



THE SIMPLE FAT LOSS CALORIE GUIDE

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INTRODUCTION

I think fitness should enhance your life, not be a burden to it.

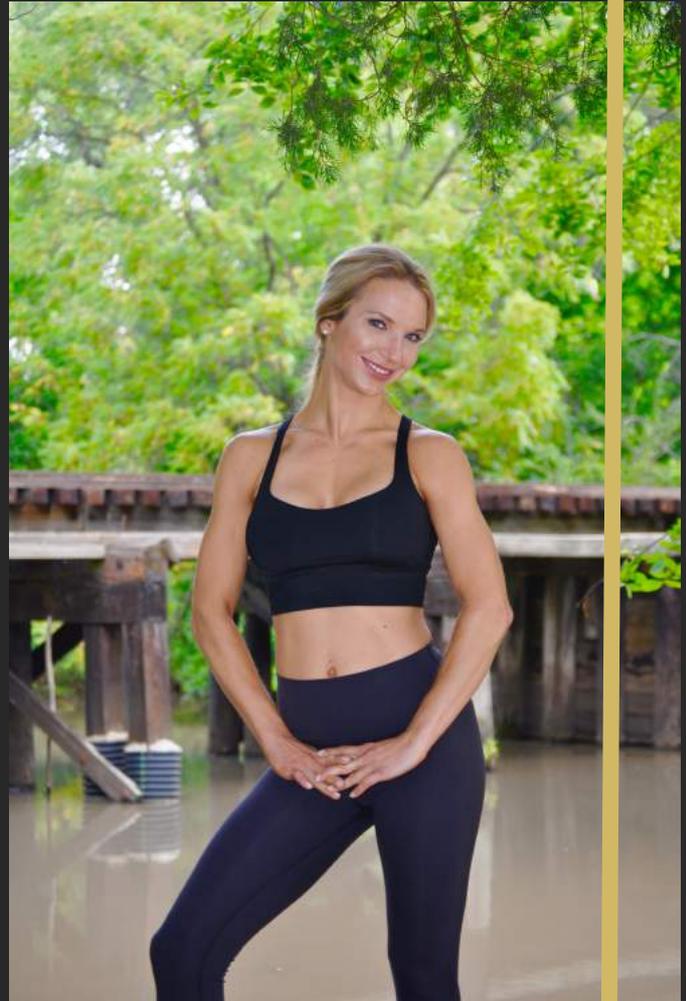
My husband and I are frequent travelers, I show horses competitively all over the US, and we own a consulting business. We are BUSY people and are often away from a home routine. I don't let this stop me. I have found a way to incorporate fitness into MY lifestyle and still make the progress I desire.

I pride myself on helping busy people find their groove in the fitness world and achieve results they never thought possible. I enjoy coaching horse-crazy folks like me to be fit to ride so they are more effective in the saddle.

I am a Type 1 Diabetic with Crohn's Disease and Hashimoto's Thyroiditis. I fully understand the obstacles life often can throw at us. Still, my biggest regret about learning to lift weights and get fit was that I didn't start sooner!

I can help you become confident, gain strength, transform your body, and teach you that fitness isn't just for cover models. It can work in your lifestyle too.

Whether you want to RIDE FIT or LIVE FIT, I can show you the way!





My goal of this guide is simple: to provide you with an easy way to work out how much food to eat and when, without needing a PhD.

TRACKING

CHAPTER 01



I'd like to start out by saying there are other methods of losing fat, however, this is the one I use myself and the one I use with my clients.

The reason I like it is because it's a very black and white system, it's hard to get wrong once you understand the basics. 300 calories of chicken breast is 300 calories of chicken breast, there's not much you, Sally from the office or The New York Times can say that can make any difference.

It's going to require two things, a kitchen scale and a food tracking app on your phone.

(I always recommend MyFitnessPal).

Tracking food is basically measuring the calories in everything that you eat or drink and adding up that value to a daily or weekly total.

So, for instance say you eat 400 calories worth of food for breakfast, 500 calories worth for lunch and 650 calories worth for dinner, your daily total calorie intake would be 1550 calories.

Easy, right?

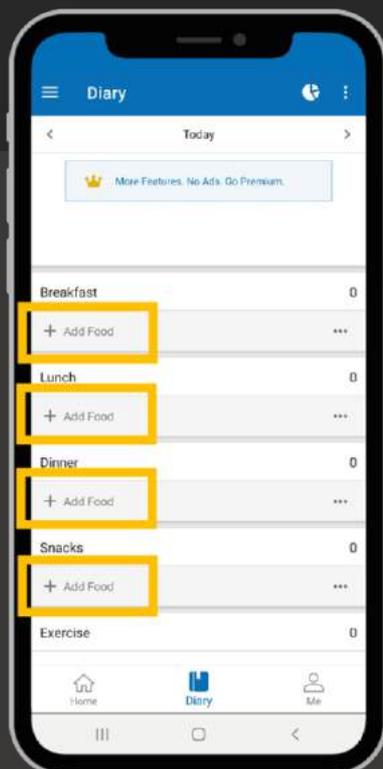
But how do we know how many calories are in the food we eat?

This is where the tracking software comes in. I generally use MyFitnessPal because it has the largest database of foods, and it's fairly straightforward.

You simply press the 'add food' button and search for the food you are eating and select how much. If you're tracking a packaged item, you can even scan the barcodes.

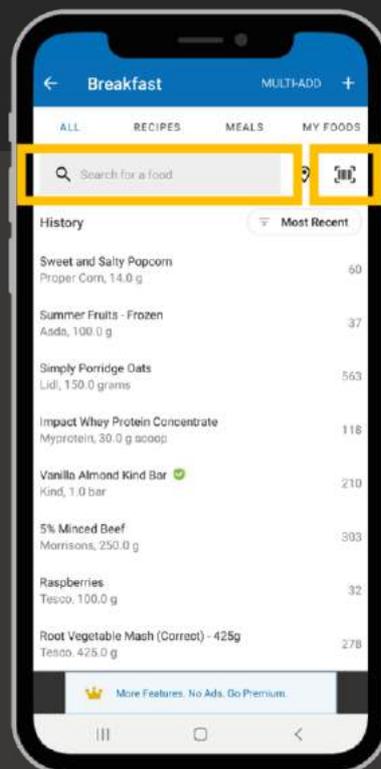
01.

Select 'add food'



02.

Use the search bar or scan the bar code on the packaging to find what you're eating



04.

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If you're struggling to find the right option, for example chicken breast, I tend to include the name of a popular supermarket in front of it to narrow the search down.

This always seems to give me a more accurate number. You can always bar code scan the package your chicken comes in and that avoids this problem altogether.

The next thing you must do is select the amount of that food you are eating. So, for the chicken breast example, I could either weigh the chicken breast on my kitchen scale and then select how many grams the chicken weighed in MyFitnessPal, or if the chicken was part of a packet of two breasts, I could select 1/2 of a packet. Take care to make sure you follow this step as recommended serving sizes aren't always the one you'll be using.

These two tips, plus the barcode scanner, make up about 90% of the skills you need to have to be successful using MyFitnessPal.

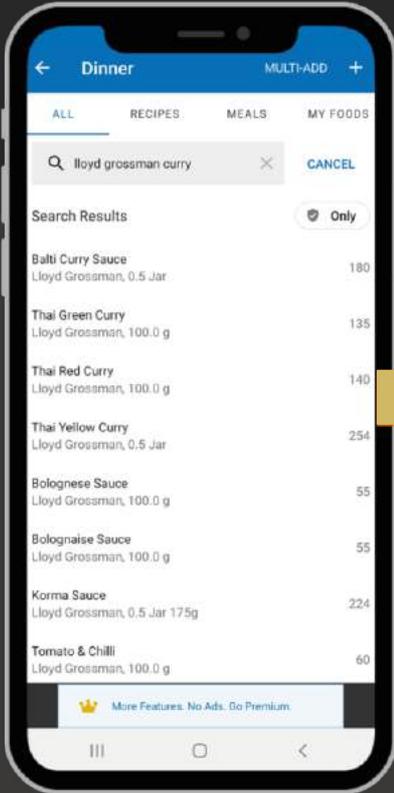
Below are some screenshots of stages from me inputting the ingredients to make a chicken curry. Notice how I've put in absolutely everything required to make the dish, so I've totally accounted for everything I'm putting in my mouth. This is key to success!

Yes it may be a headache to track everything, but once you've done it once, you know how many calories that certain meal is and the entry will be stored in the database to easily use again.



01.

Search Food



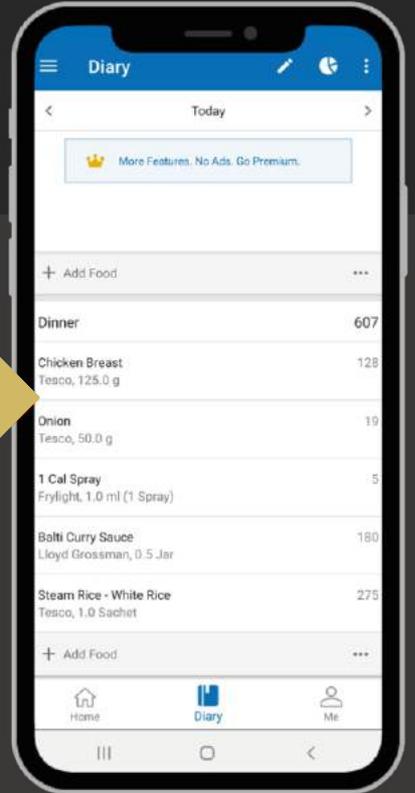
02.

Select Quantity



03.

Add To Meal



06.

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CALORIES

CHAPTER 02

Now you know how to measure your food. Next you need to know how much of it you should actually be eating. For the sake of this guide being simple, we're going to learn the simplest method of tracking for fat loss - a calorie target and a protein goal.

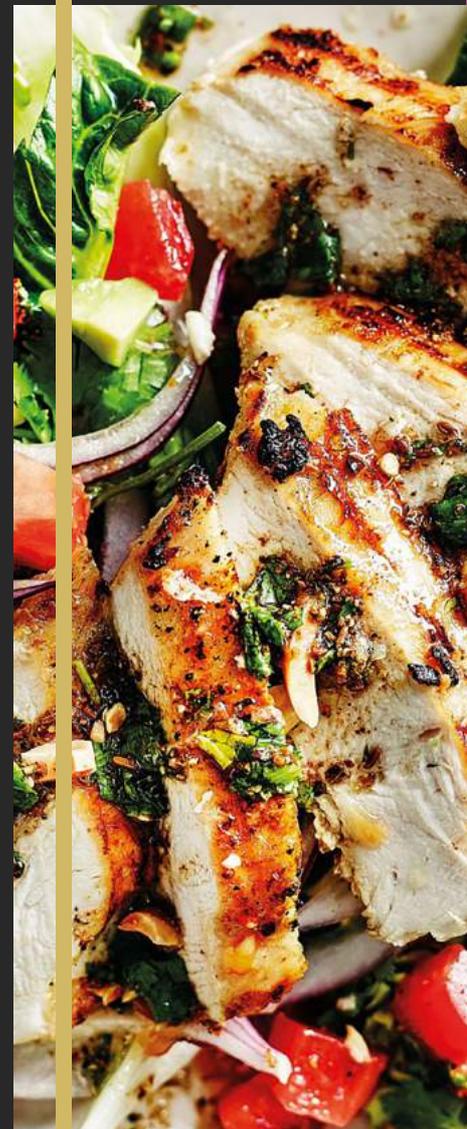
When working with clients, I like to go a bit more in-depth with this, mainly because I want to set their diet up so they can crush their gym workouts and establish sustainable habits. But honestly, a calorie target and protein goal will help you achieve most goals.

I would like to point out that all equations/calculations are based upon some assumptions and will give you a fairly accurate answer, but not an exact one. If you find you are not losing fat after a couple of weeks, use the tips in the last chapter of this guide to adjust.

There's a whole host of equations that can help you calculate this and a lot of online calculators too. Feel free to go and use any, they will all give you a good ballpark figure.

You can also multiple your bodyweight X's 10-12 to get an approximate range of calories needed to be safely in a deficit.

Keep in mind, this is something I calculate for all of my clients. If you are struggling to nail down your proper macros, be sure to reach out!



Calories per 1 gram:

Protein: 4 cal

Fat: 9 cal

Carbohydrate: 4 cal

Alcohol: 7 cal

What happens if I go over my calories?



This will inevitably happen from time to time. If you go over by 100 or 200 calories, simply remove it from the next day.

For example:

If your target is 2,460 calories but you eat 2,660 on Monday. On Tuesday if you eat 2,260 that balances things out and will keep you progressing.

If you're constantly overeating by 2-300 calories, have a word with yourself. That may be a planning issue. Look at eating foods that fill you up more to deal with hunger.

PROTEIN

Protein is the most important macronutrient to program, that's why we do it first. I could go into geek mode and lecture you on the finer scientific points, but that's boring.

The main thing you need to know is that protein will help build muscle OR keep the muscle you have, depending on if you're trying to add muscle or lose fat. If you're thinking "but I just want to lose fat," trust me, you want to maintain the muscle mass you do have or you'll finish your diet looking like a melted candle.

How much protein is a bit of a debated subject as there is a range of numbers that can be effective during a diet phase. However, you've downloaded MY eBook, so I'm going to just give you the numbers I personally use. Typically, this will be .7 - 1 grams per pound of bodyweight.

I aim for 1 gram of protein per pound of bodyweight. Both a little more and a little less are still acceptable. Overweight individuals can scale protein intake to 1 gram per pound of lean body mass (if known) or 1 gram per pound of goal weight.

I tend to put people on the higher end of the protein scale. Firstly because protein is very satiating (which means it fills you up) and secondly, because setting your protein goal high means if you miss it by a few grams here and there, you're still going to be getting enough. Shoot for the moon and land in the stars and all that jazz.



PROTEIN SOURCES

LOWER CALORIE	HIGHER CALORIE
Chicken or Turkey Breast	Salmon & Mackerel (oily fish)
White Fish	Impossible Meat
Fat-Free Protein Yogurts	Tempeh or Tofu
Shrimp	Steak
Ground Beef	Chicken or Turkey Thigh
Whey Protein Powder	Lamb, Pork, Most Red Meats
Egg Whites	Whole Eggs

It's not better or worse to use any of these sources of protein and just for variety and balance I would try and include a range of them. Just be aware of their calorie content and you will be fine. I encourage clients to get a minimum of 20-30 grams of protein per meal as this is the amount necessary to spike muscle protein synthesis. But you can use more depending on your protein requirements and how many calories you have to play with.

One word with regards to protein shakes. They are not the devil and are really useful and convenient. While it wouldn't be good for the digestive system to have a totally liquid diet, you could use them for a large portion of your protein requirements if you so wish. It's just filtered milk.

CARBS & FATS

CHAPTER 04

Now here is where things come together. You have your total calorie allowance, you know how much protein to eat, when to eat it and where to get it from.

Now you can't just eat chicken all day. Well you can, but that's just boring so how do we fill the rest of our diet out?

The rest of the calories are best used on carbohydrates and fats.

The first thing we do is calculate our MINIMUM amount of fat we need to basically survive. Fat is an essential nutrient; carbohydrates are not, so fat takes priority. We need fats to make cell membranes, hormones and a load of other stuff that we'd die or at the very least, feel really awful without.

I recommend fat grams be set to .25 - .4 grams of fat per pound of body weight. This generally gives us a good blanket. But if calories are really low then as a hard line, I NEVER go under .25 grams of fat per pound a day with clients.



But, what about the rest?

So, if you're still following (I hope you are) you know how to work out:

Total calories - protein cals - min fat cals = calories to allocate as you see fit



01 Total calorie allowance

02 Protein target and how many calories this uses (remember protein has 4 calories per gram) gives you total calories from protein.

4 x grams of protein needed = protein calories

03 Fat target and how many calories this uses (remember fat has 9 calories per gram) gives you total calories from fat.

9 x grams of fat needed = fat calories

So what to do with the calories you have left? The answer is anything you want basically as long as you don't go over your total calorie allowance

Everyone is different with how they spend the rest of their calories but its entirely up to you. You can allocate them all to carbs or split them up between carbs and fat as you see fit.

This is the SIMPLE fat loss guide meaning we don't need to get too deep into this. All that matter is you have your baseline of fats and your protein. With regards to fat loss, I would recommend picking foods that fill you up the most. We call these satiating foods. Think big volume, low calories.

What about water?

A quick note on water - most clients I notice don't drink enough water and generally are dehydrated most of the time. Dehydration can lead to poor workout performance and increased hunger. In fact, I think a lot of clients mistake the feeling of thirst for hunger. I generally advise a minimum of 3/4 - 1 gallon of water a day or enough water to make sure your urine is very pale yellow.

But can I have cake?

So here is the point where we talk about the burning question, can you eat cake and lose fat. **yes**

The answer is **yes**.

However, for the best balance of being full AND having the foods you like, I would generally stick to most of your calories being whole ingredient foods and about 20% of your calories being from whatever you want.

For a client having 1400 calories this would mean $1400 \times 0.2 = 280$ calories to use however you wish.

Just be careful you're not getting too hungry because you're eating too many high calorie foods that don't fill you up enough.

ADJUSTMENTS

CHAPTER

05

With this being **Simple Fat Loss: Calories** we're only going to look at adjusting calories and not exercise to move things along.

Firstly, make sure you are taking measurements with a measuring tape, progress photos AND looking at the scales. Scale weight doesn't always tell the full story, especially in females. If your measurements aren't decreasing, your pictures look the same AND your scale weight isn't dropping, then think about making adjustments. If you are improving in one or more of these areas, I suggest sticking it out for a few more weeks.

There are two ways of going about this if you're not losing or your fat loss has come to a stall.

OPTION A

If you have lost weight since you first calculated your calories, recalculate with your new lower weight

OPTION B

Remove 200 calories from each day. Take these calories away from either carbohydrates or fats, but be careful not to drop your fats below the baseline you calculated to maintain proper health.

If you are still not losing weight after removing calories one of two things are happening:

- 01 You're not tracking properly, you're adding cooking oils, not counting snacks or you're not weighing foods out correctly and the math is off.
- 02 You're not as active as you think you are and that is throwing the calculation off, so go back and re-do your calories with a lower activity multiplier.

“You can’t control everything in your life, but you can control what you put in your body.”

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