

# NUTRITION simplified

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# NUTRITION simplified

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Welcome...

Dear Friends,

Nutrition. The most confusing thing ever, right?

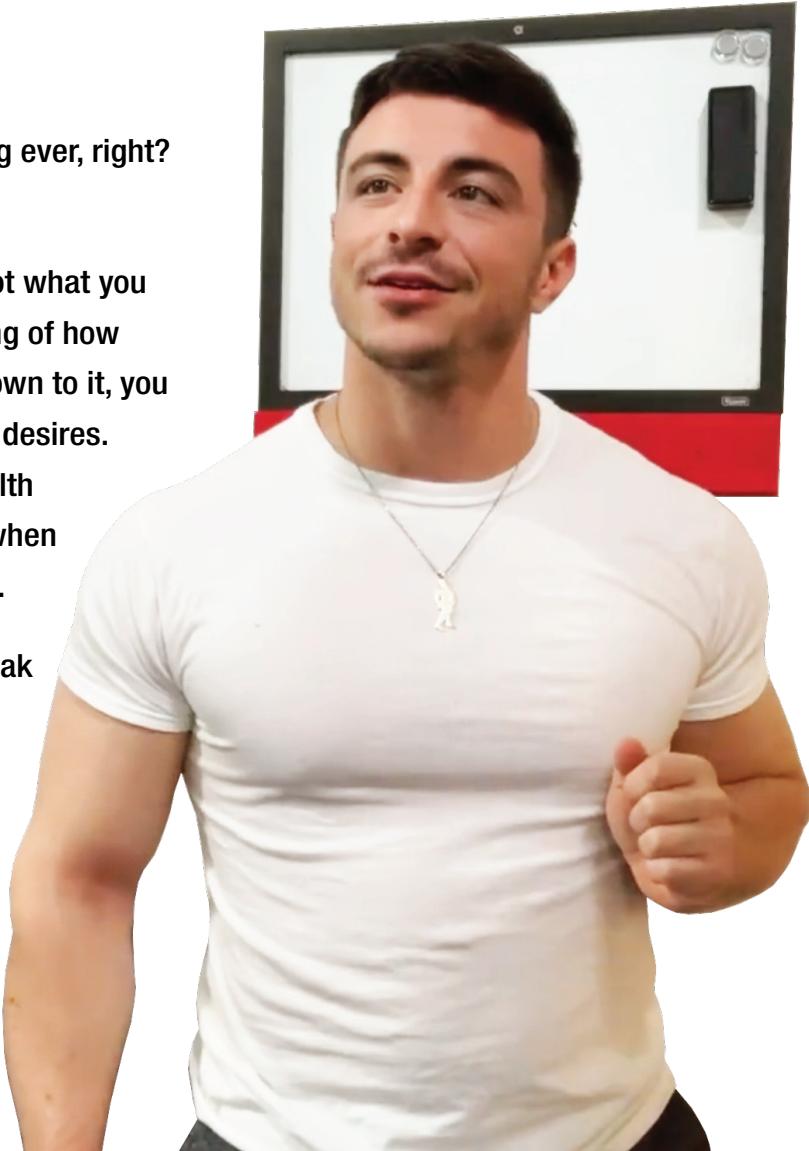
**WRONG!**

What we're going to focus on is not what you need to eat, but your understanding of how you need to eat. When it comes down to it, you can eat whatever your little heart desires.

This being said, your personal health conditions should be considered when choosing the contents of your diet.

In this book, I'm ONLY going to break down, how to set up your daily caloric intake and macronutrients, based on your lifestyle and goals, in 5 simple steps.

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## FIND YOUR BMR (BASAL METABOLIC RATE)

The Harris-Benedict Equation:

FOR MALES:

$$\text{BMR} = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$$

FOR FEMALES:

$$\text{BMR} = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4,330 \times \text{age in years})$$

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## 2

### DAILY ACTIVITY LEVEL

$$+ \text{BMR} = (x)$$

- A. If you are sedentary (little or no exercise) : Calorie-Calculation = BMR x 1.2 = x
- B. If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = BMR x 1.375
- C. If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = BMR x 1.55
- D. If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = BMR x 1.72
- E. If you are extra active (very hard exercise/sports & physical job or 2x training) : Calorie-Calculation = BMR x 1.9

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**3**

**SET YOUR DAILY  
CALORIC INTAKE  
BASED ON YOUR GOALS**

**MAINTENANCE:**

**$x = \text{DAILY CALORIC INTAKE}$**

**WEIGHT LOSS (CAUTIOUS):**

**$x - 250\text{cals} = \text{DAILY CALORIC INTAKE}$**

**WEIGHT LOSS (AGGRESSIVE):**

**$x - 500\text{cals} = \text{DAILY CALORIC INTAKE}$**

**WEIGHT GAIN (CAUTIOUS):**

**$x + 90\text{cals} = \text{DAILY CALORIC INTAKE}$**

**WEIGHT GAIN (AGGRESSIVE):**

**$x + 180\text{cals} = \text{DAILY CALORIC INTAKE}$**

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## 4

### BREAKING DOWN YOUR DAILY CALORIC INTAKE INTO MACRONUTRIENTS

#### PROTEIN

Your daily protein intake should be roughly 1 gram of protein per pound of lean body mass.

Lean body mass (LBM) is a part of body composition that is defined as the difference between total body weight and body fat weight. If you do not know your lean body mass, use the formula below:

#### The Boer Formula:1

**FOR MALES:**  $eLBM = 0.407W + 0.267H - 19.2$  • **FOR FEMALES:**  $eLBM = 0.252W + 0.473H - 48.3$

However, if you are an athlete, experienced lifter, or someone with more than usual muscle mass,

I highly consider taking 1 - 1.1 grams of protein per pound of total bodyweight, especially if you are within 7-9 body fat percentage range. Now that you have your daily amount of protein in grams.

Multiply that number by 4. Grams of protein x 4 = calories from protein

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## CARBS AND FATS

Here's the fun part. This is simple nutrition. This was made for you experiment and figure out how your body reacts to any kind of diet. Try low carb. Try high carb. Try keto. Try something new and understand how you feel when you're on it. How do you perform? How do you sleep? Your carbs and fats can be changed daily, and keep your life a lot more flexible. Keep in mind, the human body needs fiber. Females need anywhere between 22-28g and males 30-38g.

**To find your calories in carbs, multiply the number of grams by 4.**

**grams of carbs x 4 = calories from carbs**

Fats are a bit more important in my opinion. Making sure that 30% of your total daily calories comes from healthy fat sources can keep healthy hormone levels in the body for both men and women and prevent heart disease or other complications. Keep this in mind when considering you already have to intake your lean body mass up to your body weight in protein calories too.

Typically, I'll set protein first, fats second and carbs last.

**To find your calories in fats, multiply the number of grams by 9.**

**grams of fats x 9 = calories from fat**

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## STAY ACCOUNTABLE

The hard part, for most. Download calorie/macro counting apps. There's tons fo them in the app store and I don't need to name any of them. Download whichever is your favorite and track. Track everything that goes into your digestive system, EVERYDAY. Whether it be liquid or solid, cooked or raw.

The key to success relies on you making sure that your daily caloric intake and macronutrients are what they are supposed to be. If you do not value this process, you do not value your goals. Strive to be perFlcT when it comes to your nutrition everyday. Remember, we don't want this to consume our life, more or less, just be apart of it. That's why we use the flexibility of calorie and macronutrient counting.

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