

Basic Calorie Intake & Nutrients

ACTIVITY LEVEL	GOAL:WEIGHT LOSS	GOAL:WEIGHT MAINTENANCE	GOAL:WEIGHT GAIN
Sedentary (minimal exercise)	Body Weight x 10-12	Body Weight x 12-14	Body Weight x 16-18
Moderate Activity (3-4 times weekly)	Body Weight x 12-14	Body Weight x 14-16	Body Weight x 18-20
Very Active (5-7 times weekly)	Body weight x 14-16	Body Weight x 16-18	Body Weight x 20-22

This is to figure your total calorie intake daily. This does not show you WHAT to eat. Please refer to the plate on the next page.

Carbs for Fat Loss

Type	Simple sugars and highly processed starches	Whole-grain and starchy carbohydrates	Fruits & Veggies
Timing	Minimize Intake	Eat soon (within 1-2 hours) after exercise	Eaten with each feeding (with emphasis on veggies)
Examples	Sugary sports drinks; breakfast cereals; soda; fruit juice; table sugar; sugary desserts; ice cream; muffins, bagels, and other carb rich snacks	Bread (whole grain; Pasta (whole grain or flax) Rice (whole grain, unprocessed) Potatoes (sweet potatoes or yams) Oats (preferably whole oats) Cereal grains (wheat, rye, etc.)	Spinach; carrots; tomatoes; broccoli; cauliflower; apples; oranges; avocados; berries

Supermarket Survival Guide

Find our supermarket shopping guide at:

A few notes:

These shopping lists are to give you ideas. You don't have to buy everything on the list! We suggest you start with a few of your favorites from each group. For example:

- 3 veggies: spinach, carrots, broccoli
- 3 fruits: blueberries, oranges, grapes
- 3 proteins: extra-lean ground beef, salmon, lentils
- 3 fats: coconut, avocado, almonds
- 2 grains: oatmeal, wild rice

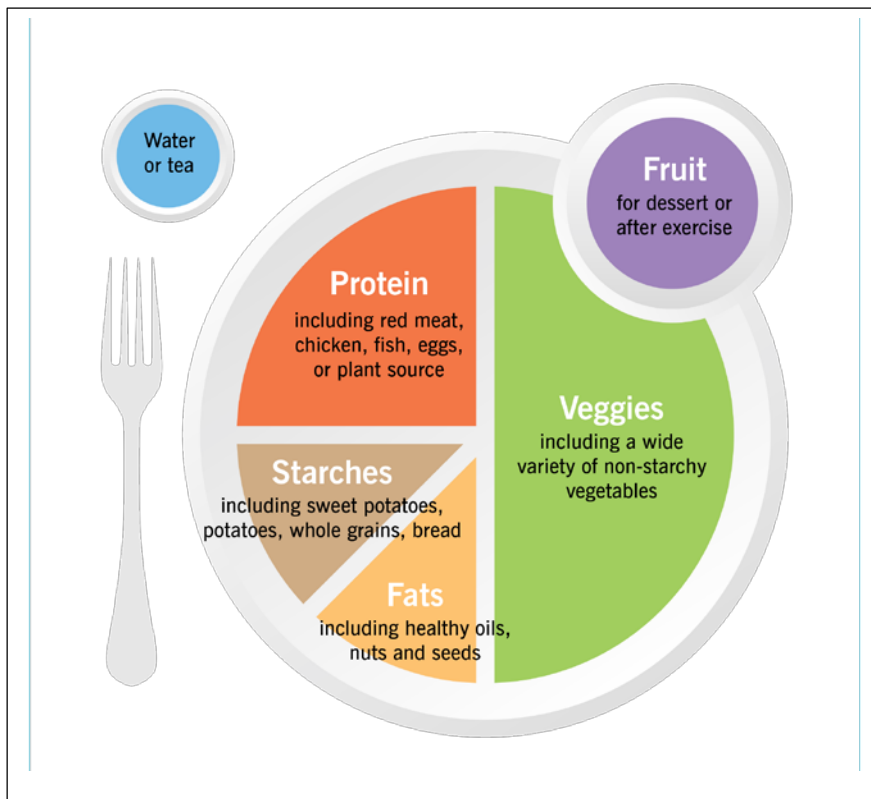
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Get the full shopping list by visiting the site above, click on class info tab, click button and get the download today.

If there's something we've missed that fits the criteria, please feel free to try it. For instance, you might find other fresh fish than the ones we've mentioned, or another fruit or veggie (cardoons or cactus pears, anyone?). Always shop with a list, whether that's ours or your own. If it's not on the list, you don't buy it.

That saves you time, money, and having to throw out impulse buys.

Good luck!



- Eat slowly and stop eating when you're 80% full.
- Follow hunger cues. Eat more or less based on your appetite.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

Follow our blog for more great content coming your way at www.littleironmom.com and be sure to follow us both on Twitter @LewCandoit2 @Littleironmom and check out www.candoit2.com for Lew's complete journey through weight loss and more.

Karen and Lew Everling

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