

EASY WEIGHT LOSS 101

Where to start:

First, we need to figure out what your daily recommended calories and macronutrients are (protein, fats and carbohydrates). After that we want to see what your current dietary habits are and replace any bad habits with better ones.

[Ketogains calculator](#): This site will help you calculate your daily calorie and macronutrients recommendations. Do the best you can with your current body mass index, they have pictures to help.

Once you get your recommended daily intake for calories and macronutrients we want to track where you are. You can use Chronometer or My Fitness Pal App to track your food intake for 1-2 days to see how much you're eating. Or you can jump right into a low carb diet using this [E-Book from Chris Kresser](#).

Food Groups:

To make things easy we define the following food groups as:

Protein:

Anything that had a mommy or daddy, Recommended intake is 1 gram per pound of lean body weight.

Fats:

Butter & oils, try and use the oils on Dr Gundry's list below

Carbohydrates:

Everything else. Over consumption of carbohydrates causes insulin dysregulation and inflammation.

When tracking food don't confuse carbohydrates with protein.

Recommendations:

Carnivore or low carb diet for 2-4 weeks, see how you feel and perform on a daily basis. If you're doing well start another 2-4 weeks and continue until you've reached your goals.

Get 8 hours of sleep. If you don't get adequate sleep, you turn into fat storage machine.

Don't avoid parties and gatherings. Go have some fun and don't worry about what you're eating. You're one meal away from getting back on track.

Eat low inflammatory foods from [Dr Gundry's Food List](#) (link). Some foods cause inflammation in our gut. This causes leaky gut syndrome. Leaky gut syndrome causes water retention and autoimmunity problems like skin rashes & Chrones Disease.

Websites

See my recommendations on our Stretches and Health Tips page, there is a list towards the middle of the page