

Nutrition Guide



WARNING: the following resource will give you **EVERYTHING** you need to have a successful transformation

Energy Demands

Total Daily Energy Expenditure (TDEE)

Combination of BMR, NEAT, EAT, & TEF

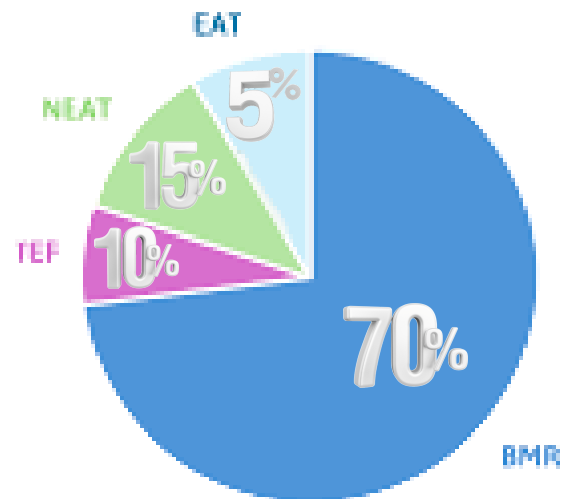
Energy Expenditure

Non-Exercise Activity
Thermogenesis

Exercise Activity
Thermogenesis

Thermic Effect
of Food

Basal
Metabolic Rate



Energy Intake

Calories
Consumed

Energy Balance

Calculating BMR / EER

BMR (Basal Metabolic Rate)

The amount of energy required to sustain you at rest

Mifflin-St. Jeor Method

Men

$$(10 \times \text{weight [kg]}) + (6.25 \times \text{height [cm]}) - (5 \times \text{age [yrs]}) + 5$$

Woman

$$(10 \times \text{weight [kg]}) + (6.25 \times \text{height [cm]}) - (5 \times \text{age [yrs]}) - 161$$

Estimated Energy Requirements

Multiply your Activity Factor by your BMR (AF x BMR)



Little to no exercise: $EEE = BMR \times 1.25$



Light exercise: $EEE = BMR \times 1.375$



Moderate exercise: $EEE = BMR \times 1.55$



Heavy exercise: $EEE = BMR \times 1.725$



Very Heavy exercise: $EEE = BMR \times 1.9$

Grocery Lists

Carbs - We recommend having 3-5 carb sources. Please make sure to include at least 1 fruit and veggie.

Rice

Quinoa

Oats

Pasta

Potatoes

Fruits

Bread

Lentils

Chickpeas

Beans

Oatmeal

Vegetables

Fruit Juice

Cereal

Rice Cakes

Grocery Lists

Fat - We recommend having 2-3 fat sources.

Avocado

Olive oil

Nuts (such as almonds, walnuts, cashews)

Seeds (such as chia seeds, flaxseeds, pumpkin seeds)

Fatty fish (such as salmon, mackerel, sardines)

Coconut oil

Flaxseed oil

Hemp seeds

Tahini & other Sauces or Dressings

Peanut butter

Almond butter

Sunflower oil

Edamame

Olives

Egg yolk

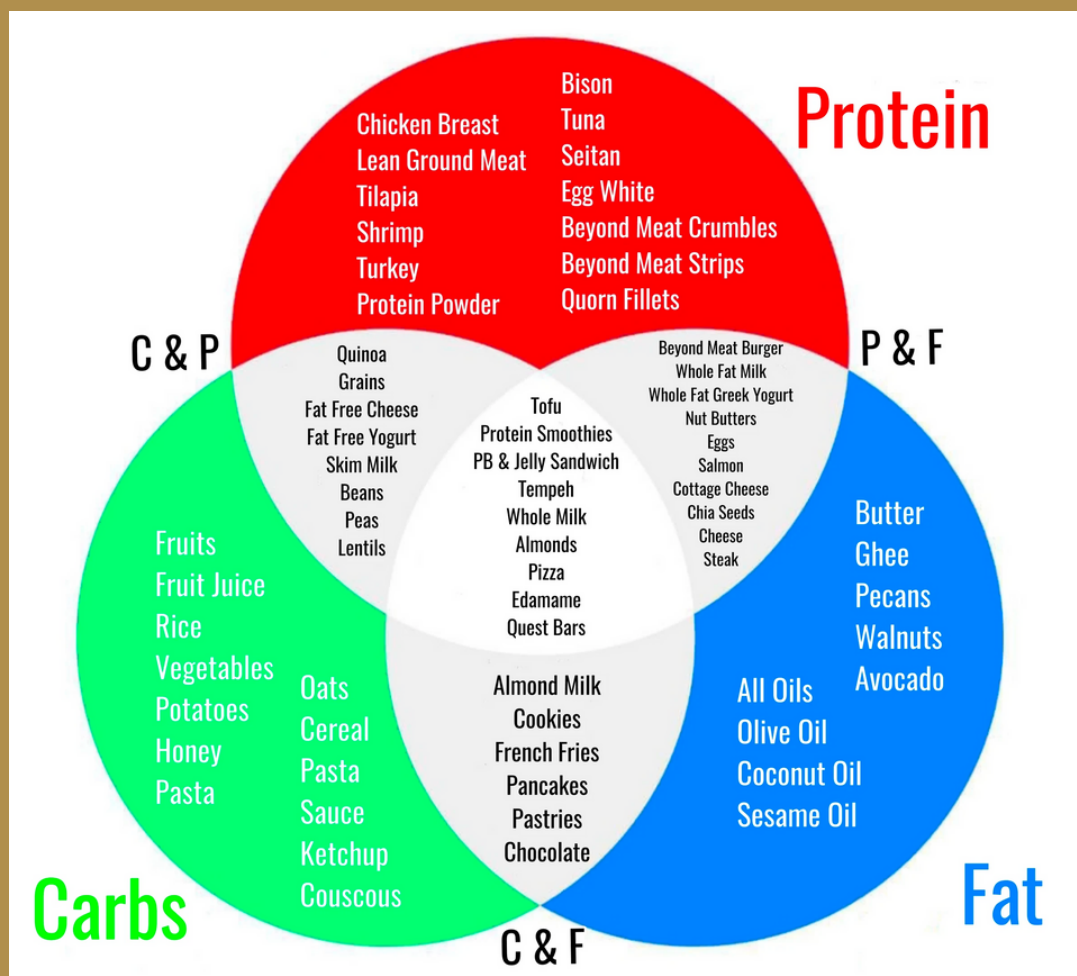
Cheese

Greek yogurt (full-fat)

Full Fat Dairy

Understanding Macros

Proteins, carbohydrates, and fats are the dynamic trio of nutrition, essential for fueling our bodies and keeping them in top shape! Proteins, found in sources like lean meats and nuts, are the muscle builders and immune system boosters we need for repair and growth. Carbohydrates, abundant in fruits, whole grains, and legumes, provide the energy necessary for our daily activities and workouts. And fats, from sources like avocados, fish, and nuts, are the unsung heroes supporting brain function, vitamin absorption, and overall health. Together, these powerhouse macronutrients form the cornerstone of a balanced and vibrant diet!



Protein Servings

Below is a list of several protein sources and cooked weight nutrition

Chicken Breast

Cooked Weight: 100 grams
Protein: 31g
Fat: 3.6g
Carbohydrates: 0g

Beef Sirloin

Cooked Weight: 100 grams
Protein: 27g
Fat: 11g
Carbohydrates: 0g

Bison Steak

Cooked Weight: 80 grams
Protein: 30g
Fat: 3.2g
Carbohydrates: 0g

Salmon Fillet

Cooked Weight: 90 grams
Protein: 25g
Fat: 13.5g
Carbohydrates: 0g

Halibut

Cooked Weight: 90 grams
Protein: 23g
Fat: 2g
Carbohydrates: 0g

Venison

Cooked Weight: 80 grams
Protein: 29g
Fat: 2g
Carbohydrates: 0g

Turkey Breast

Cooked Weight: 100 grams
Protein: 29g
Fat: 1g
Carbohydrates: 0g

Pork Chop

Cooked Weight: 100 grams
Protein: 27g
Fat: 15g
Carbohydrates: 0g

Chicken Thighs

Cooked Weight: 110 grams
Protein: 30g
Fat: 21g
Carbohydrates: 0g

Lean Ground Beef

Cooked Weight: 85 grams
Protein: 26g
Fat: 17g
Carbohydrates: 0g

Swordfish

Cooked Weight: 100 grams
Protein: 23g
Fat: 7g
Carbohydrates: 0g

Duck Breast

Cooked Weight: 85 grams
Protein: 30g
Fat: 11g
Carbohydrates: 0g

Pork Tenderloin

Cooked Weight: 90 grams
Protein: 29g
Fat: 3.6g
Carbohydrates: 0g

Ground Turkey

Cooked Weight: 85 grams
Protein: 21g
Fat: 16g
Carbohydrates: 0g

Shrimp

Cooked Weight: 120 grams
Protein: 24g
Fat: 1g
Carbohydrates: 1g

Lamb Chop

Cooked Weight: 70 grams
Protein: 25g
Fat: 20g
Carbohydrates: 0g

Cod Fillet

Cooked Weight: 110 grams
Protein: 22g
Fat: 1g
Carbohydrates: 0g

Carbs Servings

Below is a list of different carb sources and their macro nutrient profiles.

Brown Rice (100g cooked):

Carbohydrates: 23.5g

Protein: 2.1g

Fat: 0.9g

Sweet Potato (100g cooked):

Carbohydrates: 20.7g

Protein: 1.6g

Fat: 0.1g

Quinoa (100g cooked):

Carbohydrates: 21.3g

Protein: 4.4g

Fat: 1.9g

Oats (100g cooked):

Carbohydrates: 12.7g

Protein: 2.5g

Fat: 1.0g

Whole Wheat Pasta (100g cooked):

Carbohydrates: 25g

Protein: 5g

Fat: 1.3g

Barley (100g cooked):

Carbohydrates: 28.2g

Protein: 3.6g

Fat: 0.4g

White Potato (100g cooked):

Carbohydrates: 17.49g

Protein: 2.02g

Fat: 0.15g

Lentils (100g cooked):

Carbohydrates: 20g

Protein: 9g

Fat: 0.4g

Chickpeas (100g cooked):

Carbohydrates: 27.42g

Protein: 8.86g

Fat: 2.59g

Black Beans (100g cooked):

Carbohydrates: 22.8g

Protein: 8.86g

Fat: 0.54g

White Beans (100g cooked):

Carbohydrates: 19.56g

Protein: 9.01g

Fats Servings

Below is a list of different Fat sources that are roughly 15g of fat and their macro nutrient profiles.

Avocado

Serving Size: 75g
Fat: 15g
Carbohydrates: 9g
Protein: 2g

Almonds

Serving Size: 30g
Fat: 15g
Carbohydrates: 6g
Protein: 6g

Peanut Butter

Serving Size: 32g
Fat: 16g
Carbohydrates: 7g
Protein: 7g

Walnuts

Serving Size: 30g
Fat: 18g
Carbohydrates: 4g
Protein: 4g

Olive Oil

Serving Size: 15ml (1 tablespoon)
Fat: 14g
Carbohydrates: 0g
Protein: 0g

Cheddar Cheese

Serving Size: 42g
Fat: 15g
Carbohydrates: 0.5g
Protein: 9g

Coconut Oil

Serving Size: 13.6g (1 tablespoon)
Fat: 14g
Carbohydrates: 0g
Protein: 0g

Salmon

Serving Size: 75g (cooked)
Fat: 15g
Carbohydrates: 0g
Protein: 21g

Dark Chocolate (70-85% cocoa)

Serving Size: 40g
Fat: 15g
Carbohydrates: 13g
Protein: 4g

Cashews

Serving Size: 30g
Fat: 15g
Carbohydrates: 9g
Protein: 6g

Sesame Seeds

Serving Size: 30g
Fat: 15g
Carbohydrates: 7g
Protein: 5g

Pistachios

Serving Size: 30g
Fat: 15g
Carbohydrates: 8g
Protein: 6g

Reading Nutrition Labels

Serving Size

The first thing you should look at is the serving size. Keep in mind one package is not always one serving. You need to always watch out for the serving size because you don't want to eat a whole container and track it as one serving.

When looking at the serving size, remember this is taken the way the food comes to you! For example, a serving of 55g is 55g of the product in the form it came to you. This can be super confusing when weighting items like meats, rice, or pasta as the weight changes once it's cooked. If your weighing your food cooked, it will be a little different so remember to track "Cooked X" when doing this!

Calories

The calories are shown as one serving! It's important to remember that calories are an estimation and brands can have it be slightly off, this is why macros are more accurate! In addition, some brands like to talk about "net carbs" by subtracting fiber, we do not recommend this.

Macronutrients (Fat, Carbs, and Protein)

The macronutrients are labeled in grams and are also shown per one serving. Use this information to properly track your meals.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup

Calories 230

% DV*

12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Quick Eating Out Options

The following pages include several macro friendly eating out options! Obviously, eating out isn't something you should be doing every single day but in life we understand that sometimes we need something quick and on the go! Here are some options from several different chains that can be found across the United States. When eating out, the key is finding options that have sufficient protein and aren't excessively fatty.

JACK IN THE BOX



Chicken Fajita Pita
330 Calories
27g Protein
35g Carb
9g Fat

Jack's Teriyaki Bow
630 Calories
34g Protein
109g Carb
6g Fat



Southwest Chick Salad
340 Calories
36g Protein
25g Carb
13g Fat

Chicken Club Salad
230 Calories
30g Protein
12g Carb
8g Fat



KENTUCKY FRIED CHICKEN

Grilled Chicken Breast
210 Calories
38g Protein
0g Carb
7g Fat



Grilled Chicken Thigh
150 Calories
17g Protein
0g Carb
9g Fat

Honey BBQ Sandwich
350 Calories
24g Protein
55g Carb
3.5g Fat



WENDYS



Grilled Chicken Sandwich
360 Calories
34g Protein
35g Carb
9g Fat



Jr. Hamburger
250 Calories
13g Protein
25g Carb
11g Fat



Parmesan Caesar
Chicken Salad
400 Calories
49g Protein
8g Carb
21g Fat

ARBYS



Roast Chicken Salad
300 Calories
25g Protein
8g Carb
14g Fat



Roast Chicken Sandwich
220 Calories
24g Protein
35g Carb
16g Fat



Roast Turkey Slider
180 Calories
13g Protein
21g Carb
5g Fat



Roast Turkey & Swiss Wrap
530 Calories
37g Protein
42g Carb
25g Fat

PANDA EXPRESS



String Bean Chicken
Breast
190 Calories
14g Protein
13g Carb
9g Fat



Beef in Broccoli
150 Calories
9g Protein
13g Carb
7g Fat



Grilled Chicken Teriyaki
200 Calories
36g Protein
8g Carb
13g Fat

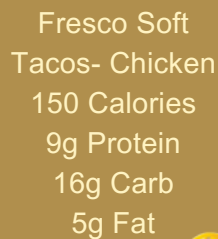


Firecracker Chicken
Breast
170 Calories
16g Protein
10g Carb
7g Fat

CHICK FILA



TACO BELL



STARBUCKS



CHIPOTLE



Flour Tortilla
(Burrito)
320 Calories
8g Protein
50g Carb
9g Fat



Flour Taco Shells (3)
250 Calories
7g Protein
40g Carb
8g Fat



Green Beans
25 Calories
1g Protein
5g Carb
0g Fat

Taco Shells (3)
200 Calories
3g Protein
29g Carb
9g Fat



Lettuce (Bowl)
15 Calories
1g Protein
3g Carb
0g Fat



Pinto Beans
130 Calories
8g Protein
21g Carb
1.5g Fat



White Rice
210 Calories
3g Protein
40g Carb
4g Fat

Quesadilla
(Flour Tortilla +
Cheese)
650 Calories
26g Protein
35g Carb
33g Fat



Cheese
110 Calories
6g Protein
1g Carb
8g Fat



Cauliflower Rice
40 Calories
3g Protein
7g Carb
1g Fat



Veggies
20 Calories
1g Protein
5g Carb
0g Fat



Queso
120 Calories
5g Protein
4g Carb
9g Fat



Brown Rice
210 Calories
4g Protein
36g Carb
6g Fat



Chicken
180 Calories
32g Protein
0g Carb
7g Fat



Vinaigrette
220 Calories
1g Protein
18g Carb
16g Fat



Sour Cream
110 Calories
2g Protein
2g Carb
9g Fat



Steak
150 Calories
21g Protein
1g Carb
6g Fat

Barbacoa
170 Calories
24g Protein
2g Carb
7g Fat



Carnitas
210 Calories
23g Protein
0g Carb
12g Fat



Sofritas
150 Calories
8g Protein
9g Carb
10g Fat



Guacamole
230 Calories
2g Protein
8g Carb
22g Fat



Tomatillo Salsa
15 Calories
0g Protein
4g Carb
0g Fat



Tomato Salsa
25 Calories
0g Protein
4g Carb
0g Fat



Corn Salsa
80 Calories
3g Protein
16g Carb
1.5g Fat

Vegan Protein Options

Protein



Protein Powder

Protein & Carbs



Beans

Protein & Fats



Tofu



TVP



Quinoa



Nuts



Seitan



Lentils



Tempeh

Alcohol

To track alcohol as calories, it's essential to know that alcohol provides 7 calories per gram, making it more calorically dense than both carbohydrates and proteins (which provide 4 calories per gram) and fats (which provide 9 calories per gram). For instance, a standard alcoholic drink like a 5-ounce glass of wine or a 12-ounce beer typically contains around 120-150 calories, while a shot of distilled spirits like vodka or whiskey can have around 100 calories. Therefore, it's crucial to be mindful of alcohol consumption, as these calories can add up quickly and may impact overall energy balance and weight management goals.



You can track a portion as fats and a portion as carbs, but you can't use your protein macros for alcohol

Carbs & Protein = 4 calories per Gram

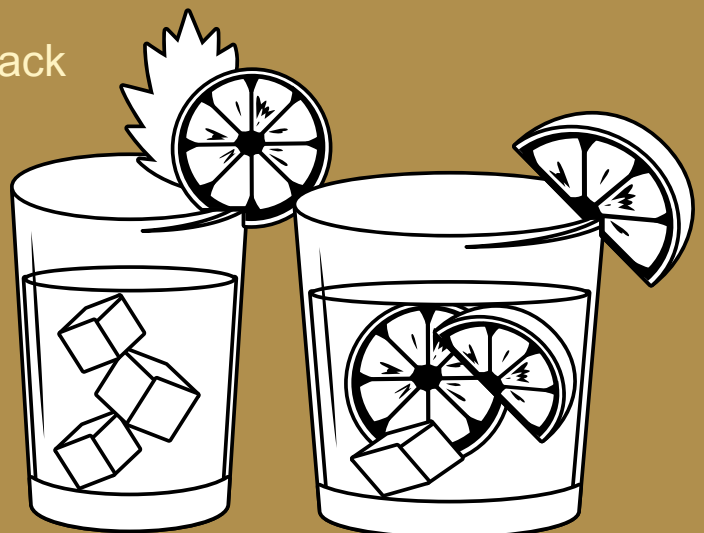
Fat = 9 calories per Gram

Alcohol = 7 calories per Gram

Here's an Example:

If a drink has 200 calories you can track it as

- CARBS: $200/4 = 50\text{g}$ of carbs
- FATS: $200/9 = 22.2\text{g}$ of fats
- CARBS/FATS: $100/4 = 25\text{g}$ of carbs + $100/9 = 11\text{g}$ of fats



Alcohol

Vodka:

Calories per 1.5 oz serving (standard shot): Approximately 97 calories

Rum:

Calories per 1.5 oz serving (standard shot): Approximately 97 calories

Gin:

Calories per 1.5 oz serving (standard shot): Approximately 97 calories

Tequila:

Calories per 1.5 oz serving (standard shot): Approximately 97 calories

Whiskey (Bourbon, Scotch, Rye, etc.):

Calories per 1.5 oz serving (standard shot): Approximately 97 calories

Brandy:

Calories per 1.5 oz serving (standard shot): Approximately 97 calories

Liqueurs (e.g., Baileys Irish Cream, Amaretto, Kahlúa):

Calories per 1.5 oz serving (standard shot): Can range from approximately 100 to 150 calories or more, depending on the specific liqueur.

Wine (Red, White, Rosé):

Calories per 5 oz serving (standard glass): Typically ranges from 120 to 130 calories for most wines

Beer (Regular, Light):

Calories per 12 oz serving (standard bottle or can):

Regular Beer: Approximately 150 to 200 calories

Light Beer: Approximately 100 to 150 calories

Most Common Supplements

Multivitamin

A combination of vitamins and minerals that support overall health and fill potential nutrient gaps in the diet.

Why take it: To ensure adequate intake of essential vitamins and minerals, especially for individuals with restricted diets or nutrient deficiencies.

Omega-3 Fatty Acids

Essential fatty acids found in fish oil or algae supplements, known for supporting heart health, brain function, and reducing inflammation.

Why take it: To improve cardiovascular health, support cognitive function, and alleviate symptoms of inflammatory conditions.

Protein Powder

A powdered supplement derived from various sources such as whey, casein, soy, or pea protein, providing concentrated protein for muscle repair and growth.

Why take it: To supplement protein intake, support muscle recovery and growth, especially for athletes or those with increased protein needs.

Vitamin D

A fat-soluble vitamin crucial for bone health, immune function, and mood regulation, synthesized in the skin upon exposure to sunlight.

Why take it: To prevent vitamin D deficiency, particularly in individuals with limited sun exposure or those living in northern latitudes.

Creatine

A compound synthesized from amino acids primarily found in meat and fish, known for enhancing athletic performance, muscle strength, and endurance.

Why take it: To improve high-intensity exercise performance, increase muscle mass, and facilitate muscle recovery, commonly used by athletes and bodybuilders.

Most Common Supplements

Calcium

A mineral essential for bone health, muscle function, and nerve transmission.
Why take it: To support bone density and prevent osteoporosis, especially for individuals at risk of calcium deficiency, such as postmenopausal women.

Iron

A mineral necessary for red blood cell production and oxygen transport throughout the body.

Why take it: To prevent or treat iron deficiency anemia, especially in individuals with inadequate dietary intake or increased iron needs, such as pregnant women.

Magnesium

A mineral involved in over 300 biochemical reactions in the body, including muscle and nerve function, energy production, and bone health.

Why take it: To support overall health, muscle relaxation, improve sleep quality, and alleviate symptoms of magnesium deficiency.

Probiotics

Live beneficial bacteria that promote gut health by restoring the balance of intestinal flora and supporting digestion and immune function.

Why take it: To improve digestion, boost immune function, and maintain gut microbiota balance, especially after antibiotic use or for individuals with digestive issues.

B Vitamins Complex

A group of water-soluble vitamins including B1, B2, B3, B5, B6, B7, B9, and B12, essential for energy metabolism, nerve function, and red blood cell production.

Why take it: To support energy production, cognitive function, and overall well-being, particularly for individuals with poor dietary intake or increased needs.