack

EAT SMART

This is fuel that works. High protein, high fibre, zero fluff. Everything here is microwave or fridge-friendly, low on prep, and built to perform. No bullshit ingredients. Just simple meals you can repeat without thinking too hard.

Meal 1: Greek Yoghurt + Chia + High-Protein Bread

- 100g Greek yoghurt (Asda multipack) - 4g protein, 4.2g carbs, 7.6g fat
- 810g chia seeds (2 teaspoons) - 1.3g protein, 0.6g carbs, 2.5g fat
- 1 slice high protein/fibre bread - check brand macros (aim 810g protein)
- 1 teaspoon almond butter (optional)

Money Tip: Get the Greek yoghurt multipack from Asda - saves over individual pots.

Mindful Eating: Dont toast the bread. That dry combo forces you to slow down.

Pro move: Sit down with a glass of water. Eat slow. Think. Dont wolf it.

Storage:

- Chia seeds: airtight container, lasts ages.
- Greek yoghurt: keep chilled, best used within 3 days once opened.

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Meal 2: Chicken & Brown Rice

- 150g chicken breast (pre-cooked or freshly reheated) - 32g protein, 3g fat, 0g carbs
- 125g brown rice (half a packet) - 3g protein, 30g carbs, 3g fat

Options:

- ASDA own-brand packet rice: minimal additives, just oil.
- Veetee twin pots: convenient but more additives.

Prep Tip:

- Pre-cook chicken in bulk. Smells better, tastes better, no weird texture like pre-packed.
- Microwave both in under 2 minutes.

Storage:

- Cooked chicken: refrigerate up to 3 days.
- Rice: Store in airtight containers. Half pack = 1 portion.

Approx Macros:

Calories: ~340 kcal | Protein: 35g | Carbs: 30g | Fat: 6g

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Meal 3: Tinned Mackerel + Brown Rice

- 120g flavoured tinned mackerel - 20-25g protein, 15-20g fat, 0g carbs
- 125g brown rice (other half of the packet) - 3g protein, 30g carbs, 3g fat

Why this works:

- Flavoured tins cost slightly more, but are easier to eat.
- No cooking needed. Open tin. Microwave rice. Done in under 2 minutes.
- Full of omega-3s, slow carbs, and real satiety.

Storage:

- Tinned mackerel is shelf-stable. Once opened, refrigerate any leftovers (if any).
- Keep rice portioned and ready to microwave.

Approx Macros:

Calories: ~480 kcal | Protein: 25g | Carbs: 30g | Fat: 18g

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End-of-Day Shake: Avocado + Pea Milk + Dates

- 1/2 avocado (~75g) - healthy fats, fibre, vitamin E
- 4 dates (~96g) - 2.5g protein, 70g carbs, 0.4g fat
- Juice of 1 lime - vitamin C, adds sharpness
- 250ml unsweetened pea milk - 8g protein, 12g carbs, 4.5g fat
- Dash of turmeric + black pepper (optional anti-inflammatory boost)

Blend everything until smooth. Drink slowly. This is about nourishment, not stimulation.

Why this works:

- The fats from avocado slow digestion - perfect before bed
- Dates provide carbs to replenish after training
- Lime and turmeric support inflammation and digestion

Approx Macros:

Calories: ~350 kcal | Protein: 11g | Carbs: 82g | Fat: 15g

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Snack 2: Fruit

- 1 piece of fruit: banana, apple, or orange

Why it works:

- Easily digested, natural sugar hit to refill muscle glycogen
- No prep, no excuses - perfect between meals or pre-training

Best time to use it:

- Mid-afternoon
- Pre-workout for fast energy
- Post-workout if you're not ready for a full meal yet

Macros vary slightly:

- Banana: ~105 kcal | 1.3g protein | 27g carbs | 0.3g fat
- Apple: ~95 kcal | 0.5g protein | 25g carbs | 0.3g fat
- Orange: ~62 kcal | 1.2g protein | 15g carbs | 0.2g fat

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TRAIN SMART

This isn't a bro split. It's a 4-day program built for MMA-style strength, control, and real-world performance.

- Functional movement patterns
- Explosive lifts and trunk control
- Log your weight every week

Train for output, not appearance. Look better by default because you move better on purpose.

Day 1 - Lower Body: Explosiveness + Strength

- Trap Bar Deadlift: 4x6 explosive from dead stop
- DB Bulgarian Split Squat: 3x8 each leg balance + control
- Machine Seated Leg Curl: 3x12 squeeze every rep
- Russian Hamstring Curl: 3x12 eccentric control
- Barbell Step-Up: 3x10 each leg drive through heel
- Standing Calf Raise: 3x15 squeeze at top
- Hanging Knee Raise: 3x12 no momentum

Rest:

- Big lifts: 90-120 sec
- Isolation: 45-60 sec

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Day 2 - Upper Body: Push + Stability

- Landmine Press: 4x8 - explosive shoulder drive, tight core
- DB Shoulder Press (Neutral Grip): 2x10 - controlled vertical push
- Standing Shoulder Press (Neutral Grip): 2x10 - stabiliser strength
- TRX Push-Up: 3x12-15 - deep range, chest + core integration
- Incline DB Row (Lying): 3x10 - strict rear delt/mid-back work
- Cable Face Pull (Rope): 4x15 - rear delts and posture
- Farmer's Walk: 3x3 min - grip and core endurance under fatigue

Rest:

- Big lifts: 90 sec
- Isolation: 45-60 sec
- Shoulder finisher: mobility band/dowel work

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Day 3 - Upper Body: Pull + Grip + Rotation

- Assisted Chin-Up: 3x6-8 - controlled pull, slow negative
- Landmine Twist: 3x10 each side - trunk rotation with control
- Cable Reverse Curl: 2x8 - elbow stability and forearm burn
- Barbell Reverse Curl: 2x8 - thick forearm strength
- Zottman Curl (DB): 3x12 - curl up, rotate, control the lower
- Pallof Press (Cable): 3x12 - anti-rotation control
- Dead Hang: 3x30 sec - grip endurance + shoulder decompression
- Cable Twist: 3x12 each side - core rotation with resistance
- Russian Twist: 3x20 reps - high-rep rotational finisher

Rest:

- Pulling: 60-90 sec
- Isolation: 45 sec
- Core finishers: minimal rest, breathe and go

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Day 4 - Conditioning + Mobility

- Kettlebell Swing: 3x12 - explosive hip hinge
- Turkish Get-Up: 3 sets each side - full-body tension + control
- Side-Lying Thoracic Rotation: 3x20 sec each side - t-spine + breath
- Farmer's Walk: 3x1 min 20 sec - grip + breathing under load
- Box Jump: 3x6-8 - soft landings, high intent

Mobility Add-On:

- Deep Squat Hold: 2 min
- Frog Stretch: 2 min
- Couch Stretch: 1 min per side
- Dead Hang: 2x30 sec

Rest:

- Conditioning: 45-60 sec
- Mobility: breathe through holds

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Day 1 - Lower Body - Weekly Log

Exercise	Week 1	Week 2	Week 3	Week 4
Trap Bar Deadlift				
DB Bulgarian Split Squat				
Machine Seated Leg Curl				
Russian Hamstring Curl				
Barbell Step-Up				
Standing Calf Raise				
Hanging Knee Raise				

Day 2 - Upper Push - Weekly Log

Exercise	Week 1	Week 2	Week 3	Week 4
Landmine Press				
DB Shoulder Press (Neutral)				
Standing Shoulder Press				
TRX Push-Up				
Incline DB Row				
Cable Face Pull				
Farmers Walk				

Day 3 - Pull/Grip/Rotation - Weekly Log

Exercise	Week 1	Week 2	Week 3	Week 4
Assisted Chin-Up				
Landmine Twist				
Cable Reverse Curl				
Barbell Reverse Curl				

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- Zottman Curl
- Pallof Press
- Dead Hang
- Cable Twist
- Russian Twist

Day 4 - Conditioning - Weekly Log

Exercise	Week 1	Week 2	Week 3	Week 4
Kettlebell Swing				
Turkish Get-Up				
Thoracic Rotation				
Farmers Walk				
Box Jump				

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STAY STEADY - 3 HABITS THAT ANCHOR YOU

These 3 daily habits ground your mind and keep your body moving right. They're repeatable, realistic, and designed to build discipline without fluff.

1. Read 1 Page from 'The Daily Stoic'

- 1 page. Every day. First thing or last thing.
- Builds perspective, sharpens mindset.
- Use your own copy or grab one online.
- [Insert your Amazon affiliate link here]

2. Box Breathing 4 Minutes

- Inhale 4 sec (nose)
- Hold 4 sec
- Exhale 4 sec (mouth)
- Hold 4 sec
- Repeat for 4 minutes
- Use it post-training or pre-bed

3. Daily Hip Mobility Flow (57 min)

- World's Greatest Stretch 30 sec/side
- Half-Kneeling Hip Flexor Stretch 30 sec/side
- Deep Squat Hold 1 min
- 90/90 Hip Switch 1 min
- Optional: Pigeon Pose 1 min each side if ready

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WEEKLY HABIT TRACKER

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Read Daily Stoic	___	___	___	___	___	___	___
Box Breathing (4 min)	___	___	___	___	___	___	___
Hip Mobility Flow	___	___	___	___	___	___	___