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PROJECT FIT

NUTRITION 101

The Fundamentals for Reaching Your
Body Composition and Training Goals

Introduction.

It is our absolute pleasure to welcome you to this collaboration between **Project Fit** and The Fit Clinic!

We are also thrilled to be providing you with this nutrition manual, which is specifically design to compliment your training, and facilitate you in attaining your body composition and performance goals. Whether your aspirations are body fat loss, increasing lean mass, getting stronger, more aerobically fit, or all of the above - This manual provides the fundamentals of what you need to get you there!

Stick to the following 10 principles, and you won't go wrong.

If you have any questions at all, please don't hesitate to drop us a message.

*Dr Michelle Hone
& The Fit Clinic Team*



1. Monitoring Your Progress

Whether your goal is to drop, gain or stay the same bodyweight, drop body fat, gain lean mass or is enhance performance - Tracking your bodyweight is an important monitoring tool to ensure you are progressing with your body composition goal, that you are fuelling your body adequately and that you're recovering from training.

Get into the habit of weighing yourself every morning. Step on the scales after you urinate, in the same and as little clothes as possible, before you've eaten or drank, and make a note of the figure on the scales. It's really important to understand that individuals can experience significant weight fluctuations from day-to-day. This means that it's hard to know what your actual weight is, as you can fluctuate significantly above and below your true weight on different days. Weight on the scales can be influenced by several factors: Hydration status, nutrition status, time of day, time of the month for women, digestion, glycogen status, etc. To alleviate this confusion and to track your weight as accurately as possible, it is best to weight yourself every morning on a digital scales*

We also recommend taking fortnightly progress pictures (front, side and back) and circumference measurements to keep track of body composition (How much body fat and lean mass you have).

*If you tend to obsess about your weight, or have a history of disordered eating, we would strongly discourage you from tracking your bodyweight.

2. *Determining Your Calorie Intake*

Setting up your own individualised macronutrient targets is a great way to ensure you are on track to attaining your body composition goals and also providing adequate fuel to compliment your training. We recommend tracking your macronutrient intake using apps like My Fitness Pal. If you have never tracked your macros before, we recommend trying it out even just for at least 2 weeks. It will be a fantastic educational tool for you - To get accustomed to portion sizes, get calorie-wise and to see what quantity of macronutrients are in certain foods. If you try it out and decide that it's not for you, that's okay - Lots of our client do not track their macronutrient intake and get the same great results. You will most certainly have learned something from the entire process, that you will be able to apply to your untracked nutrition.

Determining your estimated calorie requirement is simple. What is your goal? To cut weight, maintain your weight, or stay the same?

- Cut weight - $\text{Bodyweight in lb} \times 12$
- Maintain weight - $\text{Bodyweight in lb} \times 14$
- Increase weight - $\text{Bodyweight in lb} \times 16$

As mentioned this is to determine your ESTIMATED calorie requirements. But, this is a mathematical algorithm, and after all, the physiology of the human body doesn't always work like this! Hence, it is vital to use a minimum of a 7 day trial period to determine if you have set your calorie requirement too high, too low or just right. If you aim for this calorie target for 7 days, and your body weight respond in the right way, then you know it is correct for you.

Rate of progress:

- Bodyfat loss - Aim for no more than 1% bodyweight loss per week
- Muscle gain - Expect 0.2kg - 1.2kg gain per month, depending on training experience.

On training days vs rest days, you should be eating an extra 100-250 kcals, depending on the intensity of that session.

Now that you are tracking calories, let's learn about the three macronutrients that all foods are made up of - Protein, fats and carbohydrates, why they're important, and how much of each you should be aiming for!

3. Protein Intake

Out of all 3 macronutrients, protein is the most important for gaining lean mass and strength and also dropping bodyfat. The more lean mass we have, the higher our metabolism is, so we will burn more fat. Protein also increases satiety and it has a thermogenic effect – We actually burn more calories in the process of digesting protein, compared to fat or carbohydrates!

Aim to consume 1.6-2g of protein for every kg of bodyweight per day. So if you're an 80kg male, set your protein target no higher than 160g per day.

How your protein intake is distributed throughout the day is also important. The amount of protein that you attribute to each meal dictates the magnitude of muscle protein synthesis (the ability of muscle to grow) over a given day. Therefore, protein distribution is vital for maximising muscle mass, recovery from training and subsequent athletic performance.

It is important that you have >25g of protein at each main meal time, over 4 - 6 meals, as this is the quantity and timing for growth of new muscle tissue. This is of particular importance for your post-training meal. Ensure you have at least 25-30g of protein after training.

4. *Fat Intake*

Every cell in our body is predominantly made of fats, making them essential for human life.. Every reaction in our body is regulated by hormones. We need fat (and cholesterol) to synthesise these hormones. Adaptation to training is heavily influence by hormones - Most notably testosterone and growth hormone. So to ensure we're getting 100% from our hard work in training - We need to be eating adequate fat.

Set your daily fat target as 25-30% of total calories.

In recent years we've made a shift away from thinking fat is bad for us, which is great to see! However, with this, has come a simultaneous shift towards thinking that copious amounts of saturated fat like bacon and butter is really great for us! With fats, it's important to strike a balance - Yes, these sources are fine in moderations, but make sure you are hitting your polyunsaturated (especially Omega 3s) and monounsaturated fat intake - This means also opting for oily fish, nuts, seeds, olive oil, avocados too, as well as the tastier ones!



5. Carbohydrate Intake

If we consider the body like a car, carbohydrates is the fuel we need to drive!

We have a reserve within our muscles and liver that is capable of storing carbohydrates, in the form of glycogen, to fuel high intensity training. Therefore, it is vital that we take advantage of this storage space to enable you to fuel those high intensity bouts, last longer in a workouts and really get the most out of each training session. Without adequate carbohydrates, your training sessions will suffer.

On My Fitness Pal, once you work out your protein and fat intake, then the rest of your calories should be made up of carbohydrates.

In general, training days should be “higher-carb” and higher calorie days than rest days, to facilitate recovery. As mentioned, on training days vs rest days, you should be eating an extra 100-250 kcals, depending on the intensity of that session. All of these extra calories should be made up of carbohydrates.

Carbohydrate timing is most important after training. A tough training session can leave us nearly glycogen-depleted in some instances. Therefore, it is vital that we replenish these stores to allow adequate recovery and to be in a glycogen-full state for our next training session. A minimum of 25g-60g is vital post-training, depending on the intensity of that session and your individual goal.

Let's sum these steps up..

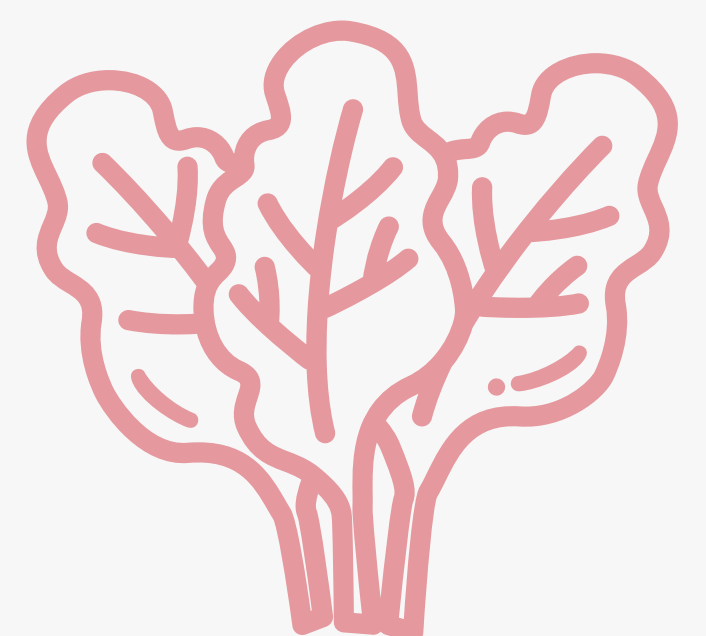
- Set your calories
- Set your protein target as 2g for every kg of bodyweight
- Set your fat target as 25-30% of total calories
- Make up the rest of the calories with carbohydrates
- On training days, aim for an extra 25g-60g carbs/100-250 kcals depending on the intensity of the session

6. Using My Fitness Pal

The following are great tips for using My Fitness Pal:

You need to set your individual kcal and macronutrient goals manually, otherwise the app will set default nutrition goals for you (More>Goals>Calorie and Macronutrient Goals).

- Enter your calorie goal, and set your percentages of protein, carbs and fat to reflected the above protein, fat and carbohydrate targets
- Never record your exercise into My Fitness Pal, and ensure that your account is not synced to your step counter on your phone, as this will throw your calorie and macronutrient goals off (More>Steps>Don't track steps).
- Aim for 25-40g fibre per day.



- Weigh everything raw/dry/uncooked and record it as raw/dry/uncooked on MFP (Rice, quinoa, meat, fish, etc). The weight of food changes when it's cooked, so making this a habit avoids massively misreporting
- Where possible, look for the green tick beside food you're logging in, as this means that these foods are verified as being accurate
- Log your food continuously throughout the day. This avoids being left with barely any kcals at the end of the day
- A great tip - If you're prepped and know what you're having for dinner later, log it in the morning. This means you know exactly what you have to work with for breakfast, lunch and snacks earlier in the day!

7. Getting The Balance Right

Here at The Fit Clinic, we wholeheartedly advocate that your calories and macronutrients are coming from wholesome, nutritious foods. However, we also advocate switching off from training/nutrition every now and then, and taking some well deserved time out - If this means heading out with your friends to grab a burger and chips or going to the cinema and ordering a large popcorn and Coke - There is a way!



We advocate the 80:20 approach to nutrition - 80% of your nutrition should be from wholesome, nutritious foods, and 20% of your nutrition should be made up of whatever the heck you want! You may decide to attribute 20% of your calories of a typical day to whatever you fancy, or eat totally wholesome, nutritious foods from Monday to Saturday, and have a “treat meal” on Sunday, with 20% of your weekly calories being made up of whatever you feel like. However, if you don't have a great relationship with food, we recommend breaking your 20% up throughout the week.

8. Hydration

Hydration is important for performance in training, as well as appetite regulation. As fluid requirements vary significantly from one individual to the next, the climate and the intensity of your training, it is always ideal to go by the rule of thumb of – **Aim to have 5 clear urinations per day.** This can be made up of water and herbal teas.

9. Sleep for Performance

Recovery from training is just as important as training itself. Nutrition and sleep are paramount to adaptation and recovery, as well as appetite regulation and making good food choices. Ever notice how hungry and unsatisfied you are the day after a night of broken sleep? Limit your screen time and switch off all electronics devices that emit light 1 hour before bedtime and remove them from your bedroom. Make sure your room is pitch black and somewhat cool. These steps all help with the production of melatonin, our sleep hormone. Aim to get 8 hours of good quality sleep each night.

10. Supplementation

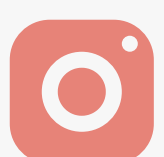
Here at The Fit Clinic, we strongly advocate a "food first" approach - Which means that we want our clients eating a healthy varied diet before reaching for supplements - You can't out-supplement a bad diet. Once this is addressed, supplementation recommendations should be individualised - But here are a few supplements which are fantastic for covering all bases:

- Creatine (2-5g per day)
- Whey protein (Dose dependant on protein goals)
- **Omega 3 Fish Oil** (Dosage as stated)
- **Vitamin D** (Dependant on resident country and/or time of year)

I hope you enjoyed this e-Book! If you have any questions at all, we're happy to hear from you.

You can reach out to us below..

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