



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

HOW TO CREATE A KETOGENIC DIET PLAN



If you're going to give the ketogenic diet a whirl, the first obstacle is creating meal plans to follow. Use a calculator, [like the one within this article](#), to determine how much energy your body burns every day. The resulting number will be a fairly accurate measurement of the total amount of energy your body is burning every day, generally known as your total daily energy expenditure or TDEE.

If you're looking to lose weight, calculate your calorie deficit. I recommend a moderately aggressive calorie deficit of 20 to 25%. Anything larger can cause unwanted side effects associated with "starvation dieting."

If you're looking to gain weight, calculate your calorie surplus. I recommend a slight calorie surplus of about 10% because a larger surplus isn't going to help you build muscle faster. Instead, it will just make you gain fat faster.

DETERMINE YOUR MACRONUTRIENT TARGETS.

Now that you have your calorie target worked out, it's time to turn it into protein, carbohydrate, and fat targets.

Here's how to do it:

01. If you're in a calorie deficit, eat 1.2 grams of protein per pound of body weight.

01A. If you're in a calorie surplus, eat 1 gram of protein per pound of body weight.

02. Multiply your total grams of protein by 4. This is approximately how many calories they contain.

03. Start with 50 grams of carbohydrate per day. (The initial transition into ketosis is going to be rough and you'll probably find 50 grams of carbs per day easier to stick to than less. You can reduce this as you acclimate to the diet if you'd like.)

Add 200 calories to your protein calories, which is the approximate amount of calories contained in 50 grams of carbs. Subtract this number from your total daily calories, which gives you the amount of calories you have left for your dietary fat.

04. Divide this number by 9, which is the approximate amount of calories contained in a gram of dietary fat. This number is the amount of dietary fat you need to eat each day, in grams.

Make a list of "keto-friendly" foods you'd like to eat every day and head over to [CalorieKing](#) to learn their macronutrient profiles. Make a list of each in Excel, noting their protein, carbohydrate, fat, and calorie numbers in side-by-side columns.

Now you need to start piecing together meals using those foods until you're happy with the setup and your total daily intake is within 50 calories of your target.

Once you've made your plan, you now stick to it every day.

If, along the way, you get tired of a certain food or meal, simply replace it with something else you'd like to eat that fits your numbers.

It's that simple!

We also make customized meal plans for people at [Muscle for Life](#).

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

[Shop Supplements Here](#)

YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.