**How Much Should I Eat: Carb Rotating Edition**

Starting weight: \_\_\_\_\_\_\_\_\_\_ Starting Bodyfat %: \_\_\_\_\_\_\_\_\_\_

Fat Pounds = Total Weight x Bodyfat % *(Remember where the decimal goes. So, 21.7% would be .217)*: \_\_\_\_\_\_\_\_\_\_

Fat Free Mass (FFM) = Total Weight – Fat pounds: \_\_\_\_\_\_\_\_\_\_

Recommended Protein Grams: FFM \_\_\_\_\_\_\_\_\_\_ x 1.5= \_\_\_\_\_\_\_\_\_\_

 \*If you are very lean and muscular, you may need to go up to 2 or slightly more than 2 grams per pound of FFM

 \*It’s possible, but not likely you will need to go down to 1 gram per pound of FFM

*A word on Protein: Your Protein should be spaced pretty evenly throughout the day with a quality source of protein in every meal.*

Recommended Carbohydrate Grams

High Days: FFM x 2-3 = \_\_\_\_\_\_\_\_\_\_\_\_

Medium days: FFM x 1 – 1.5 = \_\_\_\_\_\_\_\_\_\_

Low Days: FFM x .5-1 = \_\_\_\_\_\_\_\_\_\_\_\_\_

Recommended Fat Grams: FFM x .35= \_\_\_\_\_\_\_\_\_\_

High Days: FFM x .25 = \_\_\_\_\_\_\_\_\_\_

Medium Days: FFM x .35 = \_\_\_\_\_\_\_\_\_

Low Days: FFM x .5 = \_\_\_\_\_\_\_\_\_\_\_\_

**Summary**

|  |  |  |
| --- | --- | --- |
| High Days | Medium Days | Low Days |
| Protein Grams |  | Protein Grams |  | Protein Grams |  |
| Fat grams |  | Fat grams |  | Fat grams |  |
| Carbohydrate Grams |  | Carbohydrate Grams |  | Carbohydrate Grams |  |

* Start with 3 Low, 3 medium and 1 low day
* Start with the higher end of the recommended grams
* If you stop seeing results, lower 1 medium day to a low day. Follow for two weeks. If you still aren’t dropping, lower another medium day. Continue until you are down to 6 low days and 1 high day.