

Are You Eating Enough to Lose Weight (and Not Muscle)?
Podcast flippingfifty.com/eating-too-little

Protein needs

To Maintain:
Ideal body weight in lbs = grams of protein

Your Maintain weight daily Protein need:

To Lose weight:
X 10-15% more

Your weight loss daily protein need:

**Regardless of overall need, it needs to be consumed at a specific dose evenly distributed throughout the day.

30 grams of protein minimum – no more than 50-60 grams for best ability to synthesis.

Carbohydrate needs

Light activity days/Recovery/short interval days
1.4 gm carb/pounds bodyweight

Your calculation:
1.4 x _____ = _____

60-120 minutes of endurance exercise
1.8grams x body weight pounds

Your calculation:
1.8 x _____ = _____

More endurance training – increased the carbohydrate need 2-2.7gm per pounds (this is also where you're no longer going to find you make weight loss possible, but you're working toward performance and preventing muscle wasting that will happen)

Fat

Servings per meal is an easier way to adjust and consider 5 servings a day, is 1-2 at each meal. Most foods with protein contain fat or meal prep or condiments contain fat.

- Low fat and higher carbs (high activity days) Higher fat and low carb (lower activity days)
- When both fat and carbs are high, we have issues. Even with “healthy resistant starches” this is true.

Examples:

I do a 20-minute HI interval training session and that's my exercise– that's a light day for carb But still higher than most women are trying to go (100 grams is as low as I would recommend for an active woman and never would I go that low for an athlete)

Based on 130 lbs

$1.4 \times \text{body weight} = 182 \text{ grams of carbs}$

The same 20-minute HIIT interval session before a strength training session (40-minute session).

Now, that boosts my need for carbohydrates, not just protein. So, I am back to at least 1.8g/body weight in pounds of carbs on these days.

$1.8 \times \text{body weight} = 234$

Notes:

What's your current Protein intake?

What needs to happen to reach your ideal?

What's your current Carbohydrate intake?

What needs to happen to reach your ideal?

What's your current Kcal/day intake on recovery days?

What needs to happen to reach your ideal?

What's your current kcal/day intake on active days?

What needs to happen to reach your ideal?

What's your Energy Availability?

Fat Free Mass = your muscle weight only

130 lbs

54 lbs of muscle mass

$$\frac{\text{Dietary energy intake (kcal)} - \text{Exercise energy expenditure (kcal)}}{\text{Fat Free Mass (kg)}}$$

For Example (2000 calories is LOW for me)

2000 kcals/day – and expend 250 kcals in 30-minute HIIT

118.8 kg (54 lbs divided by 2.2)

** CORRECTED from original form! Divide your weight in pounds or muscle in pounds to arrive at kg equivalent

= 71.4 is my Energy Availability (EA) gms/kg body weight

Your Calculation:

Kcals in a day: _____ - Exercise energy Expended (use a tracker)

Lean Muscle mass kg _____ (lbs divided by 2.2)

= _____ gms/kg bodyweight

<30 -45 is considered low energy availability. So, Houston, do you have a problem or are you doing okay? What's true for you?

For full details, *when the podcast has been released*, you can visit:

<https://www.flippingfifty.com/eating-too-little>

NOTES: