

Macros 101

REVERSE VS. CUTTING VS. BULKING

It's very important to find your resting metabolic rate (RMR) or in other words you're maintenance calories!!

Women: $\text{RMR} = 9.99 \times \text{wt (kg)} + 6.25 \times \text{ht (cm)} - 4.92 \times \text{age}$
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Next take your RMR & multiple it by how active you are:

*Sedentary = Desk Job / Workout 1-3x week

*Extra Active = On your feet all day / Workout 5-6x week

Sedentary: $\times 1.200$

Lightly active: $\times 1.375$

Moderately active: $\times 1.550$

Very active: $\times 1.725$

Extra active: $\times 1.900$

The number you get from this equation should be your maintenance calories - RMR represents the number of calories needed to fuel the body at weight maintenance!!

Now what is the difference between the three?

CALORIC DEFICIT in other words "CUTTING":

Is when you are eating less calories than your maintenance.

This is best done to optimize overall loss of body fat.

You want to take your maintenance calories & subtract anywhere from 200 to 500 calories

CALORIC SURPLUS in other words "BULKING"

Is when you are eating more calories than your maintenance.

Done correctly you can maximize muscle mass & slowly increase muscle growth while also putting on 'some' body fat.

You want to take your maintenance calories & add anywhere from 200-500 calories.

For both a CUT & BULK do not start off by dropping 500 calories, slowly decrease/increase to that number. (ex: $-/+50$ to 100 calories weekly/ biweekly)

Now the MOST important is the REVERSE DIET!!

Is the act of slowly increasing or decreasing your calories weekly/biweekly to reach your body's maintenance calories & by doing this you are boosting your metabolism to create a HIGHER maintenance due to the constant change, causing your body to adapt!!

All three of these can take anywhere from 3-9+ months depends on how slow / quickly you do it!!! The SLOWER the better for your metabolism!!!

And remember change doesn't happen overnight..
..it can

take months or even years to get the results you want, but the key is being consistent & dedicated to the process!!

Why not to ask someone their macros?

LISTEN UP ! ...let's STOP asking someone what their macros are!!!!

What works for them will NOT work for you!! There are so

many factors that go into macros/ maintenance calories!!!

She may:

- * Have more or less muscle mass.

- * Be taller or shorter.

- * Have a different body weight.

- * Have a different body fat %.

- * Have higher or lower hormone levels.

- * Be more or less active.

- * Prioritize lifting weights more.

- * Be at a different stage in her fitness journey.

The list could continue to go on but these are the most

important reasons why macros are
PERSONALIZED.

You can not copy cat anyone's "meal plan" or "macros" from

the internet & expect to see the results they have gotten!!

METABOLISM ADAPTATION + REVERSE DIETTING

METABOLISM ADAPTATION. what is it??

Your metabolism is the process of where your body's cells change food into energy & we NEED this energy everyday to move, grow & overall function.

Depending on your daily lifestyle, your metabolism will adapt. So that is why it is important to constantly be fueling your body.

Metabolism adaptation can happen VERY easily due to the adaptation of a long-term calorie restricted diet.

Now when this happens your body will attempt to maintain energy & prevent starvation by ADAPTING (lowering your maintenance).

So if you say to your self "oh well i'm dieting but i'm not loosing weight" or "my weight loss journey has completely plateaued"

- that is most likely because of metabolism adaptation aka. being in a calorie deficit for TO LONG. Now how the heck to do we fix that metabolism & gain back those hunger cues?

Most important REVERSE DIET!! - slowly increasing your intake (50-200 calories weekly) to create a higher maintenance calorie.

But there are also things to consider everyday:

- Drink a GALLON of water
- Eat 2-3 hours
- HIGH protein meals & snacks
- Get moving!!! 10k steps & weight training

There are a lot of factors that come with metabolism adaptation.

- Weight gain
- Loss of muscle
- Bloating / Low energy
- Increased cravings
- Higher emotion (anxiety, depression, stress)
- Bad sleep / mood swings

Our metabolism is our NATURAL energy, it is important to remember to maintain this!!!

TRACKING MACROS VS CALORIES

MACROS VS CALORIES

Calories are unit of energy & macronutrients are similar to calories but are the measurable units of energy!!!

As you know macros are broken down into three fundamental nutrients for our daily consumption:

Proteins + Carbohydrates + Fats = making up your daily calorie intake.

Your body needs a specific amount of each macronutrient to fuel your workouts and repair muscle damage

If you count just calories & you have 2000 cal a day that's great but it could potentially have no nutritional value and be just made up of just carbohydrates. (ex. low protein : high carb)

Macronutrients are like puzzle pieces for your body, for the best results it is important to make sure your body is getting the "tools" it needs.

Carbs = energy source

Protein = building blocks (growth & repair) ©

Fats = energy reserve + absorbing vitamins @

At the end of the day YOU CAN see results from doing BOTH but it is MORE beneficial & you're more likely to see results by paying attention to your macronutrients!!!

I definitely think everyone should track macros at one point in their life just to get a better idea of reading food labels, nutritional values, portion sizing, and affects of each food group!!

It's by no means something we NEED to do but it is extremely helpful!!! I never want anyone to get caught up in the entire idea of "tracking" leading to unhealthy traits - I hope this helps, if you wanna learn more about macros check out my macro101 highlight!!!

DISCLAIMER** if you're currently ALONE struggling with an eating disorder this is not some thing I would recommend to do - take a step back from tracking anything (aka restrictive mindset)

SIGNS OF UNDER EATING

SIGNS YOUR UNDER EATING?!

Ladies. LISTEN

" Up!!! so many of us are under eating when we dont even realize it - here are some things you may be experiencing:

- Low Energy Levels (aka. Always Tired)
- Loss of Period / Horrible Mensural Function
 - Constantly Cold
 - Low Sex Drive
- Moooooody & Irritated Easily
 - Dizzy Easily
 - Loss of Hair

When I had my eating disorder - I experienced pretty much everything on that list. I was at my lowest low & in a very dark place mentally without even knowing it.

As women we feel like eating less is best to lose weight, but that is not the case. It actually has a very bad affect on us mentally & physically.

If our energy levels are low from not eating - it makes it pretty hard for us to have the energy we need in the gym to hit PR's.

If we get irritated easily from not eating - it makes it pretty easy for people to not want to be around us
FOOD IS FUEL. & it has such a big impact on the people we are today.

FIND YOUR MACRO'S

MACROS - let's find yours

tracking macros is an amazing tool & i think u should at least attempt it, learn it, understand it to learn portion control & understand the food labels!!!!

some people are eating so UNDER & some may be eating way OVER. so that's why it's good to get an idea of what ur body needs.

Proteins = 4 cals per gram

Carbs = 4 cals per gram

Fats = 9 cals per gram

so i made a post last week about finding ur Resting Metabolic Rate & maintenance calories - now what i want u to do is take those calories & adjust based on if u want to be in a deficit, surplus or just maintenance!!! okkk let's get to it

PROTEIN:

body weight (lbs) x 0.8x1.0 = grams of protein per day

FATS:

body weight (lbs) x .35-.45 = grams fat per day

CARBS:

ur grams of protein per day x 4 = cal of protein day

ur grams of fat per day x 9 = cal of fat per day

cal from protein + cal from fats = calories

total cals per day - cals from protein & fats = calories for carbs

cals per carb / 4 = grams of carbs per day

REVERSE DIET

REVERSE DIET 101

Reverse diet is gradually increasing your daily calorie intake to boost metabolism & help your body burn more calories throughout the day.

I advise anyone to do this when they are already under eating or want to leave a calorie deficit & get back up to maintenance!!

If you were under eating or in a calorie deficit you are going to want to slowly increase by 50-100 calories each week to get up to your maintenance calories.

This process can take anywhere from 3 weeks to 3 months!!

If you are in a situation where you are under eating, it can be likely that you will lose weight while increasing your calories!!

Increasing calories can boost calorie burning & normalize hormone levels = promoting weight loss & or maintenance!!

For example:

After calculating you find out you're maintenance calories are 2,200 & you are currently only eating 1,600 calories everyday.

You are going to want to get up to your maintenance slowly, if you do it too fast you will not boost the metabolism and potentially gain weight!!

Week 1: Add 100 calories to your current calorie intake = 1,700

Week 2: Add another 100 calories = 1,800

Week 3: Add another 100 calories = 1,900

Keep adding until you hit 2,200 (maintenance calories)

By doing this you are increasing your metabolism, increasing your energy levels and reducing hunger!!!

And if you are doing a reverse diet because you

Keep adding until you hit 2,200 (maintenance calories)

By doing this you are increasing your metabolism, increasing your energy levels and reducing hunger!!!

And if you are doing a reverse diet because you were already in a safe planned out calorie deficit, the same benefits will apply but also adding in prevention of weight regain!!!

CALORIE DEFICIT

CALORIE DEFICIT

a topic that needs to be more understood - so listen up
because i do not want u to think u should be "starving" ur
self!!

it's THE only way to lose weight = eating less then u burn!!!
(aka calorie deficit)

now how the heck do we go into a calorie deficit, well first
check my macro101 highlight to figure out tour RMR
(maintenance calories) aka calories needed daily for the
body to function properly!!!!

now if your just starting out & already eat to little id
recommend reverse dieting & getting up to ur maintainece
calories so that u can boost ur metabolism (staying there for
a few weeks - few months) it's important to have a WORKING
metabolism for this!!!!

after being at maintainece for a few weeks u can then start to
drop ur calories by 50-100 calories per a week.

it's impritant to take it slow so u dont not mess up ur
metabolism & so that you do not directly put your body into
starvation mode!!!!

do NOT drop ur calories any lower then 500 calories below
maintance

- a deficit should only last about 1-6 months!!!!

what u do NOT WANT TO DO:

- drop your calories a ton right away
- be in a calorie deficit for too long
- start your calorie deficit when you are already under eating

THE MAIN GOAL OF A DEFICIT:

- to lower your body fat percentage
- take it very slow so that you can maintain your muscle mass

HOW TO BE IN A DEFICIT WITHOUT TRACKING???

- prioritize protein (0.8-1g per LB of body weight)
 - lots of fruits & veggie
- be more active (add in an extra walk)
 - 10,000 steps a day
- low calorie foods (salads, PB2, cauliflower rice etc)
 - 8+ hours of sleep!!!!
- fibrous carbs (oatmeal, sweet potato, veggies, quinoa etc)
- keep ur weight training the same & complete cardio AFTER
so that u are burning fat rather then ur glycogen stores (aka
carbs)

REVERSE DIET + BOOSTING METABOLISM

ONE YEAR OF REVERSE DIETTING!!

u think carbs are bad for u??? 150g ~ 320g carbs
reverse diet is the strategy of increasing ur
metabolism by

gradually increasing ur calories week by week - now
you

have to be strategic with it and take this process
slowly!!!

we don't want you adding a crazy amount of calories
over

night only 50-200 per week.

the goal with a reverse diet is to speed up the
metabolism

which can be done in many ways!!

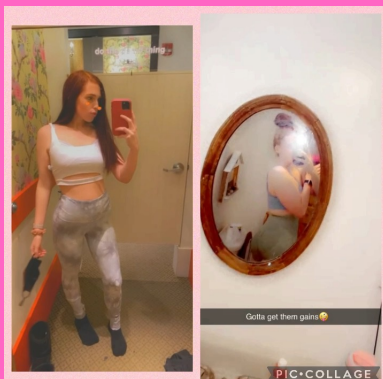
1 eat protein in every meal (every 2-3 hours)

2 drink water = 100-128oz daily

3 lift HEAVY!!

4 get that rest = 7-8 hours of sleep

5 stay active outside the gym = 10k steps



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