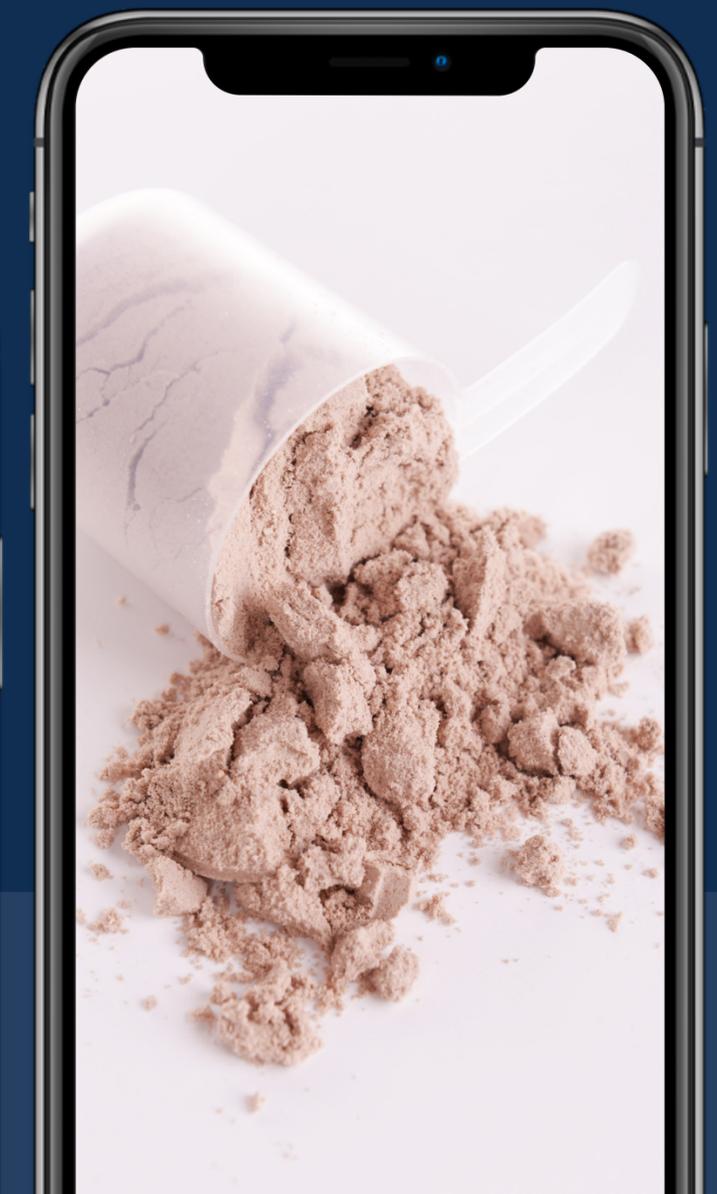
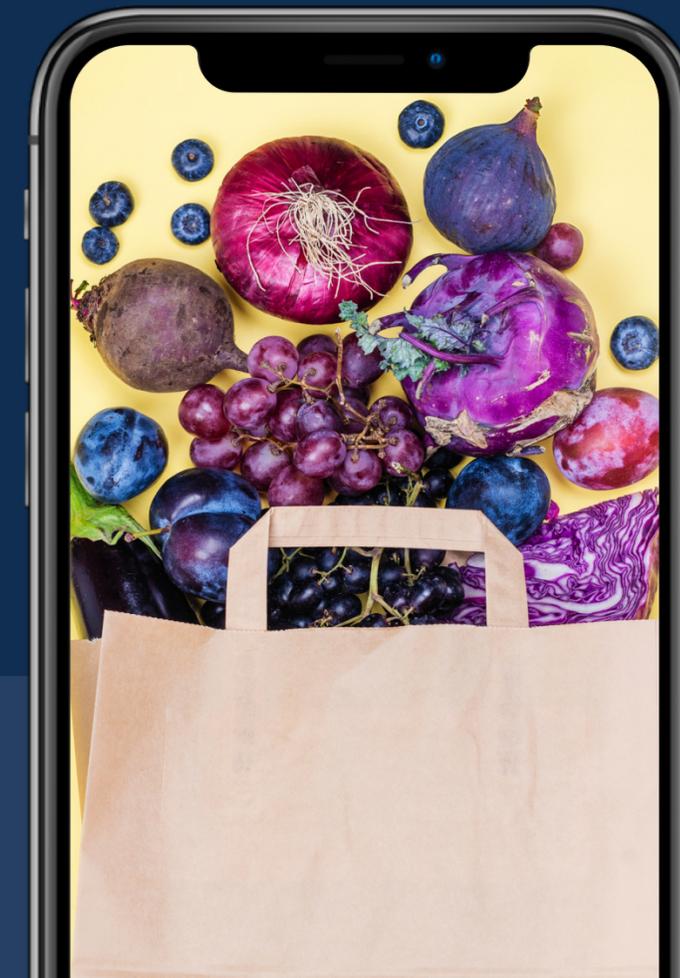


# Nutrition For Your Goals & Supplements

REDUCING BODY FAT



***5-Week Special Series***

episode 2

# How to Pick Your Goals

1. **Your "WHY"**
  - a. **Overarching, deep seated reason WHY you want to reach your health goals**
2. **End goals**
  - a. **The final results you want to achieve**
3. **Weekly goals**
  - a. **Small, consistent goals that build one each other to help you reach your end goal**



# Body Composition + Physiology

1

## Fat Loss

- Reduction in the size of fat cells

2

## Muscle Gain/Growth

- Muscle fibers are torn apart
- Muscle fibers are built back bigger and stronger

3

## Metabolism

- Efficiency with which your body utilizes energy
- Find the best balance of calorie intake and movement
- Metabolism is like a bonfire
  - Logs = calories
  - Flames = metabolism
  - Too many logs (calories) will extinguish the fire (metabolism)
  - Not enough logs (calories) the fire (metabolism) will go out

4

## Biomarkers

- Cholesterol: LDL vs. HDL
- Blood pressure: high blood pressure is caused by excess intake and a sedentary lifestyle
- Triglycerides
- Blood sugar
- Why should you care?
  - Elevated levels of these biomarkers can cause detrimental comorbidities
- How are these related to your nutrition?
  - Your daily intake and therefore yearly intake directly effect whether or not you will suffer from these elevated biomarkers or develop comorbidities

# Case Study 1: Body Recomposition

5'9", 180 lb male, 35 years old. Remote worker – high demand tech job where he rarely leaves his desk, no spouse or children. Goal is to lose 10 lbs fat, but end goal is to be 175lbs



## Struggles/Pain Points:

- sedentary lifestyle
- no motivation to move
- "too busy" to go to the gym or to cook.

## Recommendations:

- Calories: 2,350 kcals/day
- CHO: 235 g (40%)
- Protein: 177 g (30%)
- Fat: 78 g (30%)

## Supplements?

- Not 100% necessary here
- Can include protein powder and preworkout

## Small/Weekly Goals:

- Plan to plan! Meals and workouts
- Start small and simple with meals and workouts
- Start to balance plates with protein and produce.

# Case Study 2: Fat Loss

40 year old SAH mom with the goal of losing 10% body fat. She is 5'7" and 200 lbs. She goes on a 30 min walk 3x/wk with her friends, lifts at the gym 2x/wk for 30 mins.



## Struggles/Pain Points:

- Skips breakfast
- Overeating at night
- Last supper syndrome
- Loses control around desserts if they are in the house

## Recommendations:

- Calories: 2100 kcals/d
- CHO: 289 g (55%)
- Protein: 131 g (25%)
  - ~1.4 g/kg
- Fat: 47 g (20%)

## Supplements?

- Yes, until able to meet all of needs

## Small/Weekly Goals:

- Add in breakfast
- Balance out meals to combat late night eating
- Work on giving self permission to eat to combat LSS + loss of control

# Case Study 3: High Cholesterol

Male, 45 years. 180 lb, 6'0 (Normal weight). Business Owner, drives 1-2 hours between locations each day. Strength building workout 3 days per week



## Struggles/Pain Points:

- Eats out on the road
- often has alcohol on weekends
- wife makes all of their dinners

## Recommendations:

- Calories: 2,788
- CHO: 397 g (50%)
- Protein: 160 g (30%)
- Fat: 62 g (20%)

## Supplements?

- Consider multivitamin and fiber supplement if fruit and veggie intake are not enough

## Small/Weekly Goals:

- Increase fiber & omegas, reduce saturated fat
- Set intentions around drinking
- Meal prep for weekdays
- Work on plate balance

# Case Study 4: Muscle/Weight Gain

25 year old male construction worker with the goal of gaining a healthy 10 lbs in muscle mass. He is 5'10" and 155 lb. He doesn't get any intentional movement in but has an active job and is highly motivated to start lifting every day for 1 hr.



## Struggles/Pain Points:

- All or nothing mindset on weekends
- “Forgets” to eat during the day
- Drinks mindlessly w/his work friends every day after work

## Recommendations:

- Calories: 3687 kcals/d
- CHO: 562 g (61%)
- Protein: 176 g (19%)
  - 2.5 g/kg
- Fat: 82 g fat (20% fat)

## Supplements?

- Yes
- Multivitamin
- Protein supplement if needed

## Small/Weekly Goals:

- More consistent eating
- Increased caloric intake
- Intentional weight lifting
- Reduce alcohol intake
- Balanced meals throughout the day

# Case Study 5: Balancing Metabolism

29 y/o female, 115 lbs, 5'2, teacher. Plant based. Goal is to eat healthier and have more energy.



## Struggles/Pain Points:

- binge/restrict cycle,
- crashes at 2pm every day and binge eats when she gets home
- unsure how to approach dinner

## Recommendations:

- Calories: 1,920 kcal/day
- CHO: 216 g (45%)
- Protein: 144 g (30%)
- Fat: 53 g (25%)

## Supplements?

- May need vegan protein supplements
- Prescribed iron supplement by doctor

## Small/Weekly Goals:

- Eat a meal or snack every 2-4 hours
- Make meals an experience
- Practice using hunger and fullness cues
- Join a group fitness class 2-3x times a week



# FAQ

1. What is the first step I need to do to start losing fat? **Build a balanced plate.**
2. What's the difference between losing weight and losing fat? **Weight loss could be loss of anything (muscle, fat, water etc.) whereas fat loss is actually the reduction in the size of fat cells.**
3. Does my macro goal change based on my body composition goals? **Yes. Macronutrient needs vary slightly based on end goals.**
4. What's the most important macronutrient for weight loss? **All are important!**
5. Do any supplements cause fat loss? **No. There is no such thing as a magic wand or special product that will make fat cells smaller.**

# Main Takeaway

Don't bite off more than you can chew! Be wise about your goals and focus on small, sustainable changes. Build balanced plates full of color and variety.

## Homework:

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Reflect on your goals and make sure you are setting yourself up for success.



# Thank You!

Any questions?  
Ask away!

