

# How to Master Your Calorie Consumption

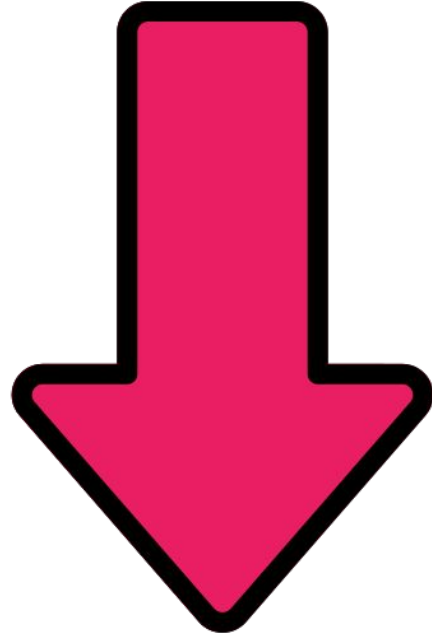
# Foundational Principles

- High or low! 15-20% is the sweet spot for sustainable weight loss.
- Macros matter.
- Protein 4kcal per gram, carbs 4kcal per gram, fats 9kcal per gram.
- Daily totals are important but weekly averages even more!



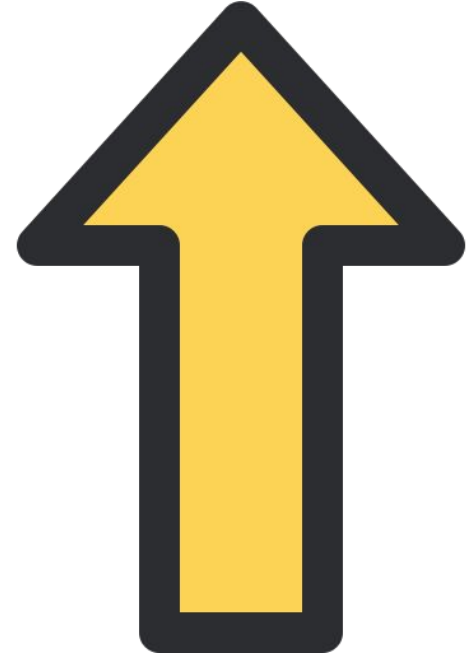
# It's too Low!

1. Use healthy fats to your advantage
  - Eggs
  - Oily Fish
  - Olive Oil
  - Nuts/Seeds
  - Avocados
2. Include drinks e.g. smoothies (Trinity Cookbook)
  - Can be easier to drink calories than eat them
3. Don't skip meals
  - Important to eat often, especially breakfast!



# It's too High!

1. Use herbs and spices (virtually zero kcal, add lots of flavour).
  - Nutmeg/cinnamon for sweetness.
  - Green or orange herbs for savoury flavour.
2. Drink enough water! Also zero kcal.
  - 1.5-2 litres per day for most of us.
3. Fill up on veg!
  - Fibre provides density and feeling of fullness.
  - Very nutrient dense (lots of vitamins and minerals).



# It's right but in the wrong balance!

1. Identify biggest single macro contributors and adjust these up and down
  - Protein (lean sources: chicken, turkey, steak, white fish)
  - Carbs (pasta, rice, potatoes, UPFs!)
  - Fats (avocados, olive oil)
2. Check regular meals
  - Look for unbalanced meals
  - Aim to readjust
3. Focus on evening snacks
  - What macros are these providing?



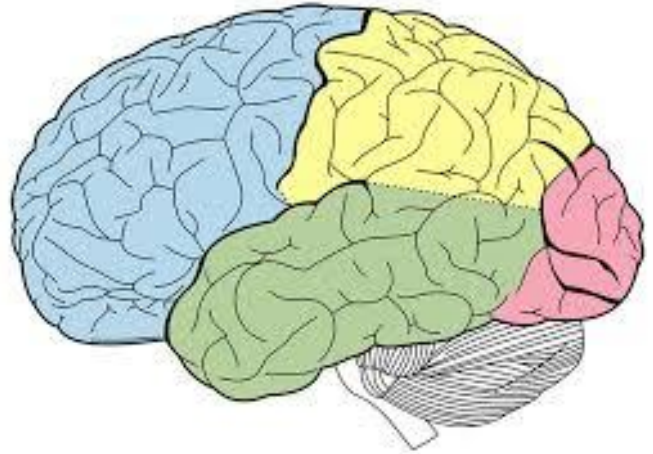
# A Social Day

- Breakfast is key (30-40g protein, c. 300kcal)
- Backup lunch snack (also high protein c.10-20g) e.g. a boiled egg or two
- Then meal out - typically 1000kcal - even when choosing wisely!
- Focus more on kcals on this type of day, rather than macros.



# Mental Side

1. Reframe
  - If your brain sees this as temporary, it will constantly push you to quit.
  - Stop thinking “diet”, think “default lifestyle”.
2. Focus on consistency, not perfection
  - One high-calorie meal is irrelevant.
  - Think in averages, not single days.
3. Make it easily repeatable
  - Discipline and motivation fluctuate. Systems help.
  - Eat similar breakfasts/lunches.
  - Have “default meals” you don’t overthink.
  - Reduce decisions to reduce mental fatigue.



# Takeaways/ Questions