

Welcome

Whether your goal is to burn fat, build lean muscle, or maintain your progress, getting your nutrition right is key. This guide will help you set your calories and macros using real numbers — no more guessing, no fluff.

Step 1: Calculate Your TDEE

Go to [TDEEcalculator.com](https://tdeecalculator.com) and enter your:

- Age
- Gender
- Height
- Weight
- Activity Level (most are “Moderately Active” if training 3–5x/week)

Your **TDEE** is the number of calories your body needs to maintain its current weight.

Step 2: Adjust Based on Your Goal

Use your TDEE to set your daily calorie target:

- **Fat Loss:** TDEE – 300 to 500 calories
- **Maintenance:** TDEE (no change)
- **Muscle Gain:** TDEE + 200 to 400 calories

Note: Start smaller with deficits or surpluses — you can always adjust based on progress.

Step 3: Set Your Macros

Protein:

- 0.8–1.0g per lb of bodyweight
- Use target weight if you're 30+ lbs overweight
- Protein supports muscle growth, fat loss, and recovery

Fats:

- 0.3–0.4g per lb of bodyweight
- Essential for hormones and energy

Carbs:

- Fill in the remaining calories
 - Main energy source, especially for those training hard
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Example: Male – Fat Loss

- Age: 28
- Height: 5'10"
- Weight: 180 lbs
- Activity: Moderately Active
- TDEE: ~2,800
- Calorie Target: ~2,300

Macros:

- Protein: 180g = 720 cal
 - Fats: 60g = 540 cal
 - Carbs: 260g = 1,040 cal
- Total: 2,300 calories**
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Example: Female – Fat Loss

- Age: 32
- Height: 5'5"
- Weight: 150 lbs
- Activity: Lightly Active
- TDEE: ~2,000
- Calorie Target: ~1,700

Macros:

- Protein: 140g = 560 cal
 - Fats: 50g = 450 cal
 - Carbs: 172g = 690 cal
- Total: 1,700 calories**
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Basic Meal Structure Example

You don't need 6 meals a day. Just consistent structure:

Breakfast

- Protein (eggs, turkey bacon)
- Carb (toast, fruit)
- Fat (avocado, cheese)

Lunch

- Lean protein (chicken, shrimp)
- Carb (rice, potatoes)
- Veggies (broccoli, asparagus)

Snack

- Greek yogurt or protein shake
- Rice cakes or fruit

Dinner

- Protein (steak, salmon)
- Carb (quinoa, pasta)
- Veggies

Optional Post-Workout

- Protein shake + fast carb (banana or cream of rice)

Pro Tips for Success

- Track your food with MyFitnessPal or Cronometer
- Weigh your portions for accuracy (especially protein and fats)

- Don't obsess — aim to hit your macros within ~10g
 - Stay consistent for at least 2–3 weeks before making adjustments
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Need Help?

If you're unsure how to adjust or want coaching support:

👉 DM me on Instagram [@thenatesmithfit](#)

👉 Visit [Natesmithfit.com](#)

You've got everything you need — now go make it count.