

# **BURN THE FAT, FEED THE MUSCLE**

**TRANSFORM YOUR BODY FOREVER USING  
THE SECRETS OF THE LEANEST PEOPLE IN THE WORLD**

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## **Training (burn more)**

Raises your metabolic rate

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Creates a caloric deficit without triggering the starvation response

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Provides countless health benefits

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Builds and maintains lean body mass

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Increases fat-burning hormones

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## **Dieting (eat less)**

Slows down your metabolic rate

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Triggers the starvation response

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May be harmful to your health

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Promotes loss of lean body mass

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Decreases fat-burning hormones

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<b>Body Fat Rating Scale</b>	<b>Male</b>	<b>Female</b>
Competition shape (ripped)	3%–6%	9%–12%
Very lean (excellent)	<10%	<16%
Lean (good)	10%–14%	16%–20%
Satisfactory (fair)	15%–19%	21%–25%
Improvement needed (poor)	20%–25%	26%–30%
Major improvement needed (very poor)	26%–30%	31%–40%

<b>Typical Average Body Fat Percentage for Athletes</b>	<b>Male</b>	<b>Female</b>
Distance runners	5%–10%	10%–16%
Elite marathon runners	3%–5%	9%–12%
Sprinters	5%–12%	12%–18%
Jumpers and hurdlers	6%–13%	12%–20%
Olympic gymnasts	5%–8%	11%–14%
Bodybuilders, contest condition	3%–5%	9%–12%
Bodybuilders, off-season	6%–12%	13%–18%
Football players, running backs, receivers, defensive backs	7%–9%	NA
Football players, linemen	16%–19%	NA
Soccer players	7%–12%	10%–18%
Baseball/softball players	10%–14%	12%–18%
Pro basketball players	7%–12%	10%–16%

*Typical Average Body Fat Percentage for Athletes, continued*

Wrestlers

4%–12%

NA

Cross-Country skiers

7%–13%

17%–23%

Tennis players

10%–16%

14%–20%

Swimmers

6%–12%

10%–16%

Enter your lean body mass (LBM)

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Choose your target body fat % (TBF)

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Subtract your TBF from 1 ( $1 - \text{TBF}$ )

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Divide your LBM by the difference

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= Your ideal weight

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- The ideal weight formula is: lean body mass (LBM)  $\div$  ( $1 - \text{target body fat \%}$ ).
- TBF is expressed as a decimal (15% body fat = 0.15).
- You can subtract up to 2%–3% more off the estimated ideal formula weight if you want to account for potential water-weight losses.

<b>Saturated</b>	<b>Unsaturated (Poly)</b>	<b>Unsaturated (Mono)</b>
Beef fat	Fish oil	Olive oil, olives
Poultry fat	Flaxseed oil	High-oleic sunflower oil
Other meat fats	Sunflower oil	High-oleic safflower oil
Butterfat	Safflower oil	Avocado
Coconut oil, coconut	Canola oil	Canola oil (contains both)
Cocoa butter	Sesame oil	Peanuts, peanut butter
Palm oil	Primrose oil	Cashews
Palm kernel oil	Borage oil	Pecans
Shortening, lard, tallow	Walnut oil, walnuts	Almonds, almond butter
Cream, half-and-half	Hemp oil, hemp seeds	Brazil nuts
Milk fat	Soybean oil	Pistachios
Cheese fat	Corn oil	Macadamia nuts
Cream cheese	Pine nuts	Hazelnuts

<b>Essential (Indispensable) Amino Acids</b>	<b>Nonessential (Dispensable) Amino Acids</b>
Histidine	Alanine
Isoleucine*	Arginine
Leucine*	Asparagine
Lysine	Aspartic acid
Methionine	Cysteine
Phenylalanine	Glutamic acid
Threonine	Glutamine*
Tryptophan	Glycine
Valine*	Proline
	Serine
	Tyrosine

\*Leucine, isoleucine, and valine are known as branched chain amino acids, or BCAAs, which are metabolized mostly in muscle and play an important role in protein synthesis. Glutamine is known as a conditionally essential amino acid because under conditions of stress or trauma, you may require more of it than your body can produce.

## BURN THE FAT, FEED THE MUSCLE

<b>Starchy Carbs (Grains and Starchy Vegetables)</b>	<b>Fibrous Carbs (Nonstarchy Vegetables)</b>
Potatoes	Broccoli
Sweet potatoes	Spinach
Yams	Asparagus
Oatmeal	Cucumber
Beans	Tomatoes
Brown rice	Cauliflower
Lentils	Brussels sprouts
Chickpeas (garbanzos)	Celery
Black-eyed peas	Onions, scallions, leeks
Green peas, other peas	Bell peppers (red or green), hot peppers
Corn	Bok choy, cabbage
Pumpkin	Kale
Barley	Mushrooms
Winter squash (acorn, butternut)	Eggplant
Quinoa	Zucchini (summer squash)
Millet	Carrots*
Whole wheat	String beans, green beans*
100% whole grain bread, cereal, or pasta	Lettuce and all leafy salad greens
Other whole grains and starchy vegetables	All other nonstarchy vegetables, greens, and herbs

\*Carrots are technically a starchy vegetable, but they're low in calorie density and high in fiber, so they're often included in lists of fibrous carbs. Green beans are also technically starchy carbs (legumes) but also have low calorie density, so they appear on fibrous carb lists as well.



## THE *L.E.A.N.* PLAN OF ACTION

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### NATIONAL RESEARCH COUNCIL GUIDELINES FOR WATER INTAKE

<b>Calories Expended</b>	<b>Water Required</b>	<b>Water Required</b>
2,000	67–101 oz.	2.0–3.0 liters
2,500	84–126 oz.	2.5–3.75 liters
3,000	101–152 oz.	3.0–4.5 liters
3,500	118–177 oz.	3.5–5.25 liters
4,000	135–202 oz.	4.0–6.0 liters

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Note: One gallon = 128 ounces or 3.8 liters.

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## CARBS

<b>Starchy Complex Carbs (Starchy Vegetables and Whole Grains)</b>	<b>Fibrous Complex Carbs (Nonstarchy Vegetables and Leafy Greens)</b>	<b>Natural Simple Carbs (Fruit)</b>
Potatoes	Broccoli	Apples, applesauce
Yams	Spinach	Bananas
Sweet potatoes	Asparagus	Blueberries
Oatmeal	Cucumber	Raspberries
Beans	Tomatoes	Strawberries
Brown rice	Cauliflower	Blackberries
Lentils	Brussels sprouts	Nectarines
Chickpeas (garbanzos)	Celery	Plums
Black-eyed peas	Onions, scallions, leeks	Peaches
Green peas	Bell pepper (green or red)	Pears
Corn	Cabbage, bok choy	Grapefruit
Pumpkin	Kale	Oranges

## THE *L.E.A.N.* PLAN OF ACTION

### *Carbs, continued*

Barley	Mushrooms	Watermelon
Winter squash	Eggplant	Pineapple
Quinoa	Zucchini (summer squash)	Cherries
Millet	Carrots	Mango
Whole wheat	String beans, green beans	Kiwifruit
100% whole grain bread, cereal, and pasta	Lettuce and leafy salad greens	Melon/cantaloupe
All other whole grains and starchy vegetables	All other nonstarchy vegetables and greens	All other whole fruits (dried fruits in limited quantities)

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### LEAN PROTEIN, HEALTHY FATS, AND DAIRY

<b>Lean Proteins</b>	<b>Healthy Fats</b>	<b>Dairy (Nonfat or Low-Fat)</b>
Chicken breast	Fish oil (supplement)	Milk
Turkey breast	Flax oil (supplement)	Cheese
Lean beef	Olive oil, extra virgin	Cottage cheese
Fish	Nuts	Yogurt
Shellfish	Nut butters	Greek yogurt
Eggs and egg whites	Seeds	
Lean pork	Avocado	
Bison, venison, and other game meats	Coconut	
Protein powder (supplements)		

	<b>Lean Protein</b>	<b>Starchy Carb</b>	<b>Fibrous Carb (or Fruit)</b>
<b>Breakfast 1</b>	Scrambled eggs	Four-grain hot cereal with flax	Blueberries
<b>Breakfast 2</b>	Vanilla whey protein	Old-fashioned oatmeal with cinnamon	Applesauce or chopped apples
<b>Breakfast 3</b>	Hard-boiled eggs	Ezekiel bread	Mixed fruit bowl
<b>Breakfast 4</b>	Egg omelet (with veggies)	Steel cut oats (with chopped walnuts)	Spinach and mushrooms
<b>Breakfast 5</b>	Egg scramble	Potato	Bell peppers, onions, salsa
<b>Breakfast 6</b>	Nonfat milk	Shredded wheat	Grapefruit
<b>Breakfast 7</b>	Greek yogurt	None (light meal or snack)	Banana

	<b>Lean Protein</b>	<b>Starchy Carb</b>	<b>Fibrous Carb (or Fruit)</b>
<b>Lunch/Dinner 1</b>	Chicken breast	Brown rice	Broccoli
<b>Lunch/Dinner 2</b>	Salmon	Yam	Asparagus
<b>Lunch/Dinner 3</b>	Lean beef, top round	Baked potato	Green and veggie salad with olive oil balsamic dressing
<b>Lunch/Dinner 4</b>	Tilapia fish	Lentils	Mixed vegetables
<b>Lunch/Dinner 5</b>	Lean ground turkey	Rice and beans	Salsa
<b>Lunch/Dinner 6</b>	Extra-lean ground beef	Whole grain pasta	Tomato sauce, salad
<b>Lunch/Dinner 7</b>	Sliced turkey breast	Whole wheat bread	Lettuce and tomato, apple

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Meal 1	Lean protein
Time:	Starchy carb
	Fibrous carb

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Meal 2	Lean protein
Time:	Starchy carb
	Fibrous carb

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Meal 3	Lean protein
Time:	Starchy carb
	Fibrous carb

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Meal 4	Lean protein
Time:	Starchy carb
	Fibrous carb

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Meal 5	Lean protein
Time:	Starchy carb
	Fibrous carb

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Here's an example of a *Burn the Fat, Feed the Muscle* daily meal plan for men, based on the previous template:

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Meal 1	Scrambled eggs/omelet (2 whole, 3 whites)	5
Time: 6:00 a.m.	Whole wheat toast	1 slice
	Spinach	1 cup
	Mushrooms	½ cup
	Orange	1 medium

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Meal 2	Vanilla whey protein	1½ scoops
Time: 9:00 a.m.	Old-fashioned rolled oatmeal	¾ cup
	Banana	1 large

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Meal 3	Chicken breast	6 oz.
Time: 12:30 p.m.	Baked potato	8 oz.
	Green salad with cucumber and tomato	3 cups
	Olive oil and balsamic dressing	2 tbsp.

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Meal 4	Salmon	5 oz.
Time: 3:30 p.m.	Yam	6 oz.
	Asparagus	6 oz.

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Meal 5	Lean beef, top round	6 oz.
Time: 7:30 p.m.	Brown rice	1 cup
	Broccoli	1½ cups

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Total: 2,344 calories; 195 grams protein, 278 grams carbs, 47 grams fat

Here's an example of a *Burn the Fat, Feed the Muscle* daily meal plan for women, based on the previous template:

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Meal 1	Scrambled eggs/omelet (1 whole, 3 whites)	4
Time: 6:00 a.m.	Light whole wheat toast	1 slice
	Spinach	1 cup
	Mushrooms	1 cup
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Meal 2	Greek yogurt, vanilla	6 oz.
Time: 9:00 a.m.	Banana	1 medium
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Meal 3	Chicken breast	4 oz.
Time: 12:30 p.m.	Baked potato	6 oz.
	Green salad with cucumber and tomato	3 cups
	Olive oil and balsamic dressing	2 tbsp.
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Meal 4	Salmon	5 oz.
Time: 3:30 p.m.	Yam	5 oz.
	Asparagus	3 oz.
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Meal 5	Lean beef, top round	4 oz.
Time: 7:30 p.m.	Brown rice	$\frac{3}{4}$ cup
	Broccoli	1 cup

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Total: 1,690 calories; 144 grams protein, 195 grams carbs, 34 grams fat

An alternate schedule with a later morning start might be: meal 1—8:00 a.m.; meal 2—12:00 p.m.; meal 3—3:30 p.m.; meal 4—6:30 p.m.; meal 5—9:30 p.m.

Women who are short and small framed, who don't have a large calorie budget, might opt for the four-meal plan or the three-meals-with-snacks plan.

## Sample Breakfast Recipes

<b>Meal Template</b>	<b>Portable Apple-Cinnamon High-Protein Oatmeal Pancake</b>	<b>Healthy Greek Omelet</b>	<b>Lazy Person's Mexican Eggs</b>	<b>Pumpkin Spice Oatmeal</b>
<b>Lean Protein</b>	1 whole egg 3 egg whites 1 scoop vanilla whey protein	1 whole egg 3 egg whites ¼ cup feta cheese	1 whole egg 5 egg whites ¼ cup low-fat shredded cheese	1 scoop vanilla whey protein
<b>Starchy Carb</b>	¾ cup rolled oats			⅔ cup oatmeal
<b>Fibrous Carb</b>	½ apple, finely chopped	1 cup spinach	¼ cup salsa	½ can pumpkin
<b>Extra (Spices, etc.)</b>	Cinnamon	8 olives, pitted	Chili powder	Cinnamon, nutmeg, sweetener



## Lunch and Dinner Recipes

Meal Template	Muscle-Making Teriyaki Chicken Stir-fry	Simple Salmon Salad Sandwich	Tom's Baked Tilapia	Beefy Spanish Rice
<b>Lean Protein</b>	5-oz. chicken breast	6-oz. can salmon	Tilapia	12 oz. lean ground beef
<b>Starchy Carb</b>	¾ cup brown rice	2 100% whole-grain pitas	Sweet potato	2 cups long-grain brown rice (cooked)
<b>Fibrous Carb</b>	½ cup each chopped carrots, green pepper, mushrooms, onions	¼ cup finely chopped celery ½ cup finely chopped onion	Broccoli	15-oz. can diced tomatoes 2 tbsp. tomato paste 1 green bell pepper 1 large yellow onion
<b>Extra (Spices, etc.)</b>	Low-calorie teriyaki sauce	2 tbsp. lemon juice 1 tsp. ground black pepper	Season tilapia with olive oil, lemon juice, paprika, parsley, oregano, pinch of salt	Worchestershire sauce, thyme, garlic powder, black pepper
	(serves 1)	(serves 2)	(serves 1)	(serves 3)

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***BURN THE FAT, FEED THE MUSCLE* FREQUENCY GUIDELINES  
FOR CARDIO TRAINING**

**For maintenance, health, and fitness**

3–4 days per week

**For maximum fat loss**

5–7 days per week

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***BURN THE FAT, FEED THE MUSCLE* DURATION GUIDELINES  
FOR CARDIO TRAINING**

**For maintenance, health, and fitness**

20–30 minutes per session (moderate to intense)

**For maximum fat loss**

30–60 minutes per session (moderate)

20–30 minutes per session (intense)

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***BURN THE FAT, FEED THE MUSCLE* INTENSITY GUIDELINES  
FOR CARDIO TRAINING**

**Moderate**

**Moderately hard**

**Hard**

**Very hard (sprints)**

70%–75% of MHR

75%–80% of MHR

80%–85% of MHR

85%+ of MHR

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## RATING OF PERCEIVED EXERTION (RPE)

0 nothing (no work: sitting or lying)

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1 very, very light

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2 very light

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3 light

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4 moderate

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5 somewhat hard

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6 moderately hard

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7 hard

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8 very hard

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9 very, very hard

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10 maximal (all-out)

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## YOUR PERSONAL CARDIO PLAN

The ultimate cardio program is the one you design for yourself. This chapter has given you everything you need to create your own program, so that's exactly how we're going to wrap it up. All you have to do is choose the following cardio training variables and write them down in the 28-day-plan calendar:

1. Frequency (how many days per week)
2. Type of cardio (you can mix it up or stick with the same type every session)
3. Duration (how many minutes)
4. Intensity level (% of MHR or RPE)
5. Mode/resistance/speed (steady state or intervals; grade, resistance level, or speed)

Let me give you three examples for one week and then you can map out your plan for all four weeks:

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### BEGINNER CARDIO PLAN

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Treadmill walking	No cardio	Elliptical machine	No cardio	Walking	No cardio	No cardio
30 min.		30 min.		30 min.		
RPE 5		RPE 5		RPE 5		
Steady state		Steady state		Steady state		
5% grade		Level 5		5% grade		

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### TOM'S YEAR-ROUND FITNESS AND MAINTENANCE PLAN

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Lifecycle	No cardio	Stepmill	No cardio	Lifecycle	No cardio	Hiking/walk
24 min.		30 min.		24 min.		60+ min.
RPE 4/9		RPE 7		RPE 4/9		RPE 3
10 intervals		Steady state		10 intervals		Steady state
1 min./				1 min./		
1 min.				1 min.		

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### TOM'S COMPETITION FAT-LOSS PLAN

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Stationary cycle	StepMill	Stairclimber	Stationary cycle	StepMill	Stairclimber	No cardio
24 min.	30 min.	45 min.	24 min.	30 min.	45 min.	
RPE 4–9	RPE 8	RPE 7	RPE 4–9	RPE 8	RPE 7	
10 intervals	Steady state	Steady state	10 intervals	Steady state	Steady state	
1 min./			1 min./			
1 min.			1 min.			

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Now it's your turn: Go ahead and create your first plan. You can download additional free copies of the personal cardio planner at [www.BurnTheFatFeedTheMuscle.com](http://www.BurnTheFatFeedTheMuscle.com).

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## PERSONAL CARDIO PLANNER

**Mon.**

**Tues.**

**Wed.**

**Thurs.**

**Fri.**

**Sat.**

**Sun.**

Week 1

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Week 2

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Week 3

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Week 4

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Remember to do a progress check at the end of every week, including weight, body composition, and a visual assessment. Cardio programs are meant to be changeable and progressive. If you're not making the progress you want, then you'll increase the intensity, duration, or frequency.

Ultimately, you can always depend on the feedback loop method; let your results dictate your approach. If your fat loss is too slow, crank up the cardio. If you're hitting your weekly goals with only a few sessions a week, no increase is needed. In fact, unless you have a deadline looming, it's best to do the minimum necessary and save the extra cardio for the peaking cycle or for breaking plateaus later down the road. It's always good to have an ace in the hole, and cardio should be one of yours.



<b>Weight in Pounds</b>	<b>Reps</b>	<b>Progression Stage</b>
225	8	Start at low end of rep range
225	9	Increase by one rep
225	10	Increase by one rep
225	11	Increase by one rep
225	12	Achieved rep goal; increase weight
235	8	Drop back to low end of rep range
235	9	Increase by one rep
235	10	Increase by one rep
235	11	Increase by one rep
235	12	Achieved rep goal; increase weight
245	8	Drop back to low end of rep range

<b>Rep Category</b>	<b>Rep Range</b>	<b>Weight</b>	<b>Benefit</b>
<b>Low</b>	4–7	Heavy	Maximum strength
<b>Medium</b>	8–12	Moderate	Maximum muscle development, some strength
<b>High</b>	13–20	Light	Muscular endurance, metabolic conditioning, little strength

**Mon.**

**Tues.**

**Wed.**

**Thurs.**

**Fri.**

**Sat.**

**Sun.**

Full body  
weights

Off

Fully body  
weights

Off

Fully body  
weights

Off

Off

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## MUSCLE PRIMER PLAN EXERCISES

The exercises in the primer plan are so basic that they're self-explanatory or already familiar to people who have lifted weights before. However, any kind of free weights, even dumbbells, can be intimidating for a first timer, so I've listed the exercises below with a description of the form. I've put additional training information on the website for free. You can see photos of every exercise with more details and grab a quick-reference workout chart and log sheet at [www.BurnTheFatFeedTheMuscle.com](http://www.BurnTheFatFeedTheMuscle.com)

### **1. Dumbbell Split Squat (Thighs): 3 sets x 10-15 reps**

Holding a dumbbell in each hand, step forward into a lunge (split) position, with one leg in front and one leg in back. Squat down, lowering your back knee until it almost touches the floor. Stand back up, keeping a slight bend in your front leg so you maintain tension on your thighs.

### **2. Romanian Dead Lift with Dumbbells (Hamstrings/Lower Back): 3 sets x 10-15 reps**

Hold a dumbbell in each hand, with your palms facing your body (pronated). Stand up tall with your feet no wider than shoulder width apart. Slowly bend forward,

hinging at the waist. Keep your knees slightly bent and the dumbbells close to your body as you bend forward and lower the weights toward the floor. Keep your entire core tight and maintain a neutral back position, which means a flat back or slight arch in your lower back; do not round over your back. Return to the standing-straight-up starting position.

### **3. One-Arm Dumbbell Row (Upper Back): 3 sets x 10–15 reps**

Grab one dumbbell with your right hand and place your left hand on a bench, chair, or ledge for support. Step back with your right leg so you have a stable support base. From arm's length, pull the dumbbell up to your waist. Keep your palm facing your body and keep your head up and back flat throughout the exercise. Slowly lower the dumbbell back down until your arm is straight and you feel a stretch. Switch arms and repeat.

### **4. Dumbbell Bench Press (Chest): 3 sets x 10–15 reps**

Grab a set of dumbbells and lie on your back on a bench. Begin with the dumbbells at arm's length over your chest, palms facing toward your feet. Lower the dumbbells to the sides of your chest, then press them back up to the starting position. If you train at home and don't have a bench, you can substitute push-ups for the bench press. Since it's a body weight exercise, you can keep increasing your reps beyond 15 each week instead of adding weight.

### **5. Dumbbell Overhead Press (Shoulders): 3 sets x 10–15 reps**

Grab a set of dumbbells and sit on the edge of a bench or chair. Begin with the dumbbells at shoulder height with your palms facing away from your body. Press the dumbbells up until your arms are straight overhead. Slowly lower back to the starting position. You can also do this exercise standing.

## **6. Overhead Dumbbell Extension (Triceps): 3 sets x 10–15 reps**

Standing, or sitting on the edge of a chair, hold a single dumbbell between both hands, cupping the weight so one side of the bell rests in the palms of your hand. Start with the weight over your head and your arms fully extended. Lower the dumbbell behind your head by bending at the elbows. Push the dumbbell back over your head (extend) until your arms are straight again.

## **7. Dumbbell Curl (Biceps): 3 sets x 10–15 reps**

Standing with your feet shoulder width apart, or seated on the edge of a bench or chair, hold a dumbbell in each hand with your palms facing up. Curl both dumbbells up together to shoulder height. At the top of the movement, your palms should be facing upward. Hold the contraction briefly and squeeze the biceps, then slowly return the dumbbells to the starting position. Keep your torso vertical and avoid leaning backward.

## **8. Single Leg Calf Raise with Dumbbell (Calves): 3 sets x 15–20 reps**

Stand on the edge of a step, a block of wood, or a thick book with the ball of your right foot on the edge. Holding a dumbbell in your right hand, rise up on the ball of your foot as high as you can go. Drop your heel below the edge until you feel a slight stretch in your calf. Repeat for the desired number of reps; then, without stopping, switch to the left leg and repeat.

## **9. Plank (Abs/Core): 3 sets x 30–60 seconds**

Lie on your stomach on an exercise mat or carpeted surface. Prop your body up on your forearms and position your body in a straight line from head to feet. Hold the straight line position with your body several inches off the floor for 30 seconds. Increase your hold time by 10 seconds each week until you reach 1 minute per set (hold longer if you're an overachiever).

## **10. Crunches or Bicycle Crunches (Abs): 3 sets × 15–20 reps**

Lie flat on your back on a mat or soft surface with your knees bent and feet flat on the floor (or your heels on the edge of a bench or chair). Put your hands behind your head, touching your fingers to the back of your head. Raise your head, shoulders, and upper back off the floor in a curling motion, contracting your abdominals. To avoid neck strain, avoid pulling on the back of your head. To involve the oblique muscles on the side of the waist more heavily, perform the bicycle crunch variation, where you perform the crunch with a twist, touching your elbow to your opposite knee.

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## TNB-28 EXERCISE MENU

<b>Quads</b>	<b>Hamstrings</b>	<b>Back</b>	<b>Calves</b>	<b>Abs/Core</b>
BB squats	BB Romanian dead lift	Barbell rows	Standing calf raise	Plank
DB split squats	DB Romanian dead lift	Chin-ups	Seated calf raise	Side plank
Leg press	Lying leg curl	Lat pull-downs	DB single-leg calf raise	Reverse crunch
	Low back extension	One-arm DB row		Cable crunch
<b>Chest</b>	<b>Shoulders</b>	<b>Biceps</b>	<b>Triceps</b>	Hanging leg raise
BB bench press	BB shoulder press	Barbell curl	Tricep push-down	Leg raise/toes to sky
DB bench press	DB shoulder press	Incline dumbbell curl	BB lying triceps extension	Crunches
DB incline press	DB side-lateral raise	Dumbbell curl	DB overhead extension	Bicycle crunches
DB incline flyes	DB bent-over laterals			

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## THE WEEKLY WORKOUT SCHEDULE (FREQUENCY)

TNB-28 calls for four workouts per week:

**Day 1:** upper-body strength and muscle

**Day 2:** lower-body strength and muscle

**Day 3:** upper-body muscle

**Day 4:** lower-body muscle

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1. Upper-body strength/muscle	2. Lower-body strength/muscle	Off	3. Upper-body muscle	4. Lower-body muscle	Off	Off

This is an ideal weekly schedule for most people because it gives you an extra day of total rest from resistance training between the third and fourth day, which enhances overall recovery. It also leaves weekends open. This schedule has some room for flexibility. If you prefer, you can change the days of the week you train, moving workouts to the weekend or inserting an off day in between two training days.

### THREE-DAYS-PER-WEEK OPTION

If you're pressed for time, or if you feel you don't recover completely from four workouts a week, you can reduce this schedule to three workouts every seven days. You would simply train on any three nonconsecutive days per week, such as Monday, Wednesday, and Friday (or Tuesday, Thursday, Saturday). With a Monday-Wednesday-Friday schedule, you would do workout 1 on Monday, workout 2 on Wednesday, workout 3 on Friday, workout 4 on the following Monday, and then repeat the cycle.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1. Upper-body strength/muscle	Off	2. Lower-body strength/muscle	Off	3. Upper-body muscle	Off	Off

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
4. Lower-body muscle	Off	1. Upper-body strength/muscle	Off	2. Lower-body strength/muscle	Off	Off

# THE WORKOUT

## **Workout 1: Monday, upper-body strength/muscle**

- A.** Barbell rows: 4 sets  $\times$  4–7 reps, 120–150 seconds rest
- B.** Chin-ups: 3 sets  $\times$  8–12 reps, 90–120 seconds rest
- C.** Barbell bench press: 4 sets  $\times$  4–7 reps, 120–150 seconds rest
- D.** Incline dumbbell press: 3  $\times$  8–12 reps, 90–120 seconds rest
- E.** Barbell shoulder press, seated: 3 sets  $\times$  4–7 reps, 90–120 seconds rest
- F.** Dumbbell lateral raise, seated: 3 sets  $\times$  8–12 reps, 60–90 seconds rest
- G1.** Lying triceps extension: 3 sets  $\times$  8–12 reps, 0 seconds rest (superset)
- G2.** Barbell curls: 3 sets  $\times$  8–12 reps, 60–90 seconds rest

## **Workout 2: Tuesday, lower-body and abs, strength/muscle**

- A.** Barbell squat: 4 sets  $\times$  4–7 reps, 120–150 seconds rest
- B.** Dumbbell split squat (static lunge): 3 sets  $\times$  8–12 reps, 90–120 seconds rest
- C.** Barbell Romanian dead lift: 4 sets  $\times$  8–12 reps, 120–150 seconds rest
- D.** Lying leg curl machine: 3 sets  $\times$  4–7 reps, 90–120 seconds rest
- E.** Seated calf raise: 3  $\times$  15–20 reps, 60–90 seconds rest
- F1.** Hanging leg raise: 2–3  $\times$  10–15 reps, 0 seconds rest (superset)
- F2.** Reverse crunch: 3 sets  $\times$  15–20 reps, 60 seconds rest
- G.** Plank: 3 sets  $\times$  30–60 seconds, 60 seconds rest

**Workout 3: Thursday, upper body, muscle**

- A.** Barbell row: 3 sets × 8–12 reps, 1 set × 15–20 reps, 60–90 seconds rest
- B.** Lat pull-downs: 3 sets × 8–12 reps, 60–90 seconds
- C.** Barbell bench press: 3 sets × 8–12 reps, 60–90 seconds rest
- D.** Incline dumbbell flies: 3 sets × 8–12 reps, 60–90 seconds rest
- E1.** Dumbbell shoulder press: 3 sets × 8–12 reps, 60–90 seconds rest
- E2.** Bent-over dumbbell lateral raises: 3 sets × 8–12 reps, 60–90 seconds rest
- F1.** Triceps push-down (cable): 3 sets × 8–12 reps, 0 seconds rest (superset)
- F2.** Incline dumbbell curls: 3 sets × 8–12 reps, 60–90 seconds rest

**Workout 4: Saturday, lower body, abs, muscle**

- A.** Barbell squat: 3 sets × 8–12 reps, 1 set × 15–20 reps, 90–120 seconds rest
- B.** Leg press: 3 sets × 8–12 reps, 1 set × 15–20 reps, 60–90 seconds rest
- C.** Leg curl: 3 sets × 8–12 reps, 60–90 seconds rest
- D.** Low back extension: 3 sets × 8–12 reps, 60–90 seconds rest
- E.** Standing calf raise: 3 sets × 15–20 reps, 60–90 seconds rest
- F1.** Kneeling cable crunch: 3 sets × 15–20 reps, 0 seconds rest (superset)
- F2.** Lying leg raise/toes to sky: 3 sets × 15–20 reps, 60 seconds rest
- G.** Side plank: 3 sets × 30–60 seconds, 60 seconds rest

to increase the lean protein and healthy fat portions to prevent your calories from dropping too low.

Here's what the meal template looks like:

**Step 1:** Choose a lean protein for every meal.

**Step 2:** Choose a fibrous carb for every meal.

**Step 3:** Add in a small portion of starchy carbs or remove completely.

**Step 4:** Add healthy fats as needed to reach your daily macronutrient goal.

A typical daily meal plan template looks like this:

<b>Meal 1</b>	Lean protein
<b>Time:</b>	Fibrous carb (or fruit) Starchy carb (full serving)
<b>Meal 2</b>	Lean protein
<b>Time:</b>	Fibrous carb Starchy carb (full serving)
<b>Meal 3</b>	Lean protein
<b>Time:</b>	Fibrous carb Starchy carb (small serving or none)
<b>Meal 4</b>	Lean protein
<b>Time:</b>	Fibrous carb
<b>Meal 5</b>	Lean protein
<b>Time:</b>	Fibrous carb

Here's an example of an accelerated fat-loss daily meal plan for men and women, based on the previous template:

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## ACCELERATED FAT LOSS SAMPLE DAILY MEAL PLAN (Men)

		Qty.
<b>Meal 1</b>	Scrambled eggs/omelet (2 whole, 3 whites)	5
	Old-fashioned rolled oatmeal	¾ cup
	Spinach	1 cup
	Mushrooms	½ cup
<b>Meal 2</b>	Vanilla whey protein	2 scoops
	Old-fashioned rolled oatmeal	¾ cup
	Grapefruit	1 large
<b>Meal 3</b>	Chicken breast	6 oz.
	Baked potato	8 oz.
	Green salad with cucumber and tomato	3 cups
	Olive oil and balsamic dressing	2 tbsp.
<b>Meal 4</b>	Salmon	6 oz.
	Asparagus	8 oz.
<b>Meal 5</b>	Lean beef, top round	6 oz.
	Broccoli	2 cups

Total: 2,100 calories; 218 grams protein, 197 grams carbs, 52 grams fat

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## ACCELERATED FAT LOSS SAMPLE DAILY MEAL PLAN (Women)

		Qty.
<b>Meal 1</b>	Scrambled eggs/omelet (1 whole, 3 whites)	4
	Old-fashioned rolled oatmeal	⅔ cup
	Spinach	1 cup
	Mushrooms	½ cup
<b>Meal 2</b>	Vanilla whey protein	1½ scoops
	Old-fashioned rolled oatmeal	⅔ cup
<b>Meal 3</b>	Chicken breast	4 oz.
	Baked potato	6 oz.
	Green salad with cucumber and tomato	3 cups
	Olive oil and balsamic dressing	2 tbsp.
<b>Meal 4</b>	Salmon	5 oz.
	Asparagus	5 oz.
<b>Meal 5</b>	Lean beef, top round	5 oz.
	Broccoli	1½ cups

Total: 1,569 calories; 158 grams protein, 138 grams carbs, 41 grams fat

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### CARB CYCLING SCHEDULE FOR AN AVERAGE MALE

Low-Carb Day (2,000 calories)		High-Carb Day (2,800 calories)	
Protein	250 g.	Protein	245 g.
Carbs	150 g.	Carbs	350 g.
Fat	44 g.	Fat	46 g.

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### CARB CYCLING SCHEDULE FOR AN AVERAGE FEMALE

Low-Carb Day (1,500 calories)		High-Carb Day (2,100 calories)	
Protein	168 g.	Protein	157 g.
Carbs	112 g.	Carbs	262 g.
Fat	42 g.	Fat	46 g.

**APPENDIX**

**EXTRA TOOLS**



## BURN THE FAT, FEED THE MUSCLE PROGRESS CHART\*

Week	Date	Sum of Skinfolds (mm.)†	Body Fat Percentage	Body Weight	Pounds of Body Fat	Pounds of Lean Body Mass (LBM)	Weekly LBM Change	Weekly Body Fat Change	Weekly Weight Change	Total Weight Change To Date
Start (Baseline)										
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										
Week 9										
Week 10										
Week 11										
Week 12										

\*Download free interactive Excel spreadsheet versions of this progress chart at [www.BurnTheFatFeedTheMuscle.com](http://www.BurnTheFatFeedTheMuscle.com).

†If you use an accumeasure, there is only one skinfold, the iliac crest (hip bone) site. If you use a multi-site test, add up the total of each skinfold and log the sum in your chart. If you don't use skinfolds as your body-fat-testing method, you can leave the skinfold column blank.

## **BURN THE FAT, FEED THE MUSCLE GOAL-SETTING WORKSHEET**

**Your long-term ideal body goal.** What does your ultimate ideal body look like? Don't hold back: Think big. You may want to use another person's physique for inspiration. If so, who is your role model?

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**Your one-year goals.** What is your body weight and body composition goal for 12 months from now? What are some fitness, strength, performance, and lifestyle change goals you want to achieve during that year?

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**Your three-month goal.** What is your body weight and body composition goal for three months from now? (This is your "focus-priority" goal and the one you'll also put on a goal card and carry with you at all times, reading it as often as possible.)

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**Your one-month goals.** What is your schedule for the next 28-day training block? What are your cardio and resistance training goals for this four-week period?

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**Weekly goals.** What is your weekly body weight and body composition goal? What will be your official weigh-in and body-fat-testing day every week? How will you measure?

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**Daily goals.** What are the most important behaviors you must develop into habits and repeat every day to reach all your fitness and body composition goals?

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**Personal record (PR) goals.** What lifetime personal best records for performance, fitness, and physical condition do you want to achieve?

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### THE GOAL-ACHIEVING FORMULA CHECKLIST

- Are your goals specific?
- Are your goals measurable?
- Have you set your goals big enough? (You're not selling yourself short, are you?)
- Have you set realistic deadlines for all your goals?
- Have you written your goals in the form of present-tense, personal, positive affirmations?
- Have you prioritized your most important goal and made sure it doesn't conflict with other goals?
- Do you have a goal card with your number one goal written on it?
- Do you know the emotional reasons why you want to achieve your goals?
- Are you visualizing your goals as already achieved?
- Are you writing, reading, and visualizing your goals with faith and belief?
- Do you reward yourself when you achieve big goals?
- Do you update and rewrite your goals constantly?
- Are you keeping a list of achieved goals to revisit past successes for motivation?

To download printable copies of this goal-setting worksheet, visit [www.BurnTheFatFeedTheMuscle.com](http://www.BurnTheFatFeedTheMuscle.com).

## CALORIE WORKSHEET

### The Averages Method

Use this method if you want a ballpark estimate and you don't want to do *any* math. Use the lower end of the ranges if you are small-framed and/or inactive. Use the high end of the ranges if you are large-framed and/or active. (These numbers are based on the average man or woman. If your body size or activity levels are much higher than average, use one of the other methods).

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#### AVERAGE DAILY CALORIE INTAKES FOR FAT LOSS

Men	2,100–2,500 calories
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Women	1,400–1,800 calories
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#### AVERAGE DAILY CALORIE INTAKES FOR MAINTENANCE

Men	2,700–2,900 calories
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Women	2,000–2,200 calories
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#### YOUR CUSTOMIZED DAILY CALORIE GOAL

Fat Loss
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Maintenance
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### The Quick Method

Use this method if you want a customized estimate with one quick calculation. Use the lower number if you're lightly active, the middle number for moderately active, and the higher number for very active. The formula is based on body weight, so it's the same for men and women.

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#### DAILY CALORIE INTAKE FOR FAT LOSS

Fat Loss	11–13 calories per pound of body weight
Maintenance	14–16 calories per pound of body weight

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#### YOUR CUSTOMIZED DAILY CALORIE GOAL

Fat Loss
Maintenance

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### The Harris/Benedict and Katch/McArdle Formulas

Use this four-step method if you want the most accurate estimate of your ideal calorie needs based on body size and activity level and you don't mind crunching a few numbers. If you don't know your lean body mass, use the Harris/Benedict equation to calculate your BMR.

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#### STEP 1: CALCULATE YOUR BASAL METABOLIC RATE (BMR). OPTION (A): HARRIS/BENEDICT EQUATION

Men	$BMR = (13.7 \times \text{weight in kg.}) + (5 \times \text{height in cm.}) - (6.8 \times \text{age})$
Women	$BMR = 655 + (9.6 \times \text{weight in kg.}) + (1.8 \times \text{height in cm.}) - (4.7 \times \text{age})$
Your Basal Metabolic Rate (BMR)	

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## APPENDIX

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### STEP 1: CALCULATE YOUR BASAL METABOLIC RATE (BMR). OPTION (B): KATCH/MCARDLE EQUATION

Men and Women       $BMR = 370 + (21.6 \times \text{lean mass in kg.})$

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Your Basal Metabolic  
Rate (BMR)

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### STEP 2: CHOOSE YOUR ACTIVITY LEVEL (MULTIPLIER).

Activity Level	Multiplier	Description
<b>Sedentary</b>	$BMR \times 1.2$	Little or no exercise, desk job
<b>Lightly Active</b>	$BMR \times 1.375$	Light exercise or sports 3–5 days/week
<b>Moderately Active</b>	$BMR \times 1.55$	Moderate exercise or sports 3–5 days/week
<b>Very Active</b>	$BMR \times 1.725$	Hard exercise or sports 6–7 days/week
<b>Extremely Active</b>	$BMR \times 1.9$	Hard daily exercise or sports and physical labor job or twice-a-day training (football camp, etc.)

**Your Activity  
Multiplier:**

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### STEP 3: CALCULATE YOUR MAINTENANCE LEVEL (TDEE).

**BMR**                       $\times$  your activity                      = TDEE (maintenance level)  
multiplier

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### STEP 4: CHOOSE A CALORIE DEFICIT AND CALCULATE YOUR IDEAL CALORIE INTAKE FOR FAT LOSS.

Your	Very	Conservative	Moderate	Very	Other Deficit
Maintenance	Conservative	Deficit (TDEE	Deficit (TDEE	Aggressive	_____ %
Level (TDEE)	Deficit (TDEE	20%)	25%)	Deficit (TDEE	
	15%)			30%)	

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## CALORIE AND MACRONUTRIENT QUICK REFERENCE CHARTS

### Lean Proteins

Food Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)
Beef, ground, 90% lean	4 oz, raw	199	22.7	0	11.3
Beef, top sirloin, lean	4 oz, raw	144	34.4	0	9.1
Beef, top round	4 oz, raw	146	26.1	0	3.8
Chicken breast, skinless, 99% fat free	4 oz, raw	120	26	0	1.0
Egg, whole	1 large	70	6.3	0.4	4.0
Egg, white	1 large	17	3.6	0.2	0
Fish, tuna, chunk light in water	4 oz	120	26	0	1.0
Fish, salmon, Atlantic	4 oz, raw	206	28.8	0	9.2
Fish, sardines (herring)	1 can (3.2 oz)	150	19	0	8.0
Fish, cod	4 oz, raw	88	20.2	0	0.8
Fish, tilapia	4 oz, raw	110	23	0	2.0
Lobster	4 oz, raw	102	21.3	0.6	1.0
Protein powder, whey	1 scoop (31g)	110	24	2	1.0
Shrimp	4 oz	120	23	1	2.0
Turkey, ground, 99% lean	4 oz, raw	120	0	0	1.0
Turkey breast, skinless	4 oz, raw	178	33.9	0	3.7

## APPENDIX

### Fruit

Food Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)
Apple	1 med (5.4 oz)	80	0	21	0
Applesauce, natural	1 cup (8.6 oz)	100	0	26	0
Banana	1 med (4.4 oz)	110	1.0	29	0
Blueberries	1 cup (5.1 oz)	82	1.0	20.4	0.6
Cantaloupe	½ med (9.5 oz)	94	2.3	22.3	0.7
Grapefruit	1.2 lg (4.7 oz)	53	1.1	13.4	0.2
Grapes (seedless)	20 (3.4 oz)	72	0.6	17.8	0.2
Nectarine	1 med (4.9 oz)	67	1.3	16	0
Orange	1 med (5 oz)	65	1.0	16.3	0.3
Peach	1 med (5.3 oz)	59	1.0	15	0
Pear	1 med (5.9 oz)	100	1.0	26	1
Pineapple	1 cup (5.8 oz)	82	1	22	0
Plum	1 med (2.3 oz)	30	0	8	0
Raspberries	1 cup (4.3 oz)	60	1.0	15	1
Strawberries	1 cup (5.4 oz)	46	1.0	10.6	0
Watermelon (diced)	1 cup (5.4 oz)	50	1.0	11.4	0.6



**Dairy Products**

<b>Food Item</b>	<b>Quantity</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fat (g)</b>
Cheese, American, nonfat	2 slices (2 oz)	60	10	4	0
Cheese, feta, low-fat	½ cup (2 oz)	120	12	0	8
Cottage cheese, 1% low-fat	½ cup (4 oz)	100	17.5	5	1.3
Cottage cheese, nonfat	½ cup (4 oz)	100	16.2	7.5	0
Cream cheese, nonfat	2 tbsp (3 oz)	30	16	4	2
Milk, skim	1 cup (8 fl oz)	90	8	12	0
Milk, 1% low-fat	1 cup (8 fl oz)	100	8	11	2
Sour cream, nonfat	2 tbsp (1.1 oz)	25	2	4	0
Yogurt, fruit, 1% low-fat	1 (8 oz)	250	9	50	2
Yogurt, nonfat	1 (8 oz)	100	8	17	0
Yogurt, Greek, plain	1 (6 oz)	120	18	7	0
Yogurt, Greek, vanilla	1 (6 oz)	120	16	13	0
Yogurt, Greek, with fruit	1 (8 oz)	160	19	14	3

## APPENDIX

### Complex Carbs (Starchy)

Food Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)
Beans, black	½ cup (4.6 oz)	100	7	20	0.5
Beans, garbanzo (chickpeas)	½ cup (4.6 oz)	110	7	19	1.5
Black-eye peas	½ cup (4.6 oz)	90	6	16	1
Bread, whole wheat	1 slice (1 oz)	100	5	20	1.5
Bread, sprouted (Ezekiel)	1 slice (1.2 oz)	80	4	14	0.5
Corn	½ cup (5.4 oz)	90	2	18	1
Lentils	¼ cup	150	10	27	1
Oatmeal, rolled, old-fashioned	½ cup (1.4 oz)	150	5	27	3
Oatmeal, steel-cut	¼ cup (1.4 oz)	150	5	27	2.5
Pasta, whole grain spelt	2 oz	190	8	40	1.5
Pasta, whole wheat	1 oz	105	4.5	20	1
Peas	½ cup (2.8 oz)	60	4	11	0
Pita, whole wheat	1 lg (2.1 oz)	145	6	27	1.5
Potato, white	1 lg (8 oz)	210	4.4	49	0.2
Pumpkin	1 can (15 oz)	175	3.5	35	0
Rice, long-grain brown	1 cup (6.9 oz)	216	5	44.8	1.8
Shredded Wheat	1 cup (1.7 oz)	170	6	40	1
Sweet potato	1 med (6 oz)	136	2.1	31.6	0.4
Quinoa	¼ cup (6 oz)	156	6	27.3	2.6
Yam	5 oz	167	2.2	39.5	0.2

**Complex Carbs (Fibrous)**

<b>Food Item</b>	<b>Quantity</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Fat (g)</b>
Asparagus	10 7" spears (6.6 oz)	40	4	8	0
Broccoli	1 cup (3.2 oz)	30	2	4	0
Brussel sprouts	1 cup (3.1 oz)	38	3	7.3	0.1
Cabbage	1 cup chopped (3 oz)	21	1	5	0
Carrots	1 large (2.8 oz)	31	0.7	7.3	0.1
Cauliflower	1 cup (3.5 oz)	25	2	5	0
Celery	7.5" stalk (1.6 oz)	6	0.3	1.5	0.1
Collard greens	2 cups (2.8 oz)	22	2.1	4.3	0
Cucumber	1 small (6 oz)	20	2	4	0
Eggplant	1 cup (3 oz)	22	0.8	5	0.2
Green beans	1 cup (4 oz)	33	2.6	8	0
Kale	1 cup (2.4 oz)	34	2.2	6.8	1.4
Lettuce, Romaine	3 cups (6 oz)	30	2	6	0
Mushrooms	1 cup (2.4 oz)	18	2	2	0.4
Onion	½ cup (2.6 oz)	30	0.9	6.9	0.1
Pepper, green or red	½ cup (4.2 oz)	20	0.7	4.8	0.1
Salsa	4 tbsp (4 oz)	20	0	5	0
Spinach	3 cups (3 oz)	20	2	3	0
Tomato	1 med (5.2 oz)	25	1	6	0
Zucchini (summer squash)	1 cup (3 oz)	16	1.4	3.2	0.2

## APPENDIX

### Fats

Food Item	Quantity	Calories	Protein (g)	Carbs (g)	Fat (g)
Almonds	1 oz	160	7	6	14
Avocado	1 med (3.5 oz)	161	2	8.5	14.5
Coconut (shredded)	½ cup (1.4 oz)	141	1.3	6.1	13.4
Coconut oil	1 tbsp (0.5 oz)	120	0	0	14
Fish oil (supplement)	5 soft gels (5 g)	50	0	0	5
Flaxseed oil (supplement)	1 tbsp (0.6 oz)	130	0	0	13.3
Olives, black, pitted	10 medium (1 oz)	50	0	2	4
Olive oil, extra virgin	1 tbsp (0.5 fl oz)	120	0	0	13.6
Peanut butter, natural	1 tbsp (0.6 oz)	95	4	3	8.5
Salad dressing (olive oil and vinegar)	1 tbsp	75	0	0.5	8
Salad dressing (light balsamic)	2 tbsp (1 oz)	45	0	2	4
Udo's essential oil blend	1 tbsp (0.6 oz)	134	0	0	14.2
Walnuts	¼ cup (1.1 oz)	190	7	3	18

## GRAMS OF FAT DAILY FOR 15% TO 30% MACRONUTRIENT RATIOS

Calories	15% Fat	20% Fat	25% Fat	30% Fat
1,200	20.0	26.7	33.3	40.0
1,300	21.7	28.9	36.1	43.3
1,400	23.3	31.1	38.9	46.7
1,500	25.0	33.3	41.7	50.0
1,600	26.7	35.6	44.4	53.3
1,700	28.3	37.8	47.2	56.7
1,800	30.0	40.0	50.0	60.0
1,900	31.7	42.2	52.8	63.3
2,000	33.3	44.4	55.6	66.7
2,100	35.0	46.7	58.3	70.0
2,200	36.7	48.9	61.1	73.3
2,300	38.3	51.1	63.9	76.7
2,400	40.0	53.3	66.7	80.0
2,500	41.7	55.6	69.4	83.3
2,600	43.3	57.8	72.2	86.7
2,700	45.0	60.0	75.0	90.0
2,800	46.7	62.2	77.8	93.3
2,900	48.3	64.4	80.6	96.7
3,000	50.0	66.7	83.3	100.0
3,100	51.7	68.9	86.1	103.3
3,200	53.3	71.1	88.9	106.7
3,300	55.0	73.3	91.7	110.0
3,400	56.7	75.6	94.4	113.3
3,500	58.3	77.8	97.2	116.7
3,600	60.0	80.0	100.0	120.0
3,700	61.7	82.2	102.8	123.3
3,800	63.3	84.4	105.6	126.7
3,900	65.0	86.7	108.3	130.0
4,000	66.7	88.9	111.1	133.3

**APPENDIX****GRAMS OF PROTEIN DAILY FOR  
30% TO 45% MACRONUTRIENT RATIOS**

<b>Calories</b>	<b>30% Protein</b>	<b>35% Protein</b>	<b>40% Protein</b>	<b>45% Protein</b>
1,200	90.0	105.0	120.0	135.0
1,300	97.5	113.8	130.0	146.3
1,400	105.0	122.5	140.0	157.5
1,500	112.5	131.3	150.0	168.8
1,600	120.0	140.0	160.0	180.0
1,700	127.5	148.8	170.0	191.3
1,800	135.0	157.5	180.0	202.5
1,900	142.5	166.3	190.0	213.8
2,000	150.0	175.0	200.0	225.0
2,100	157.5	183.8	210.0	236.3
2,200	165.0	192.5	220.0	247.5
2,300	172.5	201.3	230.0	258.8
2,400	180.0	210.0	240.0	270.0
2,500	187.5	218.8	250.0	281.3
2,600	195.0	227.5	260.0	292.5
2,700	202.5	236.3	270.0	303.8
2,800	210.0	245.0	280.0	315.0
2,900	217.5	253.8	290.0	326.3
3,000	225.0	262.5	300.0	337.5
3,100	232.5	271.3	310.0	348.8
3,200	240.0	280.0	320.0	360.0
3,300	247.5	288.8	330.0	371.3
3,400	255.0	297.5	340.0	382.5
3,500	262.5	306.3	350.0	393.8
3,600	270.0	315.0	360.0	405.0
3,700	277.5	323.8	370.0	416.3
3,800	285.0	332.5	380.0	427.5
3,900	292.5	341.3	390.0	438.8
4,000	300.0	350.0	400.0	450.0

**GRAMS OF CARBS DAILY FOR  
25% TO 50% MACRONUTRIENT RATIOS**

Calories	25% Carbs	30% Carbs	35% Carbs	40% Carbs	45% Carbs	50% Carbs
1,200	75.0	90.0	105.0	120.0	120.0	150.0
1,300	81.3	97.5	113.8	130.0	146.3	162.5
1,400	87.5	105.0	122.5	140.0	157.5	175.0
1,500	93.8	112.5	131.3	150.0	168.8	187.5
1,600	100.0	120.0	140.0	160.0	180.0	200.0
1,700	106.3	127.5	148.8	170.0	191.3	212.5
1,800	112.5	135.0	157.5	180.0	202.5	225.0
1,900	118.8	142.5	166.3	190.0	231.8	237.5
2,000	125.0	150.0	175.0	200.0	225.0	250.0
2,100	131.3	157.5	183.8	210.0	236.3	262.5
2,200	137.5	165.0	192.5	220.0	247.5	275.0
2,300	143.8	172.5	201.3	230.0	258.8	287.5
2,400	150.0	180.0	210.0	240.0	270.0	300.0
2,500	156.3	187.5	218.8	250.0	281.3	312.5
2,600	162.5	195.0	227.5	260.0	292.5	325.0
2,700	168.8	202.5	236.3	270.0	303.8	337.5
2,800	175.0	210.0	245.0	280.0	315.0	350.0
2,900	181.3	217.5	253.8	290.0	236.3	362.5
3,000	187.5	225.0	262.5	300.0	337.5	375.0
3,100	193.8	232.5	271.3	310.0	348.8	387.5
3,200	200.0	240.0	280.0	320.0	360.0	400.0
3,300	206.3	247.5	288.8	330.0	371.3	412.5
3,400	212.5	255.0	297.5	340.0	382.5	425.0
3,500	218.8	262.5	306.3	350.0	393.8	437.5
3,600	225.0	270.0	315.0	360.0	405.0	450.0
3,700	231.3	277.5	323.8	370.0	416.3	462.5
3,800	237.5	285.0	332.5	380.0	427.5	475.0
3,900	243.8	292.5	341.3	390.0	438.8	487.5
4,000	250.0	300.0	350.0	400.0	450.0	500.0

## ONLINE RESOURCES

Get all the free tools, exercise demos, worksheets, and downloads for the *Burn the Fat, Feed the Muscle* book at:

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