



CALIATHLETICS

NUTRITION GUIDE

INTRODUCING TO NUTRITION

MY EXPERIENCE

As a skinny guy I've always had trouble gaining weight. Many people don't see it as a problem ("What so hard about eating?" "You're so lucky man ! I would love to eat and not put on weight").

I wish I could be one of them, putting on weight easily, with few calories, having huge appetite all the time.

The reality however is different.

Before my transformation, I was consuming around 1500 calories a day and my daily nutrition was as follows:

MEAL 1

1 Bread slice (25g) with ham 20g +/- 150 kcal

MEAL 2

Snack chocolate bar +/- 250 kcal

MEAL 3

Soup with rice +/- 200 kcal

MEAL 4

Potatoes 150g and chicken 100g +/- 350 kcal

MEAL 5

Cottage cheese 200g +/- 190 kcal

MEAL 6

Snack Chips 50g +/- 250 kcal

IN TOTAL : 1390 KCAL

As you can see this was below my caloric needs, but you know what? I felt really good on so few calories, even though I was a fairly active person. I've always been convinced that I eat a lot, and when I added one more big meal on top of all that, I could not understand why I was still not gaining any weight. I've decided to make some research and that's when my journey started. Despite not doing any calisthenics yet, I was reading a lot about nutrition and found out that I must calculate my caloric needs and in order to put on weight I must consume more than my caloric needs are (sounds simple, but I'll get to proper, in detail explanation in a moment). The results of said research were soon to become the hardest part of my journey. According to the calculations, I should consume 3300-3500 calories a day, which basically was twice as much to what I've been used to this entire time. If you are in the same boat as me, fret not! It all can be done. Just don't jump on it straight away. Do not increase the calories drastically, let your organism adapt step by step, 200 to 300 calories every 3 days. The story for both bulking and cutting is similar. It all boils down to single key word: adaptation. Everything can be achieved with proper approach, no matter how intimidating the final goal might initially seem.

COMPOSE YOUR DIET PLAN STEP BY STEP

STEP 1 ESTIMATE YOUR CALORIC NEEDS

The very first step to prepare the diet that will help achieve your goals is to estimate your caloric needs.

Below, you will find in my opinion the most accurate formula, one that I personally use (for males)

1) **BMR (BASAL METABOLIC RATE)** is the amount of energy expended while at rest in a neutral thermal environment. In shortcut: How many calories you need to maintain bodyweight without any activity (of course not including basic functions, such as breathing etc.)

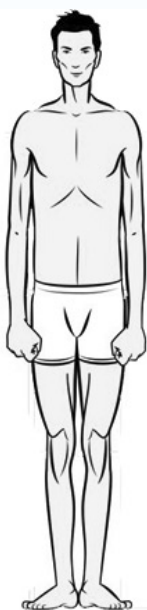
$$9,99 \times \text{WEIGHT} + 6,25 \times \text{HEIGHT} - 4,92 \times \text{AGE} + 5 = \text{BMR}$$

EXAMPLE:

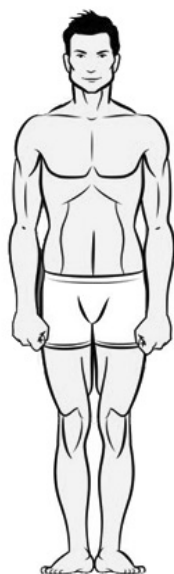
Marc is 21 years old, 180 cm height, 75 kg bodyweight

$$9,99 \times 75 + 6,25 \times 180 - 4,92 \times 21 + 5 = 1775 \text{ kcal}$$

2) FIND OUT WHAT YOUR BODY TYPE IS



ECTOMORPH



MESOMORPH



ENDOMORPH

CHOOSE THE BODY YOU REPRESENT
AND ADD CALORIES ACCORDINGLY:

ECTOMORPH
700 - 900 KCAL

MESOMORPH
400 - 500 KCAL

ENDOMORPH
400 - 500 KCAL

LET'S SAY MARC IS ECTOMORPH
1775 KCAL + 800 KCAL = 2575 KCAL

3) ADDITIONAL SPORT ACTIVITY Caloric requirements raise with every additional activity. Below you will find some useful data to help with your estimations.

CALISTHENICS/GYM WORKOUT

HIGH INTENSITY / **12 KCAL / MIN**
MEDIUM INTENSITY / **10 KCAL / MIN**
DECENT INTENSITY / **8 KCAL / MIN**

AEROBIC TRAINING

HR < 120/MIN **3-5 KCAL**
HR 120 - 160/MIN **7-10 KCAL**
HR > 160/MIN **10-12 KCAL**

OUR MARC DOES **4x** A WEEK **40 MIN** OF HIGH INTENSITY CALISTHENICS WORKOUT + **2x** A WEEK CARDIO **20 MIN HR 120**

$$4 \times 40 \times 12 \text{ KCAL} + 2 \times 20 \times 5 \text{ KCAL} = 2120 \text{ KCAL / A WEEK}$$

This is the amount Marc burns on his workouts **a week**, remember about it.

NOW, TO RECEIVE THE AMOUNT OF CALORIES BURNT ON A DAILY BASIS, WE MUST DIVIDE IT BY 7, WHICH GIVES ROUGHLY 302 KCAL .

$$\frac{2120 \text{ KCAL}}{7 \text{ DAYS}} = 302 \text{ KCAL}$$

$$1775 \text{ KCAL (BMR)} + 800 \text{ KCAL (BODY TYPE)} + 302 \text{ KCAL} = 2877 \text{ KCAL}$$

4) THERMOGENESIS OF FOOD in simple terms, this is caloric cost of digesting and processing food.

Keep in mind that every macronutrient has a different TOF. For calculations however, we will use the average 10%

$$10\% \text{ OF } 2877 \text{ KCAL} = 288 \text{ KCAL}$$

$$2877 \text{ KCAL} + 288 \text{ KCAL} = 3165 \text{ KCAL}$$

THIS IS THE FINAL DAILY CALORIC INTAKE FOR MARC TO MAINTAIN HIS BODYWEIGHT.

STEP 2 GAIN MUSCLES OR LOOSE BODY FAT

To move further, you now have to decide whether your goal is to gain muscle mass or reduce body fat.

If you happen to have a little extra around your chest, arms, legs but instead of just getting rid of it you also want to build muscle mass — I'd advise you to focus on building mass. Why? As a beginner you have huge potential in building muscle mass that you should use! Eventually you will burn fat anyway, but as you start working out, you will see the most results. Why not make the best out of this initial period then?

Another interesting thing is that I know many people who have decided to transform their body and started running or just by being on caloric deficit. In the end, some of them were still not entirely happy with their looks, as in the process they didn't build visible muscles.

To conclude, if your body fat is below 20%, I'd say you go for caloric surplus instead of deficit, unless you feel super bad about your weight, or it hinders your performance while exercising. This is my recommendation, but ultimately, the choice is yours. Think about the goals you want to achieve, and decide what's best for you.

GAIN MUSCLES

The idea is simple; it all boils down to simple maths.

CALORIES IN > CALORIES OUT

That means you simply have to consume more calories than you burn. in short: eat A LOT. The problem is many people think that they eat enough, but in actual fact they are still below their caloric needs.

More specifically: if you want to develop muscle mass, add to your caloric intake extra 200-500 kcal a day.

FOR EXAMPLE: **3000 KCAL (YOUR DAILY CALORIC NEEDS) + 400 KCAL = 3400 KCAL**

LOSING BODY FAT

Similar, except reversed principle applies to losing fat. It's simply down to burning more calories than you consume. In order to achieve it, you can either eat less or add physical activity into your daily routine. At first I would recommend that your daily deficit does not exceed 200-500 kcal. Do not rush it from the very beginning.

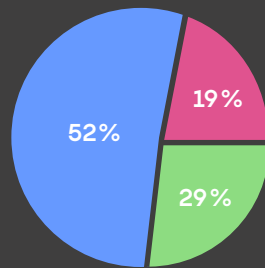
FOR EXAMPLE: **2500 (YOUR DAILY CALORIC NEEDS) - 400 KCAL = 2100 KCAL**

PRETTY SIMPLE, HUH?

YES, ACTUALLY IT IS. JUST REMEMBER TO BE PERSISTENT.

STEP 3 MACRONUTRIENTS

MACROELEMENTS



CARBOHYDRATES 423 G

PROTEINS 146 G

FATS 99 G

CARBOHYDRATES:

Carbohydrates are great and vital source of energy, especially for active person. Glucose is particularly important for proper brain function, and that's why all diets, even the ketogenic diet includes at least 40g of Carbohydrates. If you're an active person, I recommend carbs to constitute 50-60% of your diet.



RECOMMENDED SOURCES:

- Rice, Pasta, Potatoes, kasha, noodles
- Oats, Millet flakes, barley flakes,
- Flattened rice, corn flakes, flour
- Bread, bread rolls, bagels
- Fruits, dried fruits, juices
- Vegetables

PROTEINS:

They necessary for maintaining and building muscle mass. Proteins are also very helpful for guys while reducing body fat, because of it's high thermogenesis effect. Diet with high focus on protein is especially helpful while trying to shred body fat due to it's high thermogenesis effect (in other words, your body needs more energy to digest proteins - which means you are burning calories without doing anything), while at the same time helping you to retain as much muscle mass as possible. For an active person recommended protein intake ranges from 1.5g to 2.0g per kg of bodyweight which gives us around 15-20% of the caloric intake. Guys, believe me, more protein is not necessary if you want to build muscle mass, as it will not be synthesized anyway. For those who will be on caloric deficit I recommend increasing proteins intake up to 30%.



RECOMMENDED SOURCES:

- White and red meat (chicken, turkey, lamb, beef, pork)
- Fishes (salmon, tuna, mackerel, etc.)
- Eggs
- Dairy products (milk, yoghurt, cheese, cottage cheese, etc.)
- Nuts
- Seafood

FATS:

Fats are incredibly important nutrient for proper functioning of our hormone system, which is crucial thing to remember about, especially for any woman. I recommend Fats to constitute 25-35% of your diet. Keep in mind that 1g of fat delivers 9 calories. It can come in handy if you struggle with supplying your body with enough calories. As much as word fats may have rather unpleasant overtones, there is nothing to be afraid of. Fats do not equal body fat. Body fat is the effect of consuming too many calories. Just remember to try to steer clear of trans fats and you will be ok.



RECOMMENDED SOURCES:

- White and red meat (chicken, turkey, lamb, beef, pork)
- Fishes (salmon, tuna, mackerel, etc.)
- Eggs
- Dairy products (milk, yoghurt, cheese, cottage cheese, etc.)
- Nuts
- Seafood

TO SUMMARIZE:

As there are a lot of diets, the main thing to remember is that it all boils down to daily caloric intake. With that in mind, you should achieve your goal. It still may leave you wondering, what is the best macronutrient allotment. My answer to that is: there is no answer. It is very individual whether you feel good with high carbs or fat. Personally I prefer fats, simply because they make it much easier for me to deliver required amount calories and as such, my diet, as far as macronutrient allotment goes, is as shown below:

45 % carbs, 20% proteins, 35% fats.

Choose the diet you feel comfortable with and you will find that following it is no challenge at all.

IF YOU STILL NEED MORE SPECIFIC EXAMPLES TO ILLUSTRATE DIFFERENT SCENARIOS, HERE ARE SOME GENERAL RULES:

TO BULK:

- Have at least 1.5g of proteins per kg of your body weight up to 2.0g
 - Have at least 1g of fats per kg of your body weight
 - The rest calories can be delivered with carbohydrates

REDUCING BODY FAT:

- Have 2.0g up to 2.6g of proteins per kg of your body weight
 - Have at least 1g of fats per kg of your body weight
 - The rest calories can be delivered with carbohydrates
- If you are still struggling with losing weight, try adding more activity or cut on amount of carbs consumed weekly

STEP 4 FOOD QUALITY, MICRONUTRIENTS AND WATER

Last step that I decided to touch on is the quality of food in our nutrition.

While you've probably heard your fair share of wise quotes about how living healthy means eating healthy, let's not think about any of them. Let's focus purely on the relation between quality food, shredding weight and building muscles. Things here are pretty simple. For as long as you keep your calories in check, you could easily get away with eating all sorts of junk food. In the end vitamins and microelements can be supplemented, so that's not a big deal.

Now, that's a great thing to hear, isn't it? Quite frankly, perhaps the only properly valid argument behind quality food, is that it makes you feel full for much longer. It is no rocket science that quality food provides much less calories than junk food, which means you can eat alot more of it. Not having to walk around hungry all the time certainly makes is helpful if you want to lose some extra kilograms.

What about all the guys who want to bulk up though? Well for those, especially ectomorphs, who struggle to gain weight, junk food food is actually a friend. Just imagine. Restricting your diet to chicken with rice, oats and the likes, might not be the best idea. While this sort of food is great source of energy for your body, the high fibre it contains fills you up for a rather long time. Based on my experience, I can tell you that it's actualyly advisable to have some "bad food" in your diet every now and then. Not only does it easily deliver required calories, but treating yourself to some pizze helps mentally, right? For as long as you don't let the caloric surplus get out of hand, you will build lean muscle mass.

**SO IF YOU ARE STRUGGLING WITH PUTTING ON WEIGHT,
MY RECOMMENDATION FOR YOU IS TO GO 70% CLEAN 30% DIRTY.**



TO SUM THINGS UP:

While it is obviously best to eat good quality food, there is no need to feel bad if you want to go for a treat every now and then. In the end, the best nutrition plan is the one you will be able to follow for long period of time, as it is consistency that brings most visible results. Just remember to keep things reasonable.

DIET PLAN EXAMPLES

As it the theory usually sounds more complicated than it is, below you will find a couple of diet plans. Remember that those are just examples based on very personal preferences.

SET1

Losing bodyfat 2500KCAL

MEAL 1:

3 scrambled eggs, bread 70g + tomatoes 100g

532 kcal (42 C, 26 P, 29 F)

MEAL 2:

Pasta 90g, chicken 200g, vegetables 200g

744 kcal (81 C, 75 P, 11 F)

MEAL 3:

Oatmeal (100g oats, 200ml milk, 100g banana, apple 150g) + cottage cheese 200g

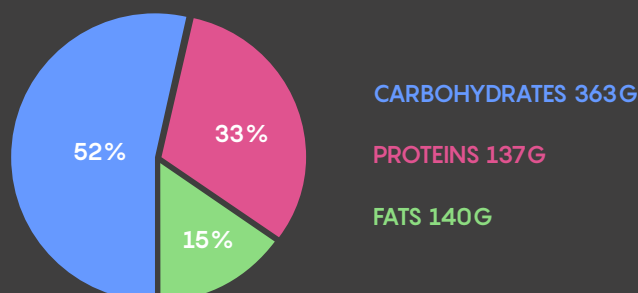
796 kcal (120 C, 40 P, 20 F)

MEAL 4:

Quark 150g, olive oil 10ml, any nuts 20g, cacao 20g, 1 kiwi (mix all with some water)

468 kcal (35C, 35 P, 20F)

IN TOTAL: 2540 KCAL (278 C, 176 P, 80 F)



SET 2

Bulking 3400KCAL

MEAL 1:

Toast bread 75g, cheese 50g, ham 50g, onion & tomato + orange

Milkshake (60g millet flakes, 120g strawberries, 125ml milk, 1 spoon of honey all mixed)

1065 kcal (125 C, 26 P, 38 F)

MEAL 2:

Bread roll with peanut butter 30g and an orange juice 250ml

433 kcal (55 C, 17 P, 15 F)

MEAL 3:

Pasta 100g, salmon 80g, spinach 100g, tofu 50g + nuts 35g (spiced with pepper&salt)

776 kcal (77 C, 36 P, 34 F)

MEAL 4:

Pasta 100g, salmon 80g, spinach 100g, tofu 50g + nuts 35g (spiced with pepper&salt)

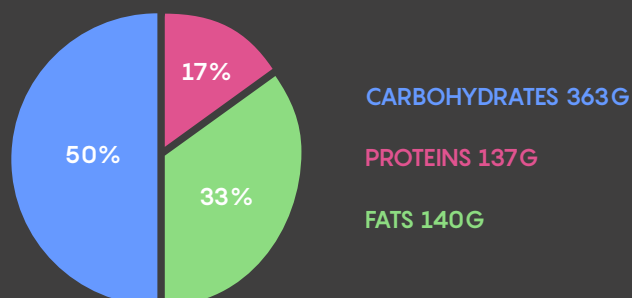
776 kcal (77 C, 36 P, 34 F)

MEAL 5:

2 bread slices with cheese 40g, ham 40g and chosen vegetables

388 kcal (29 C, 22 P, 19 F)

IN TOTAL: 3438 KCAL (363 C, 137 P, 140 F)



**FREQUENTLY
ASKED
QUESTIONS**



SHOULD I BUY PROTEIN POWDER TO BUILD MUSCLES?

The very first thing you should focus on is your well composed nutrition with caloric surplus or deficit, depending on your goal. As the saying has it, it all starts in the kitchen. Well balanced diet should take care of your protein needs, without having to resort to supplements.

Protein powder may only come in handy if you struggle with eating regular meals, if you are a vegan, or simply allergic to certain products. It really isn't necessary use it in order to progress muscle growth, but if you really want to add it to your diet, then I would only recommend to take it after the workout in the amount of 30g.

HOW MUCH OF PROTEIN SHOULD I CONSUME AFTER WORKOUT?

Up until recently, most of the researchers suggested that the best results could be achieved with 20-25 g worth of protein after the workout. However in the light of recent experiments, that number has been raised to 40 grams, as it has been observed to slightly increase the muscle protein synthesis. Since the difference wasn't all that great, anything in between 20 to 40g of protein ingested after the workout should be fine for you.

WHAT SHOULD I EAT BEFORE MY WORKOUT?

It all depends on how much time there is in between meal and the workout. If you tend to start your workout almost right after the hour (within an hour), then I would recommend something light, such as milk shake with oats and fruits for example. Just make sure to supply your organism with some carbs, but don't forget about some protein too.

If you've got more time, you might go for something slightly more substantial, such as pasta with chicken/fish or something like an omelette with oats.

WHY AM I NOT GAINING ON WEIGHT?

Why am I not gaining on weight?

The answer is usually very simple: you're not eating enough. Make sure to follow my step by step instructions on how to calculate your caloric needs and make sure you are on caloric surplus. If you follow provided guidelines, I am sure you will see the results, just give yourself some time and after month or two, you will see visible progress.

Also make sure the workout is challenging enough for you, while at the same time avoid going over the top. Overtraining will halt your progress.

HOW CAN I TRACK MY CALORIES?

The best way is to use an app. Myfitnesspal is a great option. It's free and includes all the features you will need. It's available for both mobiles and PCs. As you move on, you will probably find it easy to estimate amount of calories without any help. But if you are a beginner, I recommend sticking to the app, for at least the first two months, just to keep everything under control.

HOW TO DEAL WITH LACK OF APPETITE?

It may be a problem for a lot of people to increase their daily caloric intake from 2000 to 3000 for example. Even I still struggle with eating enough sometimes. Hopefully there are ways around it. Firstly, let's focus on the products you choose. While quality of food is an important factor, you have to find balance. If you are having a hard time delivering necessary amount of calories a day, then you can cheat a little by including some of the "bad food" to fill in for the missing calories. Also keep in mind that products such as oats, brown rice etc. are high in fiber which controls the blood sugar but also digestion and contributes towards feeling satiety (aka feeling full). Cutting a bit on fiber might help as well.

Secondly, hydration. If you're not drinking enough your appetite will be low. In my case it is best demonstrated right after I wake up. Dehydrated after sleep, I never feel like eating. This is why one of the first things I do is grab a glass of water or orange juice (my favorite) to boost up the appetite.

Thirdly, milkshakes (especially with mixed oats, fruits, seeds and nuts - especially the latter as those are high caloric) are nice way to speed up the digestion and deliver the necessary nutrients in a fairly lightweight form.

HOW TO DEAL WITH HUGE APPETITE?

Once again, the most important will be the products you choose. The best nutrition is the one you enjoy. This is why you should eat the meals you really like as long as you are able to keep this caloric deficit. If you only cut on your meals portions and feel hungry every time you leave the table, it will work in short-time period. You are probably going to run out of that after some days/weeks losing your potential. The key is to compose diet on which you don't feel hungry and enjoy that. Let me introduce you food volume. You need to consume high food volume low calorie food. As an example: The 300g of potatoes with chicken 150g has almost the same amount of calories as the bars of chocolate or BigMac, now guess which will fill you for more time. Generally speaking, to control your appetite the most important is to choose high volume food low in calories (vegetables, oats, rice, pasta, quark, cottage cheese etc.). Also choose the products high in fiber that will slow down digestion and contributes to satiety.

CAN I EAT "JUNK FOOD" AND STILL LOSE WEIGHT?

Basically, it's not really the food that makes you obese, but rather the amount of calories you intake. So called junk food is jam-packed with those even in small quantities, so keeping your calories in check might be a problem (also, don't forget about providing right amount of minerals and vitamins). So that leads us to the conclusion many people will be glad to hear: you don't have to give them up entirely. Just remember not to exceed your daily requirement of calories and you will be fine.

AT THE END OF OUR NUTRITION GUIDE

I would like share a quote with you:

"NUTRITION WILL NOT GIVE YOU RESULTS AS WELL AS IT WON'T DESTROY THESE IN FEW DAYS"

Proper nutrition is an ongoing process. While it doesn't give results straight away, a well composed diet will help you achieve your very best over time. It is important to pay attention to what you eat, but don't let it get to the point where thinking about food ruins your positive energy. Trying to make it as enjoyable as you can, will help you to hold onto your resolutions. Even if you happen to fail somewhere along the road, do not worry. It doesn't end there. Just get up and keep going. A day or two won't make much of a difference in the end. And that's definitely not a reason to give up the entire effort.

This guide has been created to help you get through the first steps, which oftentimes are the most intimidating and difficult ones to make. I am by no means an expert, but I hope by sharing my experience, tips and the little bit of knowledge I've gained throughout my journey by reading books, articles, research papers and listening to more experienced people, you will find the beginning to be at least a little easier. Who knows, maybe this humble guide will be an excuse for you to embark on a grander adventure with nutrition? It certainly is an interesting topic, and perhaps a very challenging one too (but isn't that good? It is in challenge that we usually find the most satisfaction). Anyway, I hope you make the best of it!

Darek Woś

THE "NUTRITION GUIDE"

IT IS PROTECTED BY POLISH COPYRIGHT LAW. THE COPYRIGHT IS OWNED BY THE AUTHOR DARIUSZ WOŚ. I HAVE BEEN AUTHORIZED TO ADVISE YOU THAT FREE DOWNLOADS ARE A VIOLATION OF COPYRIGHT LAW AND AN INFRINGEMENT OF HIS COPYRIGHT. REMOVE ALL FREE DOWNLOADS OF THIS BOOK FROM YOUR WEBSITE, ANY RELATED URLS AND DATABASES IMMEDIATELY. THIS BOOK OR PARTS THEREOF MAY NOT BE REPRODUCED IN ANY FORM, OR TRANSMITTED IN ANY FORM BY ANY MEANS-ELECTRONIC, MECHANICAL, PHOTOCOPY, RECORDING, WITHOUT PRIOR WRITTEN PERMISSION OF THE PUBLISHER OTHERWISE THE APPROPRIATE LEGAL STEPS WILL BE TAKEN.

