



**FIRE TEAM WHISKEY**  
MILITARY FITNESS PROTOCOL

## **.22 CAL Nutrition Protocol Daily Maximums**

### **SNIPER EDITION**

For those who are already following a .22 CAL Nutrition Protocol type of eating (90% whole foods, low carb, increase of healthy fats, limited sugar and moderate to high protein), here is a “step up” from the base .22 CAL Nutrition Protocol. You will follow the same basic calculations from the basic .22 CAL Protocol, but you will have different daily serving maximums.

**The below guidelines will help you determine your daily calorie maximum:**

If you need to lose weight: Your weight in lbs x 12 = \_\_\_\_\_

If you would like to maintain your weight: Your weight in lbs X 15 = \_\_\_\_\_

If you would like to gain weight: Your weight in lbs X 18 = \_\_\_\_\_

*For example, you weigh 200 lbs and you need to lose weight. Then you multiply 200 x 12 = 2,400. This is your daily calorie maximum.*

Calorie Range	Non-Starchy Vegetables	Starch/Fruit	Proteins	Fats/Oils
1100-1300	Unlimited	.5	3	6
1301-1500	Unlimited	.5	3	6
1501-1700	Unlimited	.5	3	7
1701-1900	Unlimited	.5	4	7
1901-2100	Unlimited	.5	4	9
2101-2300	Unlimited	.5	5	9
2301-2500	Unlimited	.5	5	9
2501-2700	Unlimited	.5	5	10
2701-2900	Unlimited	.5	6	10
2901-3100	Unlimited	.5	6	11
3101-3300	Unlimited	.5	6	12
3301-3500	Unlimited	.5	7	12