

Nutrition Guidelines

Use this calculator to get a ballpark for calorie intake >> <http://manytools.org/handy/bmr-calculator/>

So what does that number mean? That number is how many calories you must consume daily in order to maintain your weight. Now that we know this number weight loss becomes easy.

Weight loss is simple when broken down, you must burn more calories than you consume. What does that mean? Good question, if you consume 2,000 calories in a day and burn 2,500 calories that same day, you now have a deficit of 500 calories. The next day If your base calories are 2,000 and you consume 2,500 you now have a caloric surplus of 500. Those 2 days then balance each other out and weight is neither gained or lost, you are maintaining at this point. This is where most people struggle, many will have consumed an entire week with a caloric deficit on each day, then turn around on the weekends and consume an excess surplus that balances out the body.

For Example: Kristy consumes 1500 calories a day, she burns 2000 calories a day, after a 5-day work week she has a deficit of 2500 calories. Her Caloric needs are 1500 per day. She then goes binge eating the next 2 days and consumes 5500 calories in that time, in those 2 days she had a surplus that equaled 2500 calories, her body neither loses or gains that week. This is where most people become frustrated with weight loss.

So now that we understand how Weight loss works how do we put it into effect?

Simple, 1 Pound is equal to 3000 calories. This means every 3000 calories we burn is equivalent to losing 1 LB, a deficit of 6000 calories is equal to 2 lbs lost.

Now that we know this how do we calculate the number of calories we must burn daily?

Set an amount of time(days) and an amount of weight you would like to lose in that time.

Example: I want to lose 20 lbs in 2 months (60 days).

Now multiply the pounds you would like to lose by 3000, since 1 lb is equal to 3000 calories this will give you the number of calories you must burn to meet your goal.

60,000 Calories is the amount you must have a deficit of in order to lose 20 Lbs, now take that 60,000 and divide it by the time given to reach your goal. In this case, it is 60.

60,000/60 = 1000. This means to reach your goal of 20 Lbs lost in 60 days you must have a deficit of 1000 calories per day. This may seem like a lot but take into account your BMR (calories your body burns throughout the day) and each workout will be burning anywhere from 500-1500 calories. It seems like a lot but if you take it one day at a time, I am positive you will reach your goal.

If your goal seems a little intimidating cut it down, instead of wanting to lose 20 lbs in 60 days, try 20lbs in 90 days. Now you only need a deficit of around 665 calories per day.

**DO NOT** starve yourself, be sure you are eating enough carbohydrates and protein to maintain your energy levels and muscle. Starving yourself will cause something known as gluconeogenesis, basically your body needs energy to move, since it has no carbohydrates or fats it will begin eating away at your protein (muscles) for energy. You will lose weight but you will also become fragile, feeble, and weak. I myself strongly believe in 10 Calories per pound of body weight for weight loss. Therefore a 150 man should be consuming 1500 calories, and a 130 lb woman should consume 1300 calories.

Set realistic goals, stay motivated and make it happen, not for me, but for yourself. You deserve to look and feel the way you want to.

**You Can Do This, I Believe In You!**

**Below are a few suggestions and descriptions of different eating habits. Personally, I prefer simply counting my calories, but I wouldn’t be much of a professional if I didn’t share what’s out there! Hope this helps you make an informed decision, feel free to contact me with any questions.**

**Recognizing Processed Foods**

Chances are, if it comes in a box, it’s processed. If you want to check, look at the ingredients label. If there is an ingredient with a “chemical sounding” name, it’s processed. No processed foods for this 31 days.

\*If it came from a plant or came from an animal and is minimally processed without additives, it’s a good natural fat and you can consume it.

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**Eat Often Plan**

* Throughout the course of the day, increase protein intake and decrease fat intake.
* You must eat 3 solid meals & 2 snacks – Breakfast-snack-Lunch-snack-Dinner
  + These meals can be at anytime according to when you wake and sleep.
* Eat any animal protein you like.
* Eat good Quality Natural Fats (list below).
* Eat **Nothing Fried**.
* **ZERO** Processed Sugar – this means no sodas, no fast food, no processed foods.
* **No bread or pasta** (sorry this does mean tortillas too).
* Minimize Yellow or White vegetables (corn, potatoes, squash, etc).
* Other than Probiotic Yogurt, **No Dairy**.
* Reduce salt intake. Switch to seasoning with herbs or Ms. Dash.
* Try to make your plate as colorful as possible every meal.
* Your plate should be protein, fat, fruit & veg.
* Eat a serving of unsalted nuts/seeds once a day – ¼ cup.
* Avoid Store bought Salad dressings – they are loaded with sodium & fat.
* Only use Oils to make Salad dressings.
* Cook with non-stick cooking sprays, grass-fed butter, coconut oil (list below in “Fats”), less than a Tablespoon of leftover bacon grease.

**Timing For Eating**

Wake – within 30 minutes consume minimum 30g of Protein

Snack - ½ Time between Breakfast and Lunch

Lunch – whenever lunch is for you.

Snack - ½ Time between Lunch and Dinner

Dinner – Whenever Dinner is for you.

Snack – This one is optional. If you choose to use it, make it high protein or fruit and veg.

**Intermittent Fasting Plan**

* Throughout the course of the day, increase protein intake and decrease fat intake.
* You must eat 3 solid meals & 2 snacks – Breakfast-snack-Lunch-snack-Dinner
  + These meals can be at anytime according to when you wake and sleep.
* Eat any animal protein you like – Yes this can be BACON!
* Eat good Quality Natural Fats (list below).
* Eat **Nothing Fried**.
* **ZERO** Processed Sugar – this means no sodas, no fast food, no processed foods.
* **No bread or pasta** (sorry this does mean tortillas too).
* Minimize Yellow or White vegetables (corn, potatoes, squash, etc).
* Other than Probiotic Yogurt, **No Dairy**.
* Reduce salt intake. Switch to seasoning with herbs or Ms. Dash.
* Try to make your plate as colorful as possible every meal.
* Your plate should be protein, fat, fruit & veg.
* Eat a serving of unsalted nuts/seeds once a day – ¼ cup.
* Avoid Store bought Salad dressings – they are loaded with sodium & fat.
* Only use Oils to make Salad dressings.
* Cook with non-stick cooking sprays, grass-fed butter, coconut oil (list below in “Fats”), less than a Tablespoon of leftover bacon grease.

**Timing For Eating**

**Training Days** Fast 15 hours/ Eating Window 9 hours

Set aside an 9 hour block that you will consume all calories for the day. This means that if you eat breakfast at 7am, you must consume all calories before 4pm. Yes this is a tough task, we recommend skipping breakfast because most people love to eat a good dinner. This means that Day 1 is your most important day in terms of setting when you will eat. If you workout that day, your fasting split is 15/9. Non-Training Days requires Fast 17 hours/ Eating Window 7 hours. Set aside a 7 hour block to consume all calories.

**SAMPLE WEEK**

**Monday – TRAINING DAY (15/9)**

10:00am FIRST MEAL – Eating Window Opens

7:00pm LAST MEAL – Eating Window Closes

**Tuesday – TRAINING DAY (15/9)**

10:00am FIRST MEAL – Eating Window Opens

7:00pm LAST MEAL – Eating Window Closes

**Wednesday – TRAINING DAY (15/9)**

10:00am FIRST MEAL – Eating Window Opens

7:00pm LAST MEAL – Eating Window Closes

**Thursday – NON-TRAINING DAY** (17/7)

12:00pm FIRST MEAL – Eating Window Opens

7:00pm LAST MEAL – Eating Window Closes

**Friday – TRAINING DAY** (15/9)

10:00am FIRST MEAL – Eating Window Opens

7:00pm LAST MEAL – Eating Window Closes

**Saturday – TRAINING DAY** (15/9)

10:00am FIRST MEAL – Eating Window Opens

7:00pm LAST MEAL – Eating Window Closes

**Sunday – NON-TRAINING DAY** (17/7)

12:00pm FIRST MEAL – Eating Window Opens

7:00pm LAST MEAL – Eating Window Closes

\*you will notice the end time is always the same, it’s the start time that changes. On Training Days it’s earlier and Non-Training later. This is due to the fasting time for Non-Training days being 2 hours longer.

**MAINTAINING WEIGHT**

For this you will need to simply watch your calorie intake. Maintaining a weight is all about watching the calories you intake and burn. We recommend you log all workouts and food in an app that can track your progress and calories for the day.

Shoot for a range of calories not a set point. We recommend +- 8% or your total calories to create a range based off of using the Harris Benedict Equation to find your total calories times your activity factor.

Here are our Guidelines for working for maintaining a steady weight.

PROTEIN:

30% of calories

FAT:

40% of calories

CARBS:

30% of calories

\*make sure all fat is natural good fats.

The guidelines for this will be very similar to the guidelines for trying to lose weight.

* Throughout the course of the day, increase protein intake and decrease carb intake.
* Eat often. Space out meals and snacks evenly throughout the day.
* Eat Lean Proteins.
* Eat good Quality Natural Fats.
* Avoid Fried Foods.
* **ZERO** Processed Sugar – this means no sodas, no fast food, no processed foods.
* **Minimal bread or pasta**.
* Minimize Yellow or White vegetables (corn, potatoes, squash, etc).
* Add Probiotic Yogurt or Kombucha to your normal weekly intake.
* Reduce salt intake. Switch to seasoning with herbs or Ms. Dash.
* Try to make your plate as colorful as possible every meal.
* Your plate should be protein, fat, fruit & veg.
* Eat a serving of unsalted nuts/seeds once a day – ¼ cup.
* Avoid Store bought Salad dressings – they are loaded with sodium & fat.
* Only use Oils to make Salad dressings.
* Cook with non-stick cooking sprays, grass-fed butter, coconut oil.

**MAINTAIN WITH LEAN MASS BUILDING**

For maintaining your weight and gain lean mass you will need to really dial in your macros. This means you need to know how much you eat on a daily basis. You will only need a small surplus to gain muscle. BE PATIENT for lean gains. They will come more slowly than doing a “Dirty Bulk” in which you essentially eat everything possible.

First, find your calories needed to simply maintain your current weight. Add 300-500 calories to this number. This will give you your surplus.

Macros Breakdown

Determine your grams of protein first. You will need to shoot for 1g of protein per pound of bodyweight.

30% of calories from good fats

The remaining calories from carbs.

A good way to avoid gaining bad weight is on NON-training days, drop your caloric overage to the low end (300 cals).

**BULKING**

For any type of weight gain endeavor, get ready to eat more than you ever have before. Remember that these goals for body change are done over an extended time. You can’t have a successful bulk in 1 month. Consult me to set a bulking date goal for your specific needs and future goals.

Consistency will be key as well. You will want to hit the right calorie range. Make sure to set a range instead of trying to hit a specific number everyday.

Here are our Guidelines for working for a successful bulking phase.

CALORIES:

15-20 per pound of body weight

PROTEIN:

30% of calories

1g – 1.5g per pound of body weight

FAT:

50% of calories

CARBS:

20% of calories

Don’t forget that you still need to eat clean. Just because you are bulking doesn’t mean that you should or can eat junk food during your bulk phase. Your fat intake will be a bit higher in percentage as well as your protein intake. Eat clean.