

# Weight Management System

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# System Overview



Nutrition

(Click on the image to view the video)

# Week 1

## **Assessing Your Needs and Current Eating Habits**

### **Step 1:** Calculate Your Energy Requirements

Use the link below to access a free online Basal Metabolic Rate (BMR) calculator:

<https://www.calculator.net/bmr-calculator.html>

Your BMR represents the amount of energy your body burns at rest and serves as a rough estimate of your daily energy requirements.

### **Step 2:** Adjust Based on Your Progress

This calculation is a starting point, and adjustments may be necessary based on how your weight management responds:

- **Losing Weight Unexpectedly:** Increase your intake slightly.
- **Gaining Weight:** Reduce your intake.

A practical approach is to adjust your daily energy intake by about 200 kcal for a week and observe the effect on your weight. Repeat this process until your weight begins to stabilise.

### **Step 3:** Track Your Progress

To accurately assess changes, weigh yourself first thing in the morning 2–3 times per week. Use the average of these weigh-ins to monitor changes in your body weight week by week.

## **Calculate Your Protein Requirements**

To determine your daily protein needs, use one of the following formulas:

- **Body Weight (in kilograms) × 1.8 = Grams of protein per day**
- **Body Weight (in pounds) × 0.8 = Grams of protein per day**

If you are already lean, these calculations will be fairly accurate. However, if you are carrying extra weight, it's best to use your ideal body weight for these calculations.

## **Calculate the Energy Content of Your Meals**

Tracking the energy content of the meals you usually consume can provide valuable insights into how your eating habits impact weight management. While this task may initially feel tedious, the goal is to help you better understand the energy composition of your meals.

You don't need to do this every day unless you prefer a detailed approach. However, periodically tracking and calculating energy content offers a highly accurate method for managing your weight. It can also help you identify how specific meals or individual components within those meals influence your progress.

### **This Week's Goal**

Calculate the energy content of a few meals from your regular diet and compare their energy content with your estimated total daily energy expenditure.

### **What You'll Need:**

- A set of kitchen scales to measure portion sizes.
- A calorie-tracking app, such as MyFitnessPal, FatSecret, or any other app of your choice, to calculate and log the energy content of foods.

By developing this skill, you'll gain greater control over your nutrition and a deeper understanding of its impact on your fitness and weight management goals.

### **Make Adjustments to Your Meals**

If some of your meals account for a significant portion of your daily energy intake, consider making adjustments. Review the components of the meal and explore substitutions or changes in portion sizes for more energy-dense items.

#### **Options for Moving Forward:**

- If you'd prefer to follow a structured plan, head to the meal plan section of this course and select one that aligns with your energy requirements.
- If you're aiming to lose weight, avoid reducing your energy intake too far below your calculated daily requirement. Start with a modest reduction of 200–400 calories per day.

#### **Focus on Sustainable Changes:**

The goal at this stage is not to completely overhaul your eating habits but to clean up your diet and better understand your daily energy needs. Making too many drastic changes at once can make it harder to build sustainable habits.

By taking gradual steps, you'll set yourself up for long-term success while maintaining a balanced and enjoyable diet.

# Week 2

## **Begin Implementing Changes**

### **Leveraging Willpower to Implement Changes**

If you haven't already, now is a great time to start making changes to some of the meals you currently consume. The best time to do this is with meals in the first half of the day.

During this time, we generally have more willpower and tolerance for adjustments, especially if the change requires some time to adapt.

You can use the provided meal plans for ideas on new meals to try for breakfast and lunch.

### **Balancing Energy Intake**

When adjusting meals in the earlier part of the day, consider your total daily energy needs and how much you want to save for your evening meals. If you enjoy large evening meals or evening snacking and aren't ready to change those habits yet, you can adjust your energy intake earlier in the day to accommodate.

Some strategies to manage this include:

- Reducing the energy components of breakfast and lunch.
- Lowering carbohydrate portions in morning and midday meals.
- Trying a morning fast by abstaining from food until mid-morning.
- Using a protein shake for breakfast to hit protein goals while keeping energy intake low.

## **Assess Your Protein Intake**

### **Are You Meeting Your Protein Requirements?**

Evaluate your current protein intake to ensure it meets your daily requirements. If it's falling short, focus on increasing the protein portions in meals that contain less than 20 grams of protein.

This strategy will not only help boost your total daily protein intake but also ensure that protein is more evenly distributed throughout the day, which can support better muscle recovery and growth.

# Week 3

## Introduction to different dietary approaches

### Macronutrient control

To start adjusting macronutrients to impact your daily energy balance, we can begin by focusing on your carbohydrate intake. A helpful way to monitor this is by using a calorie-tracking app, which provides a breakdown of the energy and macronutrient components of food. This information can help you identify foods high in carbohydrates, allowing you to adjust portion sizes or remove certain items from your diet.

Another approach is to directly reduce foods that are typically high in carbohydrates, such as bread, pasta, rice, and other flour-based items. Additionally, reducing items with added sugar is often a very effective first step.

### Intermittent fasting

To start implementing intermittent fasting, if you haven't done so already, we will establish a fasting window that begins 1 to 2 hours before bedtime and ends when you have your first meal in the morning. This approach has two main goals: first, to reduce late-night snacking and overall daily energy intake; and second, to improve sleep quality by minimizing digestion during the time you're trying to fall asleep.

### Incorporating the indirect methods with the direct method

If you find that directly tracking your intake is effective, you can also incorporate aspects of indirect methods like macronutrient control and intermittent fasting to see what suits you best. Both direct and indirect methods can work together; it's just a matter of finding the combination that works for you.

### Were to from here

If you're noticing improved weight control, you can continue with this stage for a while. In the next phase, we introduce 'low energy days,' where we significantly reduce energy intake for 1 or 2 days a week. These low energy days can help accelerate weight loss and also allow for a higher-energy (cheat) day while still maintaining or losing weight. If you're interested in adding a cheat day into your routine or speeding up weight loss, you can proceed to the next stage.

# Week 4

## Manipulating weekly energy intake

### Low energy day

Selecting one day each week to significantly reduce energy intake can help balance your average weekly energy. By focusing on **weekly energy averages** instead of daily intake, you can create more flexibility in your diet.

Take advantage of days when it feels easier to cut back and use those to offset higher-energy days. Sustaining discipline every single day can be challenging, especially for long-term weight management. Alternating between high- and low-energy days is a practical approach to maintaining balance while still working toward your goals.

For example, if your maintenance intake is 2,500 kcal per day, your weekly target to maintain weight would be 17,500 kcal. If you have an event on Saturday, you could allocate 3,500 kcal for that day, and organise the rest of your week like so:

- **Monday-Thursday:** 2,500 kcal
- **Friday:** 2,000Kcal
- **Saturday:** 3,500Kcal
- **Sunday:** 2,000Kcal

This results in just two days of dieting to offset the high-energy day. This allows you to maintain weight while still having additional fun in the weekend/

Low-energy days can be used either to balance out a high-calorie day or to accelerate weight loss. One effective strategy is to plan your low-energy day on a particularly busy day, when time doesn't allow for full meal prep.

For example, if your maintenance intake is 2,500 kcal and your weight loss goal requires a weekly deficit of about 3,850 kcal (equivalent to roughly 0.5 kg/1.1 lbs of weight loss), Your weekly structure might look like this:

- **Monday (Low-energy day):** 1,450 kcal (-1,050 kcal balance)
- **Tuesday-Friday:** 1,900 kcal (total weekly balance: -3,450 kcal)
- **Saturday (High-energy day):** 2,700 kcal (total weekly balance: -3,250 kcal)
- **Sunday:** 2,000 kcal (total weekly balance: -3,850 kcal)

The goal of adjusting your weekly energy intake is to create greater flexibility in your weight management approach. This can be particularly helpful for balancing social events, busy schedules, or varying energy needs throughout the week.

If you prefer a more indirect approach, you can achieve similar outcomes by varying your **carbohydrate intake** or **fasting windows** across the week. However, this method is most effective if you have a clear understanding of your daily energy requirements.

If you would like to try this strategy, the **meal plan section** of this course provides a variety of meal plans tailored to different energy levels based on body weight. These plans are designed to ensure your protein needs are met while allowing you to mix and match to create a structure that supports your weekly average energy goals.

Meal plan Link:

[Meal Plans](#)

# How I bring everything together in my own diet

## My Key Rules:

- **Daily Protein Goals:** I ensure protein targets are met every day.
- **Whole Foods Focus:** From Monday to Friday, I base most meals on whole foods, avoiding heavily processed items.
- **Low-Energy Days During Weight Loss:** When aiming for weight loss, I incorporate 1–2 low-energy days per week on less active (non-connectivity) days, typically Monday and Thursday.
- **Cheat Days:** I allow **controlled** cheat days on weekends.
- **Fasting Schedule:** I start fasting 1–2 hours before bedtime.
- **Carbohydrate Manipulation:** To manage energy balance, I adjust carb intake based on my goals—reducing carbs for weight loss and increasing them for bulking.

These simple guidelines provide a solid foundation for effective weight management. They've helped me successfully lose weight during preparation for bodybuilding competitions and gain weight in a controlled way during my offseason bulking phase.

Remember, the **Facebook group page** is there to provide support. If you have any questions, feel free to post them on the page, and I'll be happy to offer additional guidance.