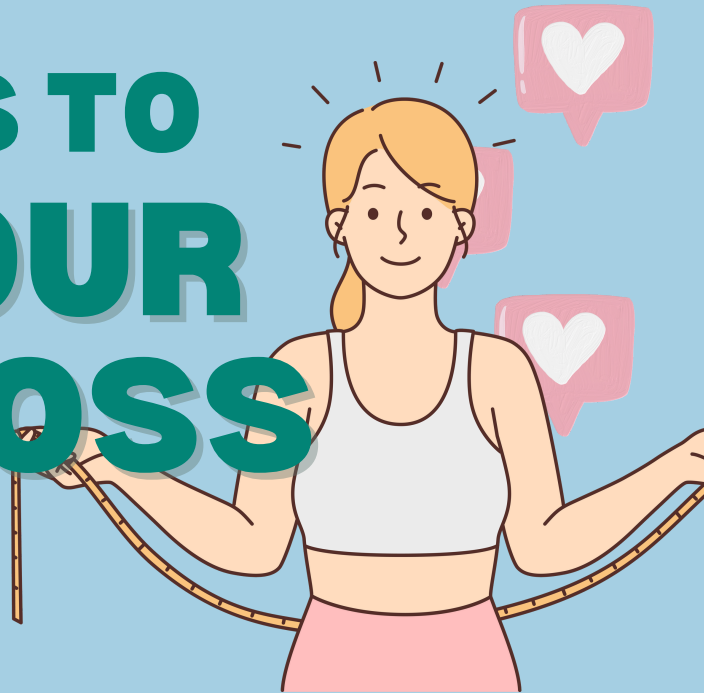


5 EASY STEPS TO START YOUR WEIGHT LOSS JOURNEY



1. Find Your Calorie Deficit

An easy way to determine this is by taking your goal bodyweight and multiplying it by 10 to 12 (lightly active <3hrs/wk), 12-14 (moderately active 3-7hrs/wk), or 14-16 (highly active 7+hrs/wk.) This will give you a range of calories. Start with the highest range.



2. Determine Your Macros

Prioritize protein first. Aim for about 1g of protein per pound of goal bodyweight. Fats can be about 20-40% of your total calories and carbs can be 40-60%.



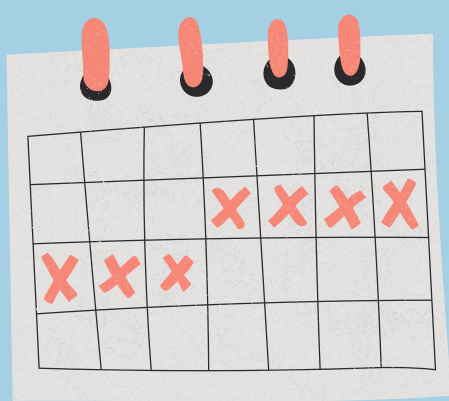
3. Calculate

Each gram of a macronutrient gives us calories. For protein and carbs, 1g gives us 4 calories. A gram of fat gives us 9 calories. Fill in your macros within your allotted calories.



4. Remain Consistent

Progress will not be fast. You will be hungry. Eat more satiating foods to combat hunger. Stick to your deficit at least 2-3 weeks.



5. Track Your Progress

Whether it's with progress photos, weighing on a scale, how your clothes fit, or just your mood, tracking your progress is important and you need to know if what you're doing is working!



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