



## NUTRITIONAL GUIDANCE SHEET

When it comes to attaining the body you desire, nutrition is CRUCIAL!!! That's why I have created a way to help you eat properly. Choose the option that is more suitable to your needs and remember to track your eating by using a **BINDER OR SPIRAL NOTEBOOK.**

FIT FACTS:

- 3,500 calories make up 1 pound of fat
- Fat is burned by caloric thermogenesis (Lipolysis) ONLY
- Muscle is made of protein, thus making it imperative to consume your body's worth daily
- Always try to burn at least 50% of your caloric consumption in the form of exercise daily
- The other 50% should be done naturally through BMR (Basal Metabolic Rate)

**\*\*\* CHOOSE YOUR FOOD TRACKING PLAN \*\*\***

Option 1 – Macronutrient Regulated (% Based) (You choose your foods)

Option 2 – Sample Meal Plan (Use sample plan to build your unique daily meal)

**Macronutrient Regulated Meal Plan (Calories, Carbs, Proteins)**

Guidelines: Accurately follow the listed guidelines to reach proper weight loss goals

Each of your total daily amounts should be within the following ranges:

### CALORIES

125-135lbs ( No less than 1,100 no more than 1,250)

140-160lbs ( No less than 1,200 no more than 1,350)

165-180lbs ( No less than 1,300 no more than 1,550)

185-200lbs ( No less than 2,500 no more than 1,750)

### NET CARBOHYDRATES – (NET) = Minus the FIBER

125-135lbs ( 80 grams)

140-160lbs ( 100 grams)

165-180lbs ( 120 grams)

185-200lbs (140 grams)

### PROTEINS

125-135lbs ( No less than 90 grams proteins)

140-160lbs ( No less than 120 grams proteins)

165-180lbs ( No less than 140 grams proteins)

- Protein should be about 0.7-1.0grams per pound of body weight.
- If you are looking to NOT looking to lose weight then the Carbs should be 1-1.5grams net / per pound of body weight. And the grams of proteins should be 0.5 per pound of bodyweight.