# REBELHEALTH

How Much Should I Eat
(The over 55 y/o edition)

PROTEIN: KG: 1.8 - 2.4 grams per kg of body weight / ideal body weight
LBS: 0.8 – 1.08 grams per pound of body weight/ ideal body weight

CARBOHYDRATE*: KG: 2 - 3.5 grams per kg of body weight / ideal body weight
LBS : 0.9 - 1.5 grams per pound of body weight / ideal body weight

FAT: KG: 1 - 1.3 grams per kg of body weight/ ideal body weight
LBS: 0.45 – 0.76 grams per pound of body weight / ideal body weight
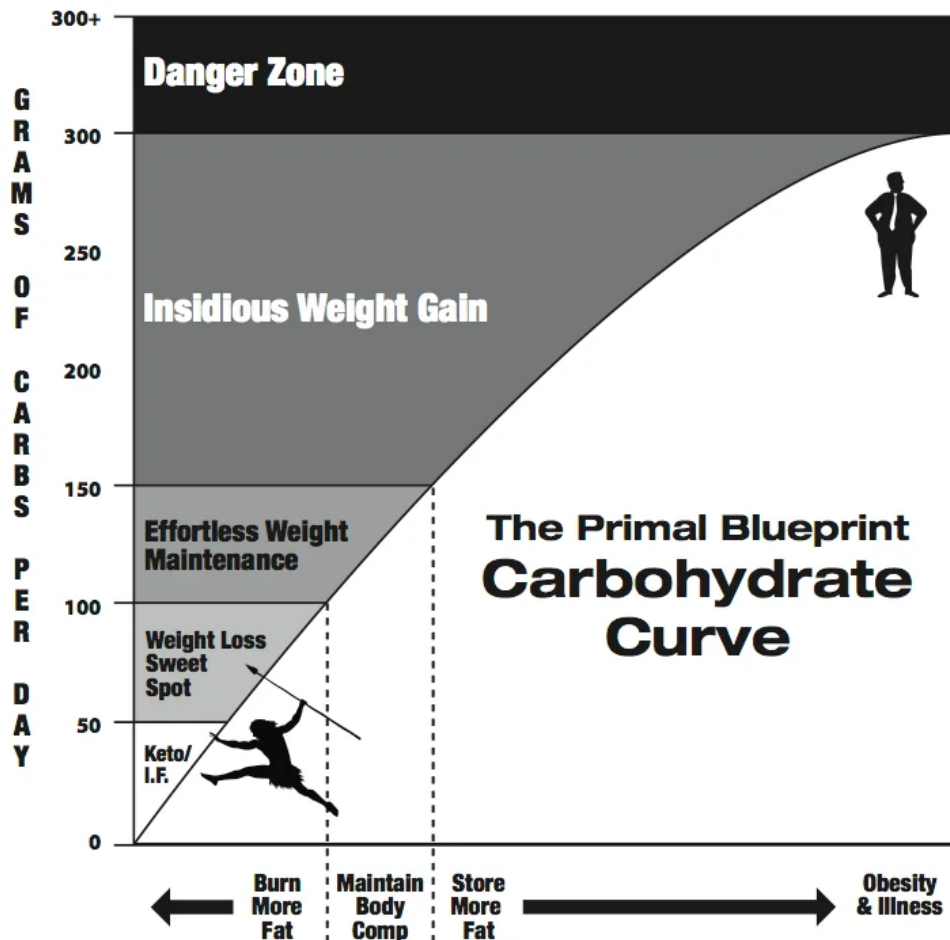
Graph source: The Primal Blueprint, by Mark Sisson

Comment about the lower carbohydrate levels: the majority of America is sick and broken, metabolically. We fully support eliminating ultra-processed which are mostly starches, and keeping carbohydrate clean, and at these levels to start. Everyone is different and these are guidelines from which to "tweak" your perfect ratio for health, performance and yes, even aesthetics.

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WHAT DO I NEED TO KNOW TO DO THIS?

How many grams of protein are in an average 3-4 oz serving of various forms of protein: 20-25 grams .
Rule of thumb: 1 oz = 7 grams of protein.
How many grams of protein are in an average large egg: 6
How many grams of protein are in an average large egg white: 3

How many grams of carbohydrate are in an average serving of non-starchy vegetables: 5-10 grams (general avg)
How many grams of carbohydrate are in an average ½ cup serving of starchy vegetables like potatoes: 20-30 grams
How many grams of carbohydrate are in an average ½ cup service of grains (rice): 25-30 grams

How many grams of fat are in an average 1 oz serving of nuts: 13-18 grams (think 20)
How many grams of fat are in an average sized Haas avocado: 22.5 grams (think 20)
How many grams of fat in a Tablespoon of most oils (coconut, olive): 12-15 grams

From this, you can build standard meal plans around average values of protein, carbohydrate and fat.
You can also use apps like Cronometer and MyFitnessPal to help you track macros.

Let's take a 150-pound female who trains 5 days a week and feels her body weight is "normal". Our macronutrient goals will be on the left with our girl's favorite foods listed. And we built a meal on the right.

Protein 150 grams (1x body weight)
- Eggs, large = 6 grams
- Shrimp 5 oz = 35 grams
- Chicken 5 oz = 35 grams
- Ground Beef 5 oz = 35 grams
- …you get the picture – estimating.

Carbohydrate 180 grams (1.2 x body weight)
- Sweet potato ½ cup = 27 grams
- Apple, medium = 22 grams
- White rice, ½ cup = 27 grams
- Banana, large = 25 grams
- Oatmeal, 1 svg = 27 grams

Fat 75 grams (0.5 x body weight)
- Wholly Guacamole = 10 grams
- Oils 1 Tbsp = 10 grams
- Nuts 1 oz = 15-20 grams

Calculate Daily Energy (calories)
- Protein 150 grams x 4 cals/gram = 600 cals
- Carbs 180 grams x 4 cals/gram = 720 cals
- Fat 75 grams x 9 cals/gram = 675 cals
- Daily calories: 1,995

BKFST	PRO	CARB	FAT
2 eggs	12	0	12
3 oz gr beef	21	0	7
Banana	0	25	0
	33	**25**	**19**
LUNCH			
3 oz shrimp	21	0	0
3 oz chicken	21	0	0
2 slices bacon	12	0	12
1 c pineapple	0	20	0
1 c shredded carrots	0	13	0
½ c white rice	0	27	0
1 wholly guac	0	0	10
	55	**66**	**22**
DINNER			
6 oz chicken	42	0	0
2 c Russet potato	0	56	0
1 c green beans	0	6	0
2 Tbsp butter	0	0	22
	42	**62**	**22**
POST WORKOUT			
1 scp protein powder	24	0	0
16 oz coco water	0	22	0
	24	22	0
	154	**175**	**63**