

ETHIX

PERSONAL TRAINING

THE ETHIX STANDARD

NUTRITION

Your macro calculator, your 2-week check-in, and how to turn your numbers into meals you'll actually eat.

OPEN YOUR MACRO CALCULATOR

ethixpersonal.training/macros

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This is the nutrition part of your Start Here guide. For training, your routine and your membership, see the full Start Here guide.

SECTION 1

NUTRITION

Your numbers come from my macro calculator. It gives you a starting point, then gets more accurate every time you check in.

OPEN YOUR MACRO CALCULATOR

ethixpersonal.training/macros

Calculate your numbers, set them in MyFitnessPal, log your food and weigh in daily, and check in every 2 weeks. MyFitnessPal is where you log food; it syncs to Trainerize.

Open it from your home screen in Safari or Chrome. Private browsing and the browser inside other apps don't save your entries, and the page warns you if that's happening.

No formula knows your exact metabolism on day one. Any calculator can easily be off by 10–15% for one person. Your scale is the truth, and the check-in is what turns a good estimate into **your** numbers.

SETTING UP THE CALCULATOR

GOAL WEIGHT (CUT ONLY)

Where you want to be in the next 3–6 months, not your dream weight. Your protein and fat are based on it, and it sets your goal date. On other goals, your numbers use your current weight. If your goal is below a healthy weight for your height (BMI 20), the calculator uses that minimum instead and tells you.

BODY FAT (OPTIONAL)

Only if it was measured by DEXA, InBody or calipers. It makes the estimate more accurate, especially if you're very lean, very muscular or carrying more weight.

JOB, STEPS AND WORKOUTS

Be honest. Check your phone's health app for your real step average, and count the workouts you'll actually do (training 7 days? pick 6). Enter the steps you average now, not your Trainerize goal, and update it once you're hitting the goal.

YOUR GOAL

Build or **Cut** to match your program. On Home, pick the goal you're chasing.

Maintain holds your weight, with protein at 1.0 g per lb instead of 1.2. **Reverse** brings you back up after a cut or a show. On Build, pick how long you've been lifting: under 1 year gets a 15% surplus, 1–3 years 10%, more than 3 years 5%. Aim to gain 0.25–0.5% of your bodyweight a week if you're newer, less after that; check-ins adjust if you gain faster.

PACE (CUT ONLY)

Steady, Standard or Faster: lose about 0.5%, 0.75% or 1% of your bodyweight a week, shown in pounds for you. Standard is recommended. Faster isn't offered at 65+, and if you're already lean your pace is capped for you.

KETO (OPTIONAL)

Prefer low carb? Tick **Keto**: carbs stay at 40 g, protein drops 0.2 g per lb, and the rest comes from fat. Switching it on or off restarts your check-in window. See page 11.

MEALS AND CARB SPLIT

Both sit under your results. Your macros are split across 3–6 meals. The carb split (not on keto) puts more carbs on training days and fewer on rest days, with the same weekly total. MyFitnessPal's free app keeps one goal for every day, so use the calculator's table for each day's carbs.

READING YOUR RESULTS

- **Calories, protein, carbs and fat:** your real targets, in grams.
- **MyFitnessPal setup:** the free app only takes macros as percentages in 5% steps, so the calculator picks the closest ones and shows what they work out to. Its goals land within a few grams of yours. Check your protein against the calculator's gram number. On MyFitnessPal Premium, enter the exact grams instead.
- **Don't eat back exercise calories.** Your activity is already counted. If MyFitnessPal adds calories for steps or workouts, ignore them or turn that off in its settings.
- **Fiber and water:** daily targets. Drink 16–24 oz more on training days, and more in the heat.
- **Per meal:** open the section called "**Per meal, and how your numbers were set**" to see each meal's share, with an example in cooked chicken and rice (or olive oil on keto).
- **Goal date (Cut):** it accounts for loss slowing as you get lighter, but not for diet breaks.

- **Notes under the big number:** if a cut would take you under the safe minimum (1,200 calories for women, 1,500 for men), the calculator holds you at the minimum. If you're already close to it, your cut is small and slow.

LOGGING IN MYFITNESSPAL

- Weigh food on a kitchen scale and log it as weighed. Match the entry to how you weighed it: "cooked" for cooked rice and meat, "raw" or "dry" for oats and uncooked meat.
- Pick entries with the green check (verified), or ones that match the label.
- Save meals you eat often so logging them takes one tap.

YOUR 2-WEEK CHECK-IN

This is the most important part of your nutrition. Every 2 weeks, the calculator compares what you ate with what your weight did and adjusts your numbers to your real metabolism.

- 1 Weigh in every morning** and tap **Save** in the check-in section of the calculator. Skipped a day? Just skip it. The page shows your weigh-ins and your check-in day.
- 2 Log your food every day** in MyFitnessPal and hit your numbers.
- 3 When it says Check-in ready**, pick how many days you hit your numbers and tap **Update my numbers**. The calories box is already filled with your average target; only change it if you know you averaged something different.
- 4 Enter your new goals in MyFitnessPal**. The result shows exactly what to type.

Your first check-in is at 4 weeks, then every 2 weeks.

HOW IT STAYS ACCURATE

- It needs at least 8 weigh-ins covering 10 or more days, and reads up to your last 8 weeks of weigh-ins on your current goal, and once it has 5+ weeks of them, it compares weigh-ins a month apart, which cancels out your cycle's water swings.
- It reads your trend and ignores one-off spikes, so a salty dinner won't fool it.
- It only adjusts if you hit your numbers 6–7 days a week. If you were less consistent, tap **Clear weigh-ins** and tighten up. Your next check-in is 2 weeks later.
- It moves your maintenance by at most 300 calories per check-in (100 for women until there are 5 weeks of weigh-ins), and after that it adjusts on its own as your weight or activity changes.
- Not weighing daily? Tap **Don't weigh in every day?** at the bottom of the check-in and choose **Two averages**: this week's average and one from 2–4 weeks ago.

WHEN A CHECK-IN WAITS

- The calculator handles most of this for you: changing your goal starts a new check-in window (a diet break doesn't: use the diet break tick instead) with your next weigh-in, switching keto starts one that day, and the first check-in on any goal skips the first 2 weeks.
- It won't check in during a Reverse.
- If something unusual threw off a stretch (illness, travel, a big event), tap **Clear weigh-ins**.

COMING OFF A CUT: REVERSE

After a cut or a show, jumping straight back to maintenance can bring back fat fast. Reverse raises your calories gradually instead.

- Choose **Reverse**, enter the calories you eat now, and pick +100, +150 or +200 a week. The table goes week by week up to maintenance (increases go to carbs, or fat on keto), and the big number always shows this week.
- **Start with a jump** is on by default: week 1 goes straight to about 75% of maintenance, then climbs from there. Coming back up quickly matters for your hormones, energy and hunger, especially after a show.
- Expect the scale to rise a pound or two at first (food and water). If your weekly average climbs more than about 0.5% of your bodyweight in a week, repeat that week's calories.

- At maintenance, switch to **Maintain** or **Build**. Your first check-in on the new goal is 4 weeks later.

DIET BREAKS ON LONG CUTS

If your cut will run longer than 12 weeks, the calculator suggests diet breaks: 1–2 weeks at maintenance about every 10 weeks, and it names the weeks for you. During a break, keep your goal on **Cut** and tick **I'm on a diet break**. The calculator shows your maintenance numbers and leaves the break, and the week after it, out of your check-ins. Untick it when the break ends. A small jump on the scale during a break is water and food.

KETO, IF YOU CHOOSE IT

- **Carbs:** 40 g is total carbs (what MyFitnessPal counts), fiber included. Get most of them from vegetables.
- **Eat:** meat, fish, eggs, cheese, greens and other non-starchy vegetables, avocado, olive oil, nuts, chia and flax. Skip the carbs list and most fruit.
- **First 2 weeks:** expect a 2–5 lb water drop and a dip in strength. Salt your food and drink extra water; headaches or cramps usually mean you need more of both.
- **Skip keto** if you're pregnant or nursing, have type 1 diabetes, kidney, liver, gallbladder or pancreas problems, or a history of disordered eating. If you take medication for diabetes (including SGLT2 drugs like Jardiance or Farxiga) or blood pressure, check with your doctor first.

SECTION 2

EATING WELL

How to turn your numbers into meals you'll actually eat. Each month a new habit shows up on your Trainerize calendar every day.

YOUR FOUNDATION: PROTEIN FIRST

Hit your protein number at least **6 days out of 7**. Protein keeps you full, protects your muscle when you're cutting and builds it when you're not. It's also the macro most people fall short on.

- Build every meal around a protein first, then add carbs and fats.
- Use the calculator's per-meal protein as your target for each meal.
- Keep two grab-and-go options in the fridge, like nonfat Greek yogurt and low-fat cottage cheese.
- Check your protein total by mid-afternoon so there's time to catch up at dinner.

YOUR HABIT OF THE MONTH

- | | |
|----------------------------|-------------------------|
| 1 Protein at every meal | 7 Plan tomorrow tonight |
| 2 Log it before you eat it | 8 Fuel your training |
| 3 Hit your water | 9 No liquid calories |
| 4 Vegetables at 2 meals | 10 Prep twice a week |
| 5 7+ hours of sleep | 11 Slow down at meals |
| 6 Hit your fiber | 12 Own the weekend |

QUICK PROTEIN HITS

Chicken breast, 170 g (6 oz) cooked	52 g
Lean ground beef 93/7, 150 g cooked	43 g
Tilapia, 150 g cooked	39 g
Low-fat cottage cheese, 200 g	22–28 g
Liquid egg whites, 250 g	27 g
Nonfat Greek yogurt, 200 g	18–21 g
Whey isolate, 1 scoop	24–30 g

Yogurt, cottage cheese and whey vary by brand; check the label. FAGE 0% yogurt sits at the top of its range.

FOOD LIST

Build your meals from these and you'll hit your numbers without much thought. When you're not weighing food, use the hand portions.

PROTEIN

1–2 PALMS A MEAL

Chicken breast, lean ground turkey or beef (93/7 or leaner), bison, sirloin, flank steak, cod, tilapia, salmon, canned tuna, shrimp, egg whites, Greek yogurt, cottage cheese, whey isolate

CARBS

1-2 CUPPED HANDS A MEAL

White or jasmine rice, potatoes, sweet potatoes, oats, cream of rice, cream of wheat, bagels, English muffins, rice cakes, berries, bananas, mango, pineapple, honey

FATS

1-2 THUMBS A MEAL

Avocado, olive oil, butter, whole eggs, almonds, cashews, pecans, macadamias, peanut butter, almond butter

VEGETABLES

AT LEAST 1-2 FISTS A MEAL

Broccoli, asparagus, green beans, spinach, Brussels sprouts, zucchini, bell peppers, mushrooms, cucumber

No meat or dairy? Tofu, tempeh, edamame, seitan, lentils and beans, and pea or soy protein powder. Swap dairy for soy or pea milk and soy yogurt.

Easy swaps to know. A banana has almost three times the carbs of the same weight of strawberries. Oil-roasted and honey-roasted nuts carry extra calories. Bakery bagels often weigh far more than a standard one. When in doubt, weigh it and log it.

Fiber. The calculator gives you a daily target. Vegetables, berries, oats, potatoes with the skin and beans get you there.

Keep these occasional: fried foods, pastries, sugary drinks and fattier cuts like 80/20 ground beef. They fit sometimes; they just make your numbers harder to hit.

SAMPLE DAY

A template at about 1,937 calories. Your numbers will be different, so scale the portions to your calculator results. Meats, rice, potatoes and vegetables are weighed cooked; oats are weighed dry.

BREAKFAST

200 g liquid egg whites + 2 whole eggs, 50 g oats with 75 g blueberries

491 cal · 42 P · 47 C · 14 F

LUNCH

170 g grilled chicken breast, 200 g white rice, 150 g broccoli

569 cal · 61 P · 67 C · 7 F

SNACK

200 g nonfat Greek yogurt (e.g. FAGE 0%), 1 medium banana

213 cal · 22 P · 34 C · 0 F

DINNER

150 g Atlantic salmon, 250 g baked potato, salad of 60 g spinach and 100 g cucumber with 10 g olive oil

664 cal · 42 P · 59 C · 29 F

Total: 1,937 calories · 167 g protein · 207 g carbs · 50 g fat

SCALING TO YOUR NUMBERS

- More protein? Every extra 30 g of cooked chicken adds about 9 g.
- More or fewer carbs? Every 50 g of cooked rice is about 14 g.
- More or less fat? Every 5 g of olive oil is 5 g.

THE BASICS

- **Water.** Hit the calculator's target, plus 16–24 oz on training days and more in the heat.
- **Plate method.** Not tracking a meal? 1–2 palms of protein, 1–2 cupped hands of carbs, 1–2 thumbs of fat, and fill the rest with vegetables.
- **Eating out.** Order the protein first, ask for sauces on the side and log your best estimate.
- **Alcohol.** It has calories (7 per gram) that don't fit into protein, carbs or fat, and it slows recovery. If you drink, keep it occasional, log it, and make room by eating fewer carbs and less fat that day, never less protein.
- **Bad day?** Don't try to make it up tomorrow. Get back to your numbers at the next meal.