

Sample Nutrition Guide

For an actual female client in her late 20s

Start Date: January 7, 2019

Duration: 50 Weeks

Focus: Weight Loss

Body Composition

Initial (according to skinfolds from January 4, 2019):

- Weight: 185lb
- Body Fat: 34.4%
- BMI: 29.9

Target (achievable by December 23, 2019):

- Weight 135lb
- Body Fat: 17.0%
- BMI: 21.8

Macronutrient Distribution

Phase 1: Achieve 168lb @ 30% fat & 27.1 BMI by May 6, 2019

- Calories – 1,850 kcal
 - Carbs – 25% (116 g)
 - Fat – 40% (82 g)
 - Protein – 35% (162 g)

Phase 2: Achieve 153lb @ 25% fat & 24.7 BMI by August 6, 2019

- Calories – 1,682 kcal
 - Carbs – 30% (126 g)
 - Fat – 35% (65 g)
 - Protein – 35% (147 g)

Phase 3: Achieve 139lb @ 20% fat & 22.4 BMI by November 25, 2019

- Calories – 1,529 kcal
 - Carbs – 35% (133 g)
 - Fat – 30% (51 g)
 - Protein – 35% (134 g)

Phase 4: Achieve 135lb @ 17% fat & 21.8 BMI by December 23, 2019

- Calories – 1,485 kcal
 - Carbs – 40% (149 g)
 - Fat – 25% (41 g)
 - Protein – 35% (130 g)

This sample is just the first page.