

# Clean Eating & Exercise Plan

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## Caloric Requirements

If you are set on losing weight, counting calories is the best way to ensure you are sticking to your goals. It also ensures you eat enough. Yes, you read that right. It's important to make sure you eat enough food throughout the day. But, you don't want to eat too much. If you don't eat enough, your body will think it is starving and start to conserve fat. If you eat too much...well I think we are all familiar with what happens there. So, how do you know how much is the right amount to eat? I recommend the Harris Benedict Formula.

First, you need to [calculate your BMR](#) or Basal Metabolic Rate (number of calories you'd burn by just doing nothing).

Next, you need to factor in your Activity.

Sedentary =  $BMR \times 1.2$  (little or no exercise, desk job)

Lightly active =  $BMR \times 1.375$  (light exercise/sports 1-3 days/wk)

Mod. active =  $BMR \times 1.55$  (moderate exercise/sports 3-5 days/wk)

Very active =  $BMR \times 1.725$  (hard exercise/sports 6-7 days/wk)

Extr. active =  $BMR \times 1.9$  (hard daily exercise/sports & physical job)

This final number (BMR x Activity Level) gives you your calories needed for maintenance. If you want to lose weight, subtract 500 to 1000 calories a day. NOTE: it is important that you do not drop below 1000 calories a day or else your body will move to fat conservation and eventually start eating away at muscle to make up for the deficit. Another note to keep in mind is that you want to adjust your activity level for the exercise that you will be adding. You may be "Sedentary" now, but you will most likely be "Lightly", "Moderately", or even "Very" active.

## Clean Eating

There are really two facets to this eating plan. The first is making sure you are eating the right kinds of foods. The next falls into line with how often you eat. My recommendation is to eat several small meals throughout the day. I will go over more of this in a little bit.

### *Right kinds of foods*

<b>Carbohydrates</b>	Whole grain or whole wheat bread (applies to pitas, bagels, tortillas, etc), wheat pasta, brown rice, oatmeal
<b>Fruits</b>	Apples, grapes, peaches, bananas, oranges
<b>Vegetables</b>	Green vegetables, beans, sweet potatoes, salad
<b>Dairy</b>	Low fat everything (milk, cheese, yogurt, cottage cheese). Try to avoid a lot of cheese.
<b>Protein</b>	Lean is the word for you to adopt. 90% or 85% lean beef and turkey. Chicken, pork, fish (tuna, salmon), eggs
<b>Fats</b>	Avoid butter and use Olive Oil instead. Almonds
<b>Liquids</b>	Water!

## *Foods to avoid*

<b>High Fructose Corn Syrup</b>	This deserves its own category. Avoid it!
<b>Carbohydrates</b>	Potatoes, corn, white bread, white pasta
<b>Fruits</b>	Watermelon, raisins
<b>Dairy</b>	Whole milk, ice cream, cheese. If you need cheese, use the low fat and only in moderation.
<b>Protein</b>	Bacon, sausage, ribs. Turkey sausage and bacon are better, but use in moderation.
<b>Fats</b>	Butter, cooking oils
<b>Liquids</b>	Caffeine (soft drinks, coffee, tea), alcohol (again, in moderation).

There's a lot of flexibility for your tastes here, but the general idea is to stay smart, drink lots of water, and eat in moderation. In the next section, I will highlight how to eat throughout the day to keep your metabolism up and how this can curb your hunger for those "big" meals.

## *Eating throughout the day*

<b>7-8 am</b>	Breakfast	1-2 eggs, wheat toast
<b>10 am</b>	Midmorning snack	1 piece of fruit or yogurt
<b>12 am</b>	Lunch	Tuna or turkey sandwich with Baked Lays and more fruit
<b>3 pm</b>	Midafternoon snack	Handful of almonds, one serving of Triscuits w/ low fat cheddar cheese, or 1 piece of fruit
<b>6-7 pm</b>	Dinner	Heavier meal to make up for your exercise! Chicken breast with brown rice and small salad
<b>9 pm</b>	Optional late night snack	Fruit, yogurt, Tricuits w/ cheese, whatever suits you. Keep it light

Adjust the times according to your schedule.

## **Track your Intake**

The best thing for you to do is track what you eat, count calories. I have used [www.fitday.com](http://www.fitday.com) in the past and will start using it again. This site will let you track what you eat, how much exercise you do, as well as set a weight goal. Seeing your progress really gives you a good boost to see those results. [Sparkpeople](#) is another option.

## **Exercise**

I highly recommend the [Belly Off program](#), developed by Craig Ballantyne of Turbulence Training, available through Men's Health for your strength training. For your cardio, I recommend [High Intensity Interval Training](#).

## In Summary

- 1) Find your Caloric Requirement and cut back for weight loss
- 2) Put together a meal plan
- 3) Eat the right amount – not too low, not too high
- 4) Eat throughout the day to curb hunger
- 5) Track your caloric intake with [www.fitday.com](http://www.fitday.com) or a similar site.
- 6) Exercise at least 3-5 times a week.
- 7) BONUS: Give yourself one cheat day a week! You deserve it. I usually tack this on a Friday and go out to eat.