



Let's **GET** **TRACKIN'**

REACH YOUR HEALTH AND FITNESS
GOALS WITH CALORIES.



COPYRIGHT DISCLAIMER

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.



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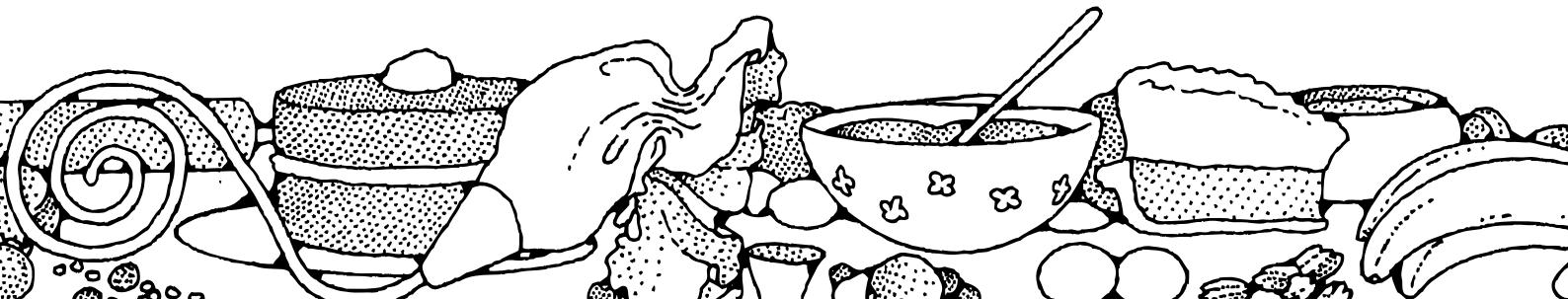
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Hu! WELCOME!

Thank you so much for choosing our guide to get started with calories.

Calories and energy balance can be quite a difficult concept to grasp and it's understandable since everything break downs into other things that affect the body in different ways and so on and so on. Don't worry, we're going to cover everything you need to know about calories and energy balance as well as how to track them properly so you can start eating healthy and reach your goals in no time.

Let's Get Started!



*A Healthy Outside Starts
from the Inside*



info@peakfitnessdieppe.ca



peakfitnessdieppe.ca

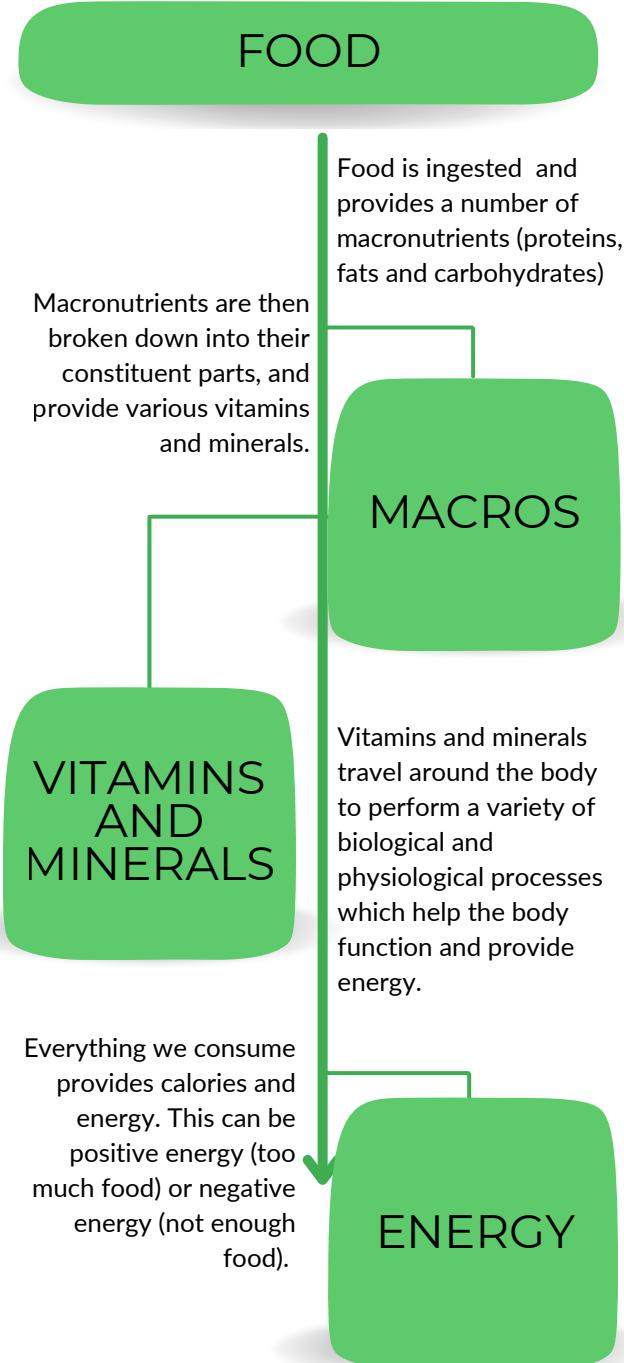
What

IS ENERGY BALANCE AND CALORIES

Calories are a unit of measurement. Think of them as any other unit of measurement. For example, kilograms are a unit of measurement for weight or miles are a unit of measurement for distance. Calories are simply a measurement for energy. They indicate how much food our body needs in order to have enough energy for biological and physiological processes as well as physical activity. Everything that happens within the body or anything that we do on a given day requires a number of calories. This is where energy balance comes in.

Energy balance (or calories in versus calories out) is an over-simplification of how we maintain a healthy weight and body composition. When you consume a number of calories that equals to the number of calories that you expend (use) - you are in energy balance. When you start consuming more or less calories than your energy balance, then that's when your body will start to change. If you want to start losing weight, you need to consume fewer calories. And if you want to gain muscle, you need to consume more calories than you expend.

With calorie manipulation, you can achieve any fitness goal you desire.



Summary of WHAT IS ENERGY BALANCE AND CALORIES



NEGATIVE ENERGY BALANCE

This occurs when you burn more calories than you consume.

Most commonly referred to as a calories deficit.

This is used to lose weight.



ENERGY BALANCE

This occurs when the number of calories you consume equates to the number of calories you burn. Most commonly referred to as maintenance calories.



POSITIVE ENERGY BALANCE

This occurs when you consume more calories than you burn.

Commonly referred to as calorie surplus.

This is used to gain weight and muscle.



how to CALCULATE CALORIES

Step 1

CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes. To calculate your BMR, follow these equations:

WOMEN

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$$

MEN

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age}) = \text{BMR}$$

This is the number of calories that your body requires in order to survive.

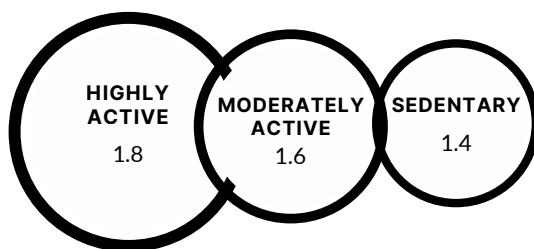
The next step is calculating how many calories your body requires to perform daily activities (TDEE).

Step 2

CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:



Step 3

CALCULATE YOUR DAILY CALORIES

If you want to eat healthy and keep the same weight, you can consume the number of calories that you calculated in **Step 2**. However, if you'd like to lose weight, deduct 200-500, and if you'd like to gain muscle, add 200-500 to the **Step 2 calories**.

Calculate YOUR CALORIES

1

CALCULATE YOUR BMR

Fill in the formula:

Woman

$$655 + (4.35 \times \underline{\hspace{1cm}}) + (4.7 \times \underline{\hspace{1cm}}) - (4.7 \times \underline{\hspace{1cm}}) = \text{BMR}$$

Man

$$66 + (6.23 \times \underline{\hspace{1cm}}) + (12.7 \times \underline{\hspace{1cm}}) - (6.8 \times \underline{\hspace{1cm}}) = \text{BMR}$$

$$(\underline{\hspace{1cm}} + \underline{\hspace{1cm}}) + \underline{\hspace{1cm}} = \underline{\hspace{1cm}}$$

4. Write down the outcome of the first bracket

8. Write down the outcome from step 7.

5. Write down the outcome of the second bracket

9. Write down the outcome from third bracket.

6. Write down the first number before the equation (655 or 66)

10. Deduct step 9 from step 8 to get the BMR

1. Calculate the first bracket

2. Calculate the second bracket

3. Calculate the third bracket

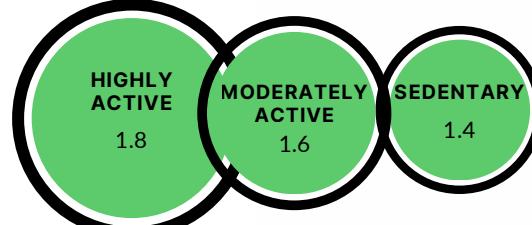
7. Add all the numbers together

2

CALCULATE YOUR TDEE

$\underline{\hspace{1cm}}$

X



= $\underline{\hspace{1cm}}$

3. Your TDEE. This is your maintenance calories (energy balance)

1. Write down your BMR as you calculated in step 10 above.

2. Multiply it by one of the activity factors based on how active you think you are.

3

CALCULATE YOUR CALORIES

1. Write down your TDEE as you calculated in step 2.

2. Based on your goal, add or subtract a number of calories from your TDEE. One thing to keep in mind, though, is that deducting too many calories can be unsustainable and adding too many calories can cause fat gain (not just muscle gain). So, be careful. The rule of thumb is to aim for a 1-1.2lbs change every week. Any more than can backfire.

Below, you'll find a table that displays weight on the left and calorie changes on the right. The weight represents the weight changes that you can achieve by either adding or subtracting the calories on the right.

For example, if you want to lose 1lb of weight in a week, simply deduct 500 calories from your TDEE. On the other side, if you want to gain 1lb of weight in a week, add 500 calories to your TDEE. It's as easy as that.

WEIGHT	CALORIE DEFICIT	CALORIE SURPLUS
0.6 lb	- 300 calories	+ 300 calories
0.8 lb	- 400 calories	+ 400 calories
1 lb	- 500 calories	+ 500 calories
1.2 lb	- 600 calories	+ 600 calories
1.4 lb	- 700 calories	+ 700 calories

What's next? MACRONUTRIENTS

Once you have calculated your calories, it is time to divide them between each macronutrient. The term 'macronutrients' refers to three major nutrients called proteins, carbohydrates, and fats.

Each macronutrient offers a different set of vitamins and minerals to support your health, wellbeing, and fitness goals. Furthermore, vitamins and minerals are interdependent on each other, so if you don't get enough of one nutrient, it can lead to nutritional deficiencies as your body may struggle to absorb other nutrients too.

This is why consuming a balanced and healthy diet is important. Some foods are more nutritionally dense than others. For instance, if you consistently ate snacks and candy without also consuming meats, fats, and vegetables, then your body could be at a greater risk of several health problems like diabetes, heart disease, and more.

However, this doesn't mean that you should completely avoid any types of snacks and sugar. It's important to also give in to your cravings but with caution. Being flexible in what you eat is important. If you are too restrictive then you are likely to face a backlash of severe cravings and the need for binge eating which will reverse any progress that you've made. So, your diet should be 80% healthy and balanced with 20% of flexibility for your favorite snacks.

With a flexible diet, you will not only find it easier to diet and stick to it, but you'll also find that you won't have severe cravings and your sweet tooth will be under control. This is particularly important if you're looking to lose weight.

Over the next few pages, you'll learn exactly what each macronutrient does.

What does each MACRONUTRIENT DO

PROTEINS

Proteins make up both soft and hard tissues. You need them for your immune system, muscle recovery, bone density, and hair and nails.

You cannot recover well between workout sessions without an adequate intake of proteins. So, make sure to consume 1g of protein per 1kg of bodyweight. This means that if you weigh 60kg, then you'll need to consume 60g of protein. To calculate the number of calories, simply multiply the grams by 4 since there are 4 calories in each gram.



CARBOHYDRATES

Carbohydrates are the body's main source of energy. Carbohydrates can be starchy, sugary, or fiberous. During digestion, carbohydrates are broken down into glucose sugars. The sugar in your blood will circulate, giving you an energy boost. (Sugary snacks and sweets) cause your blood sugar levels to fluctuate dramatically, while fiberous carbohydrates cause your blood sugar levels to rise and fall more slowly and steadily. This is important because the body doesn't necessarily enjoy these kinds of fluctuations. You may feel tired quickly, moody and demotivated.



Our energy levels, appetite, and bowel movements depend on fiberous and starchy carbohydrates. You may be unable to complete any strenuous exercise without an adequate supply of carbohydrates.

One thing to note is that if you consume too many carbohydrates too often, you may also gain weight. This is because regular sugar intakes can lead to insulin insensitivity. It means that the body will stop using sugars circulating in the bloodstream for energy, and it will start storing them as fat. This is only a problem if you continuously overeat on sugars, but knowing this helps you eat more mindfully.

Therefore, make sure to dedicate 50% of your total daily calories to carbohydrates. To get the number of grams, simply divide the calories by 4 since there are 4 calories in each gram.

HEALTHY FATS

Fats help control hormones, appetite, blood pressure, cholesterol levels, and blood sugar, but they're also the only macronutrient that can transport fat-soluble vitamins A, D, E, and K. This makes healthy fats an essential component of a healthy diet.

Approximately 30-35% of your total daily intake should come from healthy fats. Once you deduct your calories for proteins and carbohydrates, the remaining calories should be used for fats. This will be approximately 30-35%. To calculate the number of grams, simply divide the calories by 9 since there are 9 calories in each gram of fat.



Steps 1

CALCULATE YOUR INTAKE OF PROTEIN

Your protein intake really depends on your goals. An average person requires 1g of protein per kilogram of bodyweight. However, a person who is looking to build muscle requires 1g of protein per 1 lb of bodyweight.

For example, if you are looking to eat healthy (or lose weight), you should consume 1g per 1 kilogram of bodyweight. This means that if you weight 60 kilograms, you should consume 60g of protein per day.

On the other hand, if you are looking to build muscle and you weigh 140lbs, you should consume 140g of protein.

To figure out the number of calories that is, simply multiply the grams by 4.

Steps 2

CALCULATE YOUR INTAKE OF CARBS

Approximately 50-55% of your total daily calories should come from starchy carbohydrates. This means that you need to divide your total daily calories by 2 (50%). Then divide those calories by 4 to obtain the number of grams.

Steps 3

CALCULATE YOUR INTAKE OF FATS

Once you have calculated your intake of proteins and carbohydrates, it is time that you deduct those calories from your total daily calories. The remaining calories should be dedicated to healthy fats. This should be approximately 30-33% of the total calories.

To figure out the number of grams, simply divide the remaining calories by 9.

Calculate YOUR MACROS

1

CALCULATE YOUR PROTEIN INTAKE

How much protein do you need?

For health and weight loss: 1g of protein per 1kg of bodyweight.

For muscle growth: 1g of protein per 1lb of bodyweight.

1. Write down your weight either in KG or LB. That is the number of grams of protein that you need to consume.

2. Multiply the grams by 4 to figure out the number of calories that you need to consume per day.

2

CALCULATE YOUR CARBOHYDRATES

How much carbohydrates do you need?

As you learned earlier, approximately 50-55% of your total daily calories should be dedicated to carbs. If you are looking to lose weight or keep healthy, 50% is perfect. If you are looking to build muscle, 55% is better since carbs are important for muscle recovery.

The remaining calories should be dedicated to healthy fats. This should equal approximately 30-35%. Make sure to divide those calories by 9 to get the number of grams that you need per day.

1. Write down your total daily calories (before protein deduction).

2. Divide those calories by 2 to get 50%. Or multiply the calories by 0.55 to figure out 55%. Write down the outcome.

3. Divide those calories by 4 to get the number of grams.



Deduct the calories dedicated for protein and carbs from your total daily calories. How many calories are left?

Summary of MACRONUTRIENT REQUIREMENTS

PROTEIN

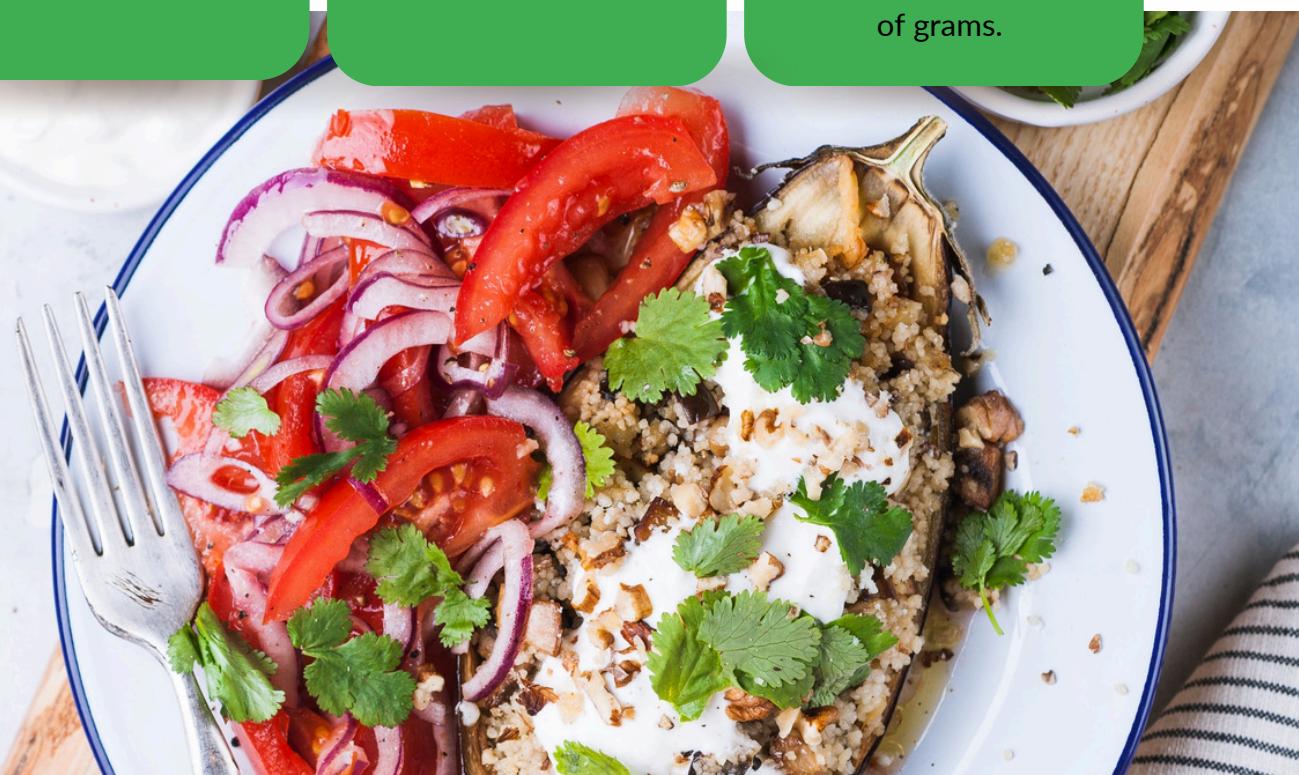
You should consume 1g of protein per 1kg of bodyweight. This means that if you weigh 50kg then you should consume 50g of protein. Then, multiply the grams by 4 to obtain the number of calories. Deduct these calories from your total daily calorie allowance.

CARBOHYDRATES

Approximately 50% of your total daily calories should come from carbs. So, divide your total daily calories by 2 to obtain the calories. Then, divide these calories by 4 to obtain the number of grams. Deduct these calories from the remaining calories.

HEALTHY FATS

30-35% of your total daily calories should come from healthy fats. All you need to do is use the remaining calories after the calories for protein and carbs have been deducted, and use them for healthy fats. Divide these calories by 9 to obtain the number of grams.



Track

Day

YOUR CALORIES AND MACROS

Breakfast

Kcals

Protein

Carbs

Fats

- Workout
- Water



Lunch

Kcals

Protein

Carbs

Fats

- Workout
- Water



Dinner

Kcals

Protein

Carbs

Fats

- Workout
- Water



Snacks

Kcals

Protein

Carbs

Fats

- Workout
- Water



CALORIE AND MACRO

Cheat Sheets

Macronutrients CHEATSHEET for Proteins

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
□ Chicken Breast	165	31g	0g	3.6g	0g
□ Chicken thigh	214	23g	0.1g	14g	0g
□ Chicken drumstick	220	24g	0.1g	13g	0g
□ Pork medallion	238	26g	0g	16g	0g
□ Deer Fillet	147	26g	0g	4g	0g
□ Beef filet	291	26g	0g	20g	0g
□ Lamb chop	305	28g	0g	21g	0g
□ Turkey breast	147	30g	0g	2g	0g
□ Veal	231	30g	0g	11g	0g
□ Beef sausage	405	16g	0g	38g	0g
□ Pork sausage	325	19g	1.4g	27g	0g
□ Tofu	83	10g	1.2g	5.3g	0g
□ Seitan	126	25g	5.3g	0.6g	0.3g
□ Tempeh	195	20g	7.6g	11g	9g
□ Edamame	121	12g	9g	5.2g	5.2g
□ Hempseed	553	32g	8.7g	49g	4g
□ Salmon	206	22g	0g	12g	0g
□ COD	105	23g	0g	0.9g	0g
□ Canned tuna	128	24g	0g	3g	0g
□ Shrimp	119	23g	1.5g	1.7g	0g
□ Pollock	118	25g	0g	1.3g	0g

**KCALS - calories

**All values are per 100g of the product unless specified otherwise in the 'food' column

** Values are for cooked food

Macronutrients CHEATSHEET

for Carbohydrates

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
White rice	130	2.7g	28g	0.3g	0.4g
Brown rice	112	2.3g	24g	0.8g	1.8g
White pasta	158	5.8g	31g	0.9g	1.8g
Whole-wheat pasta	149	6g	30g	1.7g	3.9g
Gluten-free pasta	126	2.6g	28g	0.7g	4.8g
Couscous	112	3.8g	23g	0.2g	1.4g
Quinoa	120	4.4g	21g	1.9g	2.8g
White potatoes	93	2.5	21g	0.1g	2.2g
Sweet potatoes	90	2g	21g	0.1g	3.3g
White slice of bread	98	3.3g	18g	1.2g	1g
Wholegrain slice	81	4g	14g	1.1g	1.9g
Popcorn	557	7.5	55g	34g	10g
Apple	52	0.3g	14g	0.2g	2.4g
Orange	49	0.9g	13g	0.1g	2.2g
Grapefruit	42	0.8g	11g	0.1g	1.6g
Banana	89	1.1g	23g	0.3g	2.6g
Red grapes	69	0.7g	18g	0.2g	0.9g
Green grapes	69	0.7g	18g	0.2g	0.9g
Peach	39	0.9g	9.5g	0.3g	1.5g
Strawberries	32	0.7g	7.7g	0.3g	2g
Blueberries	57	0.7g	14g	0.3g	2.4g
Raspberries	52	1.2g	12g	0.7g	6.5g

**KCALS - calories

**All values are per 100g of the product unless specified otherwise in the 'food' column

** Values are for cooked food

Macronutrients CHEATSHEET for Vegetables

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
Broccoli	35	2.4g	7.2g	0.4g	3.3g
Tomatoes	18	0.9g	3.9g	0.2g	1.2g
Carrots	35	0.8g	8.2g	0.2g	3g
Onions	44	1.4g	10g	0.2g	1.4g
White mushrooms	28	2.2g	5.3g	0.5g	2.2g
Chestnut mushrooms	22	2.5g	4.3g	0.1g	0.6g
Lettuce	17	1.2g	2.3g	0.3g	2.1g
Cauliflower	23	1.8g	4.1g	0.5g	2.3g
Brussels sprouts	36	2.6g	7.1g	0.5g	2.6g
Sweetcorn	96	3.4g	21g	1.5g	2.4g
Peas	84	5.4g	16g	0.2g	5.5g
Green beans	35	1.9g	7.9g	0.3g	3.2g
Eggplant/ Aubergine	35	0.8g	8.7g	0.2g	2.5g
Spinach	23	3g	3.8g	0.3g	2.4g
Kale	28	1.9g	5.6g	0.4g	2g
Red bell pepper	28	0.9g	6.7g	0.2g	1.2g
Yellow bell pepper	27	1g	6.3g	0.2g	1.1g
Green bell pepper	28	0.9g	6.7g	0.2g	1.2g
Leeks	31	0.8g	7.6g	0.2g	1g

**KCALS - calories

**All values are per 100g of the product unless specified otherwise in the 'food' column

** Values are for cooked food

Macronutrients

CHEATSHEET for Fats & Dairy

FATS

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> Avocados	160	2g	8.5g	15g	6.7g
<input type="checkbox"/> Eggs	143	13g	0.7g	9.5g	0g
<input type="checkbox"/> Almonds	598	21g	21g	53g	11g
<input type="checkbox"/> Hazelnuts	646	15g	18g	62g	9.4g
<input type="checkbox"/> Brazil nuts	659	14g	12g	67g	7.5g
<input type="checkbox"/> Peanuts	587	24g	21g	50g	8.4g
<input type="checkbox"/> Pistachios	569	21g	28g	46g	10g
<input type="checkbox"/> Cashews	574	15g	33g	46g	34g
<input type="checkbox"/> Chia seeds	486	17g	42g	31g	34g
<input type="checkbox"/> Olive oil (1 Tsp.)	119	0g	0g	14g	0g
<input type="checkbox"/> Flaxseed oil (1 Tsp.)	120	0g	0g	14g	0g
<input type="checkbox"/> Coconut oil (1 Tsp.)	121	0g	0g	13g	0g

DAIRY

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> Cheddar cheese	404	23g	3.1g	33g	0g
<input type="checkbox"/> Mozzarella	300	22g	2.2g	22g	0g
<input type="checkbox"/> Parmesan	420	28g	14g	28g	0g
<input type="checkbox"/> Feta cheese	264	14g	4.1g	21g	0g
<input type="checkbox"/> Manchego	452	31g	2.2g	36g	0g
<input type="checkbox"/> Brie	334	21g	0.5g	28g	0g
<input type="checkbox"/> Roquefort	369	22g	2g	31g	0g
<input type="checkbox"/> Whole milk	61	3.2g	4.8g	3.3g	0g
<input type="checkbox"/> Semi-skimmed	50	3.3g	4.8g	2g	0g
<input type="checkbox"/> milk	63	5.3g	7g	1.3g	0g
Greek yogurt					

Thank You!

LET'S STAY IN TOUCH!

Thank you for navigating the intricacies of calorie calculation with me in the "How to Calculate Calories" guide. I trust the information provided has equipped you with the tools to make informed decisions about your nutrition and well-being. As we conclude this guide, remember that your journey towards a healthier you is ongoing. Stay connected for continued guidance, practical tips, and resources to support your calorie-conscious lifestyle. Your commitment to understanding and managing your calorie intake is truly commendable.

The path to wellness is a constant evolution, and I'm excited to be a part of your ongoing journey. Keep an eye out for more valuable insights and updates.



PEAK FITNESS DIEPPE