

# A NUTRITIONAL LEVEL FOR YOUR CALORIE INTAKE

Calculate your resting metabolic rate (RMR)  $\text{Body Weight} \times 10 = \text{RMR}$

Calculate your daily activity burn (DAB)  $\text{Your RMR} \times 20\% = \text{DAB}$

(calories needed for daily movement outside of exercise)

Add calories for exercise energy (EA)  $\text{Your RMR} + \text{DAB} + 600 = \text{EA}$

**YOUR ENERGY (REQUIREMENT) INDICATES THE CALORIES NEEDED DAILY TO MAINTAIN A GOOD NUTRITIONAL LEVEL**

Your Energy Amount	Nutritional Level
1,800-2399	1800 calories/day
2,400 – 2999	2,400 calories/day
3,000 +	3,000 calories/day

It is highly recommended that an appropriate doctor/nutritionist be consulted prior to any change in diet or exercise. The information below is a guideline only.

Choose from below the general goal you would like to reach:

Reduce Your Body Fat Content (Fat Shredder)

Well rounded, long term sensible eating plan (Energy Booster)

After sustaining a lower body fat, and higher energy level (Endurance Maximizer)

## Fat Shredder

High protein diet with low carb intake:

- 7 servings of proteins a day
- 2 servings of dairy products
- 1 fruit
- 3 servings of veggies
- 1 serving of fat
- 1 serving of carbs
- 3 servings of snacks

## Energy Booster

Slight reduction in proteins and slight increase in carbs

- 6 servings of proteins a day
- 2 servings of dairy products
- 1 fruit

3 servings of veggies  
1 serving of fat  
3 servings of carbs  
2 servings of snacks

### Endurance Maximizer

3 servings of proteins  
1 serving of dairy  
3 servings of fruit  
3 servings of veggies  
1 serving of fat  
4 servings of carbs  
3 servings of snacks

### FOOD LIST

Fats: 1 tbsp of any of these: flaxseed or olive oil  
3 oz avocado or 4 oz of olives

Proteins: 3 oz of any of the following: boneless skinless chicken or turkey,  
Fish/shellfish, pork tenderloin, lean red meat, tofu, tuna  
6 egg whites  
1 soy burger  
5 slices of soy cheese  
2 slices of turkey bacon  
1 veggie burger or veggie dog

Carbs 1 of any: bagel, bran muffin, pita, potato/sweet, whole wheat tortilla  
1 cup of any: baked beans, kidney beans, black beans, whole grain cereal,  
couscous, hummus, lentils, oatmeal, pasta or noodles, quinoa, brown or wild rice  
2 slices of whole wheat, rye, or pumpernickel bread  
12 crackers  
2 whole wheat waffles

Dairy 1 4 oz of: low-fat, feta, goat, mozzarella, or soy cheese  
1 cup cottage cheese 1%  
8 oz. of any: skim milk, soy milk, nonfat plain yogurt  
Fruit 1 medium: apple, banana, grapefruit, nectarine, orange, peach, pear, tangerine  
1 cup: apricots, cherries, grapes, kiwi, raspberries, blueberries, blackberries, watermelon  
A of mango, papaya,  
 $\frac{1}{4}$  cantaloupe

Veggies Serving equals 1 cup of cooked veggies, or 2 cups of greens

Asparagus, beets, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, kale, lettuce, marinara sauce, mushrooms, peas, peppers, spinach, spouts, summer or winter squash, string beans, tomatoes, V-8 juice low sodium, veggie soup

Condiments

BBQ sauce and other low-fat sauces and marinades, mustard, honey, pure fruit jams

Snacks

1 frozen fruit bar or large sourdough pretzel  
1 OZ of dried fruit, pita chips, soy nuts, low fat tortilla chips, nuts  
1 1/2 oz string cheese  
5 OZ fruit sorbet, no fat plain yogurt  
3 Fig Newtons,  
12 Mini Rice Cakes  
3 cups light popcorn

VEGETARIANS/VEGANS

As a vegetarian you need to do your own calculating to get enough protein. Unlike meat dishes, most of your options contain some carbs. Here are some meat substitutions that can help your diet stay high in protein:

Beans/lentils/soybeans  
Egg Substitutes  
Cottage Cheese  
Egg Whites  
Hemp Protein  
Hummus  
Nonfat Cheese

Nonfat yogurt  
Seitan  
Soy Burgers  
Soy Cheese  
Tempeh  
Tofu