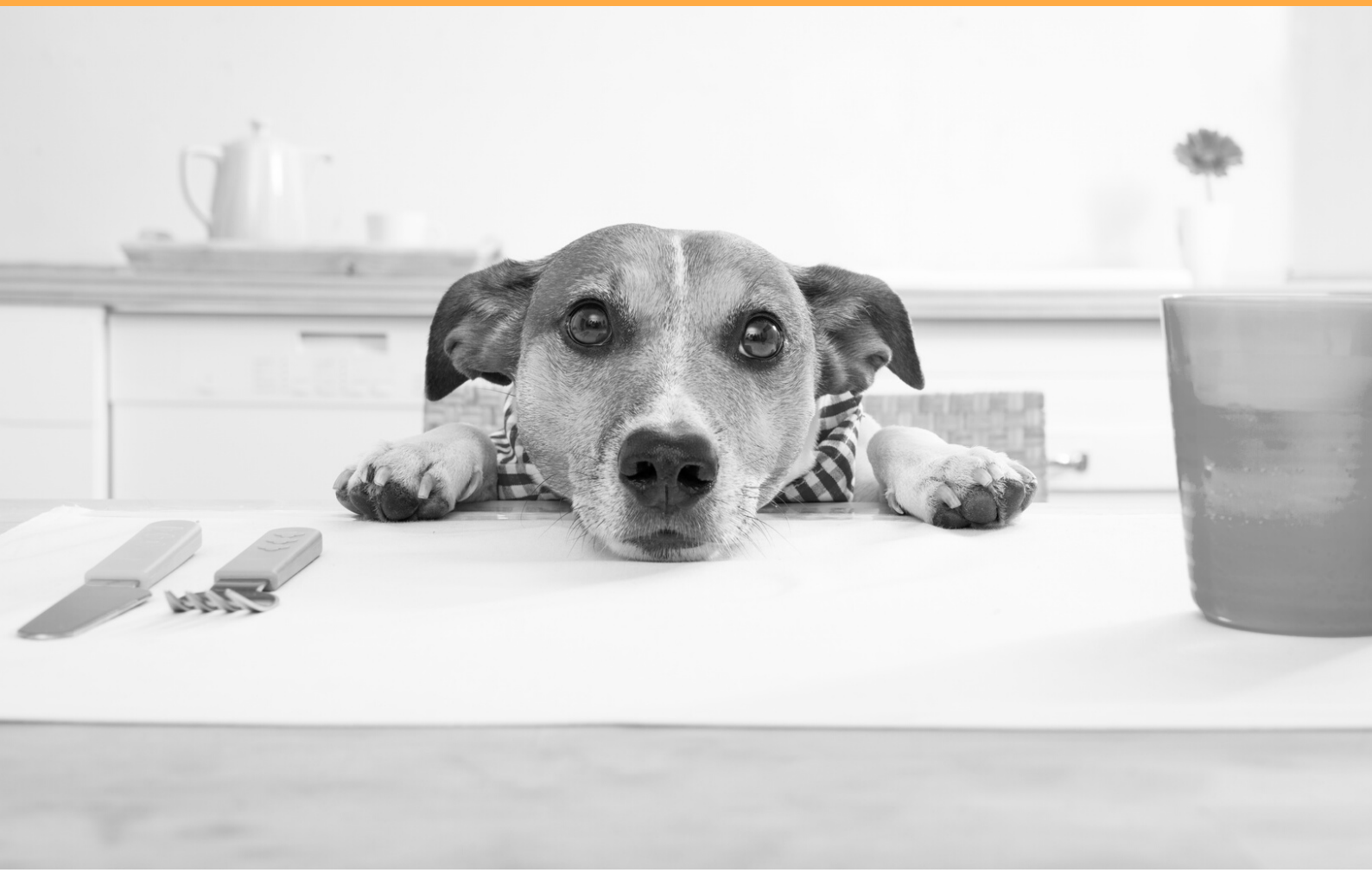
Vegan macros 101

5 DAY CHALLENGE

MASTER YOUR VEGAN MACROS

MASTER YOUR (VEGAN) MACROS CHALLENGE

DAY ONE



KEY POINTS

First of all, welcome! I am super excited to help you this week!

Please make sure you are focused and committed. You need to implement and action what you learn and not just listen and do nothing.

What you learn this week will get you results, but only if you go into everything with an open mind. Everything I'm sharing with you this week has been tried and tested and works.

We are going to start at the beginning and delve into why low-calorie diets do not work...

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TASK ONE

Have you tried every diet going, from low-fat to raw food to keto, only to find that nothing works and you end up right back where you started - or worse?

Low-calorie diets just do not work. They either lead you to binge-restriction cycles because they're so unrealistic that you can't stick to them or if you are able to push through a low-cal diet for a prolonged period of time you end up slowing your metabolism so your body can compensate for the reduced calories.

The key is to make your body feel safe by starting to eat at your maintenance calories.

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ACTION POINTS

1.

Today's challenge is to figure out what your starting point calories should be. Remember that this is just a starting point, but a quick way to do it is to multiply your body weight in lbs by 12-16 - depending on how active you are. Take your body weight in lbs and multiply it between 12-16 - depending on how active you are.

If you're sedentary with zero exercise, use 12, if you're working out at the gym, going walking every day, doing yoga or some form of activity 3-5 times per week use 14-15 and if you do strength training, Crossfit or endurance training 5-6 times per week, use 16.

For example, if you weigh 160lbs and do some form of exercise 5 times per week or have a physical job your starting point would be 2560 (160 x 16)

If you didn't work out much but managed to

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ACTION POINTS

For example, if you weigh 160lbs and do some form of exercise 5 times per week or have a physical job your starting point would be 2560 (160 x 16)

If you didn't work out much but managed to walk around an hour per day your starting point would be 2080 (160 x 13)

If you did zero exercise and not much movement then your starting point would be 1920 (160 x 12)

2.

Now, how does this number make you feel? Is it scary? Do you feel like you shouldn't or don't deserve to be eating that many calories? Or are you already eating more than that number anyway?

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WHAT TO POST IN THE COMMENTS OF TODAY'S TASK

DON'T POST SCREENSHOTS OF THE WORKSHEET - PLEASE REPLY DIRECTLY IN THE COMMENTS ON TODAY'S TASK POST

1. According to the multiplier, what's your calorie goal?

2. How does this number make you feel?