

LEX BANNISTER FITNESS

Nutritional Program

1-2-3 Nutrition

This is your total daily caloric expenditure broken down into Fat, Protein and Carbohydrates.

1 Part Fat	331 Calories = 37 grams
2 Part Protein	662 Calories = 166 grams
3 Parts Carbs	993 Calories = 248 grams

Calories/Gram

Carbohydrates	4
Protein	4
Fat	9
Alcohol	7

So when you shop for food, you can look at the total number of grams and multiply the appropriate number by it and find the total number of calories for that specific nutrient.

EXAMPLE: Total Fat = 39g - You would do this calculation: $39 \times 9 = 351$ calories

Meals - There should be a total of 5 - 6 meals/day

5:00 AM	Meal 1: Breakfast- Should consume some type of fiber with your food.
8:00 AM	Meal 2: Can be a snack with some fruit. Like some peanuts and a banana.
11:00 AM	Meal 3: Should be lunch. Consume some protein and fiber with this meal, along with some fruits and vegetables.
2:00 PM	Meal 4: Should be a light snack also. Consume some glucose: Raisins, rice cakes, banana. This will boost your blood sugar and get you through the rest of the day.
5:00 PM	Meal 5: This should also be light on your work out days but can be heavier on non- work out days.
7:00 PM	Meal 6: This is dinner on workout days. It is crucial that you get the appropriate daily protein and carbs at this meal. That can be derived from the appropriate calculations done on your daily calorie intake.

* You should drink 8 - 10 glasses of water/day.