

Four Barrel

Nutrition Challenge 2022

Challenge Outline

- First Day: Mon, 1/17
- 6 Weeks (ends Fri, 2/25)
- Complete Online Questionnaire
- Complete Challenge Checklist
- Initial Scans End Fri, 1/14
- Final Scans: Mon 2/21 - Fri 3/4
- Scoring: Body Composition Diff, Checklist, Classes Attended

Weekly Food Prep

Resistance Training 3x / wk

10k Steps / day

Food is the most powerful contributor to your health & performance.



The Case for Skeletal Muscle Mass

- Focus on healthy muscle & more muscle (not lower weight)
- With more muscle:
 - Cellular health is improved
 - Metabolic health improved
 - Easier to lose fat & keep fat low
 - Able to consume more calories
 - Aesthetic - Strong, fit, healthy
 - Improves lifespan & quality of life



****Recommended - 1 gram of protein per day, per pound of ideal body weight.***

Nutritional Framework

- Eat mostly whole foods
- Minimize processed foods
- Eat 3-5x per day
- Balance **protein**, **carbs**, & **fat** at every meal
- **Eat enough calories to fuel exercise and recovery**
- Keep intake consistent (calories & macros)

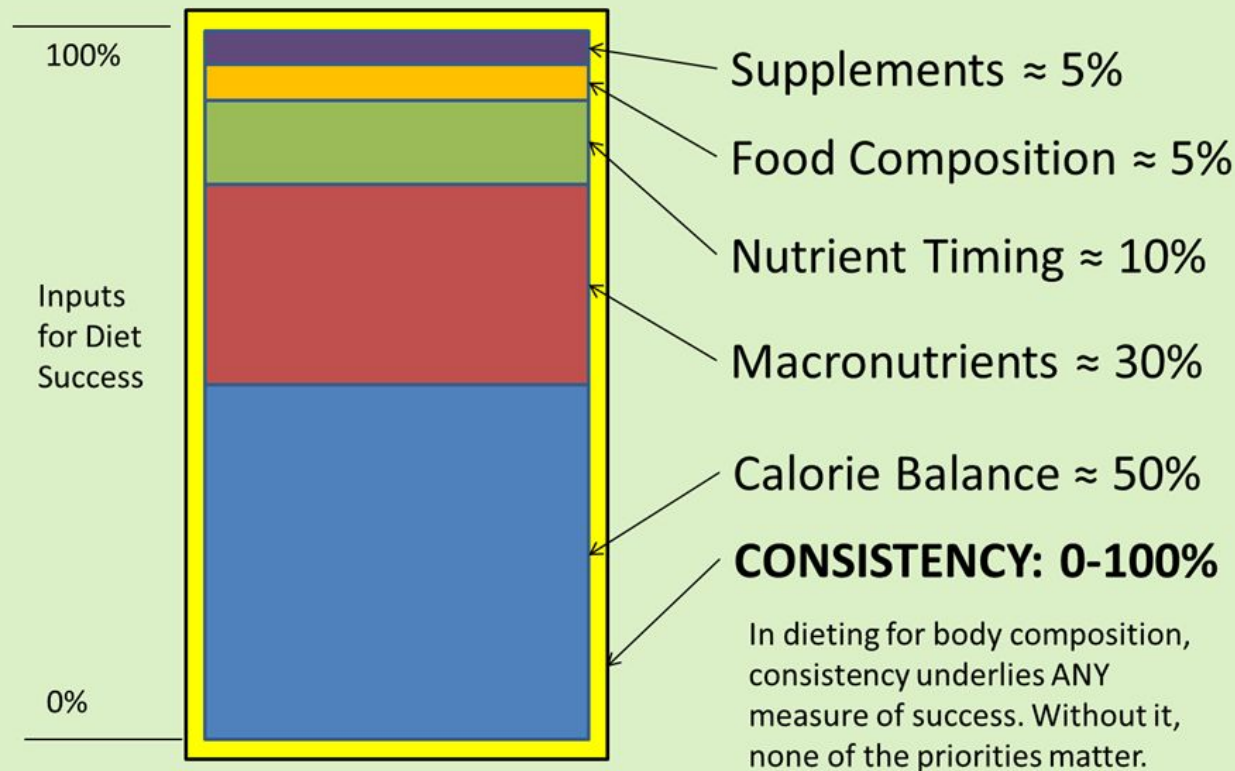
Quality
Quantity
Timing

Things to know

- Avoid fad diets
- Avoid diets that make big claims
- Carbs are not bad
- Fat is not bad
- Meat is not bad
- Veggies are not bad
- No need to be overly restrictive



Dieting for Body Composition



Quality

Start With Food Quality

- ❑ Eat mostly whole foods
- ❑ Minimize processed foods
- ❑ Shop the perimeter
- ❑ Rely on food prep

Processed food is high in calories and low in nutrients. It's less filling and unbalanced. Here are some things to avoid when looking at labels:

- High fructose corn syrup, sucrose..
- Palm oil, canola oil, soybean oil...
- Added Sugar
- Nitrates / Nitrites
- Refined grains (white, processed, soybean, corn...)



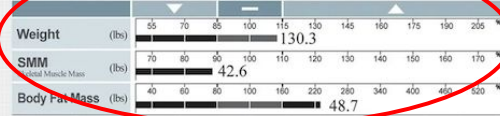
Quantity

ID	Height	Age	Gender	Test Date / Time
Jane Doe	5ft.01.8in.	51	Female	05.04.2015 09 : 46

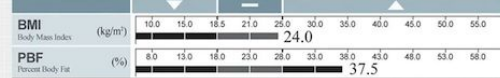
Body Composition Analysis

Total amount of water in body	Total Body Water (lbs)	60.0
For building muscles and strengthening bones	Dry Lean Mass (lbs)	21.6
For storing excess energy	Body Fat Mass (lbs)	48.7
Sum of the above	Weight (lbs)	130.3

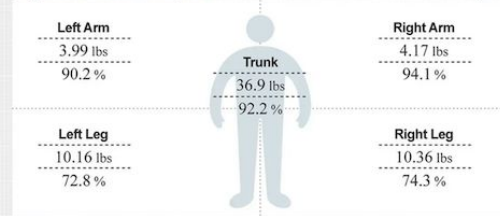
Muscle-Fat Analysis



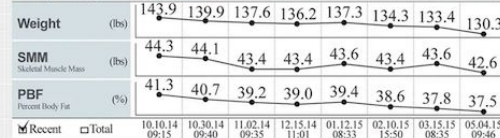
Obesity Analysis



Segmental Lean Analysis



Body Composition History



Body Fat-Lean Body Mass Control

Body Fat Mass	- 22.0 lbs
Lean Body Mass	+ 8.4 lbs
(+) means to gain fat/lean (-) means to lose fat/lean	

Lean Body Mass

81.6 lbs

Basal Metabolic Rate

1168 kcal

Results Interpretation

Body Composition Analysis

The body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed throughout the body.

Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.

Impedance

	RA	LA	TR	RL	LL
Z ₀ (20 kHz)	345.0	358.5	23.4	286.6	296.0
100 kHz	322.0	335.5	21.2	273.2	282.6

Calculating Daily Caloric Needs

- Calorie Balance: Calories Consumed = Calories Burned
 - #1 Factor in Weight Loss & Muscle Gain

Calculating Daily Caloric Needs		
	Starting	1-2 Years Later
Body Weight	155	155
Body Fat	35	25
Lean Body Mass	120	130
Resting Metabolic Rate	1400	1700
Cals Needed for Training & Recovery	300	400
Cals Needed for General Activity	400	600
<i>Total Activity & Recovery Cals</i>	<i>700</i>	<i>1000</i>
Total Cals Needed for Maint	2100	2700

Typical Dieter

155 lb person, 2000 cal per day maintenance							
Maint Cals Needed (wkly)	14,000						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cal Per Day	1200	1100	1300	1700	3400	3300	2100
Cal Consumed (wkly)	14,100						

- Body signals → Storage
- Metabolism trends toward lower caloric intake
- Bodyweight and/or body fat climbs or stays consistent

Ideal Dieter

	155 lb person, 2000 cal per day maintenance						
Maint Cals Needed (wkly)	14,000						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cal Per Day	1750	1750	1750	1750	1750	1750	1750
Cal Consumed (wkly)	12,250						

- 1,750 calorie deficit
- Metabolism trends higher due to consistency (+ prior maintenance)
- Body loses fat
- Maintains most of its muscle tissue

Example Year

To take control of body composition, periodize your eating.

Maintenance

- 4-6 weeks leading into a diet
- Forever -or- 60 to 100% length of previous phase

Gain / Loss

- 8-12 weeks

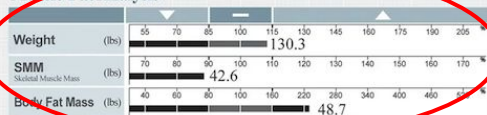
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Maint	Cut			Maint		Cut		Maint		Gain	
4 wks	12 wks			8 wks		8 wks		8 wks		8 wks	

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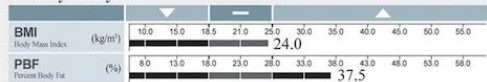
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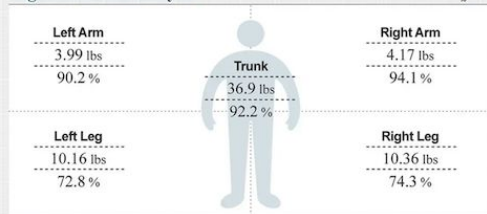
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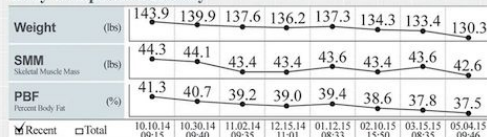
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SEE WHAT YOU'RE MADE OF

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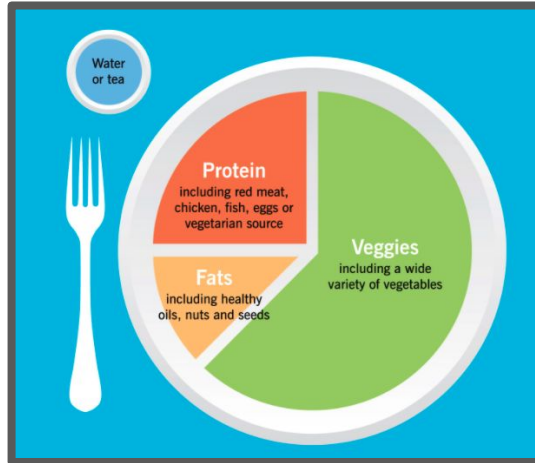
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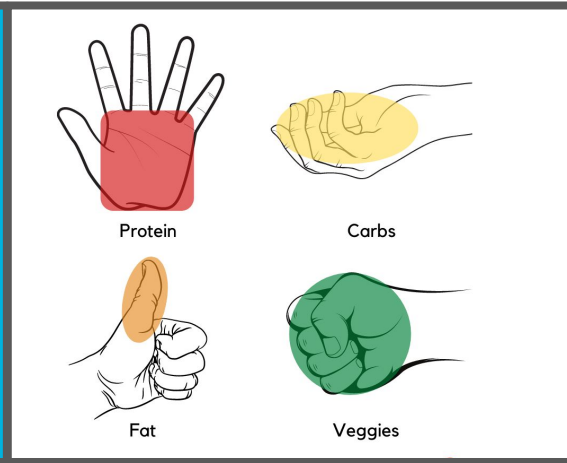
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Quantity Options

Plate Method



Hand Method

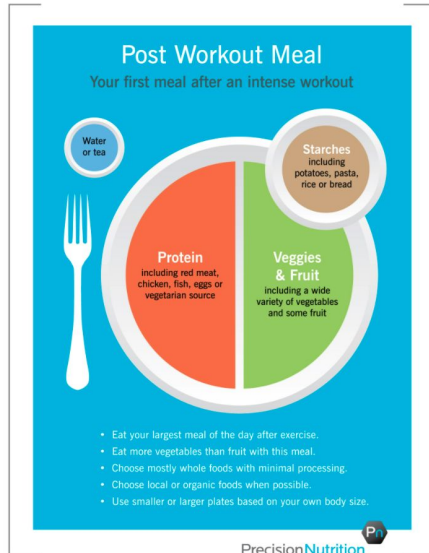


Weigh & Measure

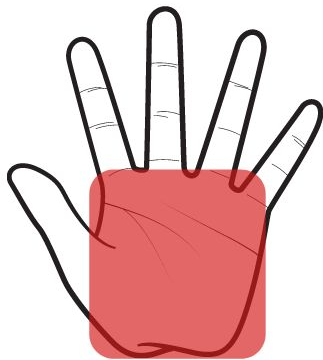


Plate Method

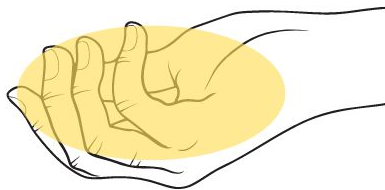
- Eat 3-5x per day based on hunger and activity level
- More carbs / less fat post workout



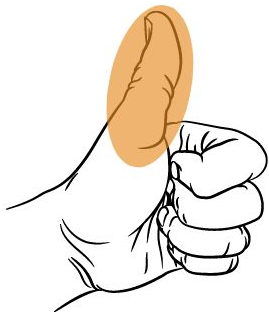
The Hand Method



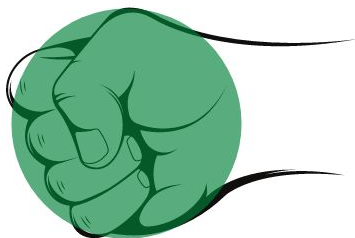
Protein



Carbs



Fat



Veggies

How to Use the Hand Method

- Follow the outlined amount for 2 weeks
- Aim for protein, carbs, fat, & veggies at each meal. Split or combine meals to fit your schedule, but get the total recommended daily servings in.
- After 2 weeks, make adjustments (up or down by 1/2 meal) based on body composition trend, goals, and feeling
- *This is often more food than what many are already eating. That's okay. Give your body the fuel it needs for a couple weeks and see how things are going.

Why Use the Hand Method?

- It adjusts for body size
- You can measure your food anytime / anywhere
- Helps achieve macronutrient balance - daily and at each meal
- More realistic for many (versus weighing and measuring food)

How Much Should I Eat? (Women)

Meal 1



Protein: 1 palm per meal, 4 per day

Meal 2



Meal 3



Meal 4



Carbs: 1 cupped hand per meal, 4 per day



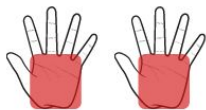
Fat: 1 thumb per meal, 4 per day



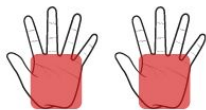
Veggies: 1 fist per meal, 4 per day

How Much Should I Eat? (Men)

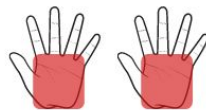
Meal 1



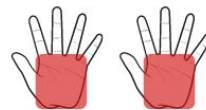
Meal 2



Meal 3



Meal 4



Protein: 2 palms per meal, 8 per day



Carbs: 2 cupped hands per meal, 8 per day



Fat: 2 thumbs per meal, 8 per day



Veggies: 2 fists per meal, 8 per day

Weigh & Measure

- Download MyFitnessPal (free) or The RP App (monthly subscription)
 - Adjust calories & macro percentages in MyFitnessPal
 - RP will give it's own macro calculations
- Tracking gets easier after a couple days
- In MFP set your macros to your training day. Then stay under on your rest days (video).
- Build your meal in MFP prior to eating.
- Keep meals balanced
- Aim for +/- 10% on your macro goals



Counting Macros / Timing

Training Day			
Cals Per Day	Protein Grams	Carb Grams	Fat Grams
2690	168	303	90

Rest Day			
Cals Per Day	Protein Grams	Carb Grams	Fat Grams
2353	165	247	78

Macros Per Meal				
Meal	Time	Protein (g)	Carb (g)	Fat (g)
1	6:00 AM	34	45	20
2	9:00 AM	34	45	20
3	12:00 PM	34	55	20
4	3:30 PM	33	55	15
Workout 5:30 - 6:30				
5	7:00 PM	33	103	15
Total		168	303	90

Macros Per Meal				
Meal	Time	Protein (g)	Carb (g)	Fat (g)
1	6:00 AM	33	45	16
2	9:00 AM	33	45	15
3	12:00 PM	33	50	15
4	3:30 PM	33	52	15
5	7:00 PM	33	55	17
Total		165	247	78

Eating Out / On The Go

- Ready Set Prep'd
- Bocce Bowl
- Core Life
- Qdoba
- Panera
- Grilled chicken options
- Meat & veggie options
- *Light on dressing and cheese



Kitchen Makeover

- Trash or donate junk food / processed food
- Stock up on whole foods
- Stock up on pantry items (healthy oils, spices, etc)
- Helpful Tools
 - Big cutting board & quality chef's knife
 - Sheet pans / aluminum foil parchment paper
 - Large stainless bowls
 - Large plastic storage
 - Large / deep skillet or pan
 - Slow cooker or instant pot
 - Blender



Meal Prep Tips

- Put it on your schedule (2 hours)
- Use 3 per shopping list,
- Start slowest to fastest
- Cut up veggies and store in tupperware
- Cook 1-2 carb sources
- Cook 2-3 protein sources



Macronutrient Examples

Food Ideas / Grocery Items - 2021

Protein

Fowl

Chicken
Turkey
Duck
Eggs

Red Meat

Beef
Pork
Bison
Venison
Lamb

Seafood

Salmon
Trout
Catfish
Tuna
Sardines
Cod
Mahi Mahi
Halibut
Tilapia
Grouper
Crab
Shrimp
Oysters
Scallops
Mussels

Dairy

Whey Protein Powder
Casein Protein Powder
Yogurt

Fat

Walnuts
Almonds
Pecans
Pistachios
Cashews
Macadamia Nuts
Chia Seeds
Avocado / Avocado Oil
Olives / Olive Oil
Coconut Oil
Nut Butters
Ghee
Grass Fed Butter

Fat + Protein

Cheese
Cottage Cheese
Sausage
Bacon
Hemp Seeds

Vegetarian Protein

Protein + Carbs

Lentils
Chickpeas
Beans
Hemp Products
Pea Products
Oats
Quinoa
Spirulina / Algae
Tofu / Soy Products

Veggies (low carb)

Kale
Arugula
Spinach
Chard
Lettuce
Mixed Greens
Peppers
Broccoli
Cauliflower
Celery
Zucchini
Onions
Asparagus
Brussel Sprouts
Leeks
Cucumber
Cabbage
Green Beans
Tomatoes
Garlic
Mushrooms

Legumes

Carb + Protein or Fat

Lentils
Chickpeas
Peas
Kidney Beans
Black Beans
Pinto Beans
Peanuts

Carbohydrate

Fruit

Raspberries
Blueberries
Blackberries
Strawberries
Apples
Grapefruit
Oranges
Bananas
Grapes
Melons
Peaches
Pears
Pineapple
Plantains
Dates
Figs

Starch

White Potatoes
Sweet Potatoes
Yams
Beets
Carrots
Parsnips
Butternut Squash
Acorn Squash
Spaghetti Squash
Pumpkin

Hydration

Water
Coffee
Tea
Coconut Water
Sparkling Water

Pantry Staples

Almond Flour
Coconut Flour
Avocado Oil
Coconut Oil
Olive Oil
Grass Fed Butter
Balsamic Vinegar
Chicken / Beef Stock
Coconut Milk
Cocoa Powder

Herbs & Spices

Salt
Black Pepper
Turmeric
Cinnamon
Nutmeg
Cumin
Ginger
Rosemary
Thyme
Basil
Chili Powder
Cayenne
Garlic Powder
Onion Powder

3 Per Shopping List

Go to the store with a plan. The likelihood of coming away with food you DONT need, and failing to pick-up the things you DO need, increases when we fail to make a list. Balance is key. Keeping the macro and micronutrient categories top of mind helps engrave a behavior pattern that makes this the "normal" way you begin to shop and eat. We've all got plenty of other things going on in our lives. Make balanced and healthy eating automatic.

Protein	Carb	Fat	Veggies
1 _____	1 _____	1 _____	1 _____
2 _____	2 _____	2 _____	2 _____
3 _____	3 _____	3 _____	3 _____

List Additional Items Here:

Protein



Carbs



Fat



Veggies



Supplements



Hydration

Drink $\frac{1}{2}$ your body weight in oz of water per day. Keep all other beverages zero or low calorie

Water
Coffee
Tea
Zero Cal / Low Cal

Alcohol

Opt for lower
calorie
beverages & limit
to 2-4 drinks per
week

Beverage	Calories Per Serving
Frozen or Blended Drinks	400+
Cocktails	200 - 300
IPAs / Stouts	200 - 300
Beer (standard)	150 - 200
Wine	135 - 150
Light Beer / Seltzer	95 - 120
Champagne	95 - 100
Hard Liquor	95 - 100

*Alcohol is its own macronutrient, although calories are typically converted into grams of carbs, grams of fat, or a combination when counting macros.

Nutrition Challenge Tracking Sheet

Name

What method will you be using for quantity control (circle one)?
Plate Method Hand Method Weigh & Measure

Sleep Target (list hours per night)

Instructions
Mark a check if completed successfully and an X if your goal was missed.
Quality: Did I eat mostly whole foods? Did I avoid most processed foods? Did I choose a healthy option if I ate out?
Quantity: Did I use the plate method, hand method, or weigh & measure each meal? If so, was I within the quantity recommendation?
Water: Did I drink 1/2 my body weight in ounces of water?
Sleep: Did I hit my sleep target?
Exercise: Check-in & record scores in WODIFY. This is how we'll measure workout consistency.

Kick-Off & Weekly Checklist	
Watch Presentation >>	InBody Scan 1
Kitchen Makeover	Meal Prep Week 1
Meal Prep Week 2	Meal Prep Week 3
Meal Prep Week 4	Meal Prep Week 5
Meal Prep Week 6	InBody Scan 2

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1/16	1/17	1/18	1/19	1/20	1/21	1/22	
Quality								Maintenance
Quantity								
Water								
Sleep								
	1/23	1/24	1/25	1/26	1/27	1/28	1/29	
Quality								Maintenance
Quantity								
Water								
Sleep								
	1/30	1/31	2/1	2/2	2/3	2/4	2/5	
Quality								Gain / Loss
Quantity								
Water								
Sleep								
	2/6	2/7	2/8	2/9	2/10	2/11	2/12	
Quality								Gain / Loss
Quantity								
Water								
Sleep								
	2/13	2/14	2/15	2/16	2/17	2/18	2/19	
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Water								
Sleep								
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