

BODY RECOMPOSITION

FAT LOSS BLUEPRINT

Everything you need to know on how to lose weight, build muscle and feel amazing (without giving up your favourite foods or living in the gym)

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WHAT IS BODY RECOMPOSITION?

LOSE FAT.
BUILD MUSCLE.
MAKE IT LAST.

Body recomposition is the process of losing fat and replacing it with muscle. Helping you feel MUCH better, healthier, and happier! While looking GREAT.

And the good news is you don’t have to live in the gym or give up your favourite foods either, contrary to what social media makes you believe!

This is **not a crash diet plan**. It's **not a 30-day transformation**. It's a straightforward explanation of how fat loss actually works, the principles behind every successful programme that has ever existed.

Read this once. Apply it consistently. That's the entire formula.

This guide is for you if:

- You've tried before and couldn't make it stick
- You're confused by conflicting information online
- You want to understand the why, not just follow a list
- You're ready to stop overthinking and start doing

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the most important rule

Everything starts here.
Fat loss is governed by one principle that cannot be changed. You can work with it or against it, but you cannot avoid it. It is governed by the laws of physics and thermodynamics. Science baby.

Eat less calories than you burn → you lose weight.
Eat more calories than you burn → you gain weight.
Match what you burn → you maintain your weight.

Every diet that has ever worked operates inside this framework. Keto, intermittent fasting, and clean eating; they all work because they reduce calorie intake. That's it.

There is no magical diet that makes you lose fat faster than others. There is only a **calorie deficit**.

But I'm going to tell you how to maintain a calorie deficit as easily as possible, so you can still enjoy your pizza and ice cream. Because what's the point in living if you can't enjoy pizza and ice cream?

I just need you to understand the importance of the calorie deficit. If you are not losing weight, it means **you are NOT in a calorie deficit**. Not all calories are created equal... We'll cover this shortly.

YOUR CALORIE TARGET

Before anything else, you need two numbers. Your maintenance calories, and your deficit target.

STEP 1A — CALCULATE YOUR BMR

Your Basal Metabolic Rate (**BMR**) is the number of calories your body burns at complete rest.

STEP 1B — CALCULATE YOUR TDEE

Total Daily Energy Expenditure is the total calories you actually burn day to day.

I won't bore you with the maths and formulas; nobody wants that mess. Head over to our website and use our free Calorie Calculator. Clean and simple!

Your TDEE is your maintenance calories. This is based on your activity level, so make sure to read the guidance on my website about the different levels of activity and select the correct one that fits your lifestyle.

We use the TDEE to calculate your calorie deficit, so it is important that it is correct. To calculate your calorie deficit, we subtract 10-20% from your TDEE.

For sustainable fat loss, a calorie deficit of **no more than 500kcals** per day is recommended. This is roughly 1lbs of fat loss per week, and it won't leave you feeling too drained or hungry all the time. It's widely recognised as the gold standard.

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nutrition

what to eat and how much

Once you have your calorie target, the next job is hitting it with the right balance of food. Calories are the ceiling. Protein is the floor. Everything else is your choice.

protein	Builds and protects muscle. When calories are restricted, protein stops your body from using muscle for fuel. Aim for 2g per kg of bodyweight per day. (~0.7 to 1g per lb)
carbs	Carbs provide energy for training and daily function. The issue is quantity, not type. Manage how much you eat, not which ones you eat.
fats	Required for hormones, joints, and brain health. Keep them moderate. Don't eliminate them, just don't ignore them either.

All three are important to remain healthy. But for fat loss and building muscle, protein is the most important. This doesn't mean you need to cut out the rest.

If you weigh over 110kg, use 1g of protein per cm of height instead. Alternatively, use your desired weight.

Want to learn more about your nutrition? Sign up for our 21-lesson Nutrition course, delivered daily by email when you sit down to eat your lunch. Click here to find out more.

nutrition flexible dieting: 80/20 rule

THE FLEXIBLE DIETING #1 RULE:
Hit your **protein** target first.
Other than that...
No banned foods. No guilt. No cutting carbs after 6 pm.
Adherence beats perfection every single time.

THE 80/20 PRINCIPLE

80% of your calories are spent on whole, nutritious foods. The remaining 20% is spent on "soul food", the dirty treats that keep us sane. Example:
Daily calorie target: 2,500 kcals x 7 = 17,500
80% = 14,000 / 6 = 2,333 kcals (Mon-Fri + Sun)
20% = 3,500 = Saturday free day (must still hit protein target)

I like to eat healthy during the week and treat myself at the weekend.

TRACK YOUR CALORIES ON A WEEKLY BUDGET

Find out your daily calorie target using our calculator. Multiply that by 7. That's your weekly target. Start your weeks on a Friday. If you have a heavy weekend, on the Monday you will add up the damage done then minus that from your remaining calories. Similar to when you get paid at the end of the month and you go on a shopping spree, then for the last 3 weeks you have to budget your money to survive.

This is NOT recommended. Aim for consistency & sustainability.

TRACKING YOUR FOOD

You don't need to track forever, but tracking for 2–4 weeks is the fastest nutrition education available. It teaches your eyes what portions actually look like.

- **Download MyFitnessPal or Cronometer:** both are free, both work.
- **Weigh food raw where possible:** cooked weights vary, raw weights don't.
- **Log everything, including drinks:** milk in coffee, cooking oil, and sauces. They add up faster than you think.
- **Aim for 80% accuracy:** consistent tracking beats perfect tracking. Miss a meal? Estimate and move on.

Humans are creatures of habit; we usually eat the same meals on repeat. Once you've built up a week of tracking, you can just copy and paste your meals, which makes your life so much easier.

Or similarly, you can create and save your meals on MyFitnessPal to make your life much easier.

Food tracking is the worst part of dieting and losing weight. It's an evil necessity that fat loss just won't work without. But after a few weeks, you'll understand much more about the foods you eat and be able to eyeball most things or get a feel for when you are overeating.

It's 100% worth the effort.

the best foods to add to your shopping list

PROTEIN

- Chicken breast
- Salmon fillets
- Lean beef mince (5% fat)
- Cod / haddock
- Turkey breast
- Tuna in water (tinned)
- Sirloin steak (trimmed)
- Prawns / shrimp
- Eggs

HEALTHY FATS

- Avocados
- Extra virgin/olive oil
- Mixed nuts, unsalted (almonds, walnuts, Brazil)
- Natural peanut butter (100% peanuts)
- Flaxseeds / chia seeds

DAIRY

- Greek yoghurt (natural, 10% fat)
- Cottage cheese
- Semi-skimmed/whole milk
- Hard cheese/cheddar

CARBS & GRAINS

- Rolled oats
- White / brown rice
- Wholewheat pasta
- Sweet potato
- Baby potatoes
- Lentils (dried or tinned)
- Chickpeas (tinned)
- Quinoa
- Low sugar wholegrain cereal

FRUIT & VEG

- Broccoli
- Spinach
- Peppers (mixed)
- Asparagus
- Cucumber
- Mushrooms
- Onions & garlic
- Blueberries
- Bananas
- Apples
- Strawberries

Learn everything you need to know to change your nutrition for the rest of your life

A 21-Day email series delivered to you on your lunch break (1200 GMT). Short, bite-sized emails packing all the knowledge you'll ever need to understand food like never before.

Find out more

lift weights

build the body

Exercise is a poor method of fat loss on its own, the effort-to-return ratio is low. Exercise only accounts for around 10% of our daily caloric burn.

But resistance training is not about burning calories. It is about building and protecting muscle while your diet does the work. More muscle means a higher metabolism, a stronger body, and visible results that last.

	STRUCTURE	NOTES
2 days	Full body × 2	Minimum effective dose. Good starting point if time is tight.
3 days	Full body × 3 or PPL*	Best for beginners and returners. Covers all muscles, allows recovery.
4 days	Upper / Lower split	Good step up once 3-day feels comfortable.

The most important training variable is the one nobody talks about: **Showing up consistently over 12 weeks.**

A decent plan followed consistently beats a perfect plan followed occasionally.

Need help with an actual programme? Use AI. It's pretty good, but it's free, low effort, and the perceived value is on the floor. Nobody is there to hold you accountable; it's too easy to chin it off. Want a coach that will keep you on track? Message me on Instagram.

**PPL = Push, Pull, Legs*

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lift weights

TRAINING RULES — THE NON-NEGOTIABLES

- **Rep range:** 6–15 reps covers everything you need. Strength, size, and endurance all sit inside this range.
- **Proximity to failure:** Stop ~1 rep short of failure on most sets. *Train hard*. Always take your last set of each exercise to FAILURE.
- **Minimum sets per muscle:** 8–14 working sets per muscle group per week. Spread across your sessions.
- **Progressive overload:** Add weight, reps, or sets each week. If the demand on your muscles doesn't increase, they have no reason to grow.
- **Log your sessions:** A notebook or mobile app. You cannot improve what you do not track.
- **Technique first:** Never compromise form for weight. Patience here prevents months of injury downtime. If you cannot lift with good form, drop the weight (and your ego).

Not sure what to do? Join the waitlist for Purpose: Workout Tracker. Inside our bespoke premium app, you'll have everything you need to build your own workouts or use our pre-made programmes to achieve your goals. Easily track your progress and make sure you're making gains.

No need to download another app to track your calories either, we've got that covered too! Head over to www.purposeapp.co.uk to join the waitlist.

First 100 users get FREE lifetime access.

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The All-or-Nothing Trap

The most common reason people fail is not laziness. It is all-or-nothing thinking. One bad meal becomes a write-off day. One missed session becomes a missed week. One bad week becomes the end of the programme.

You do not need a perfect week. You need a good enough week.

Two sessions out of three is progress. Hitting calories five days out of seven is progress. Staying in the game when it is hard is the skill that separates people who get results from those who do not.

cardio do you really need to?

YES. YOU MUST DO CARDIO TO LOSE FAT!!

Is something you will NEVER hear me say.

Short answer: NO, you don't need to do cardio unless you enjoy it. Getting your daily steps in is actually the best form of cardio you can do for fat loss. It's easy, low-impact, low-energy, and doesn't put your body under tremendous stress. 8,000 to 12,000 steps per day is the sweet spot.

But if you enjoy a weekly swimming session, light jogging, cycling, rowing, or going all out with a 5km sprint at ParkRun, then that's good too.

If your overall goal is to become & feel healthier and increase your longevity, then cardio is important for you.

There's a saying "cardio adds years to your lift, weight lifting adds life to your years". In my opinion, both are important.

It's about working with the flow of your lifestyle, not brushing against the grain. Exercise is just a tool to burn more calories. As long as you stay in a calorie deficit, you will lose fat.

Resistance training is more important for fat loss than cardio, because it burns more calories while at rest by increasing muscle mass inturn speeding up your metabolism.

a final word

focus on the process

The people who get results and keep them are not the ones with the best genetics or the most time. They're the ones who stopped chasing the perfect plan and started building consistent habits.

Every time someone falls off a diet, it's usually one of three reasons:

- The plan was too restrictive to sustain.
- They went all-in and quit when life got in the way.
- They judged progress by the scale on day 4.

WHAT SUSTAINABLE FAT LOSS ACTUALLY LOOKS LIKE:

1 You eat the foods you enjoy. You go to social events. You have days that aren't perfect. And you keep going anyway.

2 0.5–1kg per week is excellent progress. That's 6–12kg in 3 months. Slower than a crash diet. Far more permanent. Slow is smooth, smooth is fast.

3 Willpower is a finite resource. Systems are not. Build routines that remove decisions and the results follow automatically. We build on habits, not willpower alone.

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Remember this: life WILL throw a curveball at you during the process; it is PART of the process. The scales are going to go UP and DOWN from day to day, this is biology. Some days will be harder than others, and sometimes you do just need a fucking day with your feet up, a nice cold drink, some pizza and ice cream.

And that's okay.

The important thing is to stay consistent 80% of the time, and still ENJOY life!

Most people stay stuck. They think about getting in shape, they talk about it, and they plan to start next Monday. You did not do that. You made the decision, you acted on it. That already puts you ahead of the majority.

I am in your corner. Let's rebuild properly.



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— Jake Scott
British Army PTI | CIMSPA Registered Level 3 Personal Trainer
Scott Fitness Training

who am I?

My name is Jake Scott, and fitness has been a huge part of my life since 2013. Over the years, I've developed a strong passion for strength training and, more recently, running, cycling, and swimming to build a well-rounded, resilient body. Although, swimming is my least favourite.

At 27, I joined the British Army after working as an electrician since leaving school at 16. As an All Arms Physical Training Instructor and Defence Health and Wellbeing Advisor, I've had the privilege of helping soldiers and friends improve their physical fitness, strength, and resilience.

It hasn't always been easy, but one thing that has helped me hold onto my sanity through the tough times in life is fitness. I'm not the most passionate guy in the world about lifting weights or running, or any sports for that matter.

But what I am passionate about is helping people who want to better themself, to become the healthiest they've ever been, to look and feel good in their bodies, but don't know where to start. Because that was me in my early 20s. I spent years figuring out what actually works, optimising my programmes and exercises, and developing a mentality to push through.

Now I want to share that with as many people as possible. I hope this guide helps you get started on a lifelong journey.

- Jake Scott

Why listen to me?

Qualifications & Experience

- Level 2 Fitness Instructor
- Level 3 CIMSPA Registered Personal Trainer
- Level 4 Nutrition for Weight Management & Athletic Performance
- All Arms Physical Training Instructor (British Army)
- MOD Health & Wellbeing Advisor (DHWA)
- CPD Mental Health Awareness for Sport & Physical Activity+
- CPD Advanced Behavioural Change & Motivational Interviewing
- CPD Psychometric Testing
- CPD Planning Effective Strength & Conditioning Programmes for Athletes
- Delivering daily training in structured strength & conditioning, endurance, and military PT.
- Background in competitive football from ages 8–16, building early athletic foundations
- Passionate about strength training since age 16, and even more so today!
- Over 14 years of consistent training experience across strength, running, and hybrid fitness
- And still learning, adapting, evolving today!

I'm not a 20-year-old "influencer" who still gets his dinners cooked by mummy and is looking to make a quick buck from you. I've worked labour-intensive jobs; I've got 14 years of adult life experience. I've been through hardship and struggles, just like you.

My goal is to help more people get fit and healthy by keeping fitness simple and cutting through all the confusing BS.

ready to take this to the next level?

Join the waitlist for Purpose: Workout Tracker.

Inside our bespoke premium app, you'll have everything you need to build your own workouts or use our pre-made programmes to achieve your goals. Easily track your progress and make sure you're making gains.

No need to download another app to track your calories either, we've got that covered too!

First 100 users get FREE lifetime access.

Join the Waitlist