NUTRITION GUIDE

A Guide for You!

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Lifting | Nutrition | Triathlon

What’s in it for you?

01 A word from myself

02 Few Notions

03 Daily Intake Calculation

04 Tips

01 - A WORD FROM MYSELF

Hey there! Thanks for reaching out and committing to giving your best shot!

I hope this guide is both helpful and easy to follow! If you ever need a hand, just let me know! I'm here for that!

Now, you might be here because you're aiming for a better lifestyle, or perhaps you're tired of feeling stuck and ready for change. Or maybe it's something else entirely. Whatever your reason, I'm thrilled you're here.

But let's be real, I know a thing or two about not feeling your best and wishing for a miracle. Here's the deal – no miracles in the fitness world. We've got to put in the work to see results, and that often comes with its own set of worries, doubts, and anxieties.

What if I told you that breaking it down, understanding the process, and accepting the initial effort can make things a whole lot easier over time? It starts to feel less like a chore and more like a natural routine. Give yourself time to adapt, and I guarantee you'll start loving the journey.

Now, let’s dive in the world of simplified nutrition and basic knowledge that you would need, by going over few notions first, then covering the concept of intake calculation as well as daily macronutrients.

02 - FEW NOTIONS

- **Macro and Micronutrients**

Imagine your body as a high-performance machine:

Macronutrients are like the fuel it needs to keep running smoothly. We've got three main types: carbohydrates, proteins, and fats. Carbs are your body's quick energy source, proteins help build and repair tissues, and fats provide long-lasting energy.

Micronutrients, on their end, are the essential vitamins and minerals your body needs for all sorts of important jobs.

- **Daily Calorie Needs**

Your body burns a certain number of calories just to keep everything ticking over, even if you're just chilling on the couch. That's your **basal metabolic rate (BMR)**. Then, we factor in your daily **physical activity level (PAL)** to figure out your **total daily energy expenditure (TDEE)**. In more simple terms, it's like figuring out how much gas your car needs for a good road trip!

For example, say your **BMR is like the energy your body needs to breathe**, and your **TDEE is the total energy you use up**, including when you're walking, working, working out, or whatever.

02 - FEW NOTIONS

- **Caloric Deficit and Surplus**

Deficits and surpluses are usually over complicated by humans, but these concepts are much simpler than we think...

***Caloric deficit**. Eat less than what your body needs, you'll lose weight.*

***Caloric surplus**. Eat more than what your body needs, you'll gain weight.*

Now you might be thinking: "I can still eat fast-food and still lose weight?"
Technically, if the amount is within your calculated and desired daily intake, yes.

However, for a good performing mechanism, the quality of food does matter and affects the body in more ways than we think.

Let's not break our heads with that for now, but let's stay mindful of the following:

Fuel your body with good quality foods, and it will last you a lifetime. Consume processed foods moderately and you'll enjoy the journey.

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02 - FEW NOTIONS

- **Body Types**

Let’s discuss body types now:

You've got **ectomorphs**, who are the lean and speedy types, **mesomorphs**, who are naturally athletic, and **endomorphs**, who have a bit more meat on their bones.

Each body type needs a slightly different mix of fuel to keep them running smoothly…

This notion will come in handy when I further explain how we calculate our intake in the next section.

03 - Daily Intake Calculation

When it comes to calories, as mentioned earlier, we have 3 main sources that we should keep in mind: **Protein, Carbohydrates, and Fats.**

Protein and **Carbs** have 4 calories/gram each, and **Fat** has 9 calories/gram.
Note that down, as we now need to figure out how to put that info to use, and how it can help us calculate our daily intake.

First, let’s teach you how to determine your metabolic rate:

Age	Women	Men
10 - 18 y.o	**(Body weight in kg x 12.2) + 746**	**(Body weight in kg x 17.5) + 651**
19 - 30 y.o	**(Body weight in kg x 14.7) + 496**	**(Body weight in kg x 15.3) + 679**
31 - 60 y.o	**(Body weight in kg x 8.7) + 829**	**(Body weight in kg x 11.6) + 879**
60+ y.o	**(Body weight in kg x 10.5) + 596**	**(Body weight in kg x 13.5) + 487**

03 - Daily Intake Calculation

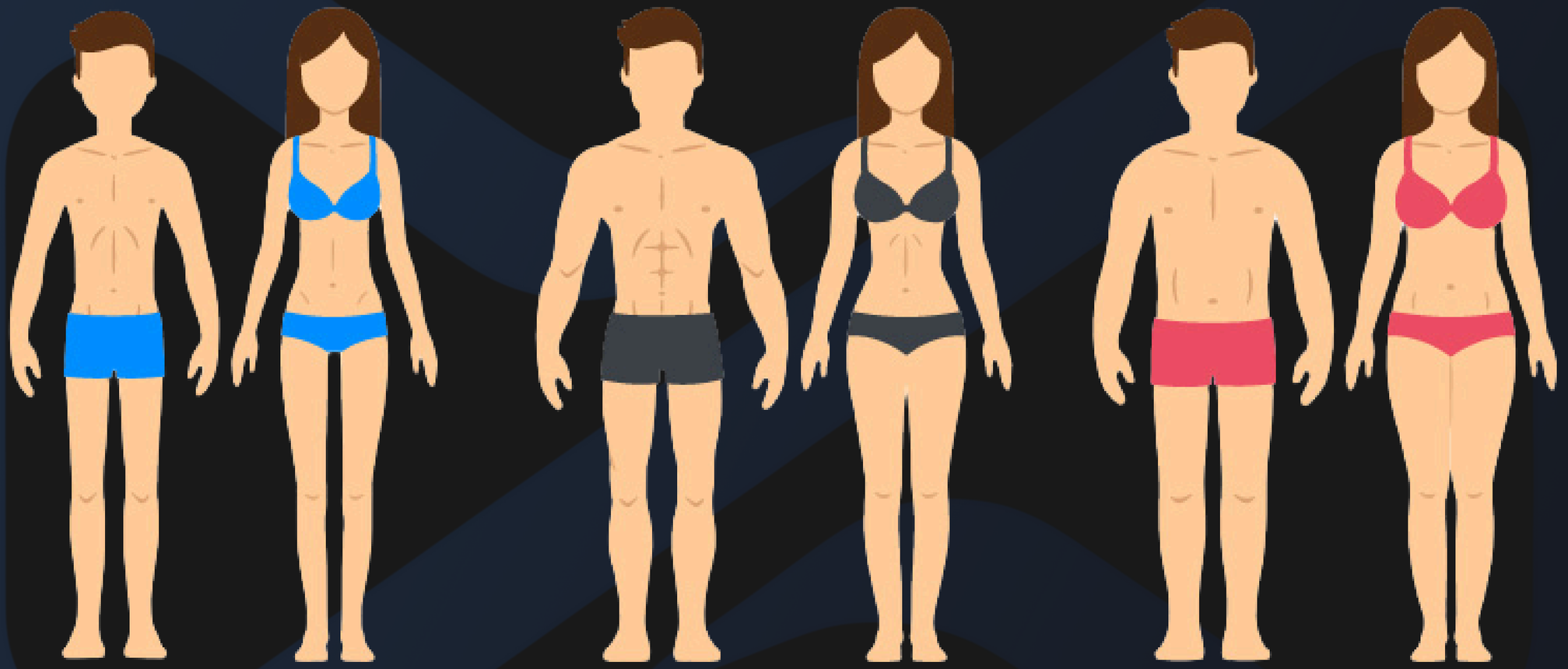
Second, after calculating your metabolic rate, I want you to think about how much activity you usually do per week. We normally classify people into multiple categories according to their Physical Activity Level (PAL):

- **Mainly inactive:** the physical activity level would be 1.2
- **Somewhat active,** is someone who goes out for a walk up to twice a week: their PAL at 1.3
- **Moderately active**, is someone who works out up to 3 times a week: PAL at 1.4
- **Active,** is someone who works out 3+ times a week: PAL at 1.5
- **Very active**, is someone who works out hard daily, or does some type of manual labor: PAL at 1.7

Third, once you determine what category you fit in, your next step would be to multiply your Rate by your PAL, which would give you your daily caloric intake.

The final calculation step involves identifying our body type. While you may not neatly fit into one category, utilize the data from the one that closely resembles your physique.

I want you to determine which category you belong to, based on the picture provided below. After determining your body type, break down your caloric intake using the corresponding percentage.



ECTOMORPH MESOMORPH ENDOMORPH

03 - Daily Intake Calculation

Ectomorphs: 25% Protein / 55% Carbs / 20 % Fat.

Mesomorphs: 30% Protein / 40% Carbs / 30% Fat.

Endomorphs: 35% Protein / 25% Carbs / 40% Fat.

- E***xample #1: Let's say you're more of an Ectomorph and your daily intake is 2800 calories, 700 calories need to come from protein (700/4g =175g of protein),1540 calories from carbs (1540/4g = 385g of carbs), 560 calories from fat (560/9g = 63g of fat).***
- E***xample #2: Let's say you're more of a Mesomorph and your daily intake is 2800 calories, 840 calories need to come from protein (840/4g = 210g of protein), 1120 calories need to come from carbs (1120/4g = 280g of carbs), 840 calories need to come from fat (840/9g = 94g fat).***
- E***xample #3: Let's say you're more of an Endomorph and your daily intake is 2800 calories, 980 calories need to come from protein (980/4g = 245g of protein), 700 calories need to come from carbs (700/4g = 175g of carbs), 1120 calories need to come from fat (1120/9g = 125g of fat).***

03 - Daily Intake Calculation

Congratulations! Now you know how to calculate your daily intake as well as macros!

Below, you'll find three scenarios outlining the deficit, surplus and maintenance concepts we discussed earlier. Choose the one that aligns best with your goals:

Your first scenario would be your **maintenance**: let's say you end up with 2800 calories/day - if you eat at 2800 calories/day, you will maintain your weight... this concept is about eating as much as you need.

Your second scenario would be **weight loss**: let's say you're at 2800 calories/day - if you eat at 2600 calories/day, you will lose weight. This concept is mainly about eating slightly less than what your daily need is.

Your third scenario would be **weight gain**: let's say you're at 2800 calories/day, and you eat 3000 calories/day, you will gain weight. This concept is about eating slightly more than what your daily need is.

While those concepts were simplified, always remember to reassess your approach regularly and adjust as needed. Stick to a certain level initially, observe how your body responds, and then make adjustments accordingly. Combined with a solid workout plan, this will set you on the right path.

If you need help with that, please reach out!

04 - TIPS

Before you go, I want to thank you once again for sticking with me and taking the time to read and learn!

To wrap up on a positive note, here's a couple of foods to avoid — not just because of their calorie content, but because of their detrimental effects on your overall health:

- No to anything loaded with sugar.
- No to greasy, fried foods.

Instead, fuel your body with some nutritious options!

While treating yourself to a cheat meal now and then is okay, don't let it become your entire lifestyle, alright?

Well, we're all done here, and there you have it – a crash course in nutrition that's easy to digest. Remember, it's all about giving your body the good stuff it needs to keep you feeling and performing your best!