

# NUTRITION

Everything You Wanted to Know About Basic NUTRITION!



The worst part of Nutrition is that there's so much information out there that it is difficult to sift through everything and know what you need to do to help you reach your fitness goals. So, here's a quick step-by-step guide for you to follow based on the many years of studying Nutrition.

Please feel free to share with any of your friends and family as knowledge is always meant to be shared!

3,2,1 Go!

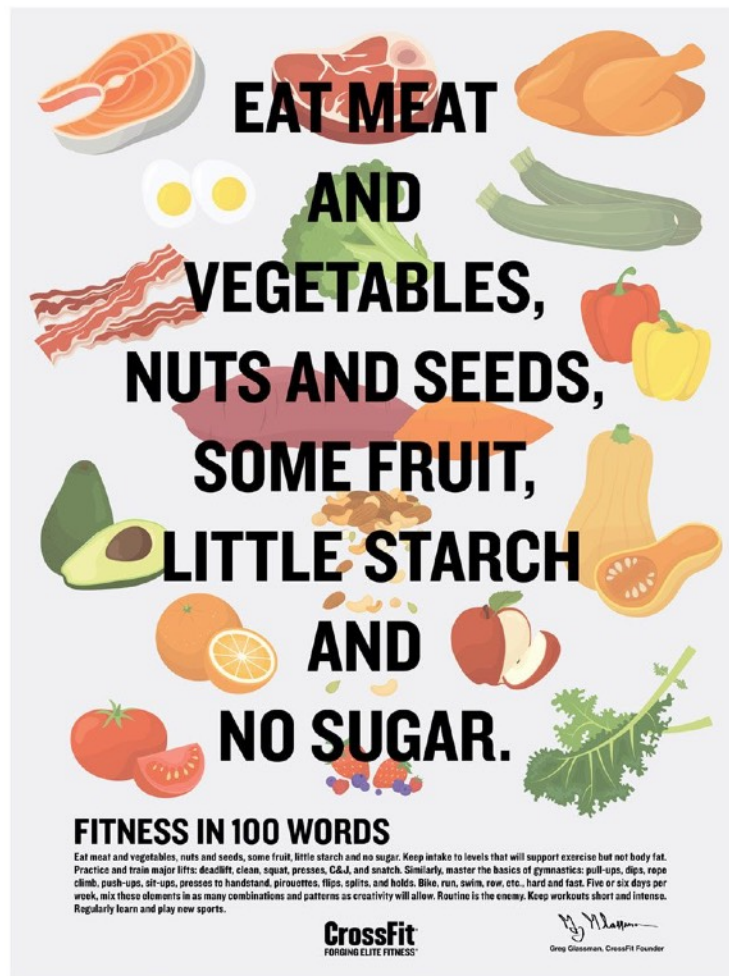
**“Low fat, Low carb,  
Juice, Fast, Water diet,  
Gluten, Antioxidants,  
Omega 3, Whey, 3  
Meals a day, Snack,  
Rice...”**



## Just Starting

If you are a member of Crossfit Blackfire you've probably stumbled upon the official Crossfit prescription for fitness "Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar." While brilliant for people/newbies who need a succinct easy to remember sentence this is of little help when you want to pursue elite fitness. But this is GREAT advice for anyone who is beginning their first step into fitness and we wholly recommend it for people struggling just to get through the first month of our crazy-tiring Crossfit workouts!

Once you're a month in and have completely cut-out simple sugars from your diet and hopefully have reduced Carbohydrates from your diet it's time to step it up!



## Getting Seriously Serious!

The goal for everyone is build muscle and strength, lose fat and have energy! As Greg Glassman says "The needs of the Elite Athlete/Olympians and the elderly/normal people differ by degree not kind." That means everybody needs mobility, strength, speed, endurance, better nutrition etc. Olympians need them MORE than us normal people but we still need them too!

We're not going to cut any corners - we are going to have to start measuring and calculating stuff!

Keep your stats handy - Age, Weight in kgs, Height (in cm), Body fat%.

### Step 1 Calculating How much Protein you need to eat in a day

To ensure that you do not lose muscle due to any nutritional changes the first thing we will do is calculate the bare minimum number of Proteins you need to consume every day.

There are many gadgets to calculate BF%

Your Crossfit box or gym will have such a device handy!

**“Let food be thy medicine and medicine be thy food.”**

**-HIPPOCRATES**

Let's take an example of an Athlete with the following stats

**Age: 26 Weight:87kg BF%:18% Height:177cm**

$$\text{Weight in kgs} \times \frac{(100 - \text{BF}\%)}{100} = \text{Lean Body Mass (kg)} \times 2.2 = \text{Grams of Protein per day}$$

$$\text{Our Athlete} - 87\text{kg} \times \frac{(100 - 18.7)}{100} = 70.7\text{Kg LBM} \times 2.2 = 155 \text{ gms Protein per day}$$

Let's start by calculating how much Lean Body Mass our athlete has. Now multiply this number by 2.2 to get for LBM in pounds. So going by our example our athlete's LBM (lbs) works out to around 155. We need to eat a gram of protein per pound of Lean body mass! Thus our athlete needs to consume 155gms of Protein everyday!

**Please Note** This is the minimum Protein per day our athlete needs to maintain (repair/recover) his muscles and strength and does not decrease no matter what his goal (weight-loss, fat-loss, speed, endurance etc etc.)



### Step 2 Calculating TDEE (Total Daily Energy Expenditure)

Now that our athlete knows how much protein he needs to eat per day to insulate his muscles from any effect from any change in diet we can move to the next step.

The formula for this step is better utilised by just heading down to one of the countless websites available. Here are some of the good ones...

[www.tdeecalculator.net/](http://www.tdeecalculator.net/)

[www.damnripped.com/tdee-calculator/](http://www.damnripped.com/tdee-calculator/)

Using the first link our Athlete has a TDEE of 3,296 Calories a day. Which means he burns a total of **3,296 calories per day** (this includes his exercise and his resting metabolic rate).

### Step 3 Calculating Your Weight/Fat Loss Goals

This one's easy.

Male athletes typically have a body fat percentage of between 6 and 13 percent, and female athletes a body fat percentage of 14 to 20 percent.





From our example  
Our Athlete wants to reach a BF% of below 15%

To reduce fat he needs to reduce his daily calorie intake by 500

ie. TDEE of 3,296 - 500 = 2,796

This means our athlete needs to eat 2,796 calories per day to slowly burn fat till he reaches his goal BF%.

So you may be asking why 500 calories? Does this change for different goals?

So far nutritionists and dieticians pretty much agree that a 500 cal deficit is the perfect number to slowly and safely reduce fat while still maintaining a healthy BMR.



### Calculating How Many Calories You Are Eating in a Day

This is by far the hardest part for everyone. The only way to do this is to weigh and measure everything you eat.

Buy a set of measuring spoons (around Rs200) and a kitchen weighing machine (Rs500) and weigh everything you eat and look it up on the net.

<https://www.myfitnesspal.com/>



Total the calories you've eaten for the day and you will now know for sure whether you are in a calorie deficit or not.

After a few days of doing this you will begin to remember how many calories are there in your 'go to' foods and it will get easier and easier to calculate.



**That's more or less it! No really.**

That's your 90% right there in terms of nutrition. Try to eat balanced; stay in a calorie deficit; make sure you hit your protein intake and watch your body scale to new heights in terms of fitness.



### **But wait a minute, whats the other 10%?**

Here's where things trickle into personal preferences and things that will work better for you than for others.

The example we give when someone asks us which protocol is better - Zone diet, Paleo, Intermittent Fasting, Atkins, Ketogenic, etc

We say it's like the difference between Nike, Adidas, Puma etc. Some colours, fit, fabric may feel better for you but not to someone else.

The only thing to do is try them out and see if it fits you and your lifestyle. Just make sure you stick to the Basic 90% mentioned before and you should be fine. You might find that you feel better on some diet protocols that you would on others.

Here's a brief description on the top diet protocols that we know work

#### **Zone diet**

Crossfit's recommended diet that works on balancing your hormones by following a strict ratio between your macros (Carbs/fat/protein). Works on eating 6 meals a day.

#### **Paleo Diet**

No processed foods, No grain. You can eat anything that was on the menu to our Palaeolithic ancestors.

#### **Intermittent Fasting**

Put your body in fat burning mode by reducing Insulin which is secreted every time you eat. You eat all your calories within a window of a few predetermined hours everyday and fast during the rest. Eg 16:8 or 20:4 where you fast for 16 hours and then eat your predetermined calories and macros in the 8 following hours or fast for 20 hours and eat in 4.

#### **Ketogenic**

You put your body in fat burning mode by reducing Insulin secreted by eating very low amounts of carbs in a day thus forcing your body to switch to burning fat instead.

#### **Targeted Keto**

Variation of the Keto diet where you consume a small amount of Glucose an hour before an intense workout like Crossfit

If you have any questions we are more than happy to answer them - please post them to [crossfitblackfire@gmail.com](mailto:crossfitblackfire@gmail.com) or whatsapp me (CFBF members).