

MENU MAKEOVER

Creating Meal Plans
to Conquer Your
Goals

STRONG
WITH
STELLA



HOW TO MAKE A MEAL PLAN FOR YOURSELF?

If you want to make an ideal diet plan for yourself the first tool you need is calorie calculator.

- 1 ● Go to google search please and type in google search-calorie calculator.
- 2 ● The second step on the path to your ideal diet plan is to know the following information:
 - a) **Your height**
 - b) **Your weight**
 - c) **Your age**
 - d) **Level of your daily activities**

Now that you have calculate using calorie calculator that !! for example!! your daily calorie intake is 2500 kcal and YOU WANT TO LOSE FAT.

- 1 ● You will substract 300- 500 kcal from your total intake to be calorie deficient and allow your body to lose fat.
- 2 ● This means you will consume between 2000- 2200 calories a day.
!!(this number of calories is just an example, you should calculate for yourself)!!

The macronutrients our body needs are:

- a) **Proteins**
- b) **Fats**
- c) **Carbonhydrates**

The recommended daily protein intake is 2g per 1kg of body weight.

The recommended daily fat intake is 0.8- 1g per 1kg of body weight.

The rest of the calories you need should be taken from carbohydrates.

EXAMPLE:

If the calculator has taken out the number of calories you need for example 2500 it means that if you have 70 kg you will be ingesting:

- 1 ● **140g of protein**
- 2 ● **1 gram of protein has 4 calories and we put 560 calories on the protein**
- 3 ● **Than you will ingest 70 grams of fat, which is 630 calories, because 1 g of fat has 9 calories**
- 4 ● **We still have 1310 calories left for carbs**

1 gram of carbs has 4 calories so we divide 1310 by 4 and get 327 grams that we can ingest from carbs. This means if you weigh 70kg and the calculator has calculated that you need to eat 2500 kcal a day, you will eat:

- **140g of protein**
- **70g of fat**
- **325g of carbs**

BUT IF YOU WANT TO LOSE FAT

You will consume 300 to 500 calories less which means that you will eat 2000 to 2200 calories. I advise you to use My fitness pal app which will help you calculate the desired intake of protein, fat and carbs and achieve exactly your desired caloric intake.

