

# **Rigorous Nutrition™**

## **Starting Point Formula Cheat Sheet**

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## Rigorous Nutrition™ Starting Point Formula Cheat Sheet

As you already know (or should have read), I create all client diets in terms of grams.

I determine specific amounts of carbohydrate, protein, and fat – all in gram amounts.

I am about to share with you my specific Starting Point Formula that I've successfully used with the majority of my clients.

Step 1. – Determine your caloric intake. (Based on your goal of fat loss, maintenance, or weight gain.) This example uses the bodyweight multiplier for fat loss.

Multiply your current body weight by 10 (fat loss). This will be your starting point calories.

Example: If you weigh 200 pounds, multiply  $200 \times 10 = 2,000$ .

### Bodyweight Multiplier:

10 = for fat loss | 14 = for maintenance | 17 = for weight gain

Based on your goal, use the number above to determine your starting point calories.

Step 2. Determine your macronutrient ratios.

My Starting Point Formula begins with equal calorie ratios of 1/3 carbohydrate, 1/3 protein, and 1/3 fat.

Example: On a 2000 calorie per day intake –

$2,000 \times 1/3$  (or .33) = 660 calories of carbohydrate

$2,000 \times 1/3$  (or .33) = 660 calories of protein

$2,000 \times 1/3$  (or .33) = 660 calories of fat

Step 3. Determine gram amounts.

1 gram of carbohydrate = 4 calories

1 gram of protein = 4 calories

1 gram of fat = 9 calories

Example: 660 calories of carbohydrate = 165 grams (660 divided by 4 = 165)

660 calories of protein = 165 grams (660 / 4 = 165)

660 calories of fat = 73 grams (660 / 9 = 73)

For this example, the daily intake for each macronutrient is:

Carbohydrate – 165 grams

Protein – 165 grams

Fat – 73 grams

Again, this is your daily intake. Spread these amounts out over several meals (4-6 meals). If you plan on eating 5 times a day, simply divide the daily gram amounts by 5.

Carbohydrate:  $165 / 5 = 33$  grams per meal

Protein:  $165 / 5 = 33$  grams per meal

Fat:  $73 / 5 = 15$  grams per meal

## Starting Point Formula Cheat Sheet

Step 1. Determine your daily calorie intake using bodyweight multiplier based on your goal. To do this, multiply your current bodyweight by 10. [This example is for fat loss.] Example: If you weighed 200 pounds,  $200 \times 10 = 2000$  calories Your Daily Calorie Intake

Step 2. Use the grid below to see how many grams of carbohydrate, protein, and fat you need to consume per day.

Step 3. Divide your daily intake of carbohydrate, protein, and fat over several meals. The ratios of consuming equal thirds of carbohydrate, protein, and fat have proven to be an ideal starting point for many of my successful clients.

When working with fitness models and bodybuilders, oftentimes, the only changes I would make would be to decrease the amount of carbohydrates week-by-week as they moved closer to the date of their photo shoot or bodybuilding show. A 10% decrease in carbohydrates each week produced excellent results. For my top physique models, once their carbohydrate level reached zero, I would transition them into the Cyclical Ketogenic Diet. You can read about that particular diet here > <http://KetoRecomp.com>

| TheIdealBody.Net     | Carbohydrates | Protein   | Fat       |
|----------------------|---------------|-----------|-----------|
| Daily Calorie Intake | 33%           | 33%       | 33%       |
| 4000                 | 333 grams     | 333 grams | 148 grams |
| 3800                 | 317           | 317       | 140       |
| 3600                 | 300           | 300       | 133       |
| 3400                 | 283           | 283       | 126       |
| 3200                 | 266           | 266       | 118       |
| 3000                 | 248           | 248       | 110       |
| 2900                 | 239           | 239       | 106       |
| 2800                 | 231           | 231       | 103       |
| 2700                 | 223           | 223       | 99        |
| 2600                 | 215           | 214       | 95        |
| 2500                 | 206           | 206       | 92        |
| 2400                 | 198           | 198       | 88        |
| 2300                 | 190           | 190       | 84        |
| 2200                 | 182           | 182       | 81        |
| 2100                 | 173           | 173       | 77        |
| 2000                 | 165           | 165       | 73        |
| 1900                 | 157           | 157       | 70        |
| 1800                 | 149           | 149       | 66        |
| 1700                 | 140           | 140       | 62        |
| 1600                 | 132           | 132       | 59        |
| 1500                 | 124           | 124       | 55        |
| 1400                 | 116           | 116       | 51        |
| 1300                 | 107           | 107       | 48        |
| 1200                 | 99            | 99        | 44        |

## **Starting Point Supplementation**

The Starting Point Supplementation I recommend consists of:

- \* M-Factor (Multivitamin)
- \* Full-Mega (Omega 3 Fatty Acids – Fish oil)
- \* Level-1 (Meal Replacement Protein)

You can get your Starting Point Supplementation below:



Get 1stPhorm Level-1 Protein Powder  
New Flavors and FREE Shipping!

<http://RigorousNutrition.com/supps>



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RichardRigor.com  
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