

NUTRITION PLAN

MEAL MEASUREMENT



MEASURING YOUR MACROS AND CALORIES:

If you are at the point in your journey where you are ready to take your fitness and nutrition to the next level, measuring your macros and calories might be right for you.

CALCULATING CALORIES:

The best way to determine the calories your body needs for training is to take your goal weight for this 8-week plan and multiply it by 10. Then add 300–400 calories for training.

For example, if your goal weight for this 8-week period is 120 pounds, take $120 \times 10 = 1,200$.

1,200 calories is what your body needs to function. Then add 400 more calories for training, which brings us to 1,600 daily calories needed.

If you do not want to lose weight and just want to maintain your weight to build muscle and get leaner, just use your current weight multiplied by 10, then add 300–400 calories for training.

For example, I weigh 145 and I'm happy at that weight. $145 \times 10 = 1,450 + 400 = 1,850$ calories needed per day.

NOTE: That doesn't mean to go out and eat junk food every 3 hours, the quality of your calories makes the biggest difference. Remember, you cannot out train a bad nutrition plan.

MACROS:

Protein, carbohydrates and healthy fats; each nutrient plays a key role in fat loss and makes sure your body has the fuel it needs daily.

If you are interested in calculating your macros, start with a 40–40–20 plan. That's 40% proteins, 40% carbs and 20% fats. If you feel you need to adjust from there, try 40–30–30. Two weeks on a meal plan is long enough to see a difference in your body and energy levels.

An easy way to calculate your percentages is to use the Lose It or My Fitness Pal phone apps. If you do use these, make sure to reset your needed daily calories according to what I advised above. I have found that the apps are set for 1,200 daily calories automatically, which is too low for most people.

Also, keep in mind that the 40–40–20 is your goal for the day, so when using a food tracking app, it's most helpful to enter in all of your planned meals for the day ahead of time and adjust according to meet your macros. It's harder to adjust if you enter one meal at a time (as you're eating) because you might get to the end of your day and be under or over eating to hit your numbers.

The 40–30–30 ratio is another great option for figuring out your macros. You can play around with your numbers and take notes to determine where you look and feel your best.