



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO DETERMINE HOW MANY CALORIES YOU SHOULD EAT



How much you should be eating revolves around how much energy you're burning every day, which is referred to as your "total daily energy expenditure," or "TDEE."

CALCULATING YOUR TDEE

The first step in calculating your TDEE is calculating your BMR (where LBM is the lean body mass in kg).

Let's review each of these points separately.

- ✓ Your basal metabolic rate is the amount of energy your body burns at rest.
It's the minimum amount of energy it costs to stay alive.
- ✓ When you move your body, it costs energy. No matter how large or small or long or short an activity is, it burns energy.
- ✓ When you eat food, it costs energy to digest and absorb. This is known as the thermic effect of food, or TEF.

Once you have your BMR, you need to account for the additional energy expenditure:

- ✓ 1.1 = sedentary (little or no exercise)
- ✓ 1.2 = light activity (light exercise/sports 1 to 3 days per week)
- ✓ 1.35 = moderate activity (moderate exercise/sports 3 to 5 days per week)
- ✓ 1.45 = very active (hard exercise/sports 6 to 7 days per week)
- ✓ 1.6 to 1.8 = extra active (very hard exercise/sports 6 to 7 days per week and physical job)

HOW MANY CALORIES YOU SHOULD EAT TO LOSE WEIGHT

- ✓ Be aggressive (but not reckless) with your calorie deficit.
- ✓ When combined with a high-protein diet and reasonable workout schedule, a calorie deficit of 20 to 25% allows for rapid fat loss without any negative side effects.

- ✓ Be aggressive with your exercise routine.
- ✓ Do several hours of heavy resistance training and no more than 1.2 to 2 hours of HIIT cardio each week.
- ✓ Use fat loss supplements that actually work. If you can lose 1 pound of fat per week through proper diet and exercise (and you can), you can lose 1.3 to 1.5 pounds of fat per week by adding the right supplements into the mix.
- ✓ Our fat-burner PHOENIX contains nothing but natural, safe substances that are 100% scientifically proven to aid in fat loss. If you want to lose fat faster without pumping yourself full of stimulants or other potentially harmful chemicals...then you want to try [PHOENIX](#) today.

HOW MANY CALORIES SHOULD YOU EAT TO BUILD MUSCLE?

Eat about 110% of your TDEE every day, and you'll be giving your body everything it needs to build muscle without piling on the fat.

THE OVERALL STRATEGY:

Calculate your caloric intake, break it down into "macros," and build a meal plan that provides the majority (80%+) of those calories and macros from nutritious foods.

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