

## Diet Instructions

Included are high protein balanced diets of 1200, 1600, 2000, 2400 and 2800 calories.

Alternate between days 1 and 2.

Use MyFitnessPal or Calculator.net to calculate your daily maintenance level.

<https://www.myfitnesspal.com/>

<https://www.calculator.net/calorie-calculator.html>

From there, adjust your calorie goal based on the calorie deficit you desire.

1000 Calorie deficit = 1kg a week loss

500 Calorie deficit = 0.5kg a week loss

250 Calorie deficit = 0.25kg a week loss

I would not recommend more than a 500-calorie deficit.

Exercise also creates a calorie deficit. Add the calories burned during exercise towards the number of calories you consume for the day.

MyFitnessPal provides calorie expenditure for exercise.

<https://www.myfitnesspal.com/exercise/lookup>

Example: Calorie maintenance is 2200. You wish to lose 0.5kg a week. Calorie deficit needed is 500. So, normally you would aim for 1700 calories. But you plan to do a weights workout that day that burns an additional 300 calories. Add that to your initial calorie goal.  $1700+300=2000$  calories. Aim for the 2000 calorie diet today.

If your calorie goal falls between two of the diets, then take away food from the higher calorie diet. Say your calorie goal is 1400 then use the 1600 calorie diet and takeaway 200 calories of food. It is easiest to take away the snacks from the higher calorie diet. The main meals tend to be more nutritious and filling than the snacks.

I recommend the use of MyFitnessPal to log your diet and use the food database to find foods, calories, and macronutrients. For variation use MyFitnessPal to create additional meals for your diet.

<https://www.myfitnesspal.com/food/search>

If you go over your daily calorie goal on a day, then adjust your calories accordingly for the next day.

The diets are designed to be well-balanced, high in protein, nutritious and realistic to follow. They are designed with Kiwis in mind and use the macros and calorie information from standard New Zealand foods.

It follows a standard breakfast, lunch, and dinner schedule with 1, 2 or 3 snacks. You may wish to consume your snacks around your exercise for energy. But give your body time to digest before exercise.

Drink mostly water. Tea and coffee is fine, with a splash of milk if you like, but do not use sugar.

I recommend on lower calorie days using a cooking spray for beef and eggs. Grill your chicken breasts except on stir-fry day. Season foods with spices, salt, and pepper.

I have added sauces to the plan for taste. If you do not like sauces or are recommended by your doctor to avoid salt, then avoid using the sauces.

This nutritional plan is not intended for the treatment of any medical condition and should only serve as a healthy eating guide. Mark Andrew is not a registered dietician so please consult your doctor before following this or any diet plan. Follow this plan at your own risk.

Feel free to contact me on [mark@mobilefitness.co.nz](mailto:mark@mobilefitness.co.nz) if you have any questions or want a customised nutrition plan.