



NUTRITION

Nutrition



WELCOME!

Thank you for being a part of this program. Your commitment to your health and well-being is amazing, and we are thrilled to be on this fitness journey with you. Remember, progress can have its ups and downs, but every effort you make counts. Don't forget to celebrate the small wins along the way, and be kind and patient with yourself.

Nutrition forms the cornerstone of our overall well-being, encompassing the essential elements that fuel our bodies, sustain our health, and influence our quality of life. It delves into the intricate relationship between the foods we consume and their impact on our physical, mental, and even emotional states. Calories are not merely about eating; it's a complex science that explores how nutrients interact within our bodies to support growth, energy production, immune function, and countless other physiological processes. By understanding some basic fundamentals of calories and nutrition, we can make informed choices about what we eat, optimizing our health and enabling ourselves to lead more vibrant and productive lives.

Here's to your success, Marian Yousif, Francis Toribio, Certified Personal Trainers and Online Coaches



inspiregrowthfitness.com



DISCLAIMER

This information is for your personal use ONLY. You cannot distribute, copy, reproduce, or otherwise sell this product or information in any form whatsoever, including but not limited to: electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

The information, including but not limited to, text, graphics, images and other material contained in this guide are for informational purposes only. No material from this guide is intended to be a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

The client acknowledges that exercise and nutrition programs involve a risk of injury, including but not limited to, heart attacks, muscle strains, sprains, broken bones, and other injuries. The client assumes all risks associated with participating in the exercise and nutrition program.

Francis Toribio, Marian Yousif and Inspire Growth Fitness is not responsible for any loss, injury, or damage sustained by the client while participating in the exercise or nutrition program. The client acknowledges that they have been advised to seek medical advice before beginning any exercise or nutrition program and to inform the personal trainer of any changes in their medical condition.

By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.

What is an EXERCISE-FOCUSED DIET?

Diets come in all shapes and sizes, but if you're looking for results, there are a few key principles that hold true no matter what's on your plate. It's all about proportions, ensure that you receive 1 gram per pound of current body weight in protein, 40% carbs, then calculate the leftover for fat.

In general, a lot of people find it tough to both build their glutes and lose fat at the same time. The reason is that achieving both goals together needs a lot of commitment, careful planning, and specific strategies. Most people usually try to do this by eating less and cutting down on calories, which helps them lose weight. However, muscles need food and calories to grow bigger and stronger. Without enough energy from calories, muscles can't really get bigger. So, if you're eating less and working out with weights, you might lose fat and get more toned, but you might not get the round and firm butt you're aiming for.

On the contrary, what you actually need to do is increase your food intake. It might sound counterintuitive, but consuming more food is beneficial for both muscle growth and fat reduction. Consider it this way: muscles possess a thermogenic effect, producing heat in the body. This heightened heat ramps up your metabolism, leading to an increased calorie burn even when you're not active. When you burn more calories daily, you're able to shed more fat. Consequently, the more muscle mass you have, the more significant your fat loss can become.

In addition, aside from the amount of calories that you need to consume per day, you also need to consume the right foods at the right time to optimize your results. It may sound a little complicated just now, but we'll cover calories and energy balance over the next few pages.

What are CALORIES AND ENERGY BALANCE

Comprehending the concept of calories and energy balance can be a bit tricky, but we'll break it down to make it as straightforward as we can.

Calories serve as a measurement unit for energy, similar to how miles measure distance or kilograms measure weight. They essentially indicate the energy our body acquires from a given food. Because each individual's body is distinct, energy requirements also differ. Some might necessitate 2,000 calories daily, while others require 3,000 calories. This variance hinges on factors like body composition (muscle and fat proportions), age, gender, and lifestyle. People who engage in regular exercise will require more energy compared to those with a more sedentary routine. This distinction arises from the fact that regular exercisers expend more energy than their less active counterparts.

Conversely, energy balance pertains to the daily calorie requirement for our body to sustain its basic functions and carry out daily tasks. When the calories you consume align with the calories you burn each day, this signifies an energy balance. In an energy-balanced state, your body retains its existing weight.

While weight might slightly vary due to factors like hormones, bowel movements, and stress, it generally remains relatively stable.

Conversely, when your calorie intake surpasses the number of calories you burn, your body begins to store the surplus. These excess calories can take the form of either fat or muscle. Regular exercise and weightlifting often result in the storage of these extra calories as muscle. Conversely, if you have a more inactive lifestyle, your body tends to store these surplus calories as fat. This process is the pathway to weight gain.

On the other hand, if you eat less than the energy you use up, your body will start looking for extra energy, often by using your stored fat. It breaks down these fat stores into smaller units called fatty acids, which travel in your blood and provide energy. As the fat stores get broken down, the fat cells get smaller, leading to a loss of fat.

In the upcoming pages, you'll delve into the process of calculating your calorie needs to kickstart your glute-building journey. Additionally, you'll discover how to distribute these calories among the three primary macronutrients: proteins, carbohydrates (carbs), and fats.

All about protein.

PROTEINS

Protein, a vital nutrient in human nutrition, serves numerous roles within the body. Comprising amino acids acquired through digestion, proteins create essential bodily structures. Some amino acids are indispensable and must be obtained from the diet. Leucine, a key amino acid, triggers muscle protein synthesis when consumed adequately. Protein nutrition is evolving, moving beyond minimal daily requirements. Generally, higher protein intake appears advantageous for health, body composition, and athletic aims.

In practical protein nutrition, achieving optimal intakes ranging from 1.2 to 2.2 grams per kilogram of body weight (from complete protein sources) is crucial. Advanced strategies go beyond daily intake, incorporating timing strategies around exercise and throughout the day, plus consuming protein from diverse, high-quality sources.

1/2.

SEVEN

ESSENTIAL FACTS

PROTEINS

How amino acids form the structure of proteins:

Amino acids are the building blocks of proteins. They bond together through peptide bonds to create long chains called polypeptides, which then fold and arrange into specific 3D structures to form proteins. The sequence of amino acids determines the unique function and shape of each protein.

The difference between essential and nonessential amino acids:

Essential amino acids are those that the body cannot synthesize on its own and must be obtained through the diet. Nonessential amino acids can be synthesized by the body, so they are not required in the diet. There are 9 essential amino acids.

How the body digests and absorbs dietary protein:

Protein digestion begins in the stomach, where gastric juices break down proteins into smaller polypeptides. These then enter the small intestine, where pancreatic enzymes further break them down into individual amino acids and small peptides. These amino acids and peptides are then absorbed into the bloodstream through the intestinal walls and transported to cells for various functions.

The numerous functions of amino acids within the body:

Amino acids play vital roles in the body, including building and repairing tissues (muscles, organs, skin), forming enzymes and hormones, contributing to immune function, transporting molecules within cells, and serving as a source of energy when needed.

SEVEN

ESSENTIAL FACTS

PROTEINS

The recommended dietary allowance (RDA) for protein:

The RDA for protein varies based on factors such as age, sex, and activity level. For adults, it's recommended to consume around 0.8 grams of protein per kilogram of body weight per day. Athletes or those engaging in intense physical activities might require more.

Adjusted protein intakes to optimally support any goal:

Goals such as muscle gain, fat loss, or athletic performance might require higher protein intake. For muscle gain, intakes of 1.2 to 2.2 grams per kilogram of body weight are often suggested. Higher protein intake can help preserve muscle mass during calorie restriction for fat loss.

Protein timing strategies to maximize muscle protein synthesis (MPS):

Consuming protein-rich meals and snacks spread throughout the day can help sustain muscle protein synthesis. An essential timing strategy is consuming protein within a few hours post-exercise to capitalize on the heightened sensitivity of muscle cells to protein intake, enhancing muscle recovery and growth.

Remember, individual requirements can vary, so it's always a good idea to consult with a registered dietitian or healthcare professional for personalized recommendations.

What are.. MACRONUTRIENTS

Macronutrients encompass the diverse foods providing energy to your body: carbohydrates, protein, and fat. These macronutrients serve varied purposes, delivering calories and vital nutrients. Carbohydrates, for example, break down the ingested food, supplying energy-fueling nutrients. They break further into accessible sugars, serving as a primary energy source. Despite some avoiding carbs, they are essential for effective workouts and muscle recovery. Insufficient carb intake can hinder strenuous exercise.

Around 30% of your body's protein is vital for muscle construction and repair. Proteins, broken into amino acids during digestion, foster cell growth and replacement. These cells comprise organs, hair, skin, and muscles. Fats provide energy, aid cell development, and support hormone production. Proper fat intake ensures cellular functioning. Fats break into fatty acids during digestion, used for energy or vital bodily functions, including generating key vitamins.

Each food type—carbs, protein, fats—holds distinct roles, underscoring the importance of a balanced diet. They supply diverse vitamins and minerals essential for health. Imbalanced intake could disrupt nutrient utilization, leading to complications.

What are.. MICRONUTRIENTS

Vitamins and minerals are vital nutrients crucial for sustaining life, preventing diseases, and supporting overall health. Compared to macronutrients, they are required in smaller amounts. A balanced diet comprising fruits, vegetables, nuts, seeds, animal products, dairy, and shellfish can provide the necessary quantities. This ensures adequate status for both fat- and water-soluble vitamins and minerals. Attaining proper micronutrient levels involves adhering to established guidelines drawn from reputable literature and global dietary recommendations.

Great food choices FOR EACH MACRO

PROTEINS

- Chicken breast
- turkey breast
- Ground chicken
- Ground beef
- Ground turkey
- Steak
- Veal
- Protein powder
- protein bars
- Greek yogurt
- 0% cottage cheese
- Tofu
- Tempeh
- Edamame
- Salmon
- Eggs
- Egg whites
- Canned tuna
- Shrimp
- white fish
- shell fish

CARBS

- White rice
- Brown rice
- White pasta
- Whole-wheat pasta
- Gluten-free pasta
- Couscous
- Quinoa
- White potatoes
- Sweet potatoes
- White slice of bread
- Wholegrain slice
- Popcorn
- Apple
- Orange
- Grapefruit
- Banana
- Red grapes
- Green grapes
- Peach
- Strawberries
- Blueberries
- Raspberries

HEALTHY FATS

- Avocadoes
- Eggs
- Almonds
- walnuts
- Hazelnuts
- Pecans
- Peanuts
- Pistachios
- Cashews
- Chia seeds
- Olive oil
- Flaxseed oil
- Coconut oil
- Whole milk
- Semi-skimmed milk
- Soy milk
- Greek yogurt
- Salmon
- Dark chocolate
- Sardines
- Organic Peanut butter
- Sunflower Seeds

How much food should you eat?

CALORIES

Calories are a unit of energy. They simply indicate how much food you should consume to stay healthy, gain weight or shed fat. They are calculated in three simple steps. Make sure to grab a calculator and let's see how much food you need to consume per day.

CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

To calculate your BMR, follow these equations:

WOMEN

$65.51 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$

MEN

$66.47 + (6.24 \times \text{weight in pounds}) + 12.7 \times \text{height in inches} - (6.75 \times \text{age}) = \text{BMR}$

This is the number of calories that your body requires in order to survive. The next step is calculating how many calories your body requires to perform daily activities (TDEE).

CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:

EXTREMELY ACTIVE (STRENUOUS TRAINING 2X/DAY) 1.9	VERY ACTIVE (HEAVY EXERCISE 6-7 DAYS/ WEEK) 1.725	MODERATELY ACTIVE (MODERATE EXERCISE 3-5X WEEK) 1.55	LIGHTLY ACTIVE (LIGHT EXERCISE 1-3 DAYS/WEEK) 1.375	SEDENTARY (LITTLE TO NO MOVEMENT) 1.2
--	---	--	---	---

CALCULATE YOUR CALORIC DEFICIT

To start building your glutes, you need to add approximately 200-300 calories to **STEP 2** outcome. Avoid adding too many calories as this may result in gaining more fat. Muscles help you burn more calories at rest which makes them an integral part of your weight loss journey.

ALTERNATIVELY, CLICK HERE TO USE AN ONLINE CALCULATOR TO DETERMINE YOUR CALORIES



Divide YOUR CALORIES BETWEEN MACRONUTRIENTS

All the food we consume falls into one of three macronutrient categories. Since most foods have a mix of all three macronutrients, they are categorized based on the one that's most abundant.

After you've completed the steps for calculating your calories as mentioned earlier, you can take that total and allocate it among each macronutrient as follows:

PROTEIN

Approximately 1g of protein should be consumed per 1lb of bodyweight. This means that if you weigh 150lbs, then you should consume 150 g of protein. To figure out how many calories that is, simply multiply the grams by 4.

CARBOHYDRATES

Approximately 40% of your total daily calories should come from starchy carbohydrates.

FATS

Approximately 25-35% of your total daily calories should come from healthy fats. Once you've deducted the calories for proteins and carbs, the remaining calories should be used for fats. This should roughly be falling within the 25-35% mark.

To figure out the number of grams that is, simply multiply those calories by 9.

SET YOUR GOALS

Set Your Goals

The first step to achieving any goal is getting your goals straight. This gives you an idea of what it takes to achieve your goal and how long it will take to achieve it whilst also being realistic with yourself. Many people get so hung on trying to achieve unrealistic goals

WHAT IS MY GOAL?

Be as specific and as realistic as you can. How much weight would you like to lose? How many sizes would you like to drop?

WHY DO I WANT THIS?

What is your true reason? This is important as it will keep you motivated throughout this journey

BY WHEN WOULD YOU LIKE TO ACHIEVE THIS GOAL?

WHAT ARE MY ROADBLOCKS AND HOW WILL I OVERCOME THEM?

HOW WILL I MARK MY PROGRESS?

Now that you know your end goal, you need to track your progress throughout your journey. Everybody is different and fallbacks are going to happen. It is natural and just use your setbacks to learn from them. Then, you'll be unstoppable.

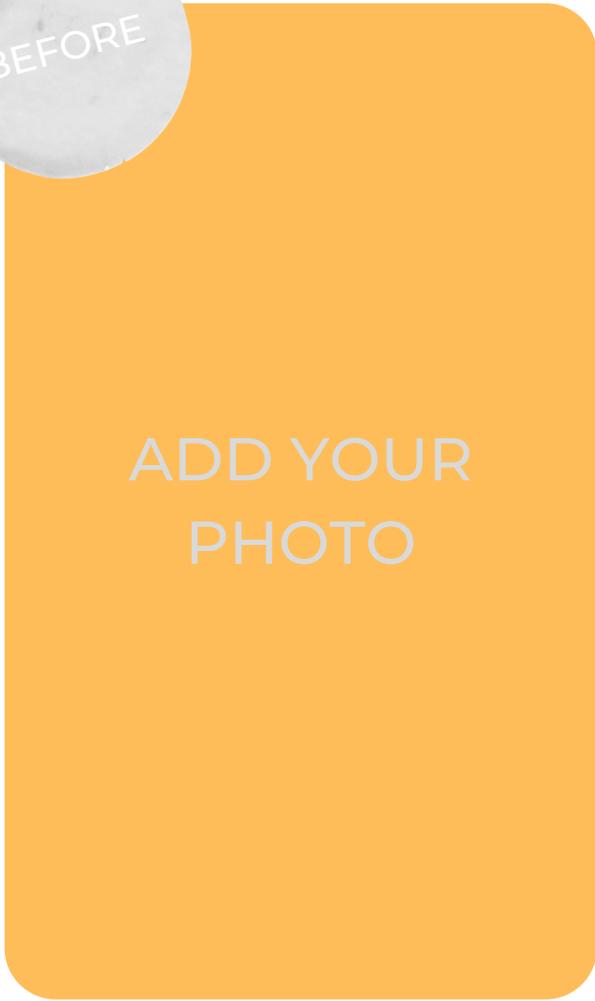
TAKE YOUR MEASUREMENTS

My current weight is _____

For the measurements, please use anthropometric measuring tape:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CHEST								
WAIST								
HIPS								
THIGHS								

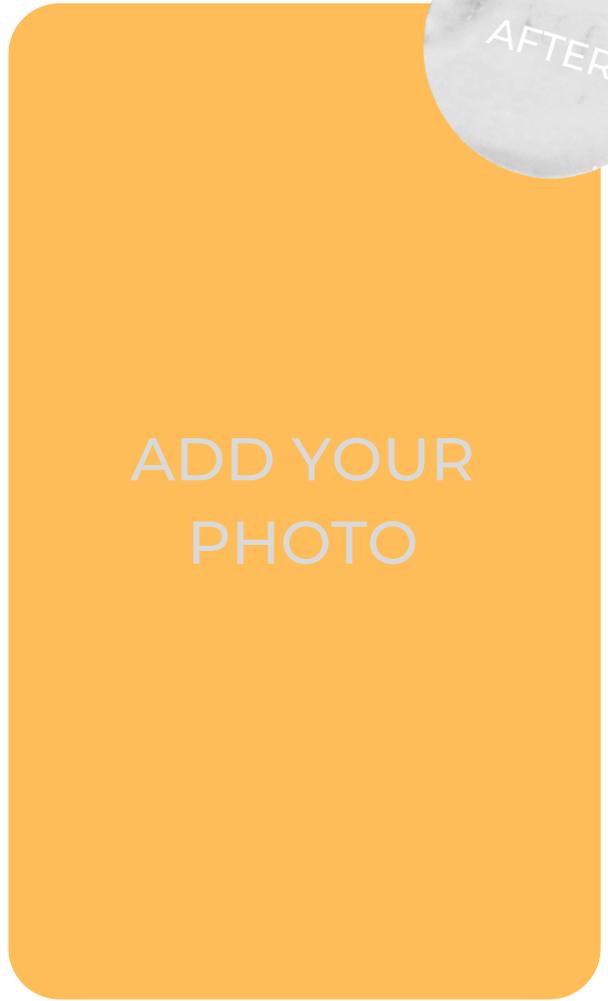
COMPARE YOURSELF



ADD YOUR
PHOTO



DATE



ADD YOUR
PHOTO



DATE

THANK YOU

Congratulations

We are thrilled to have been a part of your fitness journey and are so proud of all the hard work and dedication you put into achieving your goals. We hope that this program has helped you not only transform your body, but also your mindset and overall well-being.

As you move forward, we encourage you to keep up with the healthy habits you have developed during the program. Remember that fitness is a lifestyle, and the progress you have made is just the beginning. We invite you to continue our online coaching journey with us !

Thank you again, keep up the great work!