



Ahh...what a nice day...

You can change a lot about your body with the right guidance and a good motivation. It's going to be nice, but tough...

Let's do this!

WELCOME TIME

Now you have taken the first step to change your lifestyle. We will not talk about diets and exact steps you must follow; I will lead you to understand what is behind a healthy way to lose body fat, gain muscles or both at the same time. I will show you how to be fresh all day and have energy.

We all have different start points, final goals and tools to reach the goals. I will try my best to show you the most simple way from any point you are and no matter where you want to go. With this guideline you have the opportunity to create amazing changes with your body and mind.

This guide gives you a quick overview of your diet and exercise in general if you need to reduce your body fat. After reading it, you have a solid starting point so you can help yourself in terms of how to eat and exercise most effectively to reduce some weight.

Okay, let us start! Ooo I look forward

Contents

MAINTENANCE NUMBER	3
MACRONUTRIENTS	5
CALCULATING MACROS	7
YOUR FOOD TRACKING	8
Weighing Dry Goods	8
Weighing Meat.....	8
Tracking recipes	8
LOGGING FOOD TO THE APP.....	9
Tracking Restaurant Food	10
Planning meal for next day	11
WATER INTAKE.....	11
TRACKING PROGRESS.....	11
Stall in progress.....	11
WORK OUT	12



MAINTANENCE NUMBER

A calorie is a unit of energy. The calorie content of a food describes how much energy your body can get from consuming it. Although there are other factors involved, weight loss or weight gain ultimately comes down to how many calories you consume. When you eat more calories than your body can use, the extra energy is stored as body fat. When you need more energy than you are getting from what you eat, your body burns body fat for fuel.

Example: If your body needs 2000 calories to have energy for all activities and you give your body 2500 calories, so you gave it 500 calories more than it needs and you gain weight.

Every day, your body requires a certain amount of energy to perform basic functions, such as muscle movement, cell growth, heart pumping blood, lungs breath or even when you step all that uses energy. **The energy your body needs to do all these things is known as: *maintenance calories*.**

The amount of energy or how many calories is in your food is usually described on the package on ingredients label in grams.

Example: Let us look at a Nutramino Protein bar (just one I have next to me now) It has 234kcal/55g (per bar)

Now you are on the way to lose some extra kilo of fat. That is why we should reduce calories you intake daily, so you are on a calorie deficit. But you must be careful to not have too big deficit.

Example: eating 1200 calories per day, if your body needs 2000 calories, you can risk your body slowing down the burning process!

There are many places on the internet where you can find out your calorie needs for day. First you find out how much your body needs to function – what we call **BMR (Basic Metabolic Rate)** and there we add an **activity level**. Once this is calculated you get **TDEE (Total Daily Energy Expenditure)**.

On the link you will find calculator that helps you to find out your TDEE.

[TDEE Calculator: Learn Your Total Daily Energy Expenditure](#)



YOUR STATS

Questions or comments? Email me at rob@ideecalculator.net

You're a y/o who is cm tall & weighs kg with % optional

Your Maintenance Calories

1,929

calories per day

13,506

calories per week

Based on your stats, the best estimate for your maintenance calories is **1,929** calories per day based on the Katch-McArdle Formula, which is widely known to be the most accurate when body fat is provided. The table below shows the difference if you were to have selected a different activity level.

Basal Metabolic Rate	1,245 calories per day
Sedentary	1,494 calories per day
Light Exercise	1,712 calories per day
Moderate Exercise	1,929 calories per day
Heavy Exercise	2,147 calories per day
Athlete	2,365 calories per day

Ideal Weight: 52-57 kg

Your ideal body weight is estimated to be between 52-57 kg based on the various formulas listed below. These formulas are based on your height and represent averages so don't take them *too seriously*, **especially if you lift weights**.

G.J. Hamwi Formula (1964)	52 kg
B.J. Devine Formula (1974)	52 kg
J.D. Robinson Formula (1983)	54 kg
D.R. Miller Formula (1983)	57 kg

BMI Score: 21.1

Your **BMI** is **21.1**, which means you are classified as **Normal Weight**...

🔥 People who use [this simple tool](#) are usually in significantly better shape versus people who don't.

18.5 or less	Underweight
18.5 – 24.99	Normal Weight
25 – 29.99	Overweight
30+	Obese

Example: above is my stats, where my maintenance Calories are 1929 per day. I consider myself as Moderate active (exercise 3-5x per week)

*The healthiest way to lose fat is **slow and sustainable way**.*

That means maximum go to deficit with 400-500 calories every day.

For me to lose weight in a healthy way:

*1929- 400 = **1529 calories/daily***

Task for you:

- 1. Find out your TDEE*
- 2. Calculate how much will be your calorie for day to lose weight*

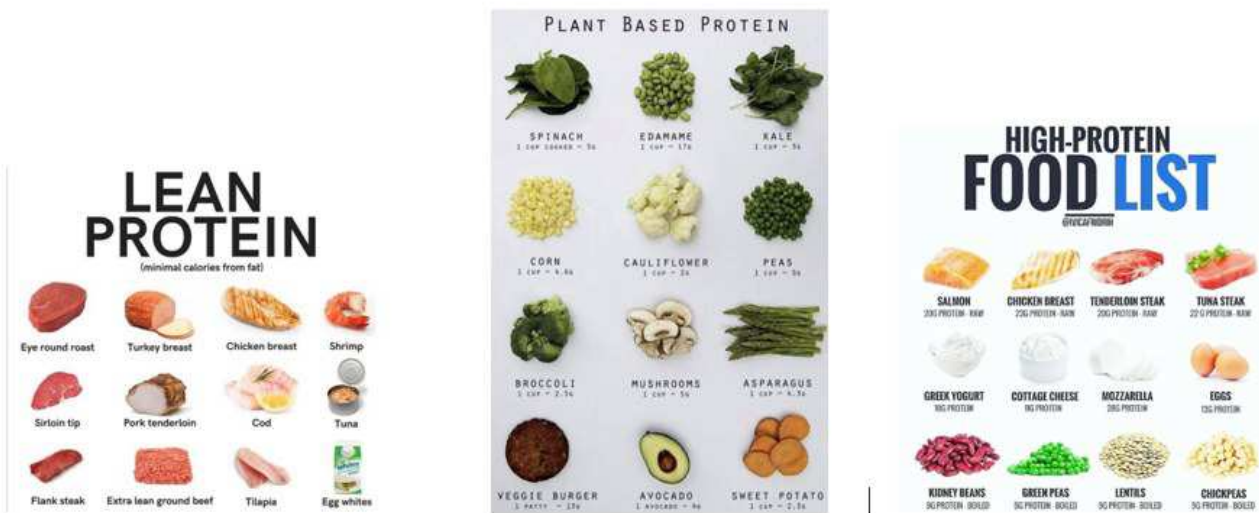
MACRONUTRIENTS

Now we know what is your daily calorie intake, so let us look at how we should divide your calories into different groups - we call them Macronutrients. Does it sound a bit difficult? No worries, we'll take it step by step together.

All foods are made up of one or a combination of three macronutrients, or macros: protein, carbohydrates, and fat.

Protein – Protein is found in nearly all of the tissues in our bodies, and consuming adequate protein is **essential** for life. Protein has **4 calories per gram**. Protein is a macronutrient that is essential for building muscle mass. It is commonly found in animal products, but is also present in other sources, such as nuts and legumes.

Examples of complete proteins: Meat • Fish • Eggs • Dairy • Spirulina • Quinoa



Examples of foods containing incomplete proteins: Vegetables • Seeds and Nuts • Legumes • Grains

Carbohydrates (carbs) While carbs are **not essential** (meaning humans can function without them), they are useful as a source of energy for the body. Many carb sources such as fruits and vegetables tend to be very nutrient dense (containing vitamins and minerals), and some contain dietary fiber, both of which are important for optimal health. Adequate fiber intake is important for digestion and gut health. **Carbohydrates have 4 calories per gram**. Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs.

Examples of foods that are primarily carbohydrates include: Fruit and Vegetables • Grains • Potatoes • Rice and Pasta • popcorn • cookies • cakes.

COMPLEX CARBS

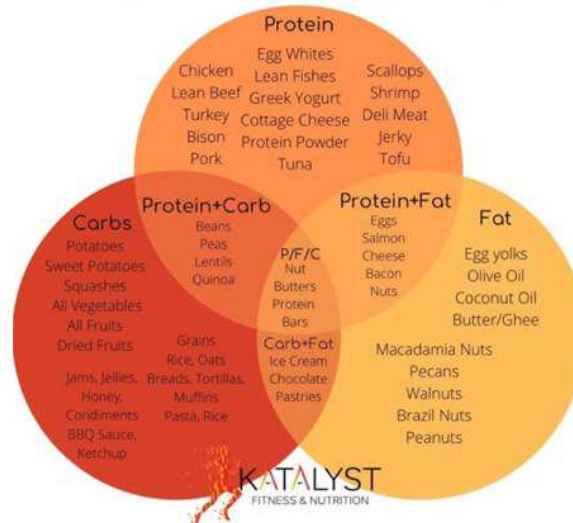


Fats Unlike carbs, fats are **essential** - meaning the body can't function without adequate fatty acid intake. Fats have **9 calories per gram**. Just like carbohydrates, fat can provide your body with energy. We have healthy and less healthy fats, but as long as you keep them in your daily range, you will achieve your goals.

Examples of saturated fats: Coconut oil/Palm oil • Animal fats (from meat) • Butter • Fish oil • Nuts/Seeds • Some plant-based oils such as sunflower oil • Avocado/Avocado oil • Grapeseed oil • Olive oil



Some foods belong to 2 groups, but you don't need to worry about that, the application you download will divide it for you.



CALCULATING MACROS

While there is no single “correct” set of macronutrients for any given individual, there is a range of each macronutrient that is optimal for a particular goal. An easy-to-use calculator that will give you appropriate macros for your personal stats, preferences and goal.

Our body needs all 3 macronutrient groups. Our primary energy source comes from carbs, that is why we should have most of it in our daily macronutrient (macro). How to divide your macro can be calculated on the below link: [Macro Calculator - Macros Inc](#) or any other macro calculator online.

In summary, tracking macros rather than just calories have several benefits. Keeping protein high enough ensures that you will retain as much lean mass as possible during a dieting phase, and that you will adequately repair and build muscle in a gaining phase. Adequate levels of dietary fats are important for general health. Eating the right amount of carbs allows you to maximize efforts in the gym and keeps you feeling energized. So, while it is your calorie amount that ultimately determines whether you will gain, lose, or maintain your weight, tracking macros allows you to maximize your results.

Task for you:

Find out how much of each macronutrient group you need?

My macro calculation

Entry:

Tamara, 41, 160cm, 54kg, exercising 5times/week, I want to lose weight

Results:

Protein: 128 grams

Fat: 44 grams

Carbohydrate: 167 grams

Calories: 1575 calories

YOUR FOOD TRACKING

When starting to track macros, one thing you must have for the best chance at success is a **food scale**. Without weighing, it is impossible to really know how much of a given food you are eating. People are bad at eyeballing or estimating how much food they are consuming. Even measuring foods with cups can be very inaccurate, because there is so much variability with how tightly packed and how full one might fill the measuring cup. The basic idea is that you weigh the food item so that you know the quantity you are eating.

Weighing Dry Goods

Packaged foods all have nutrition labels, and the nutritional information/macros on that label is always for how the food comes to you in the package. Food manufacturers pay to have a lab analyze the nutritional content of the food in the state that it is sold to you. Therefore, the weight stated on the label of dry goods like pasta, rice, oats, grains etc., is for the uncooked product. You should weigh these items dry in order to have the macros on the package be accurate.

Weighing Meat

Meat is most accurately weighed and logged in its uncooked state. When you cook meat, water (and a small amount of fat) is cooked off, but the amount will vary depending on the method of cooking (baking vs crock pot vs a skillet etc.), and to what temperature you cook the meat. A rare steak will retain more water than a well done steak, for example, yet both are technically “cooked”. When you purchase meat at the store and there is a label on it, that label is for the raw product. To use those macros when tracking, you must weigh it raw.

Tracking recipes

There is a recipe builder function as part of most calorie/macro tracking apps. It’s easiest to use this function for recipe tracking.

1. Weigh all ingredients dry/raw as you add them to the recipe, logging them in the correct quantity to the recipe in your tracking app.
2. The recipe function might ask you to enter how many servings up front – put in an arbitrary number of servings as you will edit this after cooking.
3. Cook the food.

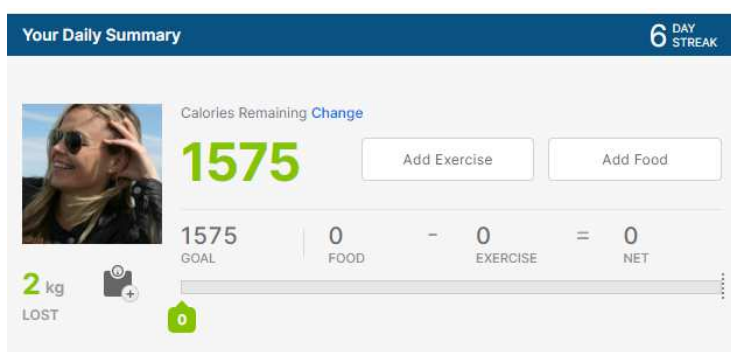
4. After cooking, you want to weigh the final product.
5. Edit your recipe and change the number of servings to the weight in grams of your final product (minus the weight of the container if applicable).
6. To log what you eat, weigh out whatever portion you want to eat and log that amount as the number of servings.

For batch cooking of dry goods or meat:

1. Weigh the total amount of meat or dry goods uncooked.
2. Cook it.
3. After cooking, weigh the total amount of cooked food.
4. Determine how many servings you want the food to make and divide the total cooked weight by that number.

LOGGING FOOD TO THE APP

The first thing to note is that a tracking app should be used to track your food intake and macros. Calculate your macronutrient goals using calculator linked above, and then use the app to track your eating to hit those macros.



Task for you:

1. Find a calorie/macro tracking app like My Macros+ or MyFitnessPal (Kaloricketabulky.sk for Slovak clients) to log the amount you ate of each food.
2. The app counts the macros and calorie content of that amount of food for you.

Example: I aim for 1575 per day and do not take exercise to consideration, as it is already included in the calculation. You can switch off exercise tracking on the app.

When you add food, you can see how much grams of each group it has.

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Egg, 1 large	72	0	5	6	71	0
Fryst Spenat (Ica) - Spenat, 30 gram	6	0	0	1	7	0
Italian Bread Toast, 41 gram(s)	111	21	1	4	226	1
Add Food Quick Tools	189	21	6	11	304	1

At the end of the day your 3 groups must fit. If your daily goal of protein is 128g, so look at the summary in column protein. After my breakfast I have 11g protein, 6g fat and 21g carbs.

Even packaged foods need to be weighed for 100% accuracy. For example, the label on your loaf of bread might state that one slice of bread is 30g. You weigh yours, and it is 41g. If you would have logged it as 1 slice without weighing, you would have been underestimating how much you ate. It might seem like a tiny detail, but those slight differences happening with everything you eat, day after day can add up to a large discrepancy between what you log and what you consume. This can make it frustrating when progress isn't happening, and you feel you are "doing everything right".

Tracking Restaurant Food

Some tips for eating out include:

1. Order items with only a few ingredients, like a protein with a carb and/or veggie as sides. This is easier to visually quantify and log, as compared to pastas, soups etc., that have many ingredients in quantities you can't easily guess.
2. Order sauces and dressings on the side so that you can see and control the amount used.
3. Find a similar item that is in the tracing app if your restaurant doesn't provide info, and log that. It will not be exact but it is an estimation at least.
4. If possible, decide what you will have and log your meal out at the start of the day, planning your other meals around it.

Eating out is a part of a healthy social life, and it shouldn't be avoided just because you are dieting. It can get tricky because only large chains tend to have nutrition information available for their menu items, and it is hard to know how to estimate when you don't know what went into the food you are eating. Limit meals out to 2-3 per week for best results, just because they are so difficult to accurately track.



Planning meal for next day

If you are new to counting macros, you will likely find it difficult at first to figure out the right foods to eat in the right quantities to hit your macros. Instead of just eating what you think you should eat and then logging it afterwards, try pre-logging your food instead. In the morning, or even the night before, log the foods you think you want to eat in the quantity you think you want to eat them and then see where you are hitting your macros. You can then adjust portion sizes of the foods you logged or swap out one food for another. Do this until you get within 5g on each macro. Now you know exactly what to eat, and you won't be stuck way over or under on any macro at the end of the day.

FOOD QUALITY MATTERS

While weight gain or loss ultimately comes down to calories in vs calories out, food choices still matter for things like general health.

THE "80/20" RULE

A commonly used phrase with flexible dieting is the "80/20" rule, meaning 80% of your diet should consist of whole, nutrient dense foods leaving 20% to be filled with more "fun" foods that you love but aren't necessarily nutritious. The premise here is that once you have fulfilled your body's requirement for micronutrients and fiber, you can then eat whatever else you want to fill your daily macro requirements since you can't "stock up on the good stuff" by continuing to eat more once you've maxed out. This tends to go against the popular "clean eating" movement, which tends to demonize all processed foods.

WATER INTAKE

Amount of daily water intake that can be recommended is 35 ml per kg of body weight. However, because there are many differences between individuals such as exercise/activity level (and therefore sweating) or a person's climate, there is no one amount of water intake that can be said to be best for everyone. Monitoring the color of your urine is one of the easiest ways to know your hydration status. When you're staying hydrated, your urine will be a light yellow, close-to-clear color.

TRACKING PROGRESS

Tracking progress is important because adjustments in macros/calories may need to be made when things aren't working, or when a stall occurs. There are several ways that you can and should use to measure your progress, including weighing yourself, taking measurements and taking progress pictures.

Stall in progress

Progress when dieting (and when in a gaining phase) is not linear – there will always be weight fluctuations that occur day to day. It's important to look at what is happening over time to really see what progress is or isn't happening. An actual stall is when you have not moved towards your goal for 4 weeks. You can determine if you have stalled based on weight, measurements, comparing photos, and how your clothes are fitting.

What to Do When Progress Stalls?

If you have been dieting (in a deficit) for 8-12 weeks or more, consider taking a diet break. This is a 2-week period where calories are increased to around maintenance, and it has both physiological and psychological benefits. Hormones that get low when dieting such as leptin, testosterone, and thyroid rise again when calories are brought up, and cortisol levels go down. Muscle glycogen gets replenished, and you'll likely feel stronger in the gym. On the psychological side, it is always nice to get to eat more and to have more "room" to fit in foods you love. After the diet break, resume your deficit. Often this is enough to get the scale moving again, at least for a little while. To implement your diet break, increase your fats and carbs by 20% each, keeping protein the same. Stay at that intake for 14 days, and then return to your macros you were previously consuming. Even after a diet break, you may find that you aren't continuing to lose weight on the macros you were previously losing on. This is normal and to be expected at some point in the dieting process, and this is happening for several reasons. For one, you weigh less now than you did at the beginning of your diet, so what may have been a deficit for you at that weight might not be now. Also, as discussed previously, hormones are affected when you diet, and metabolism slows a bit (10-15%). For all these reasons, it's common to need to lower calories when you stall to continue losing weight. If you have taken a diet break and you still have not made progress for 4 weeks, you should lower your macros. Do this by subtracting 5-10% from both fat and carbs (do not decrease protein). There is such a thing as going too low in calories. Though it is not true that going too low will stop fat loss or cause fat gain (aka "Starvation Mode"), it can cause lots of hormonal issues and water retention, not to mention lack of energy (so decreased calorie burn in general) and possible loss of lean mass. Make sure your calories don't dip below 10x your body weight in pounds (though if obese, this may not apply).

WORK OUT

Now we get to point you were waiting for...do I have to work out to lose weight? Answer is NO, you don't need to work out, but to get the most out of your journey I would recommend choosing any kind of workout you prefer, the one you can keep going on with. I recommend strength training 3-4x a week cca 45minutes. When most people think about losing weight, they think about losing fat by cutting calories, but building lean muscles should be a top priority for anyone looking for body composition and overall health. Building lean muscles will play a big role on weight loss journey. One of the main reasons for it is muscles are burning more calories than fat. By increasing your muscles mass, you increase your BMR (how much calories your body burns at rest). So even if you are not exercising your body will burn more calories during day, simply because you have more muscles. More muscles you have, the more fat you burn; you speed up your metabolism and get stronger. You will see amazing changes on your body.

It will not be easy but it's worth it, I promise! You will get in the best shape of your life, love your body and feel good...just Give It One Day! Don't worry what and how you do it tomorrow, get out the best you can from today, today is in your hands.

I am proud of you already! You made the hardest step...

Tamara

