NUTRITION GUIDE
WEIGHT LOSS & CUTTING

WWW.BARBELLSandBEARDS.COM

Introduction

The following is a guide to working out the right amount of calories, proteins, fats and carbs to consume in order to lose weight or to go through a cutting phase.

Follow the steps provided in this guide to work out everything that you will need in order to kick start your new diet.

Good luck!

Disclaimer

I accept no liability for any injury, loss or damage resulting from physical exercise or diet. By following our guide you voluntarily assume the inherent risk of physical/resistance training and changes to your diet. Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, we advise you seek medical/professional advice immediately and do NOT proceed to partake in any activity or diet restriction. Any supplements featured within the guides are optional and must be taken in strict accordance with manufactures recommendations, if in any doubt always consult a physician.

Calculate your BMR (Basil Metabolic Rate)

Basal metabolic rate (BMR) is the amount of energy expended while at rest in a neutrally temperate environment, in the post-absorptive state (meaning that the digestive system is inactive, which requires about twelve hours of fasting).

We work out BMR to find out how many calories we would burn just existing, before we do anything or any exercise, then we can then use this to start working out calories we need to lose weight or gain muscle.

There are a number of different formulas that are commonly used to calculate your BMR (estimated daily energy requirements), I however like to adopt the Mifflin - St Jeor Formula, which I the most recent and commonly believed to be more accurate than the other two variations.

Before you start you are going to need:

Your Weight in KG

Your Height in CM

Your Age

Probably a calculator

Working out your BMR

You then need to work our your BMR with the following formula, of if that's to taxing for you this handy tool will do it all for http://www.myfitnesspal.com/tools/bmr-calculator

Men
10 x weight (kg) + 6.25 x height (cm) - 5 x age (y) + 5

Women
10 x weight (kg) + 6.25 x height (cm) - 5 x age (y) - 161.

As examples

A 31 year old male that is 6ft male and weighs 85kg has a BMR of 1875

A 25 year old female that is 5ft 5 and weighs 70kg has a BMR of 1445

Working out your maintenance calories

Maintenance Calories = BMR x Activity Level

As the BMR is the number of calories you use just by simply being you and not doing anything else we have to work out your maintenance calories. Maintenance calories are the number of calories you need to sustain your current weight based on how active you are from day to day, including your lifestyle, work and current training levels.

So you need to be honest here and pick which of the following relates to you and remember this includes your current workouts:

1.2 = Sedentary - Desk job, small amount of exercise

1.3-1.4 = Lightly Active - Light daily activity and light exercise 1-3 days a week

1.5-1.6 = Moderately Active - Moderate daily activity exercise 3-5 days a week

1.7-1.8 = Very Active - Physically demanding lifestyle & Hard exercise 6-7 days a week

1.9-2.2 = Extremely Active - Athlete in very hard training or very hard physical job

Then multiple your BMR by the activity level you selected above.

As examples

Our 31 year old male that is 6ft male and weighs 85kg has a BMR of 1875 and is lightly active would have maintenance calories of 2625.

A 25 year old female that is 5ft 5 and weighs 70kg has a BMR of 1445 and is lightly active would have maintenance calories of 2023

So now you know your maintenance calories, the number of calories you have to consume to stay exactly how you are we can start working out how many calories you need to start cutting or to start bulking.

Diet and Nutrition for Cutting and weight loss

Calculating your calories for weight loss

In order to cut or lose weight, it is a good idea to approach a calorie deficit of 500 calories to lose 0.5kg a week. Keep an eye on your energy levels and general health...........

So minus 500 from your maintenance calories

So our 31 year old guy, 6ft, 85kg lightly active, with maintenance calories of 2625 would be looking at trying to hit 2125 calorie per day.

Our 25 year old female, 5ft 5, 70kg, lightly active, with maintenance calories 2023 would be looking at trying to hit 1523 calories per day.

Working out your macros – How much Protein, Carbohydrates and Fat

Protein

Protein should be 2.5 grams of protein for every kg that you weigh

Weight in kg x 2.5 = Protein needed in grams

Example 85kg x 2.5 = 212.5g of protein per day

Fat

Fat should make up 20% of your daily calories and 1 gram of fat is equal to 9 calories.

(Calories * 20%) / 9 = Fat needed in grams

Example (2125 calories * 20%) / 9 = 47g of fat per day

Carbs

Carbs will make up the rest of your calories that are left over and like protein each gram of carbs is equal to 4 calories. So

Protein in grams X 4 = calories from protein

Fat in grams x 9 = calories from fat

Carbs = total calories – (calories from fat) – (calories from protein) / 4

So in our example above

Protein 212.5 x 4 = 850 calories from protein

Fat 47 x 9 = 423 calories from fat

Carbs = 2125 – (850) – (423) /4 = 213g of carbs

Total for our guy is

212g of protein

47g of fat

213g of carbs

I've put together a few different example so you can make sure you are on the right track

Male	Target Calories	2125
31	Protein (grams)	213
85kg	Fat (grams)	47
188cm	Carbs (grams)	213

Female	Target Calories	1576
25	Protein (grams)	188
75kg	Fat (grams)	40
163cm	Carbs (grams)	174

Male	Target Calories	1910
28	Protein (grams)	188
75kg	Fat (grams)	42
177cm	Carbs (grams)	194

Female	Target Calories	1549.6
30	Protein (grams)	200
80kg	Fat (grams)	40
156cm	Carbs (grams)	156

Male	Target Calories	2237
25	Protein (grams)	238
95kg	Fat (grams)	50
180cm	Carbs (grams)	210

Female	Target Calories	1756
28	Protein (grams)	213
85kg	Fat (grams)	44
170cm	Carbs (grams)	185

What to Eat When!

Now you've got all your macros sorted out you need to work out when to eat them.

You should spread your protein out throughout the day so you're constantly supplying your body with a source of protein to build and repair muscles.

Then you should use your carbs to effectively fuel your workouts and aid in recovery post workout.

The following examples of macro splits throughout the day do just this, so it's all sorted for you.

The following examples are based on our 31 year old male example but the macro splits throughout the day will be exactly the same for you, you just need to work it out.

Example Macro Split for a 6am Workout

Workout at 6am

Time		Macro	Grams
6am - Workout	Protein (g)	0%	0
	Carbs (g)	0%	0
	Fats (g)	0%	0
7am - Post Workout	Protein (g)	15%	32
	Carbs (g)	40%	85
	Fats (g)	10%	5
9.30am	Protein (g)	20%	42
	Carbs (g)	35%	75
	Fats (g)	20%	9
13.30pm	Protein (g)	25%	53
	Carbs (g)	10%	21
	Fats (g)	20%	9
17.30pm	Protein (g)	20%	42
	Carbs (g)	5%	11
	Fats (g)	25%	12
21.30pm	Protein (g)	20%	42
	Carbs (g)	10%	21
	Fats (g)	25%	12

Example Macro Split for a 7.30am Workout

Workout at 7.30am

Time		Macro	Grams
6am - Pre Workout	Protein (g)	20%	42
	Carbs (g)	40%	85
	Fats (g)	15%	7
7.30 - Workout	Protein (g)	0%	0
	Carbs (g)	0%	0
	Fats (g)	0%	0
9am - Post Workout	Protein (g)	20%	42
	Carbs (g)	40%	85
	Fats (g)	15%	7
13.00pm	Protein (g)	20%	42
	Carbs (g)	10%	21
	Fats (g)	20%	9
17.00pm	Protein (g)	20%	42
	Carbs (g)	5%	11
	Fats (g)	25%	12
21.30pm	Protein (g)	20%	42
	Carbs (g)	5%	11
	Fats (g)	25%	12

Example Macro Split for a 6pm Workout

Workout at 6pm

Time		Macro	Grams
07.30am	Protein (g)	20%	42
	Carbs (g)	5%	11
	Fats (g)	30%	14
12	Protein (g)	20%	42
	Carbs (g)	10%	21
	Fats (g)	20%	9
3.30PM	Protein (g)	20%	42
	Carbs (g)	40%	85
	Fats (g)	15%	7
6PM - WORKOUT	Protein (g)	0%	0
	Carbs (g)	0%	0
	Fats (g)	0%	0
7.30PM	Protein (g)	20%	42
	Carbs (g)	40%	85
	Fats (g)	15%	7
10PM	Protein (g)	20%	42
	Carbs (g)	5%	11
	Fats (g)	20%	9

Example Macro Split for a 8pm Workout

Workout at 8pm

Time		Macro	Grams
07.30am	Protein (g)	20%	42
	Carbs (g)	5%	11
	Fats (g)	30%	14
12	Protein (g)	20%	42
	Carbs (g)	5%	11
	Fats (g)	20%	9
3.30PM	Protein (g)	20%	42
	Carbs (g)	10%	21
	Fats (g)	20%	9
6PM	Protein (g)	20%	42
	Carbs (g)	40%	85
	Fats (g)	15%	7
8PM WORKOUT	Protein (g)	0%	0
	Carbs (g)	0%	0
	Fats (g)	0%	0
9.30PM	Protein (g)	20%	42
	Carbs (g)	40%	85
	Fats (g)	15%	7

Foods!

Now you know exactly how much protein, fat and carbs you need and exactly when you need to be consuming these values throughout the day. Now all that's left is to plan your meals.

To aid in you in this task I've prepared the following guide to Proteins, Healthy Fats and Healthy Carbs to get you started.

Sources of Protein

Protein values per 100g

	Carbs	Protein	Fat
Whey protein	10	71	6
Turkey breast	0	30	1
Eggs	1	13	11
Egg whites	1	11	0
Beef	0	30	15
Lamb	0	25	17
Tuna	0	24	3
Chicken breast	0	31	4
Pork Chop	0	22	3
Salmon	0	20	13
Lean beef mince	0	21	5
Low fat Cottage cheese	3	11	1

Sources of Healthy Fats

Fat values per 100g

	Carbs	Protein	Fat
Avacado	9	2	15
Eggs	1	13	11
Peanut butter	22	24	50
Coconut oil	0	0	100
Olive oil	0	0	100
Flax seed oil	0	0	100
Almond butter	21	15	59
Almonds	20	21	51
Salmon	0	20	13

Sources of healthy Carbs

Carb values per 100g

	Carbs	Protein	Fat
Sweet potato	20	2	1
Wholewheat pasta	75	15	1
Oats	71	9	8
Quinoa	63	14	6
Lentils	60	25	1
White Rice	57	6	1
Oatbran	48	13	9
Wholemeal bread	48	8	4