DOMINIK SKY

THE DIET PLANNING GUIDE.

A GUIDE ABOUT HOW TO MANIPULATE YOUR BODYWEIGHT

CALCULATING YOUR WAY TO YOUR PERSONAL DIET PLAN!

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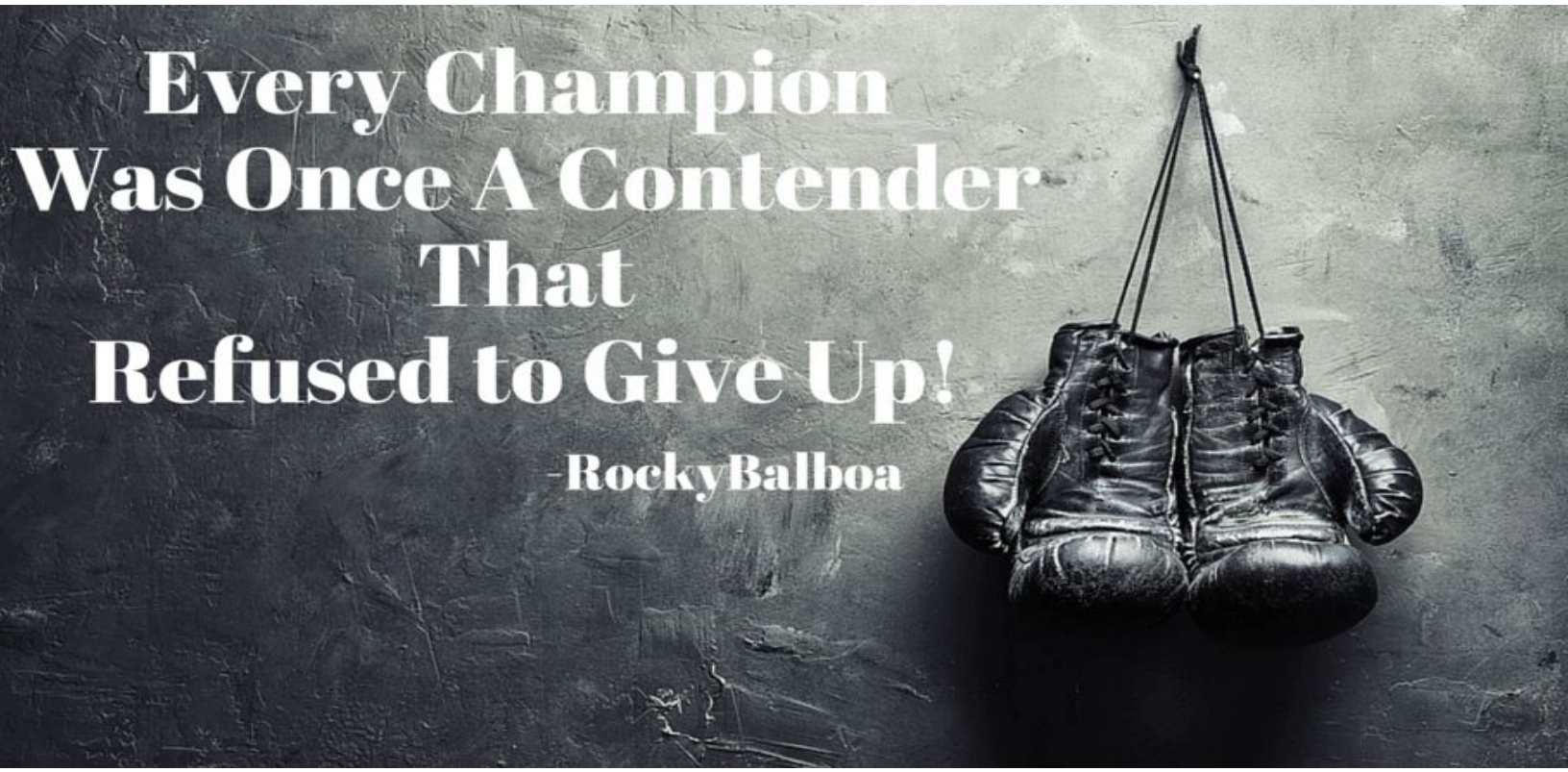


WELCOME CHAMPIONS

The first step towards transforming your body is to understand and accept that you are 100% capable of achieving success. YOU are in control of your actions - Once you internalize this, you are well on your way to improving the way you look, the way you act, and the way you feel. .

There are no Excuses.
Time, children, money, school, your age, your family , your friends, your height, gender, the fact that you have a fat ass or skinny arms - Nothing REALLY holds you back. It all depends on your ATTITUDE. There are people missing arms and legs who are getting things done. If they can do it, so can you. It's not about where you are now, but about what you are willing to DO about it. You can and WILL reach your goals. All you have to do is trust, the process have faith and keep your eye on the prize at the end of the tunnel.

It's going to be hard at times, you'll meet challenges and obstacles, but you'll plow through them by applying smart strategy. Adversity builds character and discipline, so LEAN into that and be prepared to fight for the things you want.

I'm Dominik Sky and this is the guide I use to regulate my body weight and lose fat.
Many people have asked me to reveal these principles over the years, so I've made this guide to do to just that.

These principles are VERY basic and are some of the fundamentals aspects to understand when in comes to manipulating bodyweight.
I have never regarded these principles as something 'secret' or 'special' and I didn't keep them to myself on purpose, I just didn't put in the time to create this one compendium that I could hand you and say 'read this'. But now it's finally here!

I would like to say that even though this is a free guide, containing widely available free information, none of these concepts about nutrition are my original thoughts or something I invented. Everything has been proven and tested by thousands of professionals before I ever started using these concepts. I am NOT reinventing the wheel here. I am not claiming these principles to be of my invention in any way. This is simple information, that coupled with a further understanding of personal 'Health & Nutrition' can aid you along the way of cutting, maintaining or gaining weight. The right type of weight. I have put some hours into creating this compendium for you, while over the years having tested this on myself and clients.

This WILL work for you in better controlling and understanding how to cause body weight fluctuations and maintain weight/muscle. These are the principles that I stick to, and it works. I don't do anything else beyond what I explain in this compendium with regards to 'calculating or analyzing diet'. I combine a diet that works for me from quality food sources that I enjoy coupled with my training methods to get results, that's it.

That being said, when speaking about diet and health for which nutrients to eat to further increased performance and longevity etc. is a much more complex subject. Something I don't have sufficient knowledge in yet, to communicate about to you. There's a whole lot to learn and in my opinion it is every human beings responsibility to research and experiment with nutrition to figure out these things for themselves. You should strive to expand your knowledge on top of a solid understanding of very basic principles. These are very basic principles.

With that said, I have TONS OF EXPERIENCE with nutrition to guide you and my clients within my domain of expertise. I know how to regulate body weight, how to lose fat and how to build muscle and how to eat for increased performance. The science behind it is actually quite simple (we will get to that).

The guide might seem simple, but take this as a testament to how EASY it really is if you have the discipline to stick to it.

The difficult part about diet, where most people give up or get confused, is at the consistency part. Most people give up waaay too quick and then they end up creating an illusion that they must have some sort of bad genetics or slow metabolism, because 'they have tried everything but couldn't lose fat' - But that tends to NOT be the truth of the reality. Reality tends to always be a lack of strategy & consistency for months on end with the right adjustments along the way.
That's why you fail.
Either you lack consistency or you lack know-how.

I will play my part in giving you the information enclosed here, but it is on YOU to make sure that you stay consistent. Most people don't realise that it actually takes months to see results and to condition the metabolism, especially if you are out of shape. Consistency with THE RIGHT PLAN is king.

So my promise to you is that the information here combined with the proper training effort will yield TREMENDOUS results no matter your genetics, height, weight, age gender, hair color etc.

How can I be sure of that?

Because I have seen it work over and over again for hundreds of my students and thousands of clients who are online students of my calisthenics training & coaching programs. All students who have undergone my one and one coaching programs are applying these principles and are succeeding. If you want it enough, you will not fail. Keep yourself hungry - pun intended.

Regulation of body weight is a very important aspect in bodyweight training. You need to be as agile as possible to become GREAT at it. **Excess fat will only slow you down.**

This is strictly about the dietary aspect of how I go about regulating body weight and fat loss for myself and my clients, nothing more. Do NOT take this guide as a health guideline for longevity.

I am also not a bodybuilder although I have my share of muscle, I am a calisthenics athlete. I specialize in functional bodyweight strength and physical performance. I am a mover. I do not pose on a stage in underwear to be judged for my physique but let me bring to your attention that I am NOT JUST lean a couple of months or weeks during the year, I stay lean ALL YEAR ROUND, these days. I understand how to build muscle and stay lean.

I do not partake in any steroid use, artificial chemical enhancers or performance drugs.
I am also not into supplements, the closest I would get to a supplement is a protein candy bar every now and then for the fun of it (which probably isn't the most healthy choice).

I don't take any powder/syringe/pill-like form of supplement. Just good ol' chewable food.

I don't weigh my food to the exact gram/ounce either, I eyeball measure my portions and I know what and how much to eat by how I *feel* in and out of the gym.. I am not super fanatic about which foods contain the highest sodium contents or which foods to eat in order to drain fluids from the body and all of that bodybuilder stuff. I am also NOT a genetic freak.

I was fat and chubby throughout my entire childhood and teenage years until I picked up on nutrition and training.

I believe in doing the proper ground work and that is what I prescribe to all of my students.

Personally I eat according to my intuition, yes, (I will share you my daily eating habits at the end of this) but I have also been at this for 10 years now and I know my body well. So to tell you that you should do what 'feels right to your body and your common sense' is not very wise and wouldn't help you much.

The goal for you is to eventually lead a life where you, by intuition and experience, can fuel your body without having to measure and count.

But that takes time, so you will start by doing the proper groundwork first. That is to calculate your caloric needs & macronutrient numbers. You will create a solid plan that you can follow with ease and then combine it with a smart training protocol that leads you in the right direction and then adjust along the way.

That's what we will cover in this guide.
My methods will transform your body like it has with countless of others before you including myself.

During the next couple of weeks you will embark on a quest to change your lifestyle and adapt to some new habits. If you want to transform your body, master your bodyweight and fitness, you have to apply some fundamental principles to support your effort. **That's why you are here.**

I know that you are a champion in the making and the fact that you have chosen to invest in

yourself by taking the time to read these words, is a testament to that. Be the hero of your life and commit yourself to see this through, read through the guide, execute on the exercises and create a diet plan.

First a little bit about training.

I want to focus your attention to the fact that there are two sides of the same coin. The coin being - to transform your body - If you want to master your bodyweight, to lose fat, to become more muscular, to build strength, endurance, flexibility and mobility to look and feel like an athlete, to be able to perform advanced calisthenics moves with a shredded body, then one side of the coin is - your dietary choices and strategy - the other side is - your training protocol - and both need to be in order.

If you have your training sorted out but your diet is ‘sort of’ something you are doing right but you're not completely sure or consistent with it; Then that is not good enough.

Nutrition is the compass that will point you in the right direction... Training will make sure that you cover the distance.

You have to deploy smart training and effort combined with nutrition in order to achieve extraordinary results. In this PDF we will cover the dietary aspects NOT the training.

I presume that you are already a member of the Sky Family Class and a part of the Sky Family Facebook Community Group. (You can find it Here)

I can’t stress enough how the material explained in this guide will NOT WORK WITHOUT a proper training protocol/program. You don’t have to use my training programs, but I advise you to do so.It WILL promote the change you are looking for. That’s just honest talk based off of the transformations I’ve seen in my clients under my supervision, before my own eyes.

CALISTHENICS, NOT BODYBUILDING

I think that everyone eventually will realize that the conventional ‘body-building’ strategy of going to a commercial gym to do bicep curls is a thing of the past. If you truly want the fastest and most efficient way possible to transform your body, then you should engage in performance-based sports. Train like an athlete to look like an athlete.

With all due respect to bodybuilding, It’s great, but the investment of time compared to the results you are getting from that ‘sport’ are subpar compared to advanced calisthenics when gaging the amount of skill, muscle and overall strength that you aquire.

If you are in it for the bodybuilding competitions and **only care about looking like the ferrari without having the engine.** If your sole purpose with your training is to promote muscle growth and nothing more... then bodybuilding-fashioned training is the way to go.

Most people who apply the ‘Bodybuilder framework’ by going to the commercial gyms to bicep curl are trying to simulate the LOOK of someone who is able to do incredible things - they are trying to LOOK like the action man or the super hero but they only work on the muscle and not the powers - they just LOOK the part. **Fuck that.**

I strongly suggest that you forget all about doing curls, pull-downs and push-downs, in the gym on cable machines or with dumbbells etc. because it’s such an outdated method If your goal is to build and transform your physical appearance WHILE increasing your athletic performance-output.

Why is it still so popular to go to the ‘bro gyms’ then?

It's only going to last for a little while longer. Maybe a couple of decades more.

Performance sports such as Calisthenics/Gymnastics, olympic-weight-lifting, Acrobatics/parkour/free-running/break dancing etc. are growing rapidly and becoming much more common.

In the future the average gym-bro's will be people who are doing muscle-ups, one arm chin-ups, flips and handstands while looking ripped talking about a past when people were engaging in unfunctional bicep curl training and laugh while they lower into a full front lever.

The growing popularity for calisthenics among kids and teenagers is astounding. I see it at events, workshops and competitions. 10 years ago you would never see the crowds of skilled people that now show up for these arrangements. And it keeps growing.

I give the credit to all the superhero movie franchises in the cinemas and all the increasing numbers of 'action showreels' of calisthenics and street workout athletes on youtube.

When I started out more than 10 years ago, only a handful of people were popular for doing calisthenics and showing it on youtube. Now thousands of people are putting it out there and it keeps growing.

People want to BE SUPER and LOOK SUPER They want to look good while also being able to do incredible shit. It's understandable - it's an intelligent choice.

Training for performance is the way to go! It simply creates fantastic results and people are starting to catch on to the 'movement culture'.

Now don't get me wrong - I am not putting body-building down!
I am simply trying to challenge the way you view the 'how to get in a great shape' paradigm.

The right type of weight-lifting in combination with functional bodyweight training is fantastic!

I meet and see many athletes every year. I see hundreds of people from different branches of sports. After a while, you start to see certain patterns in the overall effectiveness of a particular sport when it comes to physical appearance and 'super' movement-availability.

It is very clear to me that Calisthenics and gymnastics athletes, break dancers and acrobats that use proper training frameworks for strength and muscle growth combined with a bit of weightlifting are among some of the most impressive athletes when measured on physical appearance, body control, raw strength and performance even across different disciplines.

If you want to transform your body to look, feel and perform like a beast, Calisthenics is a AMONG THE BEST ways to do this, suffice that it's the right type of Calisthenics Protocol.

TRAIN LIKE BATMAN!

When I was a kid I wanted to be Batman. When people asked me, “who do you wanna be when you grow up?”. I said Batman - no joke. Hence, I trained calisthenics, parkour, freerunning combined with some olympic weightlifting, like squats, deadlift and overhead press.

Spend your time maximizing on your performance and skill potential. You will gain an incredible body but not only that. You’ll also gain focus, discipline, confidence, energy, happiness and a competitive edge and pride by having ownership of your bodies capability to do incredible things.

Become capable and create a durable body. Unlock your movement potential instead of doing the same bicep curl in the gym, over and over again for thousands of reps without getting better at anything except for growing some more muscle tissue and a bit of strength.

So I urge you, pick up calisthenics and learn from a credible source. It doesn’t matter if you are a complete beginner or if you are already a hard-ass-ripped-action-jackson, it’s amazing for your health and overall ability. It will work *wonders.*

Can you build muscle with Calisthenics?

Yes, but it depends on how you go about it. The same goes bodybuilding.
For me, as a Calisthenics athlete, my physical appearance is a direct result of pursuing calisthenics skills combined with the dietary framework of this guide. The ‘body-aesthetics’ are a ‘bonus’ of my training. It’s a derivative of my skill training and my specific training protocols. I have never done a single training session in my life, where bicep curls with dumbbells was a part of it yet my biceps are very well developed and strong. I have never had a training session for the sole purpose of gaining more muscle to look a certain way. Everything I do is for a functional athletic purpose, in return my body looks the part.

I have done thousands of pullups of different kinds, on the bar, on the rings, doing inverted muscle ups, pelican pushups, one arm chin ups, handstand pushups, ring flops, support holds, iron crosses, ring rolls etc. etc. all with my own bodyweight and also added weight, and that has in return given me a strong developed upper body; chest, biceps, core back and arms.
(I do squats, plyometric training and lower body calisthenics for my lower body)

So what am I left with? A fantastic looking, flexible, mobile, incredibly strong agile, explosive body, that can flip, invert, push and pull my bodyweight in ways that 99% of people and even most of all other athletes can't. **Just like BATMAN!**

All of this being said; this Nutrition guide can be used regardless of which (proper) training system you decide to use.

If you decide to go with a 'conventional-fitness-gym-bicep-curl-bench-pressing-training-program' and you are happy with that, then this diet guide will still aid your efforts and I support your decision no matter what. 'More power to you'!

If you are using the diet strategy in unison with your sports-genre then I say 'more power to you'... this will also work for you!

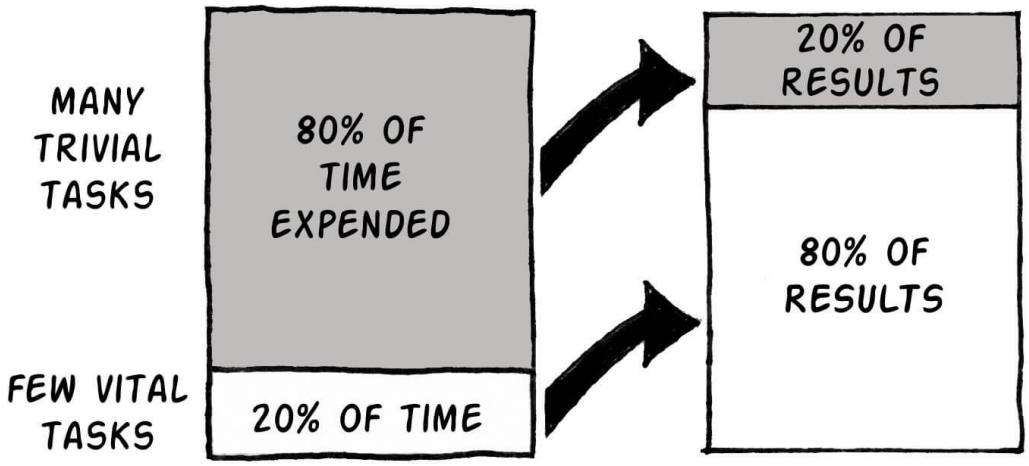
I respect everyone who is in it to change, regardless of how you go about it and regardless of whichever form of training you use! We are all in it together, to better ourselves and progress.

Calisthenics and what I offer is not THE SOLUTION but I will always give it to you straight up without any bullshit - it is a F*cking great and efficient solution... and that's all I'm trying to convey.

Now go on, you are on the path of the Champion!

Your body is the vessel that will bring you through life.

It's part of you, and a reflection of what you think about yourself!
Offer yourself the best and you will get what you deserve, now Let's go get it!



CREATE YOUR DIET PLAN / STEP-BY-STEP

1. Identify the amount of energy it costs your body to stay alive

2. Identify the amount of calories you would have to eat to meet your daily energy expenditure to stay on your current weight (TDEE)

3. Subtract a specific amount of calories from that number to create and identify a reasonable caloric deficit.

4. Divide this caloric deficit into macronutrients in the right balance

5. Create a diet plan with the type of food sources that make up this macronutrient balance.

First let's go over the absolute basics.

What are Calories:

In order to live, breathe and sleep your body requires energy. Your organs, brain, metabolism all require energy to function. That is why we eat food -To get that energy. We label that energy as Calories m'kay.

Calories are a measurement unit for energy, just like pounds/kg is a measurement for weight, or meters/feet are a measurement for distance. Calories are a measurement for energy when talking about food.

What are macronutrients:

The calories/energy that is in your food, is bound up in different chemical compounds and structures that we call macronutrients. There are three macronutrients required by humans:

Carbohydrates (sugar),
Lipids (fats)

Proteins.

Some foods have more of the other and some foods are a mix of all of them.

When trying to either build muscle or lose body fat it is important that the daily calories that your diet is based on isn't 'randomly' consumed from these macronutrients. Some macronutrients are better for certain body sculpting & performance based outcomes.

For example you can NOT build muscle if you only eat candy bars made up by sugar and unhealthy fats, despite consuming an adequate amount of calories. You need to have proteins in the mix to build and recover muscle. Therefore you need to consume calories from macronutrients that will help you achieve your goal (and it isn't candy bars).

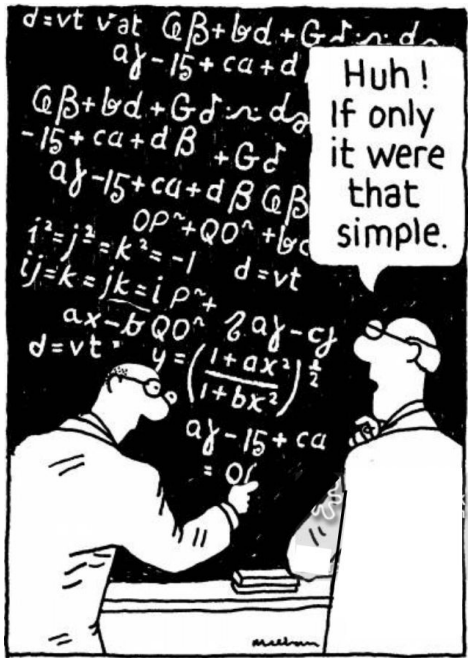
Quick Facts to keep in mind:

- There are 4 calories per gram of carbohydrate.
- There are 4 calories per gram of protein.
- There are 9 calories per gram of fat.

This means that if you look at a food label and it lists 10 grams of carbohydrates, 0 grams of protein, and 0 grams of fat, that food would contain 40 calories.

If you took another food and read on the label and it lists 10 grams of carbohydrates, 20 grams of protein, and 0 grams of fat, that food would contain 40 calories from carbohydrates plus 80 calories from protein. A total of 120 calories all together but from two different macronutrient sources.

The macronutrient sources in your diet play a huge part in how your body process, stores and use these calories. That's why you can't eat candy bars all the time although it would be sweet (pun intended). Therefore you need to consume your daily calories from the macronutrient sources in the right ratio in order to best support your goals. You do that by choosing the right type of food sources.



CALCULATIONS

Ok, so far so good. The absolute basics are covered for you to proceed. So what do we do now?

To lose fat you need to expend more energy than you consume. In other words, you will have to be in a caloric deficit. Either you burn more energy than you currently consume by increasing activity or you decrease the amount of energy you eat all together hence creating a caloric deficit.

There are two ways we can go about calculating the right numbers for you.
In this guide we will go over both but I personally rely on the easiest way to do it but just for good measure here is the more difficult route:

(You could skip to the easy-part straight away If you don't care about more elaborate calculations but if you want to get a better understanding of why the calculations work then go over the Difficult way first to understand how you are going to manipulate your metabolism)

THE DIFFICULT WAY (PAY CLOSE ATTENTION):

CALCULATE BMR: Katch-McArdle Equation:

The first caloric need you have to figure out is the minimum amount of energy it costs your body to stay alive, it is called the BMR (Basal metabolic rate) or RDEE (Resting Daily Energy Expenditure).

BMR:
The amount of energy expended while at rest in a neutrally temperate environment.
Your BMR indicates how many calories you need to maintain your bodyweight without any active physical activity. Only life-sustaining functions such as blood circulation, breathing, cell production, protein synthesis and such. So basically if you were in a coma, lying down, how much energy would it cost to keep you alive.

In order to calculate your metabolic rate we use a formula:

BMR = 370 + (21.6 x LBM)

This equation will calculate our BMR and is the most accurate equation that both men and women can use. If you take a look at the equation it says inside the parentheses:

(x LBM)
LBM stands for Lean Body Mass.

CALCULATE LEAN BODY MASS (LBM):

What is Lean Body Mass (LBM):
Your Lean Body Mass is made up of everything in your body besides body fat. So your lean body mass includes: Skin, Blood, Muscle, Bones and Organs - Not fat.

LMB = Body weight in kilograms x (1 – Body Fat %)

Now again, you see inside the parentheses it says:

(- Body Fat %)

HOW TO MEASURE BODY FAT

In order to proceed you have to know your body fat percentage.
There are other equations you can use where your bodyfat percentage is excluded and you can find many of these calculators online. But for now read on.

You probably don't know your body fat % unless you have taken a DEXA-scan in a machine that looks like this: (DON'T WORRY YOU DON'T NEED THIS MACHINE)

If you think that you know your bodyfat percentage because you have a special digital weight scale or because your friend is a fat percentage oracle or because you have fat calipers and you think you know how to use them, then just stop for a second. Fat percentage is NOT something you can measure with a weight-scale or calipers although. Yes there are many products out there in the world claiming that it read your body fat percentage. And some probably can but not to a fair accurate degree and this distorts your results when running the numbers through the equation.

THE BEST practice for measuring body fat percentage by today's standard is through a dexa-scan (or by Air-Displacement Plethysmography). If you can get one, that would be great but if not, don't worry, read on.

As an example, let's just say that you know, for a fact, through a dexa scan, that your body fat percentage is around:

18% and your current weight is 77 kg

Then you have enough data to calculate your LBM and this is how you do it:

LMB = Body weight in kilograms x (1 – Body Fat %)

Example:
77 x 1 = 77
77 x 0.18 = 13.86
77 - 13.86 = 63.14 LBM

Now you take your LBM number 63.14 and use it in the BMR Katch-McArdle Equation that we started out with at the beginning:

BMR = 370 + (21.6 x LBM)

Example:
21.6 x 63.14 = 1363.8
370 + 1363.8 = 1733.8
BMR = 1733.8

Now you know the amount of energy that your body needs in order to stay alive.

Now we've taken care of step 1:

1.Identify the amount of energy it costs your body to stay alive / **CHECK**

ACTIVITY FACTOR:

But during your day you aren't just lying in a coma. You are most likely moving your body around to and from work, to the bus, on your bicycle, to the supermarket etc and you are also spending 1-2 hours training or more at the gym every day or a couple of times per week.

Therefore we need to add your daily activity to your BMR of 1733.8 in order to identify your **Total Daily Energy Expenditure (TDEE).**

You do this by multiplying your BMR with an activity factor:

BMR X Activity factor = TDEE (Total Daily Energy Expenditure)

Activity Factors:
(These are not Katch-McArdle activity factors, said to be too high for most people who don't have an abnormally fast metabolism)

1.1 = sedentary (little or no exercise)
1.2 = light activity (light exercise/sports 1 to 3 days per week)
1.35 = moderate activity (moderate exercise/sports 3 to 5 days per week)
1.45 = very active (hard exercise/sports 6 to 7 days per week)
1.6 to 1.8 = extra active (very hard exercise 6 to 7 days per week and a hard physical job)

Let's say you go to school or you work 8 hours/day at a desk job and you exercise 3-5 days/week for an hour well then you take your BMR and multiply it by 1.35:

1733.8 x 1.35 = 2340.63 (TDEE)

This number indicates the amount of energy that you need to consume everyday in order to maintain your current weight.

Now we've taken care of step 2:

2. Identify the amount of calories you would have to eat to meet your daily energy expenditure to stay on your current weight (TDEE) / **CHECK**

CALCULATE CALORIE DEFICIT FOR FAT LOSS

Now in order to lose body fat you need to either add more exercise while eating the same amount of food or by subtracting 15% from your TDEE of (Example: 2340.63) so that your daily activity exceeds your daily intake, thereby forcing the body to lose weight over time:

15% of 2340.63 = 351
2340.63 - 351 = 1989.63

1989.63 is the amount of energy 'roughly' that a guy weighing 77kg/168lbs with a body fat percentage of 18% should aim at consuming daily if he works out 3-5 times per week in order to diminish that body fat.

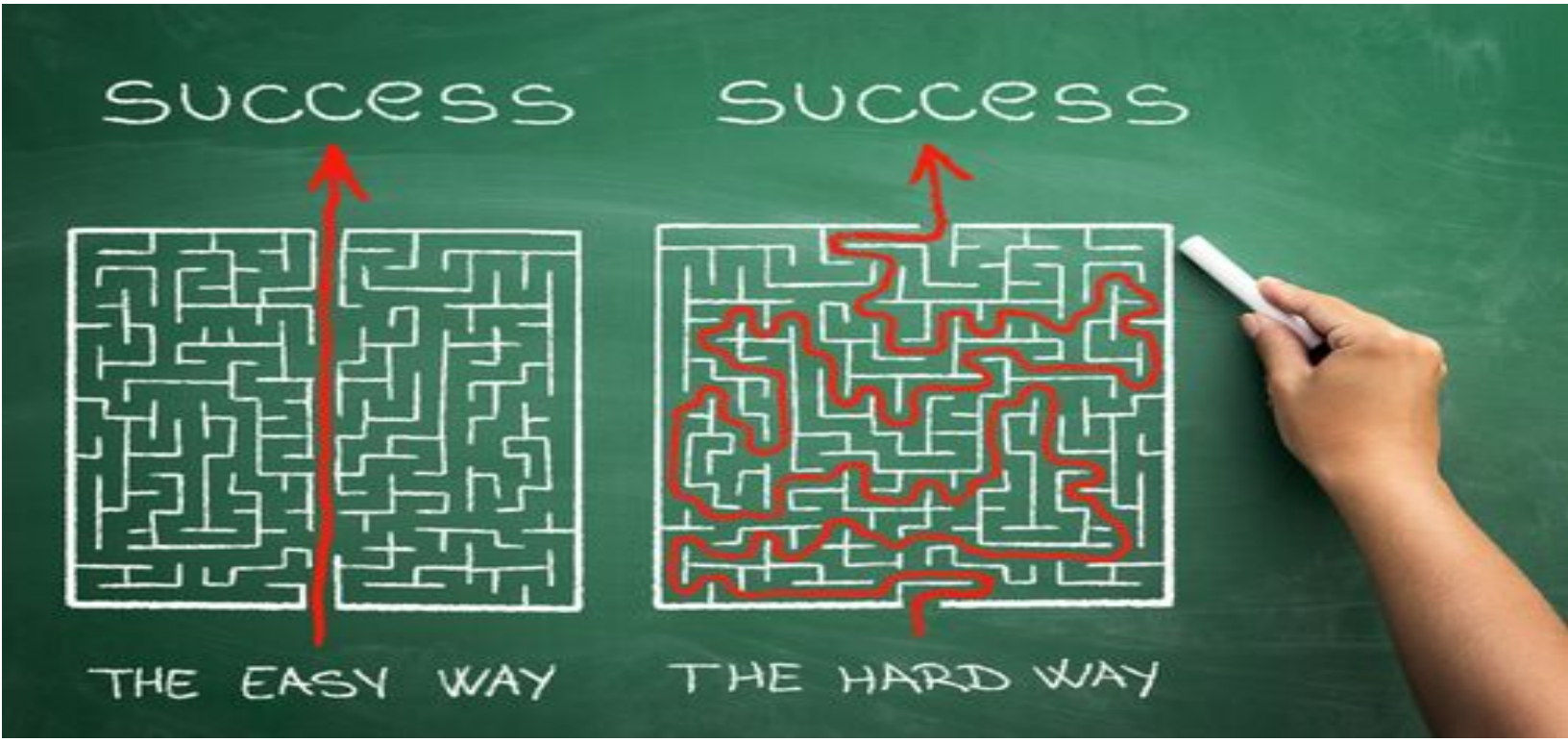
Now we've taken care of step 3:

3. Subtract a specific amount of calories from that number to create and identify a reasonable caloric deficit. / **CHECK**

Now in order to make sure that the lost 'weight' is fat and not just weight in general this includes muscle, you need to divide these 1989.63 calories into the right macronutrient sources.

But before we look at how to do that, let's look at the EASY WAY of going through these 3 steps first, with ONE easy calculation that simplifies the entire process.

Reminder: These calculations and numbers here are obviously examples, you would have to do the calculations with your own stats.



THE EASY WAY

This is the method I have come to use myself. This is not better nor worse than the method above. It's an estimate that will get you as close as possible to your actual numbers and from thereon out you monitor your progress and adjust accordingly from week to week, month to month.

STEP 1: ESTIMATE YOUR CALORIC NEEDS

You simply take your weight and convert it into pounds (if you are using the metric system) then you multiply your body weight in pounds with:

10-15 calories/lb.

Let's say that the same example person, 77kg/169lbs wants to lose fat, then this is how he calculates his estimate very quickly:

Example:
169.7 lbs x 12 calories/lb = 2038 calories

2038 calories are the amount of calories that he should aim at eating everyday in order to lose fat. As you can see it is a fairly similar result to the first 'hard way' equation of 1989.63 calories.

The difference is that the easy method is faster and also gives you faster options for quickly adjusting and recalculating as you test this intake over a monthly cycle, without having to run it through complicated calculations.

This is how you should determine how many calories/lb you should multiply your bodyweight (in pounds) with:

10 = sedentary (little or no exercise)
11 = light activity (light exercise/sports 1 to 3 days per week)
12 = moderate activity (moderate exercise/sports 3 to 5 days per week)
13 = very active (hard exercise/sports 6 to 7 days per week)
14 to 15 = extra active (very hard exercise 6 to 7 days per week and a hard physical job)

That's it.

Now if over a period of a week this guy in the example doesn't see a reduction of weight on the weight scale then he would simply multiply his weight in pounds with a lower number. That would be 11 or even as low as 10 but not lower. Then he would continue for another week eating the equated amount of calories and then reevaluate again at the end of the week.

This is how you hit the sweet spot by monitoring your progress and adjusting. Then you reevaluate again whenever you see that your progress starts to stagnate.

On the other hand, if you see that you are losing weight too fast (that being muscle) or if your performance and energy is suffering too much, then this guy in the example would chose a higher number and multiply by 13 and then test for a week or two until he hits the sweet spot.

Every week/month you should recalculate your numbers since you would be losing about 1-1.5 lbs of fat per week and by the end of the month your energy requirement would have changed since your actual body weight is different.

At some point you start to increase your activity instead of decreasing your food consumption.

What if I want to build mass and focus on putting on weight?

If you want to maintain weight but slowly over time build muscle then it would be:
15 calories/lb x Bodyweight in pounds

If you want to straight up gain weight and grow more rapidly it would be:
18 calories/lb x Bodyweight in pounds

Now, here's the key thing that most people miss when doing all sorts of calculations:
the above ESTIMATES have to be modified based on real-world body composition changes.

It doesn't matter in the big scheme of things what some ESTIMATE EQUATION says should be happening if that's not what's happening, therefore you CAN NOT be sure that your equation will yield you the results that you desire unless you try it out and monitor the changes. But you have to stay consistent with what you are doing while you are monitoring and testing.

The best way to know if you are heading in the right direction is by stepping on a weight scale at the same time once every week, preferably in the morning after visiting the bathroom.

You have to track and adapt as you go along, BUT these equations will reveal your approximate caloric intake and in most cases they will almost always be down the right ballpark and even right on the money, meaning that they fit with just some minor adjustments.

On average a male may be able to achieve:

1-1.5 lbs / 0.45 - 0.65 kg of **true fat loss** per week (not counting loss of fluid or muscle)

on a moderate deficit diet although this will be somewhat lower if he's very lean and somewhat higher if he's very fat. That's assuming no muscle or performance loss mind you.

Females, because of their smaller size usually have to accept lower rates of fat loss. Two pounds per month / of true fat loss may be all that's realistically achievable for a woman who is relatively 'normal weight'.

STEP 2: CALCULATE YOUR MACROS (From Example: 2038 calories)

Now it's time to calculate your macronutrients so that you can put together a diet plan from the right food sources to match this caloric number. Simply said, you have to calculate the amount of fats, proteins and carbohydrates that these 2038 calories should consist of.

Protein:
Eat the same amount of protein in gram as your bodyweight in pounds.
(convert your bodyweight to lbs from kg if you use the metric system)

Example:
If your weigh in lbs is 169 then you eat 169 grams of protein per day.
Super easy

Fat:
You want to be between 0.3 and 1 gram of fat per pound of bodyweight. Most people should range between 0.3 and 0.6.
This should be largely based off personal preference, as provided you're hitting a minimum of 0.3 and not exceeding 0.6.

If you are an athlete that do glycolytic demanding exercise, like sprinting fast or running long distances, playing football etc then you are in need for a quicker recovery and your body would benefit much more from carbohydrates than from fats. Therefore you should keep your fats low to make room for higher carb consumption. While if your training or recovery isn't that demanding you can go higher on the fats - Calisthenics **Strength** training is not a 'burnout' type of training when done correctly and I tend to keep my carbohydrates very low. I go very high on the fats these days and deviate from the 0.3 -0.6 parameters because of the amount of exercise I do daily.
I hit almost 1 gram of fat per pound of bodyweight But for you and my clients I ALWAYS stick to the 0.3 - 0.6 parameters, since you daily activity most likely is nowhere near mine, so do NOT compare your diet plan to mine.
(You will see my diet plan at the end of this guide.)

So let's go opposite high fat in this example and say this guy chooses a low fat high carb diet:

Example:
169 x 0.3 = 50.7 grams of fat

Carbohydrates:
Once you have calculated your proteins and fats, the amount of carbohydrates in your diet would then take up the remaining amount of calories left over.

In order to calculate that amount, you apply some more basic math.
The first thing you do is to take your daily protein intake and then you multiply it by the number four (4).

Because there are 4 calories in a single gram of protein.
By multiplying your protein intake with 4 it will reveal how many calories you're consuming from protein each day:

Example:
169 x 4 = 676 Calories

Then you multiply your fat intake in grams by 9 to reveal your calories from your daily grams of fat. Because there are 9 calories in a single gram of fat.

Example:
50.7 x 9 = 456.3 Calories

Then you add these two numbers together, and subtract the result from the total number of your calculated daily calories. (Total Calories Example 2038)

Example:
679 + 456 = 1135

2038 - 1135 = 903

903 Calories are left for carbs

The remaining will be the amount of calories you need from carbs each day.
Divide this number by 4 (one gram of carbohydrate also contain 4 calories) and that's how many carbs you need each day in grams.

Example:
903 / 4 = 225.75 grams of carbs per day

So the Macronutrient split in grams of a 2038 calorie diet for this guy would be:

Protein:169
Fat: 50
Carbs: 224

So where do we go from here? We have our caloric intake amount figured out and we have it divided into the right macronutrient ratio for promoting fat loss and building/retaining muscle and strength, now we have to put these numbers into a food perspective and create a diet plan.

CREATING A DIET PLAN

So you have calculated your Caloric need, your macro balance now all you have to do is to assemble a diet plan with the right types and amount of different food sources that you enjoy to match these numbers.

Here is a sample diet plan based on the example Macros and calories.
This is as close as I could get and this plan would work for this person, he would then have to run with it for a week or two and monitor his progress and then adjust accordingly:

1	Calories kcal	Carbs g	Fat g	Protein g
Giant - Raisins, 2 tablespoons	130	31	0	1
Supermarket - Banana, 1 banana	105	27	0	0
Skim Milk - Skim Milk, 17 fluid ounce	170	23	0	17
Oatmeal - Oatmeal, 100 gram	378	60	6	13
almond - One, 17 piece	119	4	10	4
Add Food | Quick Tools	902	145	16	35
2				
Tuna - Canned Tuna, 2 can	240	0	2	60
Egg - Egg, 2 large	143	1	10	13
Pelzman - Pumkin Seed Oil, 2 tsp	82	0	10	0
Vegetables - Mixed Vegetables, 2 cup	180	33	2	6
Add Food | Quick Tools	645	34	24	79
3				
chicken breast - Fillets, 235 g	273	0	8	51
spices - spices, 3 tablespoon	0	0	0	0
Rice, 1 cup cooked	200	47	0	4
Add Food | Quick Tools	473	47	8	55
Totals	2,020	226	48	169

ADJUSTMENT, PROGRESS AND VARIATION

If you were you to follow the numbers generated by your own calculations based on my guide you would have no issues whatsoever in shedding body fat. You will however need to make certain adjustments as you progress.

Fat loss is almost never linear, so as you get leaner and your body weight drops, you'll need to continue to create an energy deficit, either by increasing energy expenditure by training more, or by decreasing your food intake. The most effective way I've found to judge progress is to weigh yourself once every one to two weeks and to take progress photos. DO NOT WEIGH YOURSELF EVERY DAY! This is not healthy and will drive you nuts and most likely demotivate you since your weight on a day to day basis can fluctuate greatly due to fluid changes in your body.

These macros are also only a guide, and may need slight tweaking If you're losing more than a couple of pounds per week after the first three or four weeks and are not obese, it may be the case you can tolerate a higher calorie intake, so go back to step 1, and re-work your calorie intake using a higher energy factor.

Genetically-gifted individuals or Elite athletes who already carry a large amount of muscle mass may be able to diet on 15 or 16 calories per pound, or possibly even higher.
The macros are also a variable — there's no need to hit each one exactly, provided you're consistent. Aim to be within 5 to 10 grams of each on a daily basis, and don't sweat it if you're a little over or under.

MY CURRENT DIET PLAN:

Wake Up:
Eat a banana, sometimes a small piece of dark chocolate, then I make myself a coffee and head for the gym for my calisthenics strength training.

During Training:
I eat another banana during training or an apple with peanut butter, depends on how much energy I feel that I need.

My strength training sessions are shorter these days they last about half an hour of actual work-sets. The warmup is also about half an hour. So an hour in total.

I do 5 Strength sets. My Frequency is very high I train upper body 6 times a week Pull/Press/Pull...
This does not include my core work, leg work, cardio, hand balancing work, free running/parkour etc. This is only my Strength Training.
I have a schedule for all the other stuff as well.

I do very little accessory work these days, I realised I don't need to do it anymore. I can perform any pulling and pushing exercise on this planet with proper form. So I only work on increasing the overall strength in the elements I want to achieve.

After Strength Training:
I make a smoothie shake with 2 bananas, 2 dl of milk, some water, 100 grams cottage cheese, four eggs raw, and a spoon of honey.

Then I would go to the river to swim and then do some movement exercise sweat a bit. Rope jumping, or kicking the bag, or juggling, or I jog, or I go jump on my trampoline or practice basic parkour either of those or a combination for 1-2 hours. I do this every day

After movement training 1:
I eat a tuna salad. 140 g of tuna, couple of tomatoes, green salad, a handful of brown beans, and then I grade some cheese, then about 6 tablespoons of pumpkin seed oil. I love that shit. Some time I also put in 1-2 eggs.

Then I usually go and train my students and clients after that I do some head balancing practice hand hand balancing, I do this every second or third day. The other days I am practicing Juggling, Tennis ball boxing or I do some hanging practice, active and passive hang, on the bar.

After movement training 2:
After that I go and make myself some cottage cheese about 300 grams then one banana in it and sometimes a bit of honey or ice cream or jelly in it. Something sweet, some frozen berries maybe also sometimes, I switch it up often

Then I go and study, research and improve my mind, I read up on my profession and passion which is movement and do some more client related work

Then In the evening I do fascia release and stretching/mobility work. I do this every night for at least one hour to be completely ready for tomorrow's practice.

After Mobility/Stretching:
I eat a protein bar every second day (it's a candy for me and would constitute the only kind of 'supplement' that I would consume - Rather a candy bar high in protein than just a candy bar

My daily calorie intake would be somewhere between 2500-3200 calories depending on the day. It varies. I would say that an average day would be around 2800.

Wake Up	Calories kcal	Carbs g	Fat g	Protein g
Banana - (One) - Banana - (One), 118 grams	105	27	0	1
Happy Chocolate - Dark 85%, 20 grams	121	7	11	2
Add Food | Quick Tools	226	34	11	3
During Training				
Apples - Apples, 1 medium apple	80	22	0	0
Peanutbutter - Peanutbutter, 30 g	190	7	16	7
Add Food | Quick Tools	270	29	16	7
After Strength Training				
Generic - Milk 1.5%, 200 ml	90	9	3	7
Medium - Eggs, 4 egg	240	0	16	24
Coop - Cottage Cheese 4%, 120 g	120	5	6	14
Banacol - Banana, 2 medium banana	220	58	0	2
Capilano - Honey, 15 g	50	13	0	0
Add Food | Quick Tools	720	85	25	47
After Movement Training 1				
Fish, tuna, white, canned in oil, drained solids, 140 g	260	0	11	37
Morrison - Pinto Beans, 0.5 cup	138	23	2	8
Medium - Eggs, 1 egg	60	0	4	6
Cheese - Gouda, 10 gram	36	0	3	2
Generic - Pumpkin Seed Oil, 6 Tablespoon	720	0	84	0
Mixed - Vegetables (Fresh), 350 g	130	18	4	7
Add Food | Quick Tools	1,344	41	108	60
After Movement Training 2				
Banana - (One) - Banana - (One), 118 grams	105	27	0	1
Coop - Cottage Cheese 4%, 300 g	300	11	14	36
Add Food | Quick Tools	405	38	14	37
After Mobility/Stretching				
Low Carb - Protein Bar, 1 Bar	180	3	8	21
Add Food | Quick Tools	180	3	8	21
Totals	3,145	230	182	175

If I were to reverse engineer my diet plan according to the guidelines in this compendium then these would be my numbers:

My weight 183 lbs/83 kg
My calorie multiplying factor 17/lbs of body weight = 3111 Calories
My Protein intake approximately 183 grams
My fat Intake 1 gram/lbs of body weight = 183 grams
My carb intake would be the remaining calories in grams of carbs = 183 grams

Now if you take a look at my diet plan the macronutrient and calorie numbers are within the same figures as the reverse calculation.

Now some of the data from this database tool (www.myfitnespal.com) is not completely accurate, you can see that by summing up the macro numbers and converting them to calories. There's a fail margin of approximately 100 Calories.

But a plan like this is a guideline and a tool to help you adjust along the way to success. It's an estimate - nothing more - Keep in mind that ALL of these numbers are Estimates, the real magic happens once you test, monitor and adjust along the way.

Obviously you should not compare your diet plan to mine or try to mimic my numbers. Your daily activity and body is very different from mine.

FOLLOW THE CALCULATIONS AND CREATE YOUR OWN DIET PLAN.

In a few days I will have a HUGE announcement out that will help you on your training Journey! Keep an eye out for that!

ALL THE BEST
DOMINIK SKY
PEACE

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