

Building Healthy Habits

How to replace bad habits with healthy ones and keep them for life.



Find your target calorie goal

BMR: Total amount of calories you burn at complete rest

TDEE: Total amount of calories your body expends in a 24 hour period based on activity level.

There's no 100% correct calculation to determine your personal numbers but we can use some calculations as a starting point. Tracking what you intake for 4 weeks would be the best indicator.

PN CALORIE ESTIMATOR

WEIGHT LOSS

Sedentary (minimal exercise): multiply goal weight by 10-12

Moderately active (3-4x/week): multiply goal weight by 12-14

MAINTENANCE

Sedentary: multiply bodyweight by 12-14

Moderately active: multiply bodyweight by 14-16

WEIGHT GAIN

Sedentary: multiply bodyweight by 16-18

Moderately active: multiply bodyweight by 18-20

Macros

1g of protein: 4 calories

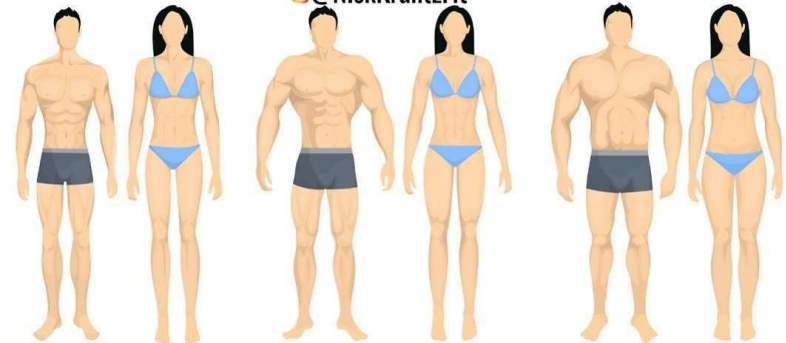
1g of carbohydrates: 4
calories

1g of fat: 9 calories

BODY TYPE MACRO BREAKDOWN

NKF
Nick Krantz Fit

@NickKrantzFit



Ectomorph	Mesomorph	Endomorph
Protein: 25%	Protein: 30%	Protein: 35%
Carbs: 55%	Carbs: 40%	Carbs: 25%
Fats: 20%	Fats: 30%	Fats: 40%

Not all calories are equal

Eat foods that will fill you with the vitamins and nutrients to stay fuller longer, boost your immune system, and help you aid and recover from your workouts.



Protein Sources

Food Spectrum: General

Protein sources

Prioritize fresh, lean, minimally-processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.



Carbohydrates

Food Spectrum: General

Carbohydrate sources

Focus on whole, minimally-processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.



Fats

Food Spectrum: General

Fat sources

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT MORE



Extra virgin olive oil Walnut oil Marinades and dressings with oils in this category



Avocado and avocado oil Cheese, aged > 6 months Egg yolks



Seeds: chia, flax, hemp, pumpkin, pepita and suname Cashews Pistachios



Almonds Brazil nuts Pecans



Peanuts & natural peanut butter Walnuts Olives



Pesto made w/ extra virgin olive oil Nut butters from other nuts in this category Fresh unprocessed coconut

EAT SOME



Virgin and light olive oil Expeller pressed canola oil Sesame oil



Flaxseed oil Coconut oil / milk Peanut oil and regular peanut butter



Dark chocolate Marinades and dressings with oils in this category Fish and algae oil



Cream Cheese aged < 6 months Flavored subs and nut butters



Trail mix Often rich in carbohydrates as well, with sources of varying quality.



High oleic safflower oil High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

EAT LESS



Bacon Sausage

Also sources of protein, though usually higher in less desirable fats.



Butter Margarine Processed cheese



Corn oil Cottonseed oil Sunflower oil



Canola oil Soybean oil Safflower oil



Marinades and dressings with oils in this category Vegetable oil Fat-rich foods with 10+ g added sugar



Hydrogenated oils and trans fats Shortening

Eat the rainbow



Food Spectrum: General

Vegetable rainbow

When eating vegetables (and fruits), try to "eat the rainbow." Different colors imply different nutrients and health benefits.



FAQ

How much protein should I eat?

How much water should I drink?

What is the best pre workout snack?

What should I eat for breakfast?

What are the best tips for meal prepping?

Turning bad habits into healthy habits

- Snack while cooking.
- Keep eating even if you're full so you don't waste food.
- Eat while distracted, such as while scrolling social media.
- Always crave something sweet after dinner.
- Get tempted by the menu of pastry offerings when you stop for coffee.
- Not being prepared and grabbing fast food

Tips to start and keep healthier habits

