



This pdf will show you how to calculate your calories and get started!

However if you are breastfeeding I want you to add 400 calories to the total you get. It is very important when breastfeeding to ensure you are not in too much of a deficit that will end up affecting your supply, so always keep an eye on this!

Take your body weight in pounds.

Multiply it by 13

Sample

Weigh 75kg.

Convert to 165 pounds

$165 \times 13 = 2,145$ calories.

This should be your maintenance calories and what we are going to focus in for the next week or two.

When it comes to calories and macronutrients the following applies:

1g of carbohydrates = 4 calories

1g of protein = 4 calories

1g of fat = 9 calories

1ml of alcohol = 7 calories

When you have your calories calculated we are going to look at your macronutrients starting with protein. Using your weight in pounds again multiply it by 0.8. This will be how much protein you will aim for daily.

Sample

$165\text{pounds} \times 0.8 = 132\text{grams of protein}$



THE MUM GYM

The Numbers

These calories and protein goals may sound high but go with it for the moment. We want to see what works for you.

So for this week, calculate your calories and protein and try reach them each day.

Remember.... Butter on your toast, oil in the pan ect count, so track them. Drinks apart from water, black tea/coffee or zero calorie fizzy drinks count too, track them! I'm a big fan of eating my calories rather than drinking them, but do what works for you.

Use MyFitnessPal to insert the calories and protein goals above and just set carbs and fats at whatever fits to get the calories (the app will require you to input something – it will make more sense when you are using the app).

Don't worry about reaching carbohydrate and fat goals just yet. Just over all calories and protein goals! Remember to check out the protein sources from last week and the recipe packs for ideas.

Any questions just shout either privately or in the group whatsapp.

