PROJECT 100 Guidebook Update

Current Nutrition and Training Reference

18 October 2026

This is the concise practical companion to the daily Guidebook. It updates nutrition record keeping, equipment identity and evidence language. It does not contain illustrations, set prescriptions or a new supplement protocol. The full analysis and recording catalogue remain in the master reference.

What changes in the daily book

Keep the daily routine readable. Place the new food notes in Chapter 4 Fuel and the equipment notes in Chapter 5 Train. Use the correction register when revising Chapters 1 and 13 on measurements and Chapters 3, 6 and 7 on daily branches and liquid recipes. The archived V3.3 PDF is 31 pages and remains visibly dated until the full book is revised.

Read nutrition numbers with their serving basis

Each food record needs the actual recipe or source ID, the amount prepared, the amount eaten and the nutrition basis. Whole blend, whole plate, three wraps, per jar and a whole dressing batch are different quantities. Keep caption-reported figures labelled as caption reported. Keep recipe-model estimates labelled as modeled. Missing values remain unknown.

The salad collection now has 14 ingredient models. Four eggs apply to the egg-led bowl without beans or lupini; two eggs apply to the mixed-bean and lupini version. Tuna-and-bean bowls without eggs or lupini use a whole can of beans, provisionally 240 to 360 g drained. These are modeling rules, not measurements from the photographs.

Heavy dressing uses avocado and avocado oil. Light dressing uses olive oil and glaze and describes texture rather than a lower energy value. The cards include the full prepared dressing batch. If dressing is left in the bowl, actual consumption is lower by an unmeasured amount; leftover volume alone does not provide a reliable calorie deduction.

The meal stories retain nine records, some with shared source posts or reconstructed amounts. The owner estimate of 80 to 110 g protein describes a whole fudge bowl, not a single rice-cake sandwich. Switching protein milk to almond milk changes the calculation and requires the new product label. [S03 S04 S06]

Keep the training systems distinct

The three-day focus collection uses the long-line resistance-band system. The two full-body days use the matched Pilates kit only. The current interactive programme presents twelve distinct exercise cards per active day. This is the programme layout, not proof of recorded working-set totals.

Pilates band labels and counts match on the left and right. The owner-confirmed configuration is two equal bands per side, four total. Your personal trainer handles resistance and individual adjustments. Nominal bundle sums identify equipment and do not measure force at the hands.

Use the exercise page for current technique cards and session downloads. Use Kinetics for equipment, attachments and recorded setup context. Source passages document observed movement phases and are not a substitute for individual technique review. [S01 S02 S08]

Use the three muscle roles correctly

Primary means the intended movement contribution, secondary means assistance and joint control, and support means postural stabilization and base contacts. These are qualitative roles. They do not report activation percentages, and a stabilizing region should not be described as doing the same work as the main driver. [S01]

Current corrections to carry forward

Publication baseline

The current reconciled record explicitly excludes unsupported personal biological ceilings and fixed water-offset claims.

Do not repeat those ranges as measured physiology. Preserve the personal goal and separately dated observations.

Sources [S10 S14 S15]

Benchmark scan date

The owner-confirmed benchmark date in current-metrics is 2 December 2025.

Use the current date while retaining the archived discrepancy in the correction history.

Sources [S10 S15]

Day branch

Current website rule is at most one on a training day; both are inactive on rest days.

Replace mandatory either-or language; do not invent a compulsory stimulant branch.

Sources [S11 S12 S13 S15]

Nutrition totals

Current website calls these historical planning figures; whole-day intake verification remains deferred.

Do not total a few recipes and announce a verified daily intake.

Sources [S06 S07 S10]

Canonical count

The current exercise array has 31 after six new Pilates-kit adaptations.

Use 31 for the current snapshot and retain 25 as the pre-expansion count.

Sources [S01]

Video completion

Inventory contains 740 files; 18 representative long recordings are marked sequentially screened, one partial and 24 pending.

State the exact review scope; set and repetition counts remain unverified.

Sources [S01 S17 S18]

Resistance levels

The user removed level selectors and editions; the trainer selects resistance.

Treat older level fields as superseded schema, not current instruction.

Sources [S01 S08]

Salad arithmetic

Current models use disclosed ingredient ranges and include a whole prepared dressing batch.

Keep archive estimates separate from current modeled ranges and actual consumption.

Sources [S03 S05 S06]

A simple record for future integration

Area Food · Record together Recipe ID; ingredient grams; label basis; batch yield; amount eaten; estimate status

Area Equipment · Record together System; attachment; support; matched-pair identity; trainer adjustment note

Area Evidence · Record together Source filename; phase ID; time window; visible action; unresolved detail

Area Measurement · Record together Date; instrument or source; reported versus verified status; comparison conditions

Where the detail lives

The Master Analysis Reference contains the full data and uncertainty register. The Encyclopedia Update develops the explanations. This Guidebook Update keeps the daily interpretation short. None of these replaces the current illustrated training guides, and none assigns a resistance level.