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NUTRITION  
SOLUTIONS

# *Kevin Gethin's* LEGACY

FAT LOSS 12-WEEK DAILY VIDEO TRAINER

THE LEGACY

Nutritional  
Program

# Here's How It Works.

There are five steps to getting YOUR nutrition dialed in!

- Step 1** » Calculate Your Fat Loss Goals
- Step 2** » Learn How to Eat to Lose Fat
- Step 3** » Calculate Your Macro Split
- Step 4** » Meal Planning and Prep
- Step 5** » Understand Your Meal Prep Options

# Step 1

## Calculating Your Fat Loss Goals

Ever wonder why it's easier for seriously overweight people to lose 5, 10, even 20 pounds in a matter of weeks, while leaner individuals struggle to lose even a pound? It's because they have more weight to lose.

Most people can safely lose between about 0.5% of their total body weight each week. If a 200-pound individual wants to lose fat, this translates to about 1 pound of fat per week. Since many people begin their weight loss journey at a higher weight, most coaches recommend a weight loss target of about 1 to 2 pounds of fat per week.

In this plan, you'll weigh in every week and use your total bodyweight to calculate your weekly calorie and macronutrient needs, making adjustments as your weight changes.

Your target weight loss is approx.  
**0.5%**  
of your total body weight each week.



Burning a pound of fat requires a calorie deficit of 3,500.

# Step 2

## How to Eat to Lose Fat

We know that a pound of fat is 3500 calories. This means if you want to lose a pound of fat, you must create a 3500-calorie deficit.

This can be done by either removing calories from your normal daily intake or increasing your total daily calorie burn.

To lose fat most effectively whilst maintaining as much lean mass as possible, you'll be doing a combination of these by following a carefully calibrated fat loss meal plan.

We know that burning a pound of fat requires a 3,500-calorie deficit. Spread out over the week, this averages to 500 calories ( $3,500 / 7$ ) per day, which you will automatically achieve once you calculate your fat loss macro split.

# Step 3

## Calculating Your Fat Loss Macro Split

### Protein

You need plenty of protein each day to maintain muscle mass, stimulate muscle protein synthesis, and aid in recovery.

### Carbohydrates

Carbs fuel your workouts, so you'll need more of them on the days you train.

### Fats

Fats help you stay satiated for longer and are vital to a variety of physiological functions in your body. To keep your calorie totals stable while consuming more carbs on training days, you'll actually eat less fat on training days and more fat on rest days.

**Protein = 4 calories per gram**

**Carbohydrates = 4 calories per gram**

**Fat = 9 calories per gram**

Keep in mind that not all calories are created equal. At 9 calories per gram, fat has over double the calories of protein and carbs.

Calculate  
Total Body  
Weight + Fat  
Percentage

# Step 3

continued...

To calculate your unique macronutrient needs, you'll need to know the following:

- **Total Bodyweight**
- **Body Fat Percentage**

Take your total bodyweight and multiply it by your body fat percentage. Once you have this number, subtract it from your total weight to determine your Lean Body Mass. You'll use this number to calculate your macros.

To make this process easier, we've provided calculators to help you calculate your daily macros. If you're curious or prefer to do it yourself, here's how it works:

**Start with 1.2 g per pound of lean body weight.** Multiply your Lean Body Mass by 1.2 to calculate your daily protein intake:

**Daily Protein Intake** = Lean Body Mass X 1.2

**Daily Protein Calculator:**

**Lean Body Mass (LBM)** X 1.2 = grams of protein



# Step 3

continued...

## Calculate Carbs for Training Days and Non-Training Days.

Plan for 1.2g of carbs per pound of lean body weight on training days, and 0.8g of carbs per pound of lean body weight on non training days:

**Training Day Carbs** = Lean Body Weight X 1.2g

**Rest Day Carbs** = Lean Body Weight X 0.8g

### Training Day Carb Calculator:

Lean Body Weight X 1.2 = grams of carbohydrates

### Rest Day Carb Calculator:

Lean Body Weight X 0.8 = grams of carbohydrates

# Step 3

continued...

## Calculate Fats for Training Days and Non-Training Days.

Plan for 0.3g of fat per pound of lean body weight on training days and 0.5g of fat per pound of lean body weight on rest days:

**Training Day Fats** = Lean Body Weight X 0.3g

**Rest Day Fats** = Lean Body Weight X 0.5g

### Training Day Fat Calculator:

Lean Body Weight X 0.3 = grams of fat

### Rest Day Fat Calculator:

Lean Body Weight X 0.5 = grams of fat



# Step 3

continued...

## Do I Need to Know My Daily Calorie Intake?

**Short answer: no.** The macro totals you just calculated should add up to the correct number of calories you need to consume per day to lose fat. If you don't need or want to count calories, then you are good to skip to step 4 — meal prep.

If you want to know more about how your daily calorie goals are calculated, what they are based on, and the best way to use daily calorie needs to lose weight, read on.

Calorie needs are based on your age, sex, bodyweight, and activity level, and will vary if any of these factors change.

The easiest way to calculate your daily calorie needs is to take your basal metabolic rate (BMR), which is the number of calories your body burns every day just to stay alive, and multiply it by your total daily energy expenditure (TDEE), the amount of movement or exercise you do each day.

Again, we've provided calculators to help simplify this process. The calculators use kilograms and centimeters, so if you need to convert your weight and height to metric, start with the following calculators (if not, skip to the BMR calculator):

### Pounds to Kilograms Calculator:

$\text{weight in pounds} / 2.2 = \text{weight in kilograms}$

### Inches to Centimeters Calculator:

$\text{height in inches} \times 2.54 = \text{height in centimeters}$

# Step 3

continued...

## Calculating BMR

### Female BMR Calculator:

$$655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in yrs})$$

### Male BMR Calculator:

$$66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in yrs})$$

Once you know your BMR, you can multiply that number by your activity level to calculate TDEE. While there are different numbers used to calculate TDEE for different activity levels, we're just going to use the baseline Sedentary calculation (1.2) because we already established that a combination of calorie deficit and extra activity is ideal to lose weight. You'll therefore multiply your BMR by 1.2, and you'll have an approximate daily calorie target you can use for daily fat loss.

### Daily Weight-Loss Calorie Goals Calculator:

$$\text{BMR} \times 1.2$$

# Step 3

continued...

To check the math on your macros to make sure they hit your calorie totals, just multiply the protein and carb totals by 4 calories and the fat totals by 9 calories, then add those numbers together to get calorie totals for each day. Here's a calculator to help:

## **Training day (TD) calorie calculator:**

$4 \times \text{TD grams of protein} + 4 \times \text{TD grams of carbs} + 9 \times \text{TD grams of fat}$

## **Rest day (RD) calorie calculator:**

$4 \times \text{RD grams of protein} + 4 \times \text{RD grams of carbs} + 9 \times \text{RD grams of fat}$



# Step 3

Let's look at how this works for a real-world example. A 30-year-old, 6-ft tall man who weighs 230 pounds burns about 2700 calories at rest, therefore his daily calorie goal to lose a pound of fat each week (even without exercise) is 2200 (2700-500).

If his body fat percentage is 20%, then he has 46 pounds of fat (230 x 20%). This means he has 184lbs of lean body weight.

According to our macro calculations, this individual needs to consume the following macros:

- **Training day:** 221g protein, 221g carbs, 55g fat
- **Rest day:** 221g protein, 147g carbs, 92g fat

Using the 4 calories per gram of protein/carbs and 9 calories per gram of fat to calculate total calories, the daily calorie totals for our example are as follows:

- **Training Day Calories:** 2263
- **Rest Day Calories:** 2300

As you can see, the calorie totals for each day closely align with the 2200-calorie goal.

Note that even on non-training days, you will still eat below your maintenance calories to help facilitate fat loss.

# Step 4

## Meal Planning and Prep

If you are serious about your weight loss goal, you need to avoid all junk foods (including beverages and alcohol) and consume only foods which follow the macro guidelines we just calculated.

To ensure you always have healthy options to turn to, you must have meals ready to go at all times.

Meal prep can take 4-6 hours each week and this is something you need to account for. If you don't make time to prep, you'll end up reaching for convenient foods that will undo all your hard work.

The extra effort of meal prep is honestly why most people fail to lose weight. Whether it's finding the time to shop for and cook the right foods or getting into a rut of eating the same meals over and over again, most people start out strong only to falter a couple weeks in.

Then there's the cost. The average person can expect to spend about \$50-100 per week on groceries. If you consider the cost of your time cooking and preparing these foods, that number can quickly double.

It's estimated Americans spend about \$40 per week above and beyond the cost of food on food delivery services alone, and if you buy fast foods and beverages on the go or dine at restaurants, your weekly food expenses can be much higher.



# Step 5

## Understanding your meal prep options

Most of us prefer quick, convenient solutions. This is why I often recommend using a food prep company to make at least some of your meals for you. These companies offer a greater variety of healthy and delicious options than you may be able to prepare on your own, and having pre-made meals to turn to means you'll be less likely to go off plan when your schedule gets busy.

I personally use and recommend Nutrition Solutions, who make healthy meals that fit within a weight loss plan and are delivered right to your home or office. While this option might seem expensive, keep in mind that you're replacing some of that grocery budget with pre-made meals and saving time by not having to prepare as many meals ahead of time.

I believe in what they do so much I asked them to partner with me on this trainer and offer a special discount to every participant to help offset the cost.

Since sticking to your macros is absolutely essential for successful weight loss and most people struggle to find the time and energy to prepare meals ahead of time, I've included a sample meal plan that incorporates pre-made meals from Nutrition Solutions. This should make it easier to stick to the plan and see consistent weight loss even when your schedule gets busy or your motivation starts to slip.



# Sample Fat Loss Meal Plan

With 2 Nutrition Solution Meals per Day.

*(This plan is based on a 2300-calorie day)*

## Training Day

**Meal 1 @ 6:00AM:** High-Protein Shred Breakfast from Nutrition Solutions

**Meal 2 @ 9:00AM:** 150g raw-weight Chicken Breast (grilled or baked), 200g Sweet Potato (baked), large portion of Veggies (steamed, grilled, or raw)

**Meal 3 @ 12:00PM:** High-Protein Shred Lunch from Nutrition Solutions

**Meal 4 @ 3:00PM:** 2 Scoops of Whey Isolate blended in water

**Meal 5 @ 6:00PM:** 150g raw-weight Steak (grilled or baked with no added oil), large portion of Veggies of your choice (steamed, grilled, or raw)

**Meal 6 @ 8:00PM:** 1 Scoop CASEIN or Equal Protein in Steak

## Non-Training Day

**Meal 1 @ 6:00AM:** High-Protein Shred Breakfast from Nutrition Solutions

**Meal 2 @ 9:00AM:** 9:00AM: 150g raw-weight Chicken Breast (grilled or baked), 200g Sweet Potato (baked), large portion of Veggies (steamed, grilled, or raw)

**Meal 3 @ 12:00PM:** 150g raw-weight Salmon Fillet (grilled or baked with no added oil), 200g cooked Brown Rice, large portion of Veggies (steamed, grilled, or raw)

**Meal 4 @ 3:00PM:** High-Protein Shred lunch from Nutrition Solutions

**Meal 5 @ 5:00PM:** 150g raw-weight lean Ground Beef (cooked in a skillet with no added oil) with Salad Greens and Veggies of your choice (steamed, grilled, or raw)

**Meal 6 @ 7:00PM:** 1 Scoop CASEIN or Equal Protein in Steak

# Legacy Vegetarian Sample Meal Plan(

## Training Day

**Meal 1:** 80g dry-weight gluten-free Oats, 1 Whole Egg + 4 Egg Whites.

**Meal 2:** 125g raw-weight low-fat Paneer, 150g cooked Brown Rice, portion of veggies of your choice on the side.

**Meal 3:** 125g raw-weight low-fat Tofu, 300g raw-weight Sweet Potato (baked), portion of veggies of your choice on the side.

**Meal 4:** 2 Scoops Whey Isolate.

**Meal 5:** 125g raw-weight low-fat Paneer, 50g Avocado, portion of veggies of your choice on the side.

**Meal 6:** 2 scoops of Casein protein

## Non-Training Day

**Meal 1:** 80g gluten-free Oats (measured dry), 1 Whole Egg + 4 Egg Whites.

**Meal 2:** 125g raw-weight low-fat Paneer, 100g cooked Brown Rice (boiled), portion of veggies of your choice on the side.

**Meal 3 @ 11:00AM:** 125g raw-weight low-fat Tofu (grilled, using extra virgin olive oil spray only to stop from sticking to grill), 250g raw-weight Sweet Potato (baked), portion of veggies of your choice on the side. Use condiments from shopping list.

**Meal 4 @ 2:00PM:** 2 Scoops Whey Isolate.

**Meal 5 @ 4:00PM:** 125g raw-weight low-fat Paneer, 25g Avocado, portion of veggies of your choice on the side.

**Meal 6 @ 7:00PM:** 2 scoops of Casein protein.

# Let's touch base on supplements briefly.

I have a custom **Supplement Guide** via a PDF for you to follow. It will include supplement categories, a schedule of when and how to take the supplements to make it easy for you to apply to your nutrition program. That said, supplements only account for about 3% to 5% of your overall nutritional goals. Now, if you're one of those people that take in more protein using supplements to replace meals because of convenience, travel, etc... then it accounts for 5% or even a bit more.

## Here are some of the main supplement categories to take note of.

- Protein Whey isolate
- Pre-workout
- Multivitamin
- EAA's
- Carb Powder such as Vitargo





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