



GUIDEBOOK FOR **NUTRITION**

TAKE CONTROL OF YOUR NUTRITION
AND REACH YOUR BODY
COMPOSITION GOALS

What macro-nutrients are,
how to calculate them, how
to track them and see more
fitness gains

READ FIRST

This will take some work and patience.

BUT

this will solve your body composition problems and take you a long way!

If you think you don't have the time, you can book a paid consult with a coach or you may not really want it



IMOC
FITNESS

The background of the entire image is a close-up, high-contrast photograph of blueberries. The berries are dark blue with some lighter, powdery areas, and their textures are clearly visible. They are arranged in a way that fills the frame, creating a rich, textured backdrop for the text.

**COUNTING MACROS IS AN
EASY APPROACH TO
CONQUERING YOUR
NUTRITION**

**IT ALLOWS YOU TO KNOW
YOUR INTAKE OF
MACRONUTRIENTS (PROTEIN,
CARBS AND FATS)**

**THIS STEP-BY-STEP GUIDE
WILL TAKE YOU THROUGH
EXACTLY WHAT YOU NEED TO
KNOW**

PROTEINS

WHAT ARE THEY?

"Proteins build and repair body tissues, support the immune system, hormones, and enzymes. Sufficient protein intake is vital for muscle growth and recovery.

WHERE DO THEY COME FROM?

BEEF	TOFU	LAMB
POULTRY	DAIRY	PORK
SEAFOOD	TEMPAH	BISON

HOW MUCH DO YOU NEED?

.8 - 1.6 grams of protein multiplied by your bodyweight in lbs

CARBOHYDRATES

WHAT ARE THEY?

Carbohydrates are the primary energy source for the body, providing glucose for fuel to the brain and muscles. Sufficient carbohydrate intake is crucial for physical performance and cognitive function.

WHERE DO THEY COME FROM?

ROLLED OATS	BREAD	FRUITS
RICE	POTATO	BEANS
PASTA	SQUASH	GRAINS

HOW MUCH DO YOU NEED?

45-65% of your daily calories, depending on level of activity

FATS

WHAT ARE THEY?

Fats are essential for brain function and hormone production, aid in the absorption of fat-soluble vitamins, provide energy, and promote satiety

WHERE DO THEY COME FROM?

OILS	SALMON	AVOCADO
NUTS AND SEEDS	FULL FAT YOGURT	DARK CHOCOLATE

HOW MUCH DO YOU NEED?

20-35% of your daily calories, depending on how many calories remains after protein calculations

RELATIONSHIP BETWEEN CALORIES AND MACROS

CARBOHYDRATES
4 CALORIES PER GRAM

PROTEINS
4 CALORIES PER GRAM

FATS
9 CALORIES PER GRAM

HOW TO DETERMINE CALORIE NEEDS

Your Basal Metabolic Rate (BMR), is determined by several factors including your age, gender, height, weight, and physical activity level

BEST WAY TO DETERMINE YOUR BMR

SCHEDULE AN INBODY TEST
WITH A COACH

HOW TO CALCULATE YOUR MACROS

Whether you're trying to lose weight up or add muscle, the process is the same!

Determine your daily caloric need

Let's start by using your BMR as the Daily caloric intake

Determine your protein need

Take 0.8 - 1.6 grams of protein multiplied by your bodyweight in lbs to get the grams of protein needed. Multiple that by 4 to get the calories needed from protein.

Divide the rest between carbohydrates and fats

Subtract the calories from protein from the BMR.

Whatever calories is left, Split those calories between carbohydrates and fats,

Divide fats by 9 and carbs by 4

JOE SMITH WEIGHS 170 LBS, AND HAS A BMR OF 2000 CALORIES. HE IS TRYING TO REDUCE BODY FAT & INCREASE HIS MUSCLE MASS. LETS CALCULATE HIS MACROS.

FIRST FIND HIS DAILY CALORIE GOAL

BMR = 2000 CALORIES

2000 CAL = **2000 CAL**

FIND PROTEIN GOAL

170 LBS X 1.2 = **204 G OF PROTEIN**

204 X 4 CAL = **816 CALORIES**

SPLIT THE REST BETWEEN CARBS AND FATS

2000 CAL - **816 CAL** = 1184 CAL REMAINING

1184 CAL / 2 = **592 CAL**

592 CAL FOR CARBS **592 CAL** FOR FATS

DIVIDED BY 4

DIVIDED BY 9

PRO: 204 G CARBS: 107 G FATS: 48 G

**NOW FIND YOUR PERSONAL
MACRONUTRIENTS!**

FIRST FIND YOUR DAILY CALORIE GOAL

BMR = Daily Caloric Intake

FIND PROTEIN GOAL

Your Weight x 0.8grams - 1.2grams

**SPLIT THE REST BETWEEN CARBS AND
FATS**

Whatever is left, divide by 2

Now you have your Calories for Fat and Carbs.

Divide calories from Carbs by 4 = Grams of Carbs

Divide Calories from Fats by 9 = Grams of Fat

PRO:

CARBS:

FATS:

**WE ARE
ALMOST THERE
STAY WITH US!**



IMOC
FITNESS

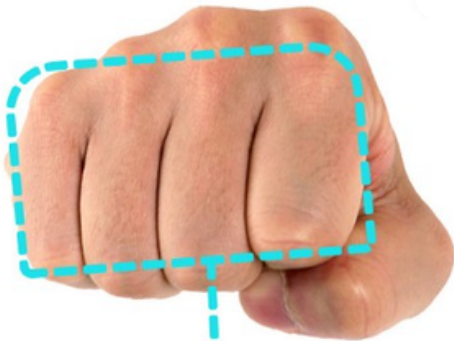
HOW TO TRACK YOUR FOOD

This last step is the most tedious but sure way you make sure you are reaching goals.

1. Download the 'Cronometer' app
2. Create a new account and input all your information
3. Go to Settings and click "Energy Settings."
4. Enter BMR, click custom, and add your calculated BMR
5. Click back and go to "Macronutrient Settings."
6. Enter your calculated protein values
7. You will see the rest of your macros adjust themselves right underneath where you inputted your protein value
8. Adjust the amount of carbs and fats you eat to add up to the total calories you are targeted to consume.
9. Begin logging your food! You can scan the barcode, or enter the food item or brand. If you can't find the exact food, find the closest match!

IF THE FOOD DOESN'T HAVE A LABEL

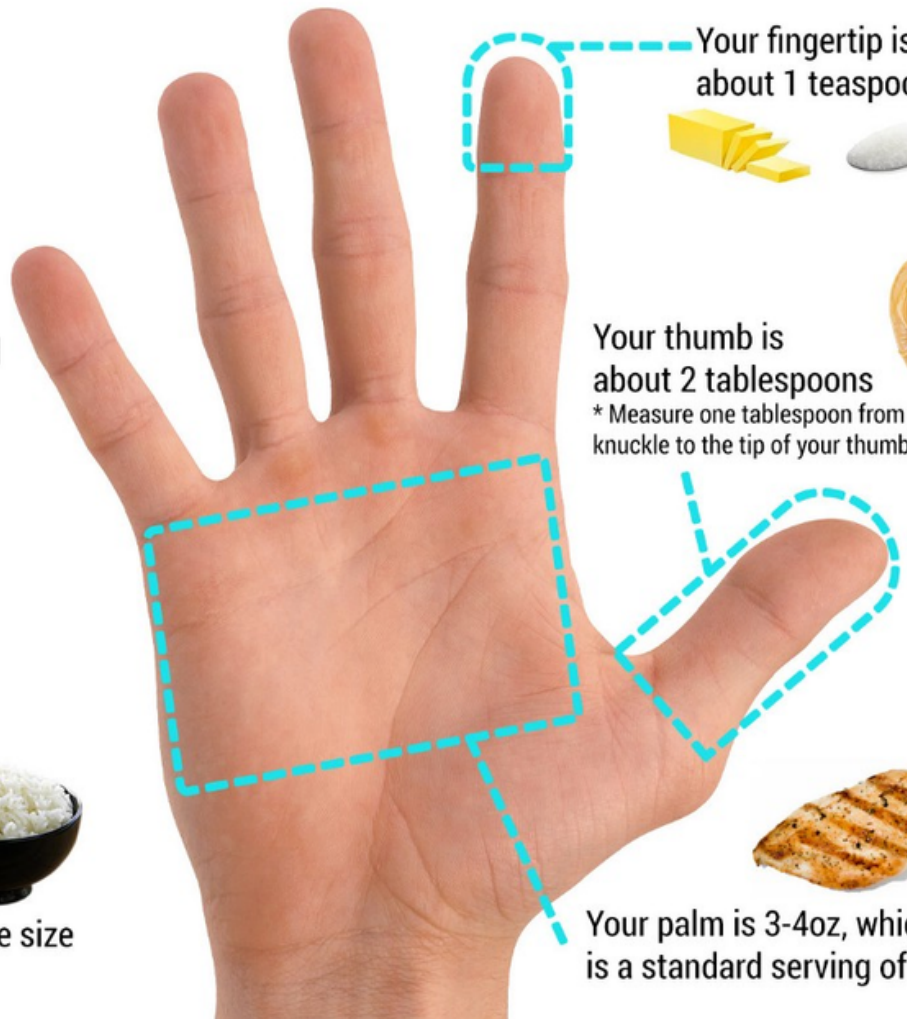
VISUAL HAND GUIDE TO PORTION SIZES



The front of your closed fist is about 1/2 cup



A clenched fist is the size of a 1 cup serving



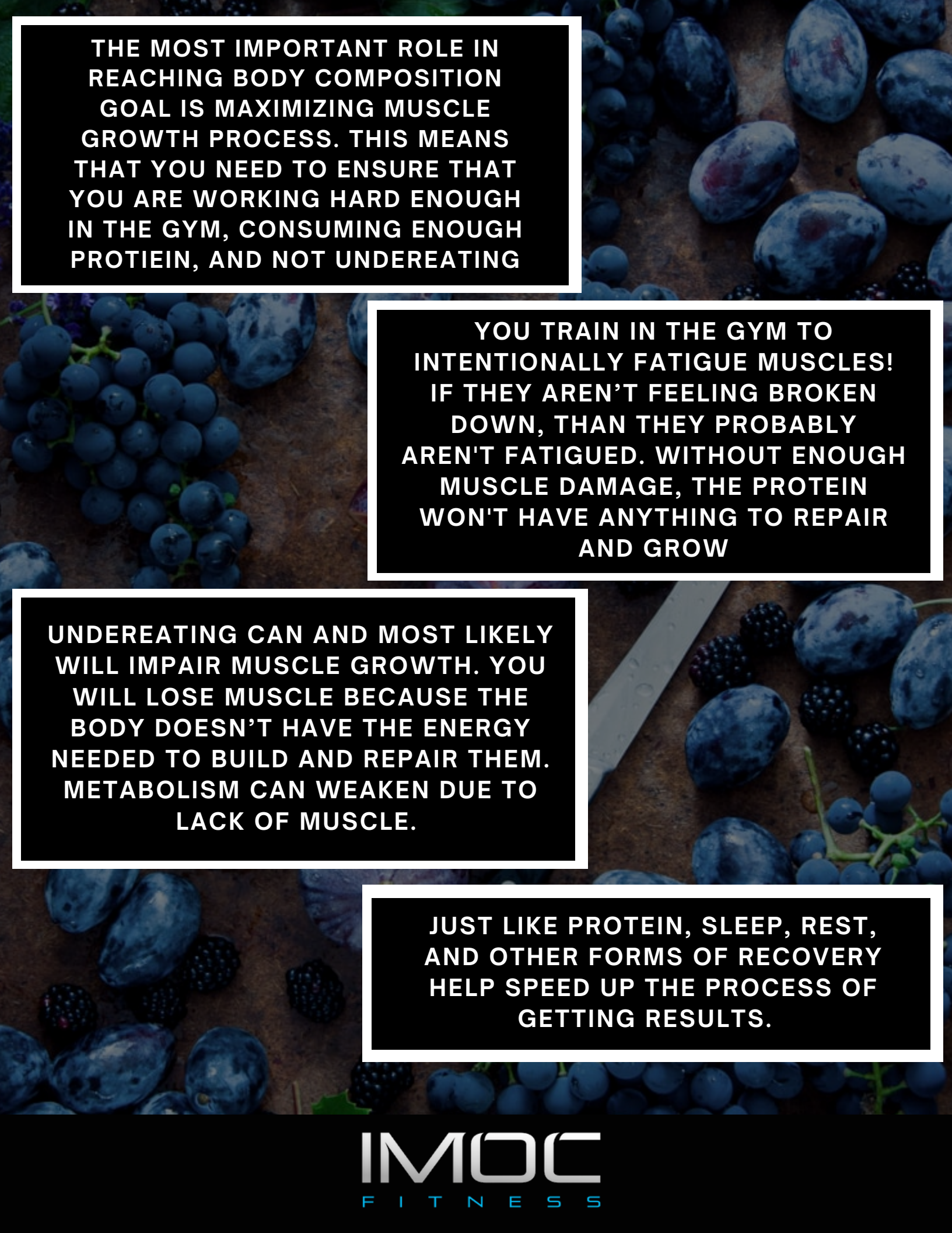
Your fingertip is about 1 teaspoon



Your thumb is about 2 tablespoons
* Measure one tablespoon from your knuckle to the tip of your thumb



Your palm is 3-4oz, which is a standard serving of meat



THE MOST IMPORTANT ROLE IN REACHING BODY COMPOSITION GOAL IS MAXIMIZING MUSCLE GROWTH PROCESS. THIS MEANS THAT YOU NEED TO ENSURE THAT YOU ARE WORKING HARD ENOUGH IN THE GYM, CONSUMING ENOUGH PROTEIN, AND NOT UNDEREATING

YOU TRAIN IN THE GYM TO INTENTIONALLY FATIGUE MUSCLES! IF THEY AREN'T FEELING BROKEN DOWN, THAN THEY PROBABLY AREN'T FATIGUED. WITHOUT ENOUGH MUSCLE DAMAGE, THE PROTEIN WON'T HAVE ANYTHING TO REPAIR AND GROW

UNDEREATING CAN AND MOST LIKELY WILL IMPAIR MUSCLE GROWTH. YOU WILL LOSE MUSCLE BECAUSE THE BODY DOESN'T HAVE THE ENERGY NEEDED TO BUILD AND REPAIR THEM. METABOLISM CAN WEAKEN DUE TO LACK OF MUSCLE.

JUST LIKE PROTEIN, SLEEP, REST, AND OTHER FORMS OF RECOVERY HELP SPEED UP THE PROCESS OF GETTING RESULTS.



**STILL NEED MORE
HELP AND GUIDANCE?**

**CONSULT WITH US AND
JUMP ONTO A MONTHLY
NUTRITION PROGRAM**

**SEE A COACH TO
SIGN UP TODAY!**