

# How much should I eat (Advanced)?



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## Step 1: Determine Body Type

- Ectomorph - Naturally thin & skinny limbs
  - Mesomorph - Naturally muscular & athletic
  - Endomorph - Naturally broad & thick
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## Step 2: Determine Activity Level Multiplier

	GOAL		
	Weight Loss	Weight Maintenance	Weight Gain
	multiply bodyweight in pounds by		
Sedentary (minimal exercise)	10-12	12-14	16-18
Moderately Active (3-4 times a week)	12-14	14-16	18-20
Very Active (5-7 times a week)	14-16	16-18	20-22

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## Step 3: Determine Macronutrient Ratios

- Ectomorph - 25/55/20 protein/carb/fat
- Mesomorph - 30/40/30 protein/carb/fat
- Endomorph - 35/25/40 protein/carb/fat

Ex. Mesomorph @ 2,500cal/day \* 30/40/30 = 750 protein cal, 1,000 carb cal, 750 fat cal per day

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## Step 4: Determine Macronutrient Amount in Grams

Protein Calories / 4 = Protein Grams

Carb Calories / 4 = Carb Grams

Fat Calories / 9 = Fat Grams

Ex. Protein @ 750cal/4 = 188g, Carb @ 1000cal/4 = 250g, Fat @ 750cal/9 = 83g (per day)

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\*All of the values above are estimates. Everyone has unique nutritional needs. Use this as a starting point and make adjustments based on your performance and how your body responds.

\*Calculations based off of Precision Nutrition recommendations

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**HOMEWORK:** Calculate your caloric & macronutrient needs & record in your logbook.

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