

# ATHINA FIT

— FREE GUIDE —

# WEEKEND NUTRITION.

Stop letting the weekend undo your week.

# YOUR COACH

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**Hi, I'm Athina,**

I'm a certified personal trainer and online coach specialising in sustainable nutrition for real, busy lives. The number one thing that holds my clients back isn't what they eat Monday to Friday – it's what happens at the weekend.

This guide gives you a practical, non-restrictive framework for eating well at weekends without giving up your social life.

## MY CREDENTIALS

- Level 3 Personal Trainer & Online Coach
- Specialist in strength, body composition & nutrition
- Habit-based coaching strategies
- Clients across the UK, EU & worldwide

## WHAT THIS GUIDE COVERS

- Why weekends derail progress – even when you try hard
- The 5 weekend nutrition traps and how to sidestep them
- The Weekend Nutrition Framework – flexible, not restrictive
- How to eat out, drink socially and still make progress
- A sample weekend that actually works
- Your action plan – implement this Saturday

**ENJOY YOUR WEEKENDS. KEEP YOUR PROGRESS.**

# THE REAL PROBLEM

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Two days can undo five. Not because you're undisciplined – because nobody told you how weekends actually work.

## THE WEEKEND CALORIE MATHS

A 500-calorie daily deficit across Monday to Friday creates a 2,500-calorie weekly deficit. A typical unplanned weekend – brunch, drinks, a takeaway, grazing – can add 3,000–5,000 extra calories over two days. That's not wiping out the deficit. That's a surplus.

This isn't about one bad weekend. It's a pattern that repeats every week, invisibly.

## WHY IT'S NOT ABOUT WILLPOWER

Weekends disrupt every habit that supports good nutrition: sleep timing, meal structure, your usual food environment, social pressure, alcohol lowering inhibition, and boredom eating. The fix isn't stricter willpower. It's a flexible structure.

## THE MOST COMMON PATTERNS

- Skipping breakfast → arriving at lunch ravenous → overeating
- Alcohol Saturday → Sunday hangover eating → 2,000 extra calories in one day
- 'I've been good all week' reward mentality → full weekend off
- Unstructured grazing all day → surprisingly high calorie total
- Social meals with no anchor strategy → portion control disappears

# WHY WEEKENDS DERAIL YOUR PROGRESS

Three mechanisms make weekends nutritionally destructive — understanding them is the first step to fixing them.

## THE SLEEP SHIFT

Staying up later shifts your circadian rhythm — known as 'social jet lag'. This disrupts hunger hormones: ghrelin rises and leptin drops. You feel hungrier all weekend regardless of what you've eaten.

## THE REWARD LOOP

Five days of restriction creates psychological pressure that releases at the weekend. The brain frames Saturday as earned freedom. Without a plan, this leads to significantly more food and alcohol than intended.

## THE STRUCTURE COLLAPSE

Weekday eating is anchored to routine: breakfast at 7, lunch at 1. Remove the routine and meals become impulsive, portion awareness disappears. Calorie intake is governed entirely by appetite — which is unreliable.

# THE 5 WEEKEND NUTRITION TRAPS

These five patterns account for most weekend overconsumption. Most people fall into at least three.

**01**

## SKIPPING BREAKFAST

Sleeping in and skipping breakfast means arriving at your first meal ravenous. Hunger at that level overrides all food choices.

**02**

## THE BRUNCH TRAP

A typical brunch runs 800–1,200 calories before drinks. Without awareness, this sets the tone for the whole day.

**03**

## ALCOHOL CALORIES

4–6 drinks adds 600–1,000 invisible calories. Alcohol also lowers inhibition, making late-night food nearly inevitable.

**04**

## THE GRAZING DAY

No real meals, just picking all day. This pattern can easily reach 2,500–3,000 calories while genuinely feeling like you 'haven't eaten much'.

**05**

## THE SUNDAY SPIRAL

Sunday becomes compensation or a 'last supper' before Monday. Both make things worse. Starting fresh Monday delays good decisions by 24 hours.

# THE WEEKEND NUTRITION FRAMEWORK

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Three anchors. Flexible enough to enjoy your weekend. Structured enough to keep making progress.

## ANCHOR 1

### ALWAYS EAT BREAKFAST

- Never skip it. A protein-rich breakfast blunts hunger for hours and sets your food choices for the day.
- Options: 3 eggs · Greek yogurt + berries · protein shake + banana · smoked salmon on toast.
- Eating breakfast doesn't mean you can't enjoy brunch — it means you arrive not starving.

## ANCHOR 2

### HIT YOUR PROTEIN TARGET

- Aim for 100–140g of protein across the day. Protein is the most filling macro.
- Front-load protein at breakfast and lunch if a big social meal is planned.
- Protein everywhere: chicken, fish, eggs, Greek yogurt, cottage cheese, protein shakes.

## ANCHOR 3

### PLAN YOUR BIGGEST MEAL

- You're allowed one generous, enjoyable meal per day at the weekend. Eat it fully.
- The rule: one meal is social and free. The other meals are anchored and sensible.
- Full permission to eat well socially — without every meal being the same.

# EATING OUT & DRINKING

You don't have to choose between a social life and your goals.

AT RESTAURANTS	Look at the menu before you arrive. Anchor with protein: steak, fish, chicken. Share sides. Skip the bread basket or have one piece.
AT BRUNCH	Eat a small protein snack before. Choose egg-based dishes over pastry. Ask for dressing on the side.
DRINKING SMARTLY	Lowest calorie: spirits + diet mixer (~65–90 cal), dry wine (~120 cal). Eat a protein-rich meal before drinking – reduces late-night cravings.
THE NEXT MORNING	Don't skip breakfast hungover. Eggs, toast, a banana. Hydrate first. Get back to normal immediately – do not compensate with restriction.
SOCIAL PRESSURE	Order strategically from the menu. Nobody will notice. 'I'm not drinking tonight' is a complete sentence.
TRACKING AT WEEKENDS	Log loosely, not obsessively. A tracked rough estimate is better than nothing. If you go over – close the app, move on, don't spiral.

# A SAMPLE WEEKEND DONE RIGHT

This weekend includes a night out and a restaurant lunch — and it still works.

SAT 09:00 BREAKFAST	3 scrambled eggs + smoked salmon + wholegrain toast. Coffee. Anchors the day and blunts hunger before brunch.
SAT 13:00 BRUNCH	Eggs Benedict — enjoyed fully. Sparkling water. No guilt. This is the 'free' meal of the day.
SAT 18:00 PRE-NIGHT OUT	Chicken + rice + vegetables at home before going out. Reduces cravings later.
SAT EVENING NIGHT OUT	4 gin & slim-line tonics (~260 cal total). Skipped the takeaway — banana and peanut butter at home instead.
SUN 09:00 BREAKFAST	Greek yogurt + berries + granola. Back on track immediately. Hydrate well.
SUN 14:00 SUNDAY LUNCH	Roast chicken, roast potatoes, vegetables, one glass of wine. Enjoyed fully — not a setback.

# YOUR ACTION PLAN

You have everything you need. Here's exactly what to do first.

STEP 1

Eat breakfast both days this weekend. Set an alarm if needed. Eggs, yogurt, or a protein shake — anything works.

STEP 2

Plan which meal on Saturday and Sunday will be your 'social meal'. Decide in advance.

STEP 3

If drinking Saturday, eat a protein-rich meal before going out.

STEP 4

Do not skip Sunday breakfast. Whatever happened Saturday — wake up, eat normally, move on.

STEP 5

Tap the link below to book your free consultation and get a nutrition plan built around your actual life.

## WANT A NUTRITION PLAN THAT FITS YOUR REAL LIFE?

Book a free 20-minute consultation — no sales pitch.

**[calendly.com/athina-fitt/30min](https://calendly.com/athina-fitt/30min) (tap to book)**

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