



**Warrior Woman
FITNESS**

Macro's and Calories

- Learning (and living) your numbers



A Message from Karen

In this day and age, we are becoming more sophisticated in our understanding of weight, fat, calories and such. But old school ways of thinking still remain, and this is especially true with the 40+ woman. How?

In her world, CALORIES RULE THE DAY!

Yep, you know it! Today's woman is reading labels, counting, cutting, counting, cutting, counting...oh lordy! And it's ALL about losing weight!



But we need certain parts of food (macro-nutrients, like protein, carbs and fats), in certain amounts, especially if we want to increase our metabolism, burn fat, build shapely muscle, tone and tighten! So it's not just about eating less calories!

See, you could lose weight on a restricted diet of 1200 calories, but likely you will only be shedding water, and precious muscle and some bone (yikes!). And this is doubly true if you haven't got high protein, ample carbs and fats in each meal.

And 1200 calories of peanut butter will NOT make the same body as 1200 calories of lean protein, and quality carbohydrates and fats. It simply won't. So the adage, "it's all a mathematical formula: calories in, calories out" is FALSE. Sure, the scale will go down, but it's because you are losing your precious reserves (bone, muscle, water) with it!

Today's woman is re-thinking her strategy, and **changing her understanding and her language from calories to macro's**, as this booklet will explain.

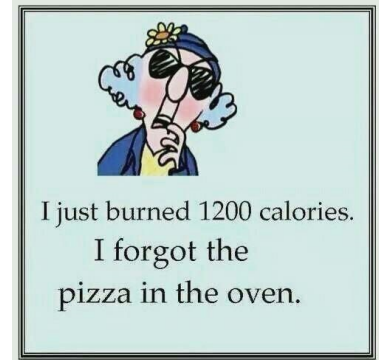
But calories still matter (all the clean eating in the world won't help you get lean if you're over indulging in your calories, or you've slowed your metabolism so much, that you can't lose anymore). And it's AMAZING how many women don't know how many calories they are TRULY eating. You MUST know this!

So to start, we are looking at your CALORIES, to determine how many YOU are currently eating! Then we shift gears and head into Macro's, how we are supposed to look at food, for long term weight loss / shape building success!

Part 1—KNOW your Current CALORIC Load!

“How many calories should I be eating?”

Oh my, if I have a nickel....I know when I hear this this question, the dieting mentality / quick fix mentality is hard at work. Old habits die heard. But die they must, if we want to really make progress. AND you have to shift your mindset!

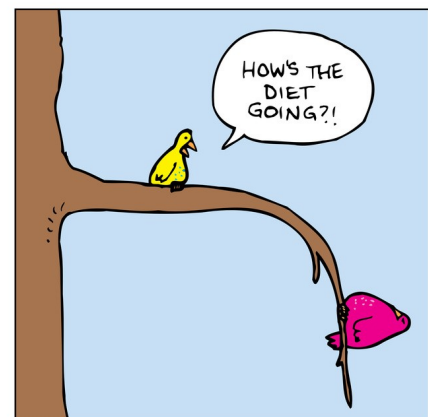


Genetics, hormones, Ph levels, metabolic set points, age, potassium / sodium balance, activity level and other factors determine your metabolism and your calorie needs. There is no calorie counter, perfect percentages of macro's, app, or perfect nutrition coach that can tell you exactly what you need, and your daily numbers will change according to your individual body type, activity, genetics, Ph levels, etc! But we can get a pretty good understanding when we put pen to paper, as we will see in this Booklet.

“But I don’t want to count calories!”

Oh I see. Well, look at it this way, you can’t just spend whatever is in your bank account without knowing what’s in there, what your weekly income is, etc. That’s what responsible adults do! And it’s the same with your food...you’ve simply gotta know what you’re eating in a day!

The average woman miscalculates her caloric intake..she UNDERESTIMATES them! And how many of you really know what a 1/2 cup of *anything* looks like on a plate!



So once we get REAL with how many calories we ARE CURRENTLY eating, and how many you should be eating, then we switch it up and start looking at food in macro nutrient fashion! Yep! It’s a new language, and a freeing way to eat and live! You’ll see.

CALORIES - How Many are you Eating, and How Many SHOULD you be Eating?

This is the part that people dread, but no great physique athlete ever got to where she was without knowing this. In short, *you gotta know where you are to know where you're going*. In my experience, we often underestimate how much we eat and over estimate how much we move. Time to get real. You have a few choices....



Choice #1—SIMPLE WRIST TEST:

Not the most reliable, but you can ball-park with this one! It's for average movers, what the average person training 3 days a week sits at. Grab your wrist with your thumb and middle finger:

- **If they overlap**, you're small boned and you require less calories: 1300-1700
- **If they touch**, you're medium boned and you require 1500-1800 calories.
- **If they don't touch**, you're large boned and you require 1600-2000+ calories.



Choice #2—PUTTING PEN TO PAPER

For the next 1-2 days, I want you to estimate your calories....so measure (use your scale, measuring cups etc) and write down everything you eat on an *average* day! (People instinctively choose their best day, or clean up their diet and then start recording....this does nothing to enlighten you or help you get to where you need to go). Now, **add it up**.

Personally I use pen and paper, but lots of gals like apps, but I think it's really, really wise to use measuring tools and read labels! And when we measure, we get to see just how little a 1/2 cup really is, what 4 ounces of protein is, etc. We've been super-sizing little by little every year, and we've lost touch with the basics of size.

Choice #3: Use the **Harris Benedict Formula** (if you don't know your bodyweight) to figure out how many calories you need a day as a baseline. - [CLICK HERE](#)

Choice #4: Use the **Katch McArdle Formula** (when you know your body fat percentage). It's much more exact than Harris formula— [CLICK HERE!](#)

Choice #5—All in One QUICK & DIRTY APP

If you want an easier way without having to do all that work, check out www.macronutrientcalculator.com.

Click on **Help Me Find My Daily Caloric Needs**. This shows you approximately how many calories you are currently eating to be at the weight you are at (this likely needs to go down if you are carrying unwanted fat). But we need to know where you are currently at!



Now, plug in your **activity level** (honestly, I would put in 'Moderate...I train pretty hard! I've played with this enough with my numbers, and I would suggest you put in Light or Moderate, not above this.

From there, you can plug in **where you want to be in weight**, and it'll show you how many calories you need to eat to be at this new (lower) weight.

Then you can plug in our Macronutrient ratios—**20-30% protein, 40-50% carbs and 20-30% fats**. (These are our Warrior Woman average percentages to play with). This will show you just how tough it is too, to satisfy your macro requirements with your calories, and to recognize how important your macro's really are, over simple calories. That's why we try to eat more in the off season and stay heavier, so we can get these nutrients in, we want to BUILD and tone and tighten! We just can't do it if we're always trying to rein in the calories!

Remember our [Thinking in Food Groups](#) from our **Healthy Habits Booklet**? If not, let's revisit that video...we'll be talking more about this in Part 2 of this Booklet!

So how many calories do YOU need to reach your IDEAL WEIGHT? _____

MORE Fat Loss TIPS:

Don't Go OVERBOARD! You can't just zoom down to your new caloric number because it's likely too drastic a cut. For example, most women carrying extra weight eat over 2000 calories a day, and with some diet plans, they usually cut down to 1200 calories – this is a loss of almost 50% of your calories. Yes, you'll definitely lose weight, for awhile anyway, then you'll stall, and in a panic, either up your training time (putting friends, family and life on hold) or you'll cut your calories even more! But this drastic lowering of calories causes your metabolism to halt and you start dropping the very thing we don't want – precious metabolism-boosting and shapely muscle!

Cutting Calories: The golden rule is this: IF you've been eating high calorie, only cut your calories by 10-20 percent to start...sit there for a few weeks and cut a bit more. Don't go below 1200. We go into this in detail in my programs like the Best Shape Challenge or the Warrior Woman Group Coaching Program...Faster is not better in calorie-cutting, or you might ricochet back up!

Example: If you're eating 2200 calories and the formula has you at 1600 calories then drop by 20% for a few weeks (about 400 calories), down to 1800. Let your body adjust, stay there for 2-4 weeks and if you stall, drop by another 10% (200 calories) for a total of 1600 calories. Again, watch and wait and if it stalls, you can drop by another 10% for a total drop of 40% and a total caloric intake of 1400.

Let your calories wander—If you stick to the same caloric load day after day, especially if it's a lower calorie regime to lean out, your body will hold onto the fat. And NO extremes...so don't cut down to 1200 calories one day, the up to 2000 the next. This is metabolism HAVOC. The body doesn't like extremes!

Clean UP! If you've been eating carbs, like breads, crackers, man made stuff, cut that in half and hold for a bit too. If you cut them all at once, you will likely suffer from ricochet hunger pangs and it will be hard to stick with a clean diet.

Don't dip below 1200 calories. If your weight loss stalls gain, we can use other methods to wake it up including carb zig zagging, We look at this in detail in the Advanced 12-Week Challenge, but for now, just shake up your calorie totals... don't stay at the same calorie count for more than 3-5 days in a row!

SUMMARY:

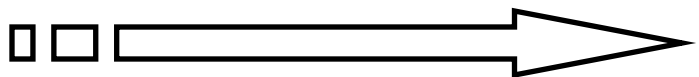
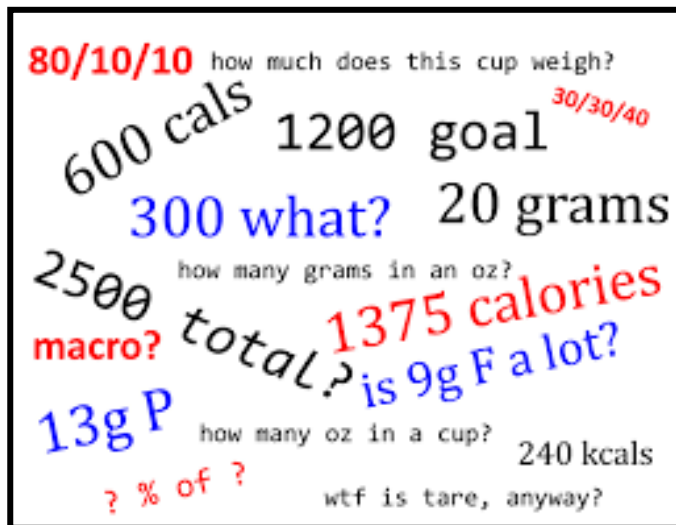
OK, so now that we've looked at calories, the myths, the real deal, you have calculated how many you ARE eating, and how many you SHOULD be eating, right?

And you have some tips on how to help lose some fat, so let's move on.

Heading into Macro Nutrient Territory:

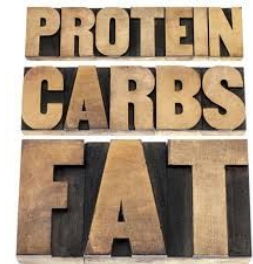
We can now move into the wonderful world of **macro nutrients**, and define your profile and amounts, and WHY we should look at food this way.

You ready....?



Part 2— YOUR Macronutrients

Protein, Carbs and Fats!



Why Macro's?

In our world, we categorize all foods as either a protein, a carbohydrate, or a fat. These are simply called the three **macronutrients**. In this way, we ensure we are eating whole, nutrient dense foods, and in the proper amounts. A calorie is NEVER a calorie to a Warrior Woman! (This is where we DROP the dieting mentality, ok?)

Powerful Protein – The Magic Bullet!

The first thing we always concentrate on is our protein levels. Studies show that we need minimum of 40 grams a day just to maintain normal functioning of our vital organs, and as *Warrior weight training Women*, our needs are naturally higher! Low protein is directly related to osteoporosis, breast cancer, colon cancer, and weak immune systems. We need protein for proper thyroid function, healthy bones, balancing hormones, and steadying our sugar levels, which reduces our risk of diabetes and other insulin-dependent diseases. Protein builds healthy blood, and maintains muscle, ligaments, tendons and joints. And of course, it increases your metabolism and is a great beauty aid—skin, hair and nails!



A Word about Meat

Meat (especially red meat) has been given a bad rap over the years, but in our haste to get healthy, we've thrown out the baby with the bathwater. While many health specialists tout the dangers of red meat, the problem is not in the meat itself, but the type of meat.

In commercial farming, our cattle are fed a cocktail of hormones and antibiotics their entire life. As well, most of their feed is grain and corn, which is not their natural food, and which are the largest genetically modified crops. What ends up on our plates are meats that have an unusually high saturated fat content (approximately 75%), and a low Omega 3 content (healthy fats, at 25%).

In traditional farming, animals are allowed to roam and to they eat their native grasses. They're not force-fed antibiotics or hormones. The result – a meat with a totally different profile. The saturated fat content is down around 23%, and the healthy Omega's are upwards of 70%. Clean, healthy, energizing. So the issue is not red meat, but what *type* of red meat we're consuming.

I'm a vegetarian – Can I get enough Protein?

Vegetarians often have a tough time getting a minimum of 80 grams of bio available protein (it's not very bio available from grains, beans or green leafy veggies. So we will need to discuss in their diet (it is worse for vegans). Often, vegetarians eat a lot of dairy, cheese etc, which can be heavy in fat too! Grains, beans and vegetables are poor sources of protein as their amino acids profile is weak, so they rank quite low on the Biological Value scale (a distant 69). Vegetarians are best served by drinking one to two whey protein shakes a day, to ensure they're getting enough!

How much protein?

There's some debate about how much protein people need, based on gender, activity, age and size. So we're just going to keep it simple for you. Remember, us Warrior Women are here to *lift weights* and we work to shift our musculature (shape, tone, metabolism, strength) so yes, we need more protein! So we need to aim for **80-150 grams a day**. This will serve all Warrior Women quite nicely, regardless of age and activity level! Best time to eat it is first a.m. and after exercise (up to 1 hour). **So aim for 20-30 grams at each meal.**



As a high functioning female athlete, you need to eat **1 to 1.5 grams of protein per lean pound of body mass** (so don't factor in the fat you're carrying, ie, if you're 120 pounds and you're at 20% bodyfat, then the number is 100, so protein will be 100 to 150 grams a day for you. (And never mind what they say in other sport or on the Internet...we are speaking to the physique athlete, here!

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

| | | |
|----------------------------|-------------------------------|-----|
| Whey Protein | 25-30 gm scoop | 120 |
| Egg whites | 5 - 7 whites | 115 |
| Low fat yogurt | 2 cups / 480 ml | 220 |
| Low fat cottage cheese | 1 cup / 240 ml | 115 |
| Whey protein powder | $\frac{3}{4}$ cup / 80 ml | 165 |
| Soy Protein powder | 1 ounce / 28 gm | 112 |
| Tofu | 1 cup / 240 ml | 360 |
| Skinless turkey breast | 5 ounces / 140 gm | 225 |
| Skinless chicken breast | 5 ounces / 140 gm | 232 |
| Soy milk | 3 cups / 720 ml | 450 |
| Salmon (not canned) | 5 ounces / 140 gm | 166 |
| Tuna (not canned) | 5 ounces / 140 gm | 155 |
| Can of Tuna (check label!) | 170 grams | 140 |
| Bison | 5 ounces / 140 gm | 123 |
| Lean beef tenderloin | 4 ounces / 112 gm | 183 |
| Quinoa | 2 cups cooked / 480 ml | 234 |
| Almonds or pine nuts | $\frac{3}{4}$ cup / 180 ml | 621 |
| Ezekiel 4:9 cereal | 1 $\frac{1}{2}$ cups / 360 ml | 600 |
| Soybeans / edamame | 1 cup / 240 ml | 254 |
| Natural peanut butter | 6 Tbsp / 90 ml | 600 |
| Almond butter | 6 Tbsp / 90 ml | 570 |
| Lentils | 1 $\frac{1}{2}$ cups / 360 ml | 265 |

Protein will make up 20-30% of your daily caloric intake

What are the best sources of protein?

Animal sources still yield the highest biological value of any protein source, meaning, all the amino acids are in high amounts and are readily absorbable and utilized by the body.



This isn't the case with grain, legumes or vegetable protein sources. In fact, they rank quite low on the Biological Value scale which measures the quality and absorbability is low. Grains and beans rank 69 or lower (out of a total of 100), eggs are 100, milk is 91, beef is 80, beans are a distant 49. Whey is the highest at 104. Soy is 79.

What about Nuts and Seeds?

As a source of minerals and antioxidants, they rock! But they are a poor source of protein. In fact, 1 TBSP of most nut butters offers approximately 4-5 grams per serving, with lots of fat. As a snack, they're great, in limited quantities, but if you're trying to up your protein and lower your waistline, don't go nuts with the nuts. I always put them in the 'fat' category.



Getting the Scoop on Protein Powders!

Because our repair process is on-going due to continual lifting, we need a constant supply of protein circulating in our body at all times, so it's available for when our body needs it. Protein powders are a quick and easily digestible, and they detoxify our body at the same time. The two most popular are **whey** and **soy**, because they have a high BV (biological value - the percentage of nitrogen absorbed), which refers to your body's ability to absorb / use the protein.

Whey protein remains the most popular choice, with a biological value (BV) of 104. It also scores highest on the Protein Digestibility Corrected Amino Acid Score and the second highest (behind whole eggs) on the Protein Efficiency Ration, industry measurements put out by the USDA. Along with whey's superior amino acid profile, *whey raises glutathione levels* (a powerful antioxidant that aids in detoxification, wards off cancer, infection and viruses). Make sure the whey you choose is an '*isolate*', not a concentrate form. Isolates are the highest quality, and are suitable for even the most lactose-intolerant individuals.

Soy protein is the second most popular choice in protein powders, although it has a lower biological value. This is partly due to the isoflavones (found in isolate form only) which are estrogenic and help ease PMS. Isoflavones also help to increase bone density in peri-menopausal and menopausal women.



www.edgeprotein.com

Hemp also shares the limelight as a high quality, complete vegetarian source of all amino acids, essential fatty acids (in particular Omega 3's) natural antioxidants, fiber and chlorophyll. *Edestin*, found only in hemp, is considered the backbone of our cell's DNA, which is why out of all the vegetable kingdom, hemp protein has the closest resemblance to our human protein profile.

Rice is the lowest on the bioavailability scale, and we usually recommend this lower form of protein in extreme cases of allergies or digestive issues.

Carbohydrates – Our downfall!



Ah yes...we love our carbs. Any why not? Nothing elicits a warm, fuzzy feeling like a hot cinnamon bun on a cold winter's day. But we are a nation addicted to carbs, and it's adding to our weight struggles, soaring diabetes rates, insulin resistance, overly-acidic bodies and a host of other undesirables.

But not all carbs are created equal. In fact, *the right kinds of carbs* are extremely important to weight training women! They supply energy to body, and they are the **only** source of energy to the brain and red blood cells, but they also help us to grow shapely muscle! (Ever seen anyone on a long term low carb diet? They look deflated). Carbs must be treated with respect, so a 'holding of the reins' is necessary here.

If you're looking to optimize all three of our goals – to *look, feel* and *perform* better, close attention to carbs is extremely important. But make sure *you're using them* to your advantage, instead of *them using you!*

Know the difference between 'real' and 'fake' carbs

First, if you're looking to lose weight, increase your **real, live** carbs (those found in nature, like fruits and veggies) and minimize or eliminate **fake** carbs (man-made, refined ones - breads, pasta, crackers, cookies, chips etc...you know the drill!).

Second: If you must indulge in these **'fake'** carbs, do so before 3 pm. The reason for this is simple - if you eat them in the evening, your body's metabolic processes are winding down for the day, so you can't digest these starchy carbs efficiently. So they end up being only partially digested, and are carried over into the next day. Before you know it, things starts piling up! Literally!

Third, eat a little bit of **real, live** carbs with 2-3 meals (veggies, lightly steamed). They clean out the cells, energize your body, remove toxins decrease muscle pain and reduce cravings.

Fourth: while fruit is a healthy carb, if you have weight issues, *limit your fruit intake to one piece a day*, and make it a low sugar choice like an apple, pear or berries. (Yeah, I know, hard to hear!).

Fifth: If you like your juice, milk, sodas or alcohol, *and* you have weight issues you now know why you can't get rid of the excess weight. Your body converts all carbs into sugars for fuel. (Remember, the other word for 'carbs' is 'sugar'). And the simpler the sugars (liquid form is the simplest), the faster it gets absorbed and stored as excess calories. So for optimum weight, immediately replace all sodas, juice, milk, and those designer coffees with water. Pretty simple.

'Get out of jail' card: There's an exception to the rule when it comes to eating **'fake'** carbs and here it is - if you trained that day, you get to eat a serving of 'fake' carbs after your training session. It's like your own 'get out of jail' wild card. You've earned it, and your body is well-equipped to burn it off after training.

Carbs are *not* the enemy.



As a **Warrior Woman**, carbs are equally important to protein. Without them, we cannot build shapely muscle, but with too much of them, we carry excess fat easily. So we deal with carbs with extreme care and caution. Difference with carbs, is they are the macronutrients we alter the most (protein remains more or less constant and fat can change, but not as much as carbs).

Many athletes make the mistake of cutting carbs too soon and for too long, and the results show it—stringy, skinny and poor muscle tone. And it makes it extremely difficult to add muscle. Also, cutting carbs will mess your metabolism if not done properly. Protein is simple...but carbs are harder to pin down, and *your carb amounts will vary, daily or weekly*, according to your training and such (the night before Leg Day and that morning, I load up on starchies - rice, potatoes, oatmeal, over 2-3 meals, in order to have the reserves of glycogen (carbs) needed to fuel me through.) And your body's needs will change too, often as we get older, we tolerate them less and less, so this could be you too!

TRAINING AND CARBS: You simply cannot eat a carb meal just hours before a big workout and expect your energy, strength or reserves to last. It takes 6-8 hours, or sometimes longer to fill up my glycogen stores, so sometimes I gotta eat 2 meals before a session, with starchies! Listen to your body! On smaller or non-training days, you might want to eat less starchies and more fibrous carbs, to keep the calories down (starchies are generally more calorie heavy than fibrous). Your body won't need the energy or calories on these quieter

| Fibrous Carbohydrates | Starchy Carbohydrates | Simple Carbohydrates |
|-----------------------|--|--|
| Asparagus | Oatmeal | Fruits |
| Eggplant | Legumes | Milk |
| Bamboo Shoots | Potatoes, Yams, Sweet Potato | Fruit Juice |
| Green Beans | Brown rice | Soda, pop |
| Broccoli | Whole wheat pasta | Crackers, chips |
| Brussels Sprouts | Whole wheat/ Multi-grain bread | Cookies, |
| Cabbage | Whole grain cereals (e.g. muesli, shredded wheat, Kashi) | Spreads & Sauces |
| Carrots | Whole Barley | Condiments |
| Cauliflower | Buckwheat | Cereals (packaged ones like fruit loops, corn flakes...etc |
| Celery | Rye | Sugars and syrups |
| Cucumber | Millet | |
| Lettuce | Whole grains | |
| Mushrooms | Beans – lima, red, kidney | |
| Okra | Black eyed peas, lentils, chick peas | |
| Red/ green Peppers | Sweet Corn | |
| Spinach | Flour (Whole Wheat) | |
| Zucchini (Courgette) | | |

How many Carbs should YOU Eat? Again , it depends on your daily training, your age, genetics, tolerance (although if you are really intolerant, you likely have over-dieted in the past, or you have cut carbs too low for a long time, and now your body overreacts to them—you gain weight way too easily when you eat them!). So if you want to up your amounts to get your metabolism back up to speed (which I highly recommend), you have to add carbs in slowly, like 10 grams a day for a week at a time, until you can get up to a reasonable amount (say, 80-120 grams). But this is the hardest thing to gauge, so you have to be patient and apply, check, reapply and so forth, until you find your carb place.

For me, a low carb day is 60-80 grams (if I'm competing, then the definition changes...low carb is around 40, but this is NOT for the average person...so consider the source...we alter our terminology depending on our background and our journey at the time). A moderate day for the Warrior Woman would be 80-120, high is 120-200 (yep, some gals need 200!). So where are you with your CARB intake? Serious physique athletes need to know!

Measured amount is here (this is NOT the carb amount, that is here! So 43 grams of yams yield 10 grams of carbs.

| Complex CARBOHYDRATES | 10 g | 15 g | 20 g | 25 g | 30g |
|-------------------------------------|-------------|-------------|-------------|-------------|------------|
| Yams (cooked) | 43 g | 62 g | 85 g | 105 g | 124g |
| Brown or white Rice (cooked) | 50 ml | 75 ml | 100 ml | 125 ml | 150ml |
| Oatmeal (dry) | 15 g | 22.5 g | 30 g | 37.5 | 45g |
| Sweet Potato (cooked) | 43.5 g | 64 g | 87 g | 108 g | 128g |
| Potato (cooked) | | 75 g | 95 g | 115 g | 135 g |
| FRUIT/Simple (Fibrous) Carbs | 20g | 25g | 30g | 40g | |
| Blueberries | 1 cup | 1.25 c | 1.5cups | 2 cups | |
| Strawberries | 2 cups | 2.5 c | 3 cups | 4 cups | |
| Raspberries | 1 cup | 1.5 c | 2 cups | 2 cups | |
| Grapefruit | 1 cup | 1.75 c | 1.5cups | 2 cups | |
| Watermelon-diced | 4 cups | 5 cups | 6 cups | 8 cups | |
| FIBROUS CARBS | 5g | 10g | | | |
| Broccoli (cooked) | 3/4 cup | 1.5 cups | | | |
| Cauliflower | 3/4 cup | 1.5 cups | | | |
| Green beans (cooked) | 3/4 cup | 1.5 cups | | | |
| Asparagus (cooked) | 1 cup | 2 cups | | | |
| Romaine or other salad (raw) | 1 cup | 2 cups | | | |

Carbs will make up 40-50% of your daily intake

Fats – The good, the bad & the ugly.



Poor fats! They've been the target of dieticians and doctors for too many years, but without good cause, in many instances. Let's clear up some misconceptions. In a nutshell, if it's a good fat, it's healthy to eat, and all natural sources of fats are healthy to a certain extent.

✓✓ **Monounsaturated fats: Good Fats**

These are the good guys. They're liquid at room temperature and lower cholesterol in the body.

| | |
|----------------------|------------------------|
| Avocado | Pistachios |
| Cashews | Pumpkin seeds |
| Macadamia nuts | Walnuts and walnut oil |
| Peanuts & peanut oil | Canola oil |
| Olive oil | |

✓✓ **Polyunsaturated Fats: Good Fats**

Polyunsaturated fats are also good. They're liquid at room temperature and lower cholesterol .

| | |
|----------------------------|-------------------------|
| Corn oil | Safflower oil |
| Cottonseed oil | Sunflower oil and seeds |
| Flaxseeds and flaxseed oil | Sesame oil and seeds |
| Fish and fish oils | Soybean oil and seeds |
| Grapeseed oil | Walnut oil and seeds |



✓✗ **Saturated fats: Good and Bad Fats**

These guys are solid at room temperature, come mainly from animal fats, and they should be eaten in smaller amounts. But meats in particular have been given a bad rap because of their supposed cholesterol-raising abilities. But again, we have to differentiate between commercial meats and traditional meats: if you eat traditional (wild, organic) meats, the saturated fat is minimal, the healthy Omega 3 fat levels are high, and they don't contain dangerous antibiotics and hormones (commercial meats routinely use these!). So choose wild, traditional or local meats!

*** Note: Coconut oil is also a saturated fat, and is one of the healthiest fats you can eat. So don't believe what they say about coconut oil, it's good for you! And it helps you to burn fat too!**

| | |
|----------------------|----------|
| Animal fat | Palm oil |
| Fatty meats | lamb |
| Coconut oil | Pork |
| Vegetable shortening | Veal |

✗✗ Trans fats –Ugly Fats : Need I say more? DO NOT eat them! These nasty fats are found in foods that sit in your cupboard for awhile. If it says '*hydrogenated*' or '*modified*', it's a trans fat.

| Fat Source | Saturated (grams) | Mono-unsaturated (grams) | Poly-unsaturated (grams) | Calories / TBSP tbsp=13.6 gm |
|---------------------|--------------------------|---------------------------------|---------------------------------|--|
| Safflower Oil | 0.8 | 10.2 | 2.0 | 120 cal |
| Canola Oil | 0.9 | 8.2 | 4.1 | 120 cal |
| Flax/hemp/Udo's | 1.3 | 2.5 | 10.2 | 120 cal |
| Sunflower Oil | 1.4 | 2.7 | 8.9 | 120 cal |
| Corn Oil | 1.7 | 3.3 | 8.0 | 120 cal |
| Olive Oil | 1.8 | 10.0 | 1.2 | 120 cal |
| Sesame & Soybean | 1.9 | 5.4 | 5.6 | 120 cal |
| Palm Oil | 6.7 | 5.0 | 1.2 | 120 cal |
| Butter/Cocoa Butter | 7.2 | 3.3 | 0.5 | 120 cal |
| Coconut Oil | 11.8 | 0.8 | 0.2 | 120 cal |

And what about the ketosis diet? (High fat, low carb). Personally, I don't buy it, but try it for yourself. It's the latest and greatest thing to come onto the eating plan scene, and I think people like it because it lets you eat high fat, and demonizes carbs (once again!), and 'science says it feeds your brain better and your body learns how to burn fat more efficiently.

Until the 'real' science is there, be wary of such off the charts things (I think sometimes people like to adopt an eating plan / diet because it sounds cool, or it's radical. I prefer to stay humble and grounded. If you have to brag about how you eat, then you're doing it for the wrong reasons.

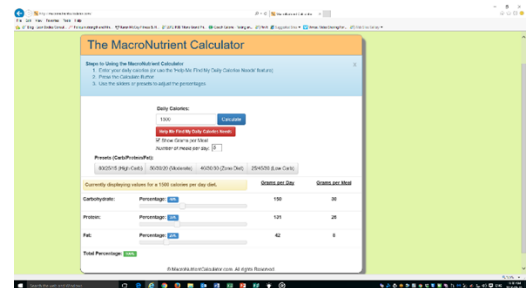
Fats will make up 20-30% of your daily intake

www.warriorwomanfitness.com

Translating Calories into Macro's – using our 30/40/30 percentage spread!

Here's a funky counter that you may like: Go to: <http://macronutrientcalculator.com/>

Step 1: To find out what your calories are now, start by pushing the red button titled “**Help me Find my Daily Caloric Needs**”. This shows your current calories for the weight you are at (naturally, this needs to be less if you want to lose fat!)



Step 2: Plug in your stats and push **calculate**...

Step 3: Take this number and return to the **Macronutrient Calculator** and put it in Daily Calories.

Step 4: Set the macro percentages at...**Protein 30%, Carbs 40%, , fats 30%**. These are not set in stone, but I recommend them as a starting place for what mature athletes wanting to rev the metabolism and add muscle / lose fat. Again, there are variables, but higher protein / higher fat and a bit lower carbs for older women usually works best.

Step 5: Put in **4 or 5 meals a day**, whichever you prefer (a snack is a meal...).

Step 6: Push **Calculate**....there! You've got your grams per day and grams per meal...

NOTE: Working one on one with a qualified Sports Nutrition coach is highly recommended, but for now, these averages can apply.

NOTE: *If you are trying to lose weight, AND trying to build muscle, this shows you how it's hard to do both.* If you go down to, say, 1200-1400 calories to lose fat, well, you'll see your macro percentages plummet pretty fast, and we know that we need higher amounts of calories in protein (at least 1 gram per pound of lean mass) and carbs to be higher (100-200 grams/day) to add muscle. That's why we eat more in off season!

So you can now see how most women like to 'bulk up' and eat more, in order to build muscle (this is what us competitors do). So that's why we can keep the macro's up so we can BUILD! And for my lifestyle clients, we get around this by staying a bit 'fuller' in the fall and winter (when we can layer up!), so we can add shapely muscle, then, as you ladies know, our programming shifts to higher rep, more movement-based work to help shed the fat in the spring and summer...hence the 'seasonal' aspect of your training!

Macronutrients

The term 'macronutrients' refers to protein, carbohydrates, and fats. These three major components are responsible for calories. Each plays an important role in sustaining energy, metabolism and bodily functions.

Caloric content of these macronutrients are:

1 gram of carbohydrates = 4 calories.

1 gram of protein = 4 calories.

1 gram of fat = 9 calories.

Carbohydrates

The power behind the muscle – carbs are processed with water and turned into muscle glycogen, which provides the power behind the muscle. A carb-depleted muscle is not nearly as strong as a muscle full of glycogen because there is no water and therefore less blood within the muscle to contract or drive the movement. Carbohydrates create an

insulin response, which helps transport protein into the muscle to aid in recovery and building of new tissue. Carbs are also important for hormonal health. Low carb diets tend to be low in the vitamins and minerals that help manage hormonal fluctuations, particularly in females. Furthermore, without carbs your body goes into ketosis. While ketosis is not necessarily a bad place to be, it is quite uncomfortable to get there and one carb heavy meal can throw you out of ketosis entirely.

Protein

Protein is essential for recovery and growth of bodily tissues. Protein is processed at 4 calories per gram, which is the same as carbohydrate. However, protein has a higher metabolic rate due to a higher thermogenic effect. Protein is broken down into 21 amino acids, of which 8 are essential and must be consumed through food, 7 are conditionally essential meaning they cannot be constructed by the body during times of illness, injury, or extreme stress, and 6 are non-essential aminos that can be produced by the body and do not need to be acquired through food. Protein is particularly important during times of lower caloric intake because it prevents the breakdown of muscle tissue, and because muscle requires more calories to sustain than fat does, it helps maintain resting metabolic rate.

Myth: Extra protein will build more muscle faster because of the higher anabolic response. False...to an extent, yes, protein synthesis is important, but the body can only process so much protein at one time and muscles can only grow so fast.

Fat

Fat is a source of energy often burned once the glycogen stores in the muscle have been depleted. Fat is a more concentrated energy source, clocking in at 9 calories per gram. Fat is essential for healthy skin and hair, as well as being responsible for transporting fat-soluble vitamins. Due to the longer digestion rate, fat also provides satiety.

So let's do some math: I weigh 120 pounds, I eat 1500 calories a day (where I sit best, to maintain 19% bodyfat, AND still be able to perform in the gym, have strength, hence create change in my physique. This is where YOU must find where You and your BODY wants to 'live', your recipe for gains, while maintaining leanness (if you are at your lean place, if not, you must first get there...so your calorie amounts, and your learning, will need to continue on...

I eat 4x a day (that works for me). I don't snack.

If I am aiming for a 30/40/30 spread (30% protein, 40% carbs, 30% fat), I gotta do the math.....

- 30% of 1500 is 450 calories ($1500 \times .3$). There are 4 calories in each gram of protein, so 450 divided by 4 is 112 grams of protein. If I divide that into 4 meals, it's around 25-30 grams of protein.

- 40% of 1500 is 600 calories, and there are again, 4 calories in a gram of carbs, so 600 divided by 4 is 150 grams of carbs. So app 35 per meal.

- 30% of 1500 is 450 calories, and there are 9 calories in a gram of fat, so 450 divided by 9 is 50 grams of fats, app 10-12 grams a meal.

NOTE: This was a starting place for me, but after many months of attempts, I was not losing, so I altered things...150 grams of carbs is too many for me, I am small (5'2") and I sit a lot with my work, both working against me (even though I train HARD for 60-90 minutes, it's clearly not enough). SO I will alter this ratio, to find what works for ME, at this point in my LIFE. I will likely bring the carbs DOWN and up the protein to 35 or 40%. And bring my carbs down...I will play with this for awhile. (I HAVE found my percentages that work for ME, now it's up to you to find YOURS! And it can change with lifestyle changes, exercise volume etc. This is where it becomes INTUITIVE, but you always, ALWAYS want to ensure you have enough energy for training and recovery!!!

Flexible Dieting and my food choices

I practice **Flexible Dieting**, and teach this to all my clients, which allows us choice and , well, flexibility in our foods! So we eat varying food sources, so nothing is set in stone (like the cookie cutter menu plans you see...only eat this or this, and DON'T Stray!), and no food is seen as 'good' or 'bad'. We also NEVER cut out whole food groups. Oh yeah, I eat white potatoes and white rice too! E- gads!

For me, each meal has a **protein** (20-30 grams, which is about 3-4 ounces of meat sources), **starchy carbs** (1/2 cup rice, pasta, 3-4 ounces of potatoes or other root veggie fits into this category), and some **fat** (liquid fat, like my home made dressing, or 1 TBSP almond butter or nut butters. I do use butter, for sure, but it's easy to let it get away from you!



I know the calorie counts and average macro counts that I NEED (and you will learn yours too), and I know that eating this way, 3-5 times a day, gives me around 1400-1800 calories, and 100-150 grams of protein, 100-150 grams of carbs (starchy and fibrous), and fat, I don't really count (because I don't use sauces and such, and don't eat out a lot. But it's probably 30 grams (I like my fat! But I can handle it! That's about 3 TBSP of something ...dressing, butter, nut butter...my 3 go-to's!

I am a smaller person (5'2"), so I don't get to eat as much as my taller, bigger boned sisters! L and while I exercise a lot, my work consists of a lot of sitting (Internet fitness marketing! LOL) and on those days, or on non-training days, I shave down my eating, or I will gain weight! So you really don't need as many calories as you need.



And oh yeah, I DO enjoy my wine. Weekends, 1-2 glasses. I'm too old to be so restrictive! But again, I know how to balance it out. I'll shave out some food, if I plan on overindulging (but NEVER protein... that's a constant). It's all about choice! But I do know that if I indulge every night, the weight packs on! And I choose NOT to live like that anymore! Choice brings freedom!

All my meals are pretty well the same in macro's and calories. I don't really have to think about it much, as it's become a habit by now. And I pretty well eat the same 11 or 12 foods. Most successful physique gals do. It's NOT boring to me, but it may be to some. I don't eat out much, or do take out. I just don't like it, and I can't keep track...all that hard work in the gym and now it's thrown into Chance! No way!

Preparation: Yep, a BIG deal! You MUST always have prepared protein and starchy cooked carbs on hand. I'll cook up 4 chicken breasts at a time, and a bunch of boiled eggs too. I always have protein powder and some yogurt on hand too. Veggies, I'll cook up when I eat them...they're fast and easy. And if I'm out and about, YES, I take food with me! ALWAYS! Isn't that why they created Tupperware??

I don't drink pop, or juice, milk or anything from a store. I drink 1-2 cups of coffee in the morn (yes, with cream), and I drink 2-3 litres of water...always carrying it with me.

SNACKING? Not for me! I don't snack, don't like to, calories creep up too easily, and it also keeps me wanting more food! So I eat 3-4 meals a day.

Breakfast – pretty standard: 1/3 cup dry oatmeal, cooked with ½ cup dry curds mixed in, or 1 scoop protein powder with just enough yogurt for mixing well, and a TBSP almond butter, sprinkle of berries (NEVER granola...way too many calories and carbs!). Around 450 calories, 25 grams protein, 25 grams carbs, 10 grams fat. PERFECT!



WRAPS! I use wraps a lot, whole grain (I have no gluten issues), so 2-3 boiled eggs, with one yolk, Spectrum mayo (no sugar or trans fats), and the wrap is the starchy carbs, so I add in a salad (whatever's in the fridge, some flax / balsamic oil for dressing (LOVE flax over olive oil!, and some veggies in the eggs).



Again, about the same calorie and macro count as breakfast. All my meals are pretty well the same in macro's and calories.

PROTEIN and GREENS: If I'm feeling the need to slow down on heavy carbs, then I'll have a protein (here, 4 ounces of chicken) with a salad and dressing, *at my last meal* (never do I cut starchies in the day, as I need the energy, but I will, for my last meal. That's when starches can creep up, and the calories too).



Here's a nifty trick...many people love spaghetti, but it's too many carbs for me, most times. But I don't want to NOT eat with my family when they want spaghetti, so I will make the sauce (usually with buffalo meat! LOVE the stuff! Cleaner option), and put it over a big, green salad instead! It fills me, and it's my version of spaghetti! And everyone's happy! (Mrs Leepers corn pasta is what I choose).



And yes, I do a FLEX meal, once or twice a week (bottom right). My fav is a burger (yes, with the BUN!, but usually only the bottom half. I don't have bun-fear, but it just fills me up too much, and I save room for dessert)! And a big glass of wine! I'm human, and I work and train hard, and this gives my brain and spirit a lift, AND a flex meal (when used properly) ADDS to your training and your goals. And I will have a few fries too. Most people find when they clean up their diets, the deep fried stuff is hard on their system! That's a GOOD thing, it means your body is cleaning out! BUT Flex meals are a TOOL, and you need a qualified coach to guide you through it, or it's just called 'over eating!' :)



Ideal Protein Choices:

Chicken, turkey, fish, lean beef, cottage cheese, greek yogurt, low fat cheese, protein powders, hemp seeds (remember fat content as well), eggs, egg whites, protein bars, bison/buffalo, lean pork, turkey bacon.

Ideal Carbohydrate choices:

Rice, potatoes, sweet potatoes, rice cakes, yams, oats, cream of wheat, cream of rice, breads (ezekial, squirrely, gluten free), rice pasta, legumes, fruit, vegetables, yogurt/dairy products, baked goods.

Ideal Fat Choices:

Olive oil, flax or hemp oil, avocado, organic butter, nut butters, nuts, seeds, coconut milk, coconut oil, cream, etc.

How I do it. So for me, on a regular carb day I eat protein at every meal (around 25-30 grams, I know how to eyeball my meat and eggs really well to hit these amounts) and the carbs get added in at 20-25 grams every meal. I don't really bother counting fibrous carbs like broccoli and such, just the starchies, because they are calorie heavy. I have 2-3 meals with 20-25 grams of starchies, usually, and I don't worry about the fat—I eat my nut butters, and I use olive and flax oils in the form of dressings quite a bit, or as a drizzle over my potatoes (yes, I eat white potatoes. Why not? And white rice, I prefer it). And if I'm feeling a little puffy, I won't have starchies at night, rather, I have a big salad or steamed veggies with a hunk of meat and sauce / dressing on top. I eat usually 4 meals a day and I don't eat after 7 pm because I just feel bloated and the weight starts to creep up. That's me, and that's how I do it!

I lived lean for years...but I wasn't able to alter my shape. I wanted higher, rounder glutes, and bigger shoulders. The only solution—I *had to eat more*. Only then, after about 2 years of this, with proper lifting, did I see a shift. And so I stay heavier in the winter months, to be able to progress in my training (and I can layer up in the winter and then disrobe in the summer! It's a workable lifestyle, a trade off that I embrace!

To Eat Raw or Cooked Foods?

Very few people can eat raw foods effectively. It's become a fad, but you really need to know your constitution. If you are cold and damp (in Chinese medicine language), it will weaken your digestion and immune system. It 'dampens' the fire of digestion because it is difficult to break down the hard outer cellulose encasing.



The stomach MUST warm up all foods before it can begin the process of digestion, and this requires energy (especially during a detox when our energy must first be available for detoxing first.....but this can't effectively occur if the body has to work to break down the hard, cold raw foods which is a challenge at the best of times.

We simply need to warm up our foods in order to aid easier digestion, hence no draw on our energy system and no negative impacts on our immune system. (Yep, I even put apples and fruit in the oven to warm them).

It is true that in raw foods, all nutrients are available, but our bodies can only ingest 50% of these nutrients because they are hidden in the hard cellulose-encasing or hard fiber bits. While when we lightly steam our foods, we may lose 20% of the nutrients, but now we can absorb 100% of the nutrients and enzymes, so that is an 80% digestion rate.

The stomach and the spleen are the main organs of the body, according to Chinese medicine. All foods need to be eaten at room temperature (as a minimum). These two organs govern immune system, the muscle and the joints, and our energy.



There are a few people who run on a hot, dry constitution (most men do, few women do). You'll know if you're one of them; always wearing short sleeves in summer! And being in menopause doesn't count! It's temporary!

So...no raw spinach because it weakens the thyroid as it blocks the uptake of iodine to the thyroid which is what feeds it and keeps it strong. The other baddies are *raw broccoli, cauliflower, kale and brussels*. So lightly steam and warm your veggies for best results!

You can steam your fruits too...it's easy! The softer fruits like berries don't need to be steamed but they need to be room temperature. It's all about making it easy for the body and putting warm, slightly steamed foods into the 'cauldron', the stomach, and its helper, the spleen. These 2 organs are of paramount importance to a vital, energetic life!

Are You Constipated? Let's talk.....

Yep, it happens to us all, some more than others So when you're constipated, doctors often say *eat more fiber* and drink more water.

Can you really drink more than 3 or 4 liters? Nope! And they say eat more fiber, but on the Warrior Diet, we're already eating fiber, and that's the problem...we tend to start to bloat out because our bodies aren't able to break down that much fiber (until it gets used to it!).

So the best thing is to ease off a bit and eat less fiber until your fiber-digesting enzymes can build back up again. Remember the use-it-or-lose-it principal...if you weren't eating a lot of whole foods, you just need to be patient and wait for those digestive enzymes to multiply.

The other thing to keep in mind is that many of us (me included) tend toward a slower digestion...no matter how hard I train or how well I eat, my 'removal' process can easily get stopped up, because I may eat too many raw things or if I eat salads consecutively for days on end, I will get constipated. So, if I went to a doctor, what would he say? "eat more fiber". But guess what happens—I get MORE constipated (this was a long and painful learning curve for me). So the key is for me to back away from raw foods. So know that the adage 'eat more fiber' may be working against you, depending on your build.



Water!

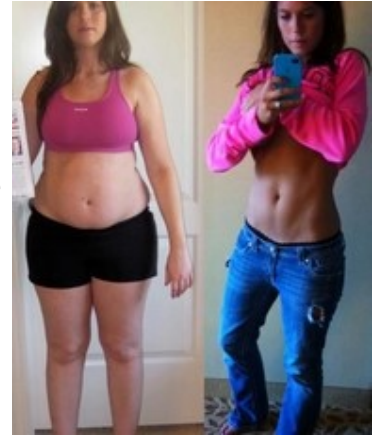
Simply drink! Need I say more? 2-3 liters minimum! Yep, you'll have to take it on the road with you! And yes, you will have to pee more, but water is sooo important! And it's a great beauty aid too, plumping out your skin, adding shine to your hair and it energizes you too! You may drink your herbal teas and bubbly water, but know that this is not part of your water amounts...those need to be separate. The kidneys need ONLY water to fully operate and flush. So drink up!



A Few other Healthy Eating Reminders...

Supplements—take them! Yes! But if you go on holidays, *leave them at home*. The body likes a break, from all things, including supplements. And when you resume, they will be better absorbed. Don't be a supplement zealot...practice the 'middle way', 90% compliance, 10% easy living.

Staying a Little 'Dirty': Oohh, I just knew you'd like this one! When we stray, we are doing our bodies good. No, really! Let a little dirt in and your immune system and build up stronger with time. Allow your child to have pets when they are young, and they likely will have less chance of allergies to pets. The body knows what to do with invaders, but only if you let them in! I'm not advocating going out and eating junk food every day, but what I do mean is ease up a little...have a glass of wine or two one evening, enjoy your piece of chocolate cake. It also does your spirit good too. Even cavemen indulged in fermented berries once in awhile! Our bodies can be 'too clean' to the point of being over-sterilized, so if you slip up, know it's ok. Just get back on the healthy eating bandwagon again! Live within the ebbs and flows of life!



Macro counts or Calorie Counts are NOT absolutes! We cannot just plug in numbers into a food or training APP to let it dictate where exactly we need to be as far as percentages, calories or training times (just how DOES that cardio machine know that you burn 250 calories if you are at Level 4 on a specific machine? Come on....! But people LOVE absolutes, and to NOT have to think about things. Sorry, it doesn't work that way! (And don't get me started on Apps, please!)

Define Your GOALS? Do you want to stay at 15% bodyfat forever? Do you want to add more muscle and shift your physique? The two goals are NOT mutually beneficial—you simply cannot build in a deficit (and you would have to be in a slight deficit, or do cardio every day, in order to stay this lean, but your gains would

NOW, after all this, FORGET WHAT I JUST TAUGHT YOU!!!



I want you to FORGET all about counting... forget about the COUNTING...**PUT AWAY YOUR FOOD APP! “**

No, I'm not off my rocker! See, here's the deal. The goal of a food counting apparatus is to make us aware, so we can then learn and move on our own (like a parent, they are there to teach us, then they let us go to live our own life!).

That's right. Isn't the whole goal of healthy living, and, well, life, to have autonomy, to learn to TRUST self, to learn real life skills, like building one's inner resources, learning to listen to self, learning about patience, consistency, assessing, applying, and reassessing?

And here's the other thing: when you toss your APP to the side (you CAN do it!), you will feel, well, **uncomfortable!** Good! That means you are allowing the real lessons, the ones you are supposed to learn, to surface, like.....

..do you crave compliance, and sticking to the 'tribe'? Is it all about feeling 'safe' and secure in the numbers? Are you wanting to jump the cue, to not have to do the real work, to take an easier path out? Are you wanting to maintain the status quo?

True athletes never rely on such outer trappings like APPS. We LOVE to learn and grow in all ways, and staying curious about our bodies, and running our own show!

If you put away your app, and you suddenly gain 10 pounds, what is that telling you? You still have some work to do. You are relying too heavily on being told what to do. You are not yet the Master of your Own Ship. You CAN do this!

This whole Warrior Woman thing is about moving to the beat of a very different drum, to NOT buy into convention, and to learn on our terms. But it means learning from within, making mistakes, accepting and learning our shortcomings and coming out with fresh eyes, new tools and greater growth ahead of us.

So learn your numbers- calories, and macro's—then let them go. Live like a real person in the REAL world. (What did we do before app's?) Learn to eyeball your food, your portions, how much 30 grams of protein looks like on your plate. You will master ANY outing, ANY buffet with ease, and you will never have to rely on technology again. And if you stray, you pull out your clouting tools to reacquaint yourself, get your 'eyesight' back, so to speak, to readjust your sail, and you tighten up the lessons. Then, you go back to eating the way Nature intended, with autonomy, freedom, trust, intuition.

THAT'S the Warrior Woman Way!

So let's revisit our Checklist on Macro nutrients and Calories...

Think in Food Groups (Macro's)! See foods not *just* as calories, but as **macro's**, so every food is seen as either a protein, a carb or a fat. Yes, some foods have both, but they always major in something...so slot them into a category. It makes eating and staying on top of things really, really easy!

Learn your Macro Percentages: While this will vary with person to person, averages can apply (and can act as a great starting place). So Protein, 20-30%, Carbs, 40-50%, Fats, 20-30%.

Know your Grams: Start to memorize what 25 grams of protein looks like, what 25 grams of carbs looks like and so on. As you measure things up, pretty soon you'll be able to easily 'eyeball' the proper serving of each!

Know How Many Calories you ARE eating (and how many you SHOULD be eating): Again, this can vary wildly, but the most important part is to know what you ARE eating. Otherwise you will never be able to sort through your percentages of macro's, and you won't be able to see RESULTS! "Eat with eyes wide open" Let's be accountable here!

Don't Stay with the same Caloric load. Cycle your calories according to the tips in this booklet. If you stay steady at the same caloric number, your body will plateau! So have some low days, maintenance days, and higher caloric days!



Never cut calories more than 10-20% at a time. Again, this is why it's important to know how many you are currently eating. To cut more than this will surely send your body into a fat-storing plateau!

Finally, throw away your APP and live most of your days with autonomy. This is the ONLY way to have freedom, and to learn **Intuitive Eating!** It's an awesome way to live, and we are meant to eat this way (I've done it this way for 30+ years!)

PSST—Does this sound like YOU?

- Have you had a lengthy diet history over the years?
- Do you feel your metabolism has slowed down over the years?
- Do you find that what worked before for weight loss doesn't work anymore?
- Are you doing Keto, Fasting, Weight Watchers but still not seeing results?
- Are you an emotional eater?
- Do you have unresolved or continuous stress in your life?
- Are your biomarkers in peril- blood sugars, blood pressure, thyroid or other?
- Do you feel you've plateaued in your weight loss?
- Are you on a HIIT program or Whole-body program but not seeing results?
- Are you doing lots of cardio to try to lose weight?
- Do you see others losing weight / getting results and wonder why you are not?
- Are you experiencing hormonal ups and downs?
- Do you often feel ashamed about your body, your weight and / or your health?
- Do you often say to yourself *'I know what to do but I'm just not doing it'*?
- Are you ready to Step Out with your best Body and best Life?

If you answered *YES!* to any of the above questions, I have good news for you!

NEWS FLASH –It's NOT your Fault!...and you CAN get unstuck!

Book a **complimentary Body Breakthrough strategy** call with me and let's get you UNSTUCK!



I'd love to support you!

www.warriorwomanfitness.com/apply

A handwritten signature in black ink that reads "Ka".