

## Fire Team Whiskey® .50 Caliber Nutrition Protocol Daily Maximums

The .50 Caliber Nutrition Protocol provides you daily calorie ranges based on your individual goal and daily macro guidelines. Do not exceed your daily calorie maximum. It is important that you get within your calorie maximum, as you do not want to fall too far below and send your body into starvation fat storage mode. These are just guidelines, as everyone's body is unique. Work with your FTW Cadre on finding the best range for you. 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 .38 Nutrition Protocol, please contact the Fire Team Whiskey Cadre. They can help.

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

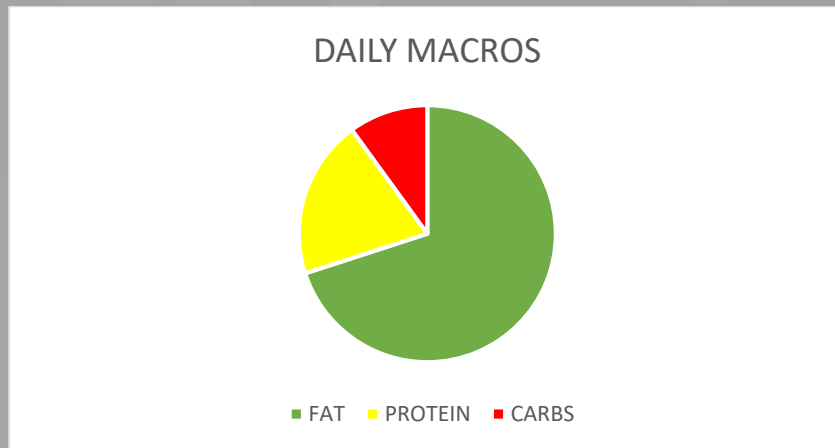
If you need to lose weight: Your weight in lbs x 12 = \_\_\_\_\_

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 = \_\_\_\_\_

*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.*

Your total daily macro percentages for the day should fall within this range: 65-90% Fat, 20-30% Protein, 5-10% Carbs. As you experimented with your ranges to find your best fit in the .38 CAL Program, continue to follow that range that gives you optimal results. A suggested food list to help you identify the foods that fall in the macro categories is below.



The .50 CAL Nutrition Plan builds upon the .38 CAL Nutrition Plan by adding intermittent fasting. Intermittent fasting is when you restrict your caloric intake to a certain window of time in a day (or go for a certain amount of days without caloric intake). Intermittent fasting has many health benefits and is an effective way to overcome weight loss plateaus. Most people who intermittent fast follow a 8:16 fasting ratio, meaning food is only consumed within an 8 hour window of the day. The following 16 hours is without food. We recommend that you follow this ratio for the 1<sup>st</sup> 2 weeks and if you feel you are ready, change the ratio to 4:20, meaning there is a 4 hour window for eating and the following 20 is without food. You can also try full day fasting. We recommend experimenting with intermittent fasting windows and seeing which is best for you.