

# BOW TIED OX



DIET GUIDE



# DIET AND NUTRITION

## STEP 1: CALCULATE DAILY CALORIC INTAKE

We go by a simple formula when calculating our macros. When it comes to calories and nutrition, you can get as complicated as you'd like, but at the end of the day weight loss and weight gain are determined by a caloric deficit or a caloric surplus, it's really that simple.

For men, take your bodyweight in lbs and multiply by 15 to get a rough estimate of daily caloric intake. This caloric range is the target for maintaining our current weight. For women it is the same, except we are multiplying bodyweight by 12.

*Ex: A 220 lbs man would need  $220 * 15$  or 3300 calories per day to maintain his weight.*

For a more precise estimate, we will use a calculation of Base Metabolic Rate times a daily activity multiplier to get our **Total Daily Energy Expenditure** estimate. This will be:

### MEN:

$$(10 * W) + (6.25 * H) - (5 * A) + 5$$

### WOMEN:

$$(10 * W) + (6.25 * H) - (5 * A) - 161$$

### VARIABLES:

W=weight in kilograms

H=height in centimeters

A=age in years

Once we get this number, as we will be working out at least 4-5 times a week, we will use the daily activity multiplier of our BMR number x 1.55 to get total estimated TDEE. If working a very active, labor intense job or if doing a lot of cardio, we will take BMR x 1.75 to get total estimated TDEE.

Or use this calculator: <https://www.damnripped.com/>

## STEP 2: CALCULATE MACRONUTRIENT INTAKE

### PROTEIN

You should set up your diet and macros for 1g of protein per pound of bodyweight, at the absolute minimum 1g per pound of estimated lean body mass. I would prefer you aim for the former as it will be easier to get correct and even in more extreme cases of bodyweight, the extra protein won't hurt and can even be beneficial.

There are 4 calories per gram of protein, so multiplying  $4 \times (\text{total grams of protein})$ , you get the total number calories you should be taking in from protein. Using our example that would be  $4 \times 220 = 880$  calories from protein per day.

One important caveat: If very overweight, the lean body mass estimate can work best, an easy way to do this is aiming for 1g of protein per centimeter in height.

### FATS

For fat, we want to take in roughly .3 g/lb per day. Using the 220 lbs example, that brings us to 66 grams of fat per day. At 9 calories per gram of fat, that brings us to 594 calories from fat, per day.

### CARBS

For carbs, we basically take the difference of our total daily caloric intake and the calories we get from protein and fats. So in this case the formula would be  $3300$  (total calories) -  $880$  (calories from protein) -  $594$  (calories from fat) =  $1826$  calories from carbs.

With calories from carbs calculated we can get how many grams we need per day. We know there are 4 calories per gram of carb so we take 1826 calories and divide it by 4 to get 456.5 grams of carbs per day.

However, with carbs, if you prefer to eat a lower carb diet for whatever reason, we can instead increase fats from the left over calories allotted to carbs to reach our total daily caloric intake.

While this is preference, I'd still highly advise to keep carbs about 50-100g a day to ensure we are fueling our workouts and muscle growth as long as carbs cause no health contradictions (but I ain't no docta)

### STEP 3: MANIPULATING MACROS FOR GROWTH OR FAT LOSS

From our example macro breakdown, we look to the breakdown of our macros. 33% from protein, 43% from carbs, and 24% from fat.

Generally, we want to push our protein up a bit to hit 40%, lower the carbs to 40%, and lower the fat to 20%. These are general numbers but you can play with these as you go. The general rule being, lowering carbs to lose fat, without dropping fat intake below 20% (can effect hormones otherwise). Every two weeks, you should adjust these numbers based on your goals.

#### HOW TO SET UP A BULK

For muscle growth we will need a caloric surplus to grow as muscle is metabolically expensive and thus needs additional "building blocks" to grow. While "expensive" it does not require a ton of surplus calories to grow which is why I recommend a 300-500 calorie surplus to maximize growth while limiting fat gain. I do not suggest trying to bulk unless you are relatively lean, under 13% body fat because we want to allow ourselves proper time (3+ months) to grow before running into a place where we need to stop to avoid unnecessarily appearance and potential health issues like insulin resistance and hormone issues. I suggest stopping when you begin losing the outline of your abs, around 15-16%, 18% MAX, body fat.

Calculate your TDEE from the section listed in the beginner and simply add 300-500 calories to this number.

*Ex: If your TDEE is 3000, you will start your calories at 3300-3500*

#### HOW TO SET UP A CUT

This is the easiest part by the numbers, the hardest part in applicability. Why? Dieting isn't fun, especially in the end stages of getting very lean (9% and lower). You will feel hungry at times, and you will have cravings. It is up to you to remain disciplined and stay the course.

This is also where the fun begins and you begin to see your best results in terms of physique. Having abs for the first time of your life is a real token of hard work and dedication and you should be proud, it's not easy or everyone would have a 6 pack.

First and foremost, you should again calculate your TDEE. This time you will subtract 300-500.

*Ex: If your TDEE is 3000, you will start your calories at 2500-2700.*

You should start slow, always. You do not want to be restrictive in the beginning because your calories can only go lower as your body will begin to adapt to the deficit. By doing so you will be forced to either subtract calories or add in more output (cardio, steps, etc.)

In general the stopping point for a cut will be when you are satisfied and happy with where you are and want to enter a stage of maintenance or a surplus for muscle growth. Unless competing for bodybuilding or just truly want to, you won't want to cut below 8% body fat — realistically 9-10%.

## MEAL TIMING

When we eat impacts performance, particularly digestion and energy in the gym. I recommend a higher carb (25-30% of daily carb allowance — I like 50-100g), moderate protein (25-40g) and lower fat (keep this as low as possible — I keep mine under 15g) meal 60-90 minutes before the gym. If you don't give yourself enough time before your workout, you'll feel sluggish instead of energized. Digestion requires a substantial amount of blood flow, so a lot of food in your stomach can result in less blood getting to your muscles.

Don't over eat: just enough easily digestible food to fuel your workout, but not enough to be "full." Finding the perfect pre workout meal will take some experimenting, but eventually you'll find what works best for you. Stick with carb sources that are easy to digest. I prefer white rice, cream of rice, and fruit like bananas. No one I've coached has had a problem digesting rice, which makes it a perfect candidate for a pre workout meal.

## MICRONUTRIENTS

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Your body needs proper fuel, which is why I advocate nutrient dense food. To maintain proper health and hormone function, certain vitamins and minerals are required. Although focusing solely on macros can lead to fat loss, it can also lead to micronutrient deficiencies if you aren't careful. It's possible to gain muscle and lose fat eating only junk food. But performance will suffer and you'll feel awful without the right vitamins and minerals.

We want to aim towards at least 80% whole, nutrient dense foods, things like animal proteins (beef is very nutrient dense), fatty fish like salmon, eggs (nature's multivitamin), greek yogurt/kefir, cottage cheese, fruit (especially berries), leafy greens, potatoes, lentils, and rice (not for micronutrients but rather a easily digested carb source for fuel and growth in the gym).

If you desire flexibility then 20% of your diet can be allocated to things that are otherwise "junk" as long as you're within your caloric goals. This isn't necessarily a "recommendation" but rather some flexibility and mental relief if that is needed to adhere to your diet.

Doing the above will likely cover your basis for micronutrients, however you might seek supplementation of certain vitamins/minerals if you feel your diet is lacking -- magnesium is something many are deficient in and I recommend taking regardless of diet because it's hyper important. Same of Omega 3's if you cannot stand eating fish.

## HYDRATION AND ELECTROLYTES

Your muscles are 79% water. If you aren't hydrated you're increasing risk of injury and decreasing overall performance. I recommend drinking one to two gallons of water a day for active lifters. Drinking 2/3 of your bodyweight in ounces is a good rule of thumb (bodyweight in lbs).

Electrolyte balance also plays a role in hydration. Salt gets a bad rap, even though active, healthy individuals are often deficient in sodium. If you're active, I recommend salting all your meals.

For proper muscle contractions and to avoid cramping make sure you're getting enough potassium. This is why a banana right before going to the gym is popular and a good idea. Potatoes are also a great source of potassium, and I include them as my carb source in meals outside of the workout window (all meals that aren't pre and post workout).

## RECOVERY

After your workout, your goal is to help your body recover so it's primed for the next training session. For this reason you want to refuel as soon as possible (within a few hours of your workout max), so your body has what it needs for muscle protein synthesis and muscle adaptations. Opt for at least 30 to 50 grams of protein, fast digesting protein sources work well here. Also, don't forget carbs — the insulin will help drive nutrients to the muscle for recovery + glycogen (stored carbs) are the muscles preferred fuel source. By fueling the recovery process you will be able to perform at an optimal level during your next workout.

## ADDITIONAL NOTES

- For maximum muscle growth, eat a minimum of 4 meals a day with your daily protein needs split between the meals. Aim to eat every 3-4 hours.
- Keep the bulk of your carbs around your peri-workout window (pre, intra, and post).
- Bulking and cutting is simply dependent on your total calories—diet stays the same, just manipulate your daily calories in accordance with your goals. However, bulking does allow more flexibility (80-20 rule still applies) and when we cut we want to focus on more satiating food choices.
- If you need to focus on work, and carbs reduces your focus at all, limit carb consumption during the day and wait until your workout to eat carbs.

- If you workout in the morning—HYDRATE! An electrolyte supplement can be useful here. I also suggest looking into EAA's and a fast digesting carb source (HBCD) pre and intra-workout to put your body into an anabolic state after the catabolic state of waking up fasted (hence breakFAST).
- Post workout your body can use more protein than other times of the day. So, if it's easier to eat more protein at this time, this can be a good opportunity to make reaching your protein goals easier if you struggle with this.



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