

.22 Caliber Nutrition Protocol Daily Maximums

The .22 Caliber Nutrition Protocol provides you daily serving maximums for each category of food based on your daily calorie range. Do not exceed your daily maximum for each category, but you do not have to meet the maximum for each day in each category. For example, your plan allows for two servings of starches today, but you only ate one. This is acceptable. Eat until you are satisfied not stuffed. If you are not hungry, don't eat but wait until your body signals you that it is time to eat. Make smaller meals and snacks and check in with your body to see if this meal/snack was satisfying, or if you are hungry for a second serving. If you have a question about the .22 Nutrition Protocol, please contact the Fire Team Whiskey Cadre. They can help.

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 = _____



FIRE TEAM WHISKEY
MILITARY FITNESS PROTOCOL

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	4
1301-1500	Unlimited	1	3	4
1501-1700	Unlimited	1	3	5
1701-1900	Unlimited	1	4	5
1901-2100	Unlimited	1	4	6
2101-2300	Unlimited	1.5	5	7
2301-2500	Unlimited	2	5	7
2501-2700	Unlimited	2	5	8
2701-2900	Unlimited	2	6	8
2901-3100	Unlimited	2.5	6	9
3101-3300	Unlimited	2.5	6	10
3301-3500	Unlimited	2.5	7	10