



FUEL OPTIONS

What you choose to put into your mouth in the next few weeks we call FUEL. We want to emphasize that the ENERGY you get from your food is important in the next four weeks! In order to work out SIX days a week (three on your own and three with us), you have to have energy to get through the workouts and RECOVER so you can do it all again! We know that counting calories is laborious and the bottom line is that calories in have to be less than calories out in order to lose weight. We are hoping that this basic introduction to a FUEL plan will raise your awareness of what and when you are putting into your beautiful bodies and to get a customized, personal idea of how your body works on certain carbohydrate, protein and fat combinations. We hope to help you figure out your own **FUEL FORMULA** as we progress.

1. Choose a goal and **FUEL FORMULA**.
 - a. **CUT THE FAT**. The main goal here is to strength muscle and shed excess body fat. If you are feeling tired with this formula then we will boost your carbohydrates.
FORMULA: PROTEIN 50%, CARBS 30 – 35%, FAT 15 – 20%
 - b. **ENERGY BOOSTER**. This is a better rounded, sensible program that maintains your fat percentage but gives you added energy. Choose this if you don't have a lot of body fat to lose.
FORMULA: PROTEIN 40%, CARBS 40 – 45%, FAT 15 – 20%
 - c. **ATHLETIC DIET**. If you are pushing your body to the limit!
FORMULA: PROTEIN 20%, CARBS 60%, FAT 20%
2. Outline any modifications you want to your **FUEL PROGRAM**.
 - a. Just write out what I am eating or also include calories and grams to see how close I am to my formula.
 - b. How much water am I going to drink?
 - c. What time am I going to stop eating every night?
 - d. Any other modifications – let us know! WE are going to hold you to it!
3. Calculate your basal metabolic rate so you can see how many calories you need to exist.
4. Let us know if you want the Excel version of the program so that it can do the calculating for you!
5. Caloriecount.com is a great place to look up calories.