**TDEE Plan – Jan ‘17** Pending Review

My TDEE calculations show a daily expenditure of 3,200 calories with a consumption of ~3,600 calories per day to achieve 4lbs of muscle growth per month.



This is amazing, sheesh! I tried eating this quantity yesterday and gave in, I submitted at 2,400! I have been at 1,800 – 2,000 in the past three months.

**Notes**

* These are not constraints, this is a guide, for a busy overburdened schedule
* Most specifically, dinner is prepared and ready at home, every day and will be taken when possible
  + Typically contains fresh-cooked chicken, soup and salads by Ma

**My Dietary Plan** (in consideration of past efforts and above tdee investigations)

* 2,400 calories per day with present gym & fitness plan
* All micro-nutrients met
* 150g protein min
* PCF is 30/40/40% (target)
  + Current is (151g/281g/74g), Fats are too low?
* Lots of water, all of the time and everywhere (car, office, home, etc.)

**My Plan (1/14 - 2/14)**

The current phase is a distinct & novel state of transition, I will pursue for about one month and see the outcome

**Diet Plan – January** (Up for negotiation!)



