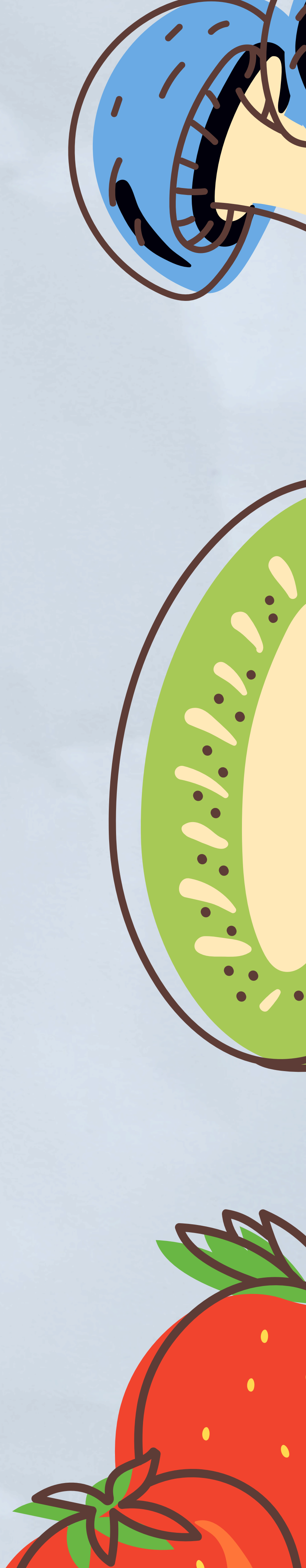
FITNFEARLESS

Nutrition Coaching



1. Calories
2. Macronutrients
3. Constructing a balanced meal
4. Ways to meal prep
5. Your plan

What are calories?

Calories are the energy units you get from food.

Your body requires several calories to perform essential functions like breathing, digestion, and maintaining body temperature.

Weight gain or loss depends on whether you consume more or fewer calories than your body requires.

How to determine calorie count?

Basal Metabolic Rate (BMR):

BMR is the number of calories your body needs at rest to maintain basic functions.

Men

- ***BMR = 10 × weight (in kilograms) + 6.25 × height (in centimeters) – 5 × age (in years) + 5***

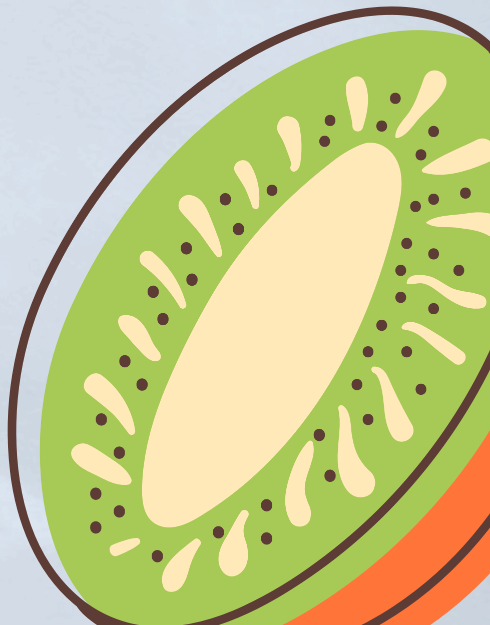
Women

- ***BMR = 10 × weight (in kilograms) + 6.25 × height (in centimeters) – 5 × age (in years) – 161***

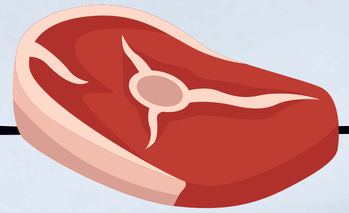
Total Daily Energy Expenditure (TDEE):

TDEE is the total calories burned daily, including all activities.

  - ***Sedentary (little or no exercise): BMR x 1.2***
  - ***Lightly active (exercise/sports 1-3 days a week): BMR x 1.375***
  - ***Moderately active (exercise/sports 3-5 days a week): BMR x 1.55***
  - ***Very active (exercise/sports 6-7 days a week): BMR x 1.725***
  - ***Extra active (strenuous exercise, physical job, or training twice a day): BMR x 1.9***

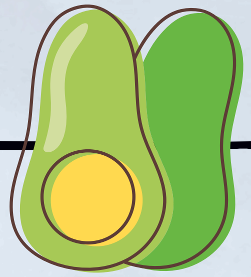


Macronutrients



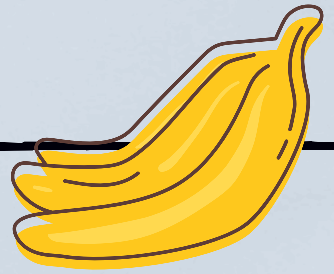
Protein

Protein is essential for muscle repair and growth. A standard recommendation is to consume 1.2-2.2 grams of protein per kilogram of body weight.



Fats

Fat Intake is essential for hormone production and nutrient absorption. A good starting point is to consume 0.8-1gram of body weight.



Carbohydrates

Carbohydrates will make up the remaining calories after you account for protein and fat.

Source of Food

	Carbohydrates and proteins contribute roughly 4 calories per gram, while fats provide around 9 calories per gram.
Carb	Potato, Rice, Pasta, Bread, Cereal, Banana, Chickpeas, Oats
Proteins	Meats, Eggs, Cottage Cheese, Protein Powder, Tofu, Fish,
Fats	Olive oil, Avocado, Nuts, Chia seeds, Coconut oil, Peanut butter,

Examples of ingredients

Fruits

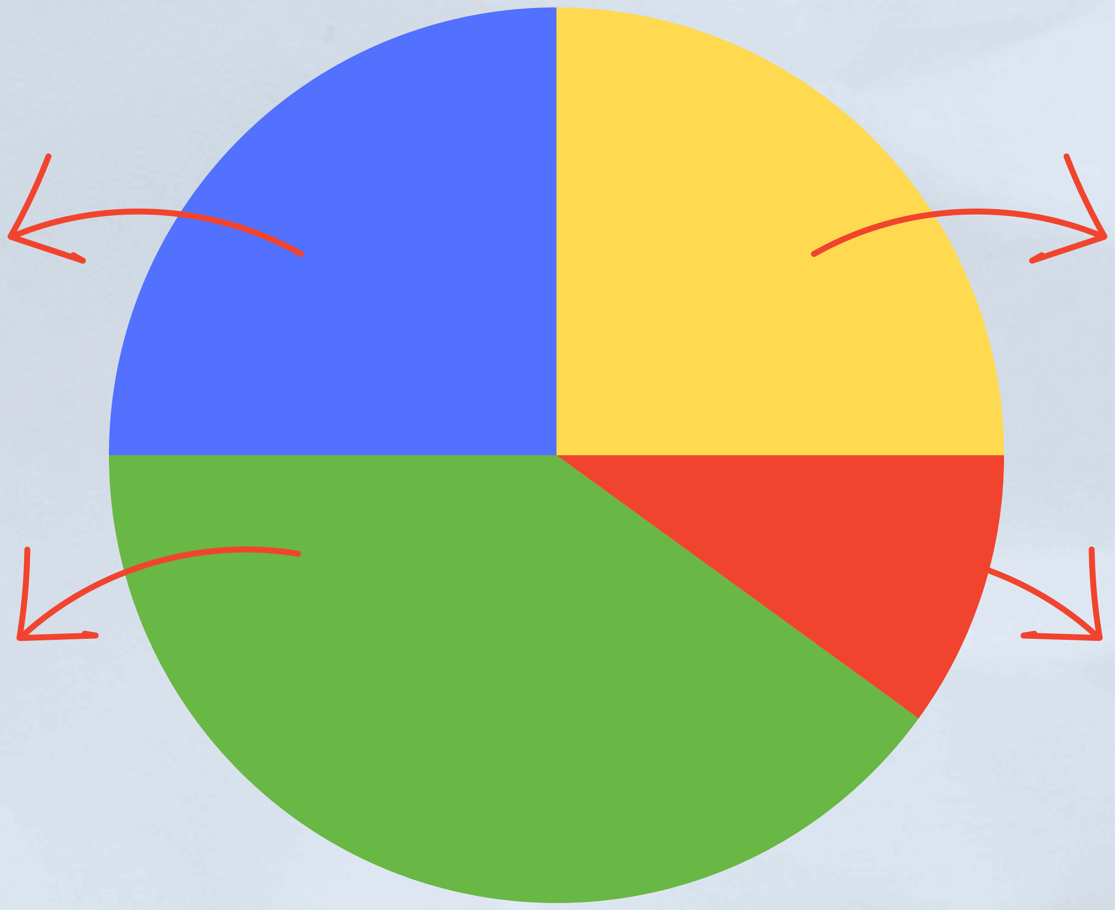
Nuts and seeds

Vegetables

Meats

Carbohydrates

Balance Diet



25% **Proteins**

40% **Fruits & Vegetables**

25% **Fibre-rich Carbs**

10% **Fats**

Constructing a balanced meal

Follow the most important steps to start eating well.

Protein

Incorporating a lean protein, usually 100-150grams. Aim for 20-30 grams of protein per serving

Fat Source

Fats are the highest calorie macronutrient. Some protein sources have fat included. Your portion may be between 15-40grams

Vegetables

Including a variety of vegetables in your diet provides essential vitamins like A, C, and K.

Carbohydrates

Including 100-250 grams or one serving of rice cakes/thins/cereal/ crumpets.

Meal Prep

Be organised

- Pre-Cooked Meals:
Cook large batches (e.g., spaghetti, curries) and portion into containers for each day, using a food tracking app to log and split servings.

-Leftovers:
Double dinner portions for next-day meals; track ingredients to log them in your food app for easy planning.

- Batch-Cooked Ingredients:
Cook and store individual ingredients (e.g., chicken, veggies) separately, allowing flexible meal combinations without repeating the same meal daily.

- Morning Cooking:
Ideal for those who prefer fresh meals daily—prep ingredients in advance for easy assembly each morning.

Choose the prep style that fits your lifestyle, helping you enjoy the foods you love while supporting your health goals.

Thank you!

Do You Have Any Question?