Rigorous Nutrition™
Starting Point Formula Cheat Sheet

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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 x 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 x 1/3 (or .33) = 660 calories of carbohydrate
2,000 x 1/3 (or .33) = 660 calories of protein
2,000 x 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

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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 x 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:

http://RigorousNutrition.com/supps

RichardRigor.com
KetoRecomp.com
StrengthCON.com