



Diet & Lifting - Where To Start

Diet:

1. If you want to lose, maintain, or gain weight, you need to track your caloric intake.
 - a. Calculate your TDEE (total daily energy expenditure). These are the amount of calories you would need to eat daily to maintain your current weight.
 - i. Your food app will calculate your TDEE and caloric intake based on your personal stats and goals. We recommend downloading the Myfitnesspal app, but any food tracking app works. Or this website averages multiple formulas based on your stats: <https://www.sailrabbit.com/bmr/>.
 - ii. If your goal is weight loss, create a 200-500 calorie deficit from your TDEE.
 1. You will burn fat by simply being in a caloric deficit. No need for excessive cardio unless so desired.
 - iii. If your goal is weight (muscle) gain, create a 300-500 calorie surplus from your TDEE.

-Hovering around your TDEE calories will make your body maintain its CURRENT weight.

-If you feel like you're not losing or gaining enough weight, manually increase or decrease your calories depending on your goals and the info above.

- b. Hit your macronutrients (carbs, fat, protein)* daily. Make sure to set your daily protein goal from .75 grams to 1g/pound of bodyweight (adjust protein percentage to the best of your ability if you're using the food app).
2. How much you eat is more important than what you eat in regards to weight. Eat whatever you want.
 - a. Whatever you set your calorie goal to, stick to it. Don't worry about what's "healthy" or "unhealthy." All food is broken down into three primary macronutrients* and other micronutrients. You will start seeing progress in the mirror and/or the scale by following the calories. *If you have a condition that directly or indirectly affects your diet and what you can eat - see a physician or dietician.*

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Lifting:

1. Progress over time!

- a. Make sure that no matter at what pace you progress, you always increase your reps, weight, and/or sets on all of your exercises over time. Otherwise, you will hit a plateau in your training. This is heavily studied and is known as [*Progressive Overload*](#), and is how muscle and strength are built.

The only two things you should be worrying about are calories and progressive overload. As a beginner, this is all the information you need to start your transformation. No matter how advanced you become, these fundamental principles of training will always be relevant and important.

Note: By downloading and/or following this informational sheet, you acknowledge that INILL LLC team members are not doctors or registered dietitians. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health.