**How Much Should I Eat**

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

*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 (Workout Days): 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

Recommended Carbohydrate Grams (Rest Days): FFM\_\_\_\_\_\_\_\_\_\_ x 1 = \_\_\_\_\_\_\_\_\_\_

*A word on Carbs: 45% of your daily carbohydrate intake should be consumed in your metabolic window and mostly from High Energy Carbs (HEC) and your BLN RECOVERY Shake.*

Carbs in your window: Daily Carbs \_\_\_\_\_\_\_\_\_\_ x .45 = \_\_\_\_\_\_\_\_\_\_

As the weeks go by, you should be slightly increasing your amount of Low Energy Carbs (LEC). Mostly through veggies.

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

*A word on Fats: Most of your fats should be outside your metabolic window and mainly from omega 3 sources. I always slightly increase my fats on my rest days.*

**Summary**

|  |  |
| --- | --- |
| Workout Days | Rest Days |
| Protein Grams |  | Protein Grams |  |
| Fat grams |  | Fat grams |  |
| Carbohydrate Grams |  | Carbohydrate Grams |  |
| Carbohydrates in Window |  |  |  |

* These numbers are not written in stone. They are a good place to start. You should reach these numbers or higher for the first two weeks of Dream Team. From there we can work on Individual Changes.
* Your protein Grams will not change much throughout Dream Team
* Your Carbohydrate and Fat grams, however, may change (up or down) as the challenge progresses.