
E-book Course

- How To Build Your Own Personalized Meal Plan –

By Ivan Nikolov

Introduction



Hi,

Ivan Nikolov here

This e-book is to fill out a large gap in the field of applied fitness and bodybuilding nutrition.

There are many web sites and even e-books and reports out there, which make partial attempt to touch upon this exceptionally large topic. Some of them stop at the basics, others go a bit further.

In the end, however, you are left somewhere in the middle with numbers, rules and suggestions you don't even know what to do with.

I am far from making a claim that this booklet is a complete course. It is not.

However, it will give you a firm base, on which you can create your own meal plan. This plan will be based entirely on your own body specifics, goals and needs.

In case you stumble upon any errors or inaccuracies, please keep in mind that I am a human just like you, and I am not insured against such things happening. My education continues even as I'm writing this booklet.

With that said I will leave you with the rest of the read while I remain in sincere hope that you are going to find it valuable.

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Lesson One - Resting Metabolic Rate (RMR)

RMR is the minimum calories your body needs to maintain the simplest body functions throughout the day. It does NOT include the physical activity of any kind.

To determine RMR I like to use the revised Harris - Benedict equation, which in my humble opinion provides the most accurate estimation especially when instead of the Total Body Mass (TBM) we use Lean Body Mass (LBM).

In order to use this equation you would need three things: your height, your age (so far so good), and your LBM.

TBM is a sum of your LBM and your fat tissue. But since the fat tissue doesn't require too much energy (it's energy itself) why feed it? So, instead of using total body mass (TBM) in the formula we are going to use lean body mass (LBM).

But how do you know your LBM? First, you need to find out what your body fat percentage is.

You can do that in three ways: You can get calipers that are made for self-testing or if your funds allow you can buy a more accurate professional caliper.

If this is not an option then you can stop by your local gym and politely ask a trainer to measure your body fat. Most likely he/she will...

Or you can use the table below. Obviously it's not very precise since it's based on your own perception of your body shape:

	Males	Females
Exceptionally Lean	6-10%	10-15%
Very Lean	11-14%	6-19%
Lean	15-18%	20-25%

Moderate	19-24%	26-29%
Obese	25%+	30%+

Now that you know your body fat percentage, use this equation:

Total Body Mass (TBM) - Body Fat = Lean Body Mass (LBM)
Body Fat = TBM * Body Fat Percentage (as a decimal value)

Example:

Let's say you weigh 200 LB and you have 15% body fat (or 85% of your body weight is fat free). The easiest way to find your LBM is:

$$200 * 0.85 = 170\text{LB Lean Body Mass (LBM).}$$

In order to be able to use your LBM value in the Harris-Benedict formula you need to convert the result above in kg (kilograms).

If you live in Europe or anywhere else where the metric system is used you already know this value. But if you know your LBM only in LB, you need to do this:

Example:

Let's take the LBM value from above: 170

$$170 / 2.2 = 77 \text{ kg}$$

You will also need your height in cm (centimeters) and your age. If you use the imperial system you need to convert inches in cm.

One foot has 12 inches. One inch equals 2.54 cm.

Example:

Let's assume you are 6'2

$$6'2 = ((6 * 12) + 2) * 2.54 = 74 * 2.54 = 187.96 \text{ or approx. } 188 \text{ cm}$$

Now that you know these two values, one thing that's left is your age. You don't need a formula for that.

For the purpose of the example let us say you are 25 years of age.

Here is the revised Harris - Benedict equation using the LBM instead of TBM:

Male: $88.362 + (4.799 * \text{height in cm}) + (13.397 * \text{LBM in kg}) - (5.677 * \text{age})$

Female: $447.593 + (3.098 * \text{height in cm}) + (9.247 * \text{LBM in kg}) - (4.330 * \text{age})$

Now, just for the example I'm going to apply the values from above for a male:

$88.362 + (4.799 * 188) + (13.397 * 77) - (5.677 * 25) = 88.362 + 902.212 + 1031.569 - 141.925 = 1880.218$ or approximately 1880 Cal

There you have it. Your RMR is 1880 Cal a day. This might seem like a lot of math but following the example will be really easy. So, pull that calculator out the drawer and find out your RMR!

SIDEBAR

Don't hate me but I intend to use these sidebars along the course to remind you about the existence of FitNA – the Fitness Nutrition Advisor tool. If you ever decide that you don't want to do all the calculations yourself, you can always sign up to use FitNA. All the calculations will be done for you in an instant.

Find out more. [Click here](#) to watch a short video demo.

Lesson Two - Activity Factor (AF)

This step is an easy one. It is called Activity Factor (AF). It adds to the RMR the calories you burn during daily activities like walking, climbing stairs, working on the computer, driving your car and so on, including your training.

Here is what you need in order to determine the AF:

Activity Factor (AF):

Very Light

Description: Sedentary – doesn't do a whole lot, sit on the couch

Factor: 1.2

Light

Description: No planned activities – doing stuff at home, a workout or two per week

Factor: 1.4

Moderate

Description: Some activities - walking, climbing stairs, running, three - four workouts a week

Factor: 1.6

Heavy

Description: Heavy labor type of work, 5 - 6 intense workouts a week

Factor: 2.0

Note: You can pick a number in between the numbers above if you think that's going to describe better your activity level.

Example:

Let's take the daily calories for the RMR from the previous step: 1880 Cal

If your daily routine is mostly office work, or may be you can afford to stay at home, and you go to the gym a few times a week. In such case you would choose factor 1.4.

$$1880 * 1.4 = 2632 \text{ Cal}$$

In other words $RMR * AF = 2632 \text{ Cal}$. (First Step * Second Step).

We just found the Total Daily Energy Expenditure (TDEE) value.

This is it for now. We are ready to move on to the next and step – coming in couple of days.

SIDEBAR

As it comes to establishing the activity factor there are more sophisticated ways to do that. They are also way more precise and include: number and duration of weights training and cardio training, type of cardio training, etc. The topic is very complex and rather advanced.

FitNA uses this type of advanced logic to determine the activity level. To be more precise in finding your daily calories or simply to avoid all the calculations and spare yourself valuable time, sign up for a RISK FREE 30-day membership. [Find out more](#).

Lesson Three - Calorie Adjustment by Fitness Goal and Body Type

In this lesson you are going to adjust the TDEE according to your fitness goal. Basically you can choose from one of the following three (only one, NOT two at a time!):

Loose body fat (TDEE * 0.85)

Maintain (TDEE * 1)

Gain lean muscle mass (TDEE * 1.1)

Say your goal is to loose body fat. You are going to take the TDEE result from the previous step and multiply it by the corresponding number.

Example:

$$2632 * 0.85 = 2237 \text{ Cal}$$

The exact difference in this case is almost 400 Cal. See, some experts in nutrition recommend that you adjust your calories by either adding (for muscle gain) or subtracting (for fat loss) 500 Cal from your TDEE.

Why is this not correct? Because 500 Cal for someone with TDEE = 2500 is exactly 20% decrease, but 500 Cal from TDEE = 4500 Cal is merely 11%!

So, you see now why using percentages is better then using exact numbers.

Calorie adjustment by body type

To quickly recap from the previous two lessons: you first used the revised Harris-Benedict equation to find your Resting Metabolic Rate (RMR). Next you added the Activity Factor (AF) to it and found the Total Daily Energy Expenditure (TDEE).

In the beginning of this lesson you adjusted the TDEE based on your fitness goal.

The final number was: 2237 Cal

Now, you will need to decide (if you haven't done that already) what body structure you possess. You have these three basic choices: ectomorph, mesomorph and endomorph.

I am going to give you the definitions to help you figure that out:

Ectomorph: A quick metabolism and a slender body. Fragile, thin, flat chest, delicate build, young appearance, tall, lightly muscled, stoop-shouldered, has trouble gaining weight, muscle growth takes longer.

Mesomorph: Muscular mesomorphs look like natural-born athletes, with wide shoulders, a narrow waist, and broad hips. The weight they gain tends to distribute itself evenly, and they lose fat and build muscle at a fast rate.

Endomorph: Endomorphs suffer from a slow metabolism. The body is soft, flabby, underdeveloped muscles, round shaped, over-developed digestive system, trouble losing weight, generally gains muscle easily.

However, you can be somewhere in between.

For example you can be ectomorph - mesomorph type or mesomorph – endomorph type and that is normal. Only a handful of people can classify themselves as purely one of the three main body types.

Here are the numbers I use for each main and sub-type:

Ectomorph * 1.1

Ectomorph-Mesomorph * 1.05

Mesomorph * 1

Mesomorph-Endomorph * 0.95

Endomorph * 0.9

Here is how you work with these numbers. Just for this example let us assume that our person is a male – mesomorph-endomorph body type, and the goal was to lose excess body fat.

Example:

$$2237 * 0.95 = 2125 \text{ Cal}$$

This is the final number we work with! Now, as you might have figured out this number will be changing every time some of the following changes: Total Body Mass (TBM), Body Fat Percentage (BF%), or your age.

In order to stay at your goal every time some of these change you need to recalculate your calorie intake. This will ensure that you continue to progress toward your final destination. So, make sure you do that.

SIDEBAR

You could avoid all this if you were using a sophisticated program like FitNA. Not only will FitNA do all the calorie calculations but it will generate your meals out of healthy ingredients. These meals you can further customize to your liking. No calculators, no math. Does this make sense to you?

[Watch a short video](#) or [start using FitNA now](#).

Lesson Four – Macronutrient Distribution

In the previous lesson you should have already found your desired daily calorie intake. From our example it was 2125 Cal.

Here is what to do with it. You have two ways to go here:

1. Calorie breakdown according to your own preference for macronutrient distribution.
2. Follow my recommendations.

In the first case you have to feel comfortable with what you know about macronutrients - carbohydrates, proteins, fats and the main rules for macronutrient distribution in the sport of bodybuilding.

In the second case you can use my suggestions, based on the years of experience and the latest findings in this area.

It might be easier for you if don't have any knowledge in nutrition to simply follow my recommendations. At least they will give you a starting point, so you can further experiment.

So, say you chose to go with my recommendations. We have 2125 Cal as final result.

What we do is:

1. We take the LBM number in kg (from Lesson One) and multiply it by 3. That's how we get the daily protein intake in grams
2. Next we multiply this number by 4 to get the protein calories
3. Subtract the protein calories from the total calories for the day. That's how we get the carbs and fat calories
4. Take out 65% of the carbs and fat calories. That's how we get the carbohydrate calories
5. Divide the carb calories by 4 to get the carbs in grams for the day
6. 35% represents the rest of the carb-fat calories
7. Divide this by 9 to get the fats in grams

Note: The 65%-35% carb-fat distribution is what I'd prescribe to an individual who is not carbohydrate-sensitive.

You can experiment with different percentages depending on whether you are carbohydrate-sensitive or not. If you consider yourself to be carb-sensitive, use a smaller percentage for the carbs and bigger for the fats.

See how this looks in numbers:

Example:

1. $77 * 3 = \mathbf{231gr.}$ (daily protein intake)
2. $231 * 4 = 924 \text{ Cal}$
3. $2125 - 924 = 1201\text{Cal}$
4. $1201 * 0.65 = 780 \text{ Cal}$
5. $780 / 4 = \mathbf{195gr.}$ (daily carbohydrate intake)
6. $1201 * 0.35 = 420 \text{ Cal}$
7. $420 / 9 = \mathbf{47gr.}$ (daily fat intake)

There you have it. All the macronutrient numbers in grams were established in this lesson. What you do with them you will find out in the next lesson ;-)

SIDEBAR

That was quite easy a math, wasn't it? If it still scares you or you don't have the time to do it yourself, you can get FitNA to do it for you. Have you tried FitNA for 30 days RISK FREE?

[Start a 30-day RISK FREE](#) membership and get a lot more in value than just amazing meal planning software. [Find out more.](#)

Lesson Five - Meal Plan Building

- Meal Exchanges and macronutrient groups -

From the example in our last lesson we had:

Daily protein intake: **231gr.**

Daily carbohydrate intake: **195gr.**

Daily fat intake: **47gr.**

Knowing the grams and the percentages of your macronutrients| you are now ready to break them down in to meals. I like to use two ways for achieving that. One way is straight in grams for each meal, and the other is in exchanges.

Exchanges are servings, which are all interchangeable for the particular macronutrient group list.

For example one exchange of brown rice will be interchangeable with one exchange of oatmeal in the group of the starchy (complex) carbohydrates.

All you need to remember about the exchanges (if you are going to use them instead of grams) is the approximate serving size.

Example: 15 grams of carbohydrates = 1 carbohydrate exchange; 7 grams of protein = 1 protein exchange; 5 grams of fat = 1 fat exchange.

You should also try to remember the serving sizes of some of your favorite items.

Here is a list of the most common items in each macronutrient category:

Carbohydrate Group (roughly 15 grams of carbs)

Starches (15 grams of carbohydrates, 80 calories)

1 slice whole wheat bread

1 small whole-wheat tortilla

Cereals and Grains (15 grams carbohydrates, 80 calories)

- a. ½ cup bran, wheat, and cooked oat cereals
- b. ¼ cup muesli
- c. 1/3 cup cooked long grain rice

Milk (12 grams carbohydrates, 8 grams protein (counts as a protein also))

- a. 1 cup skim milk
- b. ¾ cup plain non fat yogurt

Vegetables (15 grams carbohydrates, 80 calories)

- a. 1/3 cup baked beans
- b. ½ cup corn, peas, and various other beans
- c. 1 small (3 inch. long) baked sweet potato

Don't count green vegetables!

Fruits (15 grams carbohydrates, 80 calories)

- a. 1 small apple, orange, nectarine, or pear (4 oz.)
- b. ½ grapefruit
- c. 1 ¼ cup strawberries

Protein Group (roughly 7 grams of protein)

Very Lean Meat (7 grams protein, <1 gram fat, 35 calories)

- a. 1 oz. white meat turkey or chicken no skin
- b. 1 oz. tuna, cod, flounder, or haddock fresh or canned
- c. 1 oz. shellfish
- d. ¼ cup nonfat cottage cheese
- e. 2 egg whites
- f. 1 whole egg

Lean Meat (7 grams protein, 3 grams fat, 55 calories)

- a. 1 oz. Trimmed beef sirloin
- b. 1 oz. Dark meat turkey or chicken no skin

-
- c. 1 oz. Herring, sardines, or tuna in oil (drained)

Eat Lean Meats only if there isn't any other choice!

Fat Group (roughly 5 grams of fat)

Monounsaturated Fats (5 grams, 45 calories)

- a. 1/8 avocado
- b. 1 tsp. (teaspoon!) olive, canola, sunflower, or peanut oil
- c. 6 almonds, cashews, peanuts, or pecans
- d. 1 tsp. peanut butter (natural)

Polyunsaturated Fats (5 grams, 45 calories)

- a. 1 tsp. flaxseed oil
- b. 1 tsp. salad dressing made with olive oil

Saturated Fats [avoid] (5 grams, 45 calories)

- a. 1 tsp. Butter
- b. 2 tsp. whipped butter

We know about exchanges and we have a list with healthy choices, but how to divide the total grams from each macronutrient into 6 meals?

Here is how. You know how much grams of carbs, protein and fats you should consume a day in order to meet your goal. You also know what macronutrient foods you should opt for and what you should avoid. And you know how much of each particular item from the list above makes one exchange.

But you don't know how many exchanges from what type of food to eat during what part of the day.

My suggestion below is a common way for macronutrient breakdown during the day, but please don't consider it the ONLY possible way! It's just one that's based on the main understandings in bodybuilding nutrition. So, feel free to change things around to better suit your particular needs.

The following are just examples to provide you with a starting point for your experiments. They are created under the assumption that you eat six meals a day.

Workout days:

Breakfast:	X carbohydrates (20%),	X proteins (17%),	X fats (25%)
Mid-morning snack:	X carbohydrates (20%),	X proteins (17%),	X fats (25%)
Lunch:	X carbohydrates (20%),	X proteins (17%),	X fats (25%)
Afternoon snack:	X carbohydrates (20%),	X proteins (17%),	X fats (25%)
Dinner: (post w/o)	X carbohydrates (20%),	X proteins (17%),	0 fats
Evening snack:	0 carbohydrates,	X proteins (17%),	0 fats

Non-workout days:

Breakfast:	X carbohydrates (20%),	X proteins (17%),	X fats (20%)
Mid-morning snack:	X carbohydrates (20%),	X proteins (17%),	X fats (20%)
Lunch:	X carbohydrates (20%),	X proteins (17%),	X fats (20%)
Afternoon snack:	X carbohydrates (20%),	X proteins (17%),	X fats (20%)
Dinner:	X carbohydrates (20%),	X proteins (17%),	X fats (20%)
Evening snack:	0 carbohydrates,	X proteins (17%),	0 fats

What you need to do is replace the X sign with the actual value in grams.

Example: X carbohydrates (20%) means 20% of the total grams carbohydrates for the day. Let's take the carbohydrates number from the beginning of the lesson - 195gr.

$$195 * 0.2 = 39 \text{ gr. (20\%)}$$

Find the value in grams for every X for the carbs, proteins and fats.

Note: To determine the exchanges divide each result in grams by 15 for the carbs, by 7 for the proteins, and by 5 for the fats.

How to round the number for the exchanges:

Example: If the result for the carbs turns out not to be an even number, say

2.6, round it to the bigger number (3) in meals 1, 3 and 5, and to the smaller number (2) in meals 2 and 4.

For the proteins vice versa: round to the smaller number in meals 1, 3 and 5 and to the bigger number in meals 2, 4 and 6.

For the fats: if it's not an even number - same as with the proteins - to the smaller number in meals 1, 3 and 5 and to the bigger number in meals 2 and 4.

SIDEBAR

Using exchanges provides convenience when you do everything manually. The drawback is you have to remember how much exchanges you eat and how many grams of each food an exchange yields.

FitNA on the other hand tells you the serving sizes in cups and tablespoons for each ingredient. You don't need to remember anything. Just follow the print out. Did I forget to mention that you can print your daily menus or your grocery list for that matter?

But what's more important than this is NEVER AGAIN will you have to do all the calculations to find out the grams and the number of exchanges, based on the percentages for each meal. FitNA does it with the push of a button every time you change something.

If you are still skeptical [watch this short video](#).

Lesson Six - Calories Cycling

We aren't done with the topic "How to Build Your Own Personalized Meal Plan". What else do you need to know?

Calorie cycling!

This is something, without which natural bodybuilders have problems staying in good shape.

Why?

See, it is a well-known fact that if we want to gain LEAN muscle mass we have to eat a bit above our maintenance calories. But if we ingest calories in surplus we are going to eventually gain fat as well...That's why we need to cycle the calories.

We also cycle when dieting down to keep the metabolism from plunging.

What can happen to you if you don't cycle the calories? One of three things:

1. If you eat more than you burn, you have a pretty good chance to gain a layer of fat along with the new muscle tissue (if not only fat).

Or

2. You want to stay lean but then you don't eat enough calories to initiate any growth at all.

Or

3. If dieting down for fat loss your metabolism will eventually adjust to the lesser amount of calories and the increased calorie expenditure by switching to slow burning mode.

At that point you can further increase the expenditure to continue losing fat but you will be losing twice as much muscle tissue. And at the end you are going to still have some fat left, no energy left at all and not a whole lot muscle left either.

I'm sure you don't like any of these scenarios, so keep reading.

Why is this especially important in the spot of natural bodybuilding? Good question.

Because we, natural bodybuilders don't rely on any pharmaceuticals to improve and sculpture our bodies. We have to hard-earn our muscles based only on food and proper exercise.

So, how do you cycle? It's simple. There a couple of rules that you have to conform with:

1. The number of low-calorie days should be at least twice the number of the high-calorie days. The ideal would be even 3:1
2. The sum of the calories in all days from a cycle, divided by the number of days in the cycle should equal the daily calories that you've got as an end result in Lesson Three.

I'll explain. Let's say you've decided to go 3 days on lower calories and 1 day on higher.

Your result from Lesson Three is 2125, which means you need that much calories (kilocalories to be precise) in order to continue to move successfully toward your goal.

3 low days + 1 high day = 4-day cycle (I know, I know... but I have to show where the number 4 came from)

$2125 * 4 = 8500$ Cal for the 4 days total.

I always like to start with finding the high-calorie day(s) and I usually use the total calories for the day and add 20% to them. But you can experiment with higher (or lower) numbers if you wish.

$2125 * 0.2 = 425$

$2125 + 425 = 2550$ Cal

We got the higher-calorie number, now we have to find the low-calorie number for the three low-calorie days:

$$2550 + (3x) = 8500$$

$$3x = 8500 - 2550$$

$$x = 5950 / 3 = 1983 \text{ Cal}$$

Now, we got the low-calorie days number as well.

And it goes like this:

Example:

Mon, Thu, Wed – 1983 Cal a day

Thur – 2550 Cal a day

Fri, Sat, Sun - 1983 Cal a day

Mon - 2550 Cal a day, etc.

It's not difficult, is it? It's actually really easy once you get over the fear of dealing with so many equations and doing the calculations...

What other schemes for cycling? Try these:

1 high + 2 low + 1 even lower.

Or

5 low + 2 high

Or

6 low + 1 high, and so forth.

One last thing... I promise after this one I will let you go. I hate to keep you here forever.

You can (and you should) cycle all of the macronutrients (carbs, proteins, fats). But, if for some reason you don't want to cycle all of them you **MUST** at least cycle the carbs!

SIDEBAR

I'd say calorie cycling is one of the greatest discoveries in the nutrition science in recent years. However, to cycle your daily calories simply means you have to build not two but four meal plans (two for workout days on low calories, and two for non-workout days on high calories).

It looks like a lot of number crunching... How about you just pick which days of the week are your high-calorie days and hit a button. In the next moment everything is split up the way it should be and you have your four different meal plans? All you have to do is approve the ingredients or replace those you don't like with the ones you like.

Want proof? Try FitNA now.. If you don't like it during the first 30 days, I will gladly refund your money. That's my guarantee. [Signup here](#)

Bonus! Sample (simple) Meal Plan

In this e-book I tried to cover pretty much all you need to know in order to be able to prepare a sound diet plan for yourself and not pay somebody hefty price without even knowing if he/she has the required knowledge to do it correctly.

I wanted you to be able also to take the guesswork out of the whole process if you decided to do it yourself.

Now I'm going to finish the series by giving you a simple layout of a diet, which is based on the exchange plan from the "Meal Exchanges and Macronutrient Groups" lesson.

The total calories are 2125. The number of meals is 6 per day (post workout shake being one of them in workout days).

I haven't done the cycling here. This is just a one-day diet plan. So, don't forget to do the calorie cycling for your meal plan.

Daily carbohydrate intake: **195gr.** / 15 grams per exchange = 13 carbohydrate exchanges

Daily protein intake: **231gr.** / 7 grams per exchange = 33 protein exchanges

Daily fat intake: **47gr.** / 5 grams per exchange = ~ 10 fat exchanges

Workout days:

Meal	Carbohydrates	Proteins	Fats
Breakfast:	3 exch. (39gr.)(20%),	5 exch. (39gr.)(17%),	2 exch.(12gr.)(25%)
Mid-morning snack:	2 exch. (39gr.)(20%),	6 exch. (39gr.)(17%),	3 exch.(12gr.)(25%)
Lunch:	3 exch. (39gr.)(20%),	5 exch. (39gr.)(17%),	2 exch.(12gr.)(25%)
Afternoon snack:	2 exch. (39gr.)(20%),	6 exch. (39gr.)(17%),	3 exch.(12gr.)(25%)
Dinner: (post w/o)	3 exch. (39gr.)(20%),	5 exch. (39gr.)(17%),	0 fats
Evening snack:	0 carbs	6 exch. (39gr.)(17%),	0 fats

Non-workout days:

Meal	Carbohydrates	Proteins	Fats
Breakfast:	3 exch. (39gr.)(20%),	5 exch. (39gr.)(17%),	2 exch.(10gr.)(20%)
Mid-morning snack:	2 exch. (39gr.)(20%),	6 exch. (39gr.)(17%),	2 exch.(10gr.)(20%)
Lunch:	3 exch. (39gr.)(20%),	5 exch. (39gr.)(17%),	2 exch.(10gr.)(20%)
Afternoon snack:	2 exch. (39gr.)(20%),	6 exch. (39gr.)(17%),	2 exch.(10gr.)(20%)
Dinner:	3 exch. (39gr.)(20%),	5 exch. (39gr.)(17%),	2 exch.(10gr.)(20%)
Evening snack:	0 carbs	6 exch. (39gr.)(17%),	0 fats

That was just for your information.

And this is the actual plan for the workout day:

Breakfast: 3 items from the carbs list + 5 items from the proteins list + 2 items from the fats list

Mid-morning snack: 2 items from the carbs list + 6 items from the proteins list + 3 items from the fats list

Lunch: 3 items from the carbs list + 5 items from the proteins list + 2 item from the fats list

Afternoon snack: 2 items from the carbs list + 6 items from the proteins list + 3 items from the fats list

Dinner: (post w/o) 2 scoops whey protein + 1 large banana (shake)

Evening snack: 6 items from the proteins list (greens can be added safely to this meal)

Remember, if it says 5 exchanges from the carbs list you can pick say 3 items from the complex carbs (starches, cereals and grains) and 2 from the vegetables, or 2 from the complex carbs and 3 from the fruits, and so forth. Same with the protein and the fats lists.

And now, to make things even easier along with the above table all you need to remember is:

- Approximately 3 complex carb exchanges look like your fist if it's cooked grains
- Approximately 5 protein exchanges are the size and the thickness of you palm if it's cooked meat
- And finally 2 yellow exchanges are almost a full tablespoon of oil (flax, olive, etc.) or 6-8 almonds. Don't forget there is some fat in the meat regardless of how lean it is.

At the end keep in mind that there isn't a universal formula for precisely estimating how much calories you need for your body type, metabolism type, goals, age and current condition. This can only be done in lab conditions with special equipment over a 24-hour period. It costs a fortune, too...

The formulas in these lectures should serve to give you a starting point for your experiments. From here you should continue to fine-tune your calorie intake, if needed. Your body changes all the time. So should your calorie intake and macronutrient ratios.

That's all. If you have any questions, comments or suggestions go to my web site IvanNikolov.com and use the "Contact Ivan" form to send me a message.

SIDEBAR

And always keep FitNA in mind. Should you decide that following this course takes a lot of time and effort, or should you want to take your meal planning not one but several levels above, you ought to give FitNA a try.

And it doesn't all stop here...

There are a lot of things that this course can NOT teach you but FitNA can do for you like: tailoring your calorie intake according to your desired body

weight, summary reports including information like how many weeks it's going to take you to achieve your goal; how much you should be losing or gaining safely a week, grocery lists, and even easy to read charts for tracking fat loss, total body mass and lean muscle mass gain, etc., etc.

For less than the price of a movie ticket you get a full month subscription. And that only if you liked FitNA during the risk-free, money back guarantee 30-day membership.

To watch a short video demo, [go here](#).

To start using FitNA now [go here](#).

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