

Feedback Notes & Nutritional Recommendations

PERSONAL DETAILS

Age: 35	Preferred Contact: ClientEmailAddress
Height: 155cm	Weight: 54kg
Primary Goals & Objectives: Body Recomposition (Fat Loss & Muscle Gain)	

ACTION POINTS & PRIMARY RECOMMENDATIONS

TRACK CALORIES & MACRONUTRIENTS

To ensure you are fuelling training and recovering well while still eating in Calorie deficit, use an app such as ‘MyFitnessPal’ to track energy (Calories) and macronutrients periodically. You should be aiming to hit the following recommendations for a **non-training day**:

Kcals	Protein	Carbs	Fat
1350	108g	111g	53g
%	32	33	35

Note that as a petite female wanting to lose body fat, these Calorie recommendations are likely less than you are used to consuming. This makes eating sufficient protein and lots of salad/vegetables even more important to help keep you feeling full. On days where you train, to maximise your training quality and recovery, aim for the following higher intakes:

A Weight Training/PT Day

Kcals	Protein	Carbs	Fat
1550	108g	163g	52g
%	28	42	30



A Running Day

Kcals	Protein	Carbs	Fat
1600	108g	172g	53g
%	27	43	30



Aim to consume the majority of your carbohydrates around training e.g. pre- and post-training.

EXAMPLE DAY

An example weight training day may therefore look like this:

Meal 1		Post-Training	Meal 2	Meal 3	Pre-Bed
Scrambled Eggs/Whites on Toast	TRAINING	Whey + Water & Banana	Crayfish & Quinoa Salad (Pret)	Salmon Fillet with Veg.	Greek Yoghurt & Berries

CONCENTRATE ON PROTEIN INTAKE

In order to maintain/gain muscle mass and to help with satiety while eating in a calorie deficit, you should be aiming to consume a **total daily protein intake of ~108g**. Ideally this protein intake would be split into 4-6 feedings. Each feeding should contain a minimum of 0.3g/kg (dairy protein) and 0.5g/kg (mixed meals) in order to hit your leucine threshold. This means each feeding should contain a **minimum of 17g (dairy)** and a **minimum of 27g (mixed)**. Below is a list of common protein foods and their associated protein content to help:

Food	Portion Size	Approx. Protein Content
Chicken	1 x Breast ~150g	25g
Beef Mince	100g	20g
Beef (Rump Steak)	1 x Steak ~150g	30g
Pork (Loin Steak)	1 x Steak ~100g	20g
Cod	1 x Fillet ~125g	20g
Tuna (tinned)	1 x Tin (drained)	25-30g
Salmon	1 Fillet ~125g	20g
Eggs	3 x Large Eggs	21g
Greek Yoghurt	100g	9g
Cottage Cheese	100g	12g
Whey Protein	30g	22g
Whole Milk	1 Pint	18g
Beef Jerky or Biltong	50g	25g
Cheese (Mozzarella)	30g	6g

WEEKEND STRATEGIES

Try not to let your weekend blow-outs undermine the hard work and discipline you show on the other 5 days of the week! Use the following strategies to ensure you are not eating in a Calorie surplus on both Saturday and Sunday (and therefore ruining the calorie deficit created in the rest of the week):

- Choose only 1 day out of the weekend to eat ‘in a relaxed way’
- You should always try and match this day with your heaviest training day
- Limit ‘eating in a relaxed way’ to one meal only on this day. This means using other strategies to ensure you don’t end up eating in a Calorie surplus. Make sure your other meals are light e.g. replace your evening meal with a protein shake rather than thinking ‘all or nothing’. The day might therefore look like this:

Meal 1		Post-Training	Meal 2	Meal 3
Scrambled Eggs/Whites on Toast	TRAINING	Chicken Salad	Pub Lunch + Dessert	Protein Shake

- Only have pudding on one day of the weekend.
- On the other day of your weekend, try and be mindful about the calories you consume when you go out. You can do this by either picking a restaurant where the Calories and macros are displayed (e.g. Nandos) or opting for a meal that is either High Carb, Low Fat or Low Carb, High Fat. These meals will typically be lower in Calories than meals that are both high in carbohydrates and fat. Example meals can be found below.

HIGH CARB, LOW FAT	LOW CARB, HIGH FAT
Roasted chicken risotto served with butternut squash and wild mushrooms	Grilled salmon served on a bed of wild rocket, avocado and red peppers drizzled with a lemon and herb dressing
Lean turkey breast served with sweet potato wedges and roast vegetables	8oz premium Sirloin steak with melted garlic butter and mixed assorted vegetables
Smoked haddock fillet served with steamed rice and a side dish of glazed carrots and green leafy vegetables	Warm chorizo salad served with crumbled brazil nuts, mozzarella cheese, beetroot and spinach leaves
Lemon and garlic prawn stir fry served with steamed basmati rice	Ham & three cheese omelette served with dressed side salad



TO GET IN TOUCH ▶

EVENING SNACKING

By increasing the amount of protein you consume daily, and therefore feeling fuller, you are less likely to crave high Calorie foods in the evening. Ideally to facilitate muscle growth, you should be aiming to consume a high protein snack before bed e.g. Greek yoghurt with some whey or beef jerky/biltong. If you are still craving something salty/savoury, be mindful of the Calories in the foods you opt for. If you are going down the crisps route, aim to pick lower Calorie options such as ‘baked’ or ‘lighter’ varieties. Other less calorific options include:

- Popcorn
- Salted/Salt and Vinegar rice cakes (e.g. Snack-a-Jacks)
- Baked ‘kale crisps’
- Pretzels



If you do opt for crisps, make sure you are mindful of portion sizes – perhaps weigh out a single portion (~30g) to make sure you are not overconsuming.

SUPPLEMENTS

As discussed, the following supplements are recommended for general health as well as supporting muscle recovery and facilitating body recomposition. I have linked to MyProtein within the table for ease and because you have used them before.

Supplement	Dosage/day	Frequency	Notes
EPA+DHA (Fish Oil)	1.2g	2 x 2/Day	With a meal
Vitamin D3	2500IU	Every Day	(If you miss one, make it up)
Whey	As required	As required	
Creatine	5g	1 x Day	In post-training shake or with carb-containing meal
Multivitamin*	2 Capsules	1 x Day	With a meal

*As you will be eating in a calorie deficit, it is worth supplementing with a multivitamin. I have linked to a NOW foods multivitamin as this particular supplement contains vitamins and minerals in their most absorbable form (which is often not the case with others).



MONITORING CHANGES/PROGRESS

To truly measure changes in body composition, I would recommend getting body composition assessed. The gold standard of body composition assessment would be getting a DXA scan although this is relatively expensive. Alternatively, it may be worth getting an ISAK qualified practitioner to take skinfold caliper measurements (this is significantly cheaper but still works well as a monitoring tool). Alternatively, use body weights, girth measurements (arms, thigh, waist, glutes) and regular photos to track progress.