

LOSE FAT MAINTAIN MUSCLE



NUTRITION PLAN

To achieve fat loss, you must be in a caloric deficit for most of the time. This means – you're burning more energy (calories) than you are consuming.

Your calories come from macronutrients: protein, carbohydrates, and fats. Let's get into what each of these do for you:

PROTEIN: 1 GRAM = 4 CALORIES

CARBOHYDRATES: 1 GRAM = 4 CALORIES

FATS: 1 GRAM = 9 CALORIES

PROTEIN

Protein is the most important macronutrient when it comes to burning fat and maintain muscle. Protein can be looked at as the building blocks for

your muscles. Without protein, you will lose your muscle mass. We want to lose fat, not muscle mass.:

Here are the main benefits of protein:

- Protein has a higher thermogenic effect than carbs and fats, meaning that it requires a lot more energy to digest and assimilate it.
- Protein also has the highest satiation effect on your bodies compared to carbs and fats. This means that protein makes you fuller and for longer. When losing fat, it's important to maintain your hunger levels to avoid over eating and protein is your best medicine for that.
- Protein improves the nitrogen balance in your body. In other words, protein helps to prevent catabolism and increase the anabolic effect within your body. Catabolism = burn muscle and store body fat.
Anabolism = muscle growth and burned body fat.

CARBOHYDRATES

Carbohydrates not only taste good but they play an extremely vital role in any training program. First off, carbs do NOT make you fat. Nothing alone makes you fat. The only way to gain weight is when you're consuming more calories than you are burning off. Without carbs, your body will struggle to perform at its best and to preserve or even build lean muscle mass. This is because carbs are your body's preferred fuel source and will always be converted into energy first by your body. Carbs provide your body with an immediate rush of energy and the bulk of your carbohydrates

throughout the day should be consumed prior to training and immediately post training.

Here's how to determine the amount of carbohydrates to consume based on your body type:

- Ectomorphs: Have trouble gaining weight and building muscle. Find it easier to lose body fat but unfortunately find it very difficult to pack on muscle.
 - 50% of your calories should come from carbohydrates.
- Mesomorphs: More muscular and find it easy to pack on muscle. Have a medium-ability to burn body fat.
 - 30-40% of your calories should come from carbohydrates.
- Endomorphs: Bigger build and higher body fat. Find it easier to gain weight and store body fat. Also have a difficult time losing weight.
 - 20% or less of your calories should come from carbohydrates.

FATS

Fats also do NOT make you fat. Fats are needed in order to build and regulate many of your hormones, such as testosterone, estrogen, and other sex hormones. These hormones are needed to keep you feeling good and ensuring optimal health. Without them, you will lose the ability to train hard and recover properly.

When creating your nutrition plan. First calculate the amount of protein and carbohydrates you need, then fill in the remaining calories with fats.

CREATING YOUR NUTRITION PLAN

To burn body fat, you MUST be in a caloric deficit. This means that the calories you are consuming from carbs, fats, and proteins combined are still less than the total number of calories you are burning every day.

You must first determine your TDEE, or your Total Daily Energy Expenditure, before creating your nutrition plan. Your TDEE = how many calories your body needs to maintain its current body weight. TDEE factors in your height, weight, sex, age, body fat percentage, and daily energy expenditure to arrive at a predicted number of baseline calories that you must consume in order to maintain your current body weight. From there you will either add 10-15% or subtract 10-15% from that number to either build muscle or burn fat.

In this case, once you've found your TDEE, subtract 10-15% of that number, to arrive at the daily number of calories you should be consuming in order to burn fat and preserve lean muscle mass.

Do this every month to account for changes in both your body fat percentage and your total weight.

You can find your TDEE by clicking [HERE](#)

Once you've found your daily caloric requirements now it's time to break down your calories into proteins, carbohydrates, and fats. Here's how:

(We'll use an individual who weighs 200 pounds who should be eating 3,000 calories/day as reference)

Step 1: Determine your protein intake by multiplying your bodyweight x 1.0 to find your daily protein needs.

FOR EXAMPLE: 200LBS X 1.0 GRAM = 200 GRAMS OF PROTEIN/DAY (200 GRAMS/PROTEIN * 4 CALORIES = 800 CALORIES FROM PROTEIN)

Step 2: Determine your carbohydrate intake based on your body type.

- For an ectomorph: 50% x 2,500 calories = 1,250 calories. 1,250 calories/4 grams = 312.5 grams of carbs/day
- For a mesomorph: 35% x 2,500 calories = 875 calories. 875 calories/4 grams = 218.75 grams of carbs/day

- For an endomorph: $20\% \times 2,500 \text{ calories} = 500 \text{ calories}$. $500 \text{ calories} / 4 \text{ grams} = 125 \text{ grams of carbs/day}$

Step 3: Determine your fat intake by subtracting your protein and carbohydrates from your daily caloric requirements.

- For an ectomorph: $2,500 \text{ calories} - (800 \text{ calories/protein} + 1,250 \text{ calories/carbs}) = 450 \text{ calories from fats}$. $450/9 = 50 \text{ grams of fat}$
- For a mesomorph: $2,500 \text{ calories} - (800 \text{ calories/protein} + 875 \text{ calories/carbs}) = 825 \text{ calories from fats}$. $825/9 = 92 \text{ grams of fat}$
- For an endomorph: $2,500 \text{ calories} - (800 \text{ calories/protein} + 500 \text{ calories/carbs}) = 1200 \text{ calories from fats}$. $1200/9 = 133 \text{ grams of fat}$

Rules:

- Try to eat between 4-6 meals – dividing your calories up evenly between meals.
- Do not skip out on the fruits and veggies. They are packed with micronutrients and fiber that are necessary to for all of the changes to happen in your body.
 - Drink 1-1.5 gallons of water daily.
 - Limit or even completely remove alcohol from your diet.
- Enjoy a cheat meal every 7-10 days. This is important! You want to indulge in some of your favorite foods every so often to satisfy your cravings and re-balance your hormones from being in a caloric deficit. On cheat days, it's okay, and sometimes even beneficial to go above

your calories on the days you have a cheat meal. This ensures that your metabolism doesn't adapt to eating lower calories, therefore, making it more difficult to burn fat.