

Nutrition Worksheet

Understanding Your Daily Energy Demands So You Fuel Properly
Want Help Walking Through This Process? To watch me demonstrate how
to use this worksheet below:

[CLICK HERE](#)

Directions:

- Use the attached free calculators to gather your estimated energy demands each day
- Understand exactly how much protein and calories you should be consuming on a daily basis to achieve your goals
- Use the PN Calorie, Macro, & Portion guide to get free recipes for your meal plan

Personal Values

Body Fat (BF) - Calculator: [LINK HERE](#)

Basal Metabolic Rate (BMR) - Calculator: [LINK HERE](#)

Lean Body Mass (LBM) = Total Body Mass - BF Mass

Calculated Protein Need (1g x 1lb LBM)

Protein Calories (varies depending on protein source)

Remaining Calories (For The Rest of Your Diet)

ADJUSTED TOTAL (see below for how to adjust)

How to Adjust for Your Goal:

- Lose ~1 lb per week
 - Total BMR - 300-500 calories
- Gain ~1 lb per week
 - Total BMR +300-500 calories
- Body Recomposition (lose fat, gain muscle, weight stays the same)
 - Eat right at BMR calories
- Use the PN Calorie, Macro, & Portion guide to get free recipes for your meal plan