

Gym Workout & Nutrition

Section 1: Nutrition

Calorie & Macro Basics

What are Macros, Micros and Calorie Basics? What should I be doing?

Macronutrients and Micronutrients are categories dietitians and nutrition experts may use to refer to your diet. Macronutrients are ‘big picture’ categories, such as carbohydrates, fats and proteins. Micronutrients are smaller nutritional categories, such as individual vitamins and minerals like calcium, zinc and vitamin B-6.

You may have heard the phrase ‘counting macros’ at some point. This refers to a diet approach where a person tries to eat a certain percentage of calories from each macronutrient group.

Nutritionally speaking, macros are usually measured in grams, such as grams of fat or proteins. Many Macro based diets classify macronutrients in three ways

1. Carbohydrates- found in foods such as breads, pastas and fruits that provide 4 calories per gram
2. Fats- Found in foods such as oils, nuts and meats that provide 9 calories per gram
3. Protein- Found in foods such as eggs, fish and tofu that provide 4 calories per gram

Micros are much smaller measured values in terms of nutrition. Micro means 'small' and is measured in milligrams or even micrograms. There are a lot of micronutrients in the foods you consume, especially fruits, and vegetables that are plentiful in vitamins and minerals. Micronutrient examples include:

1. Calcium
2. Folate
3. Iron
4. Vitamin B-6
5. Vitamin B-12
6. Vitamin C
7. Vitamin E
8. Zinc

How it works

People may use different approaches in terms of daily Macronutrients. There are certain recommendations regarding Macronutrient Categories

1. **45 to 65 Percent of calories from Carbohydrates**
2. **20 to 35 percent from fat**
3. **10 to 35 percent of calories from protein**

A person counting Macros as a dietary approach would first calculate how much energy they need in the form of calories every day. Then, they would decide what percentage of calories from each food group they would eat based on their goals.

Popular Diets

1. If It Fits Your Macros (IIFYM) Diet
2. Ketogenic (Keto) Diet
3. Paleo Diet
4. Weight Watchers Program Diet

While some of these diets may not explicitly call themselves a macro diet, they involve eating a certain portion of each food group. Macro diets are those that emphasize portion control and eating a variety of foods instead of counting calories. These diets may help you reach a number of health goals, such as building muscle mass, losing weight or following a healthier diet, maintaining blood sugar levels and more.

Help! What Do I Eat?

Need Carbs & Fat?

Chia Seeds
Fruit & Nut Butter
Berries & Coconut Milk
Peanut Butter & Banana
Coconut Cookies
Chocolate Bar
Avocado Toast
Bread & Olive Oil
French Fries
Donuts
Potato Chips
Tortilla Chips
Popcorn & Butter
Chocolate Covered in Fruit

Need Fat?

Walnuts

Nut Butter

Fish Oil

Bone Marrow

FlaxSeeds

Olives

Olive Oil

Almonds

Mayonnaise

Sesame Oil

Salad Dressing

Coconut Oil

Brazil Nuts

Need Protein?

Deli Meat

Egg Whites

Whey Protein

Turkey Breast

Chicken Breast

Pork Tenderloin

Turkey Jerky

Soy/Tofu

Shrimp

Canned Tuna

Black Bean Pasta

Cod/ Flounder

Hot Dogs

Steak

Bone Broth

Bacon

Need Carbs?

Fruit

Dried Fruit

Potatoes

Squash

Rice

Root Veggies

Honey/Syrup

Jam/Jelly

Gummies/Candy

Kombucha

Juice/gatorade

Cereal

Breads

Balsamic Vinegar

Barbecue Sauce

Sun Dried Tomatoes

Wine/Beer

Need Carbs & Protein?

Non- Fat Flavored Yogurt

Oats & Yogurt

Crackers and Deli Meat

Protein Shake & Fruit

Fruit & Non Fat Yogurt

Egg Whites & Potatoes

Beans/Lentils/Peas

Cereal & Skim Milk

Whole Wheat Bread











Cereal & Skim Milk








Veggie Burger

Fat Free Pudding

GYM WORKOUT PLAN

What's your WEEK 1 goal?

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
<p>Bulgarian Split Squats  5 sets of 12 reps or 6 sets of 10 reps</p> <p>RDL'S 4-5 sets of 8-12 reps</p>	<p>Dumbbell Crunch Reach 3 sets of 20 reps</p> <p>Burpees - 30</p> <p>Planks- 6x till fail</p> <p>Hanging Leg Raises 3x15</p>	<p>Romanian Deadlift 3 sets of 10 reps </p> <p>Seated Dumbbell Russian Twist- 4 sets of 12 reps</p> <p>Cable Kickbacks 4x12</p>	<p>Leg Press Start Weight 20- 60 lbs. 2 sets, 50 Reps 80-100lbs. 1 set, 40 Reps</p> <p>RDL's 4 sets of 12 reps</p> <p>Burpees- 30</p>	<p>Straight Leg Raise 3 sets, 15 reps</p> <p>Straight Leg Side Twist 4 reps, 15 sets</p> <p>Barbell Curls 3x12</p>	<p>Rest Day </p>
<p>RDL'S  4-5 sets of 8-12 reps</p> <p>Burpees- 30</p> <p>Weighted Bridges 3 sets of 15 reps</p> <p>Planks- 6x till fail</p>	<p>Hip Abductors 3-4 sets of 8-12 reps or 4-5 sets of 15-25 reps  </p> <p>Plank Twists 3 sets of 5-10 reps</p> <p>Cardio- Elliptical/Treadmill- 30 minutes</p>	<p>Bulgarian Split Squats 6 sets of 10 reps</p> <p>Plank with Dumbbell pull through</p> <p>Burpees - 30 </p>	<p>Wall Ball Sit Ups- 20 lb, 3 sets, 12 reps</p> <p>Renegade Row 3 sets of 8 reps for each arm</p> <p>Low to High Woodchop with Dumbbell</p>	<p>Single Arm DB Row 3 sets of 12</p> <p>KB Deadlift 3 sets of 8 </p> <p>Leg Press Start Weight 20- 60 lbs. 2 sets, 50 Reps 80-100lbs. 1 set, 40 Reps</p>	<p>Rest Day </p>
<p>Tricep Dips 3-4 sets of 12-15 reps</p> <p>Seated Cable Row 4 sets of 15 reps</p> <p>Leg Press 4x12</p>	<p>AB Cruncher Machine 5 sets of 20 reps or 6 sets of 10 reps</p> <p> ABDO...</p> <p>Kettlebell Straight Leg</p>	<p>Cardio 45-1hr Elliptical/Treadmill</p> <p>Burpees- 25</p> <p>Chest Press 4 sets of 12 reps</p>	<p>Sumo Squats  6 sets of 10 reps</p> <p>Burpees- 30</p> <p>Hip Abductors 4 sets of 8</p>	<p>Lower Abs Planks(4x-till fail)</p> <p>Weighted Russian Twist 7x10reps</p> <p>Heel</p>	<p>Rest Day </p>

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Glute Bridges 20 lb, 3x10 Standing Calf Raises 4x12 Burpees- 25	Deadlifts 3x12 Rear Delt Fly 4x12	Weighted Lunges 3x12	Lateral Raises 412 Dumbbell Shrugs 3x10	Touch(120)  Hammer Curls 3x12	
Leg Lift(curls) 5 sets of 15 reps or 6 sets of 10 reps  Leg Press 20-100lbs, 2 sets of 20	Cardio 30-45 mins Ellip/Treadmill Stairmaster 20 mins on level 4 Incline Lat Pulldown 3 sets of 8	RDL's 5 sets of 10 reps or 6 sets of 8 reps  Overhead Shoulder Press 4 sets of 8	Burpees - 30 Leg Press 40lb, 2 sets of 50 reps Bicep Curl 3 sets of 12	Leg Press 20-100 lbs 2 sets, 50 reps. 80lbs-120 lbs, 1 set, 20 reps KB Deadlift 3 sets of 8	Rest Day 

Journal

1 Date: __ / __ / __

How do you feel today? _____

What have you done for yourself today? _____

One thing you're grateful for today? _____

2 Date: __ / __ / __

How do you feel today? _____

What have you done for yourself today? _____

One thing you're grateful for today? _____

3 Date: __ / __ / __

How do you feel today? _____

What have you done for yourself today? _____

One thing you're grateful for today? _____

4 Date: __ / __ / ____

How do you feel today? _____

What have you done for yourself today?

One thing you're grateful for today? _____

5 Date: __ / __ / ____

How do you feel today? _____

What have you done for yourself today? Any Obstacles?

One goal you reached today? _____

6 Date: __ / __ / ____

How do you feel today? _____

What have you achieved today? _____

What are your goals for the upcoming week? _____

7 Date: __ / __ / __

How do you feel today? _____

What have you done for yourself today? _____

One thing you're grateful for today? _____

8 Date: __ / __ / __

How do you feel today? _____

What have you done for yourself today? _____

One goal or obstacle you overcame today? _____

9 Date: __ / __ / __

How do you feel today? _____

What have you done for yourself today? _____

One thing you're grateful for today? _____

10 Date: __ / __ / __

How do you feel today?

What have you done for yourself today?

One thing that you accomplished for today? How did it feel?

11 Date: __ / __ / __

How do you feel today?

What have you done for yourself today?

One thing you're grateful for today?

12 Date: __ / __ / __

How do you feel today?

What have you done for yourself today?

What are your goals for the upcoming week?
