

Dietary Advice to Improve Muscle to Fat Ratio

Why do you want to do this?

Seriously...ask yourself this question. Write down your answer(s). Write down your goal(s). As your trainer, I want to know what fuels you, what makes you tick, and what makes you roll out of bed in the morning.

You have to establish clear reasons as to why you are embarking on this journey. You will have to make lifestyle changes – and we all know change is not easy – so having a reason behind doing so is a necessity.

80/20 myth: Some interpret this “rule” to mean you have to eat clean 80% of the time, and doing so will allow you to indulge 20% of the time. Others interpret it to mean that 80% of your results will come from the kitchen, while the other 20% will come from what you do in the gym.

The harsh reality is that you WILL NOT shed fat if you are not in a caloric deficit. You could eat clean 100% of the time, but if you are eating more calories than you are burning, it is all for not if your goal is to get fat off of your body.

How to calculate your daily caloric expenditure

- The following pertains to a 150 lbs individual

Resting metabolic rate (R.M.R.) - how many calories your body burns daily while at rest

- Bodyweight in lbs x 10
(150 lbs x 10 = 1,500 kcal)

Non-Exercise Activity Thermogenesis (N.E.A.T.) - how many calories your body burns daily from non-exercise related activities

- RMR x *activity level* (determined by you).
- *Activity level:* Fairly inactive = 20-40%, Moderately active = 40-60%, Very active = 60-80%

- Assuming this 150 lbs individual is fairly active, we will use 50% for their calculation.
- $\text{RMR (1,500)} \times \text{NEAT (50\%)} = 750 \text{ kcals burned daily from NEAT}$
- $\text{RMR} + \text{NEAT} = 1,500 + 750 = 2,250$
- Without planned exercise their body is burning $\sim 2,250$ kcals/day.

Planned Exercise

- If you stay true to this program we will estimate that you are burning ~ 300 kcals/day from planned exercise.

Total calories burned per day: RMR + NEAT + Planned exercise

- 150 lbs individual: $1,500 + 750 + 300 = \sim 2,550$ kcals burned per day.

Caloric Deficit

- To improve your body composition, you must establish a caloric deficit. It is recommended this deficit be ~ 500 - 1000 kcals/day. Therefore, this 150 lbs individual would aim to eat between $1,550$ and $2,050$ kcals/day in order to lose 1 to 2 lbs of fat per week.

Tracking Your Food

- **I cannot emphasize enough how important it is to know what you are putting into your body.**
- ***BUY A FOOD SCALE***
 - If you are weighing your food there is no question as to exactly how many calories you are consuming each day. A good scale will cost only \$20-30. Your health is an investment, not an expense.

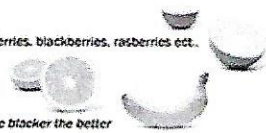
A common question I get asked is “what should I eat?” As a vegan, I believe a plant-based, primarily raw vegan diet is the way to go, but asking someone to cut out meat doesn’t always go over well.

I like to give my clients the image below as a general guideline:

Look Great Feel Great

Fruits

1. Berries: blueberries, blackberries, raspberries ect.
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



Nuts & Seeds

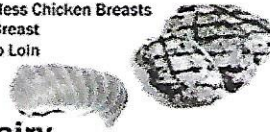
Unroasted, Unsalted, Unsmoked Nuts, RAW. Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: *Vine ripened or hot house*
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
18. Peppers



Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



Organic Soy Product

30. Plain, Unsweetened Soymilk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



Drinks

45. Bottled Water



Extras

46. Dark Chocolate
47. Cocoa Powder



Macronutrient Breakdown

- **Carbohydrates**
 - CARBS are not the enemy. Eating too many calories is the problem. Don't worry about eating too many carbs. If you feel like you are lacking energy, increase your carb intake.
- **Proteins**
 - You will want to consume at least 1.5 grams of protein per kilogram of bodyweight.
 - Example: 150 lbs individual
 - 1) 150 lbs/2.2 lbs/kg = 68 kg
 - 2) 68 kg X 1.5 grams/kg = 102 grams of protein.
 - It is better to have more protein than you need than it is to have less than you need. For this 150 lb client, I would recommend they consume ~ 115 g protein/day.
- **Fats**
 - Fats play an essential role in a number of biological functions. They are needed! Don't associate consuming fats with accumulating fat on your body. Nuts, seeds, avocados, and coconut oil are my favorite sources of fat to eat.

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- I recommend getting at least 20% of your daily caloric intake from fats.
- Example: Individual eats 2,000 kcals/day
 - $2,000 \text{ kcals} \times 0.2 = 400 \text{ kcals}$
 - $400 \text{ kcals} / 9 \text{ g/kcal} = 44 \text{ grams of fat/day}$
 - I divided 400 by 9 because there are 9 kcals per 1 gram of fat.

Before and After Photos

- Please, **pLeAsE**, please take before and after photos so I can use them down the road for marketing purposes.
- Progress pictures are a great form of motivation.
 - Put them in a place where you will constantly see them; ie phone background or bathroom mirror.

Final note: I am not a nutritionist or a registered dietician (RD). The above *recommendations* are just that – recommendations based on what I have seen work best for myself and others. If you wish to obtain a meal plan with specific caloric and macronutrient guidelines to follow, you should contact a nutritionist or RD.

Respectfully,

A handwritten signature in black ink, appearing to read 'Gunnar', followed by a long horizontal line.

Gunnar E. Andersen