

Rejoining the Saiyan Army

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This is my second attempt at tracking my macronutrients [1].
Guidelines from before are

- 1 - 1.4 g of protein for lb. of body weight or 2.3 - 3.1 g/kg .
- 15% - 25% daily calories from fat.
- Fill in rest of calories with carbs.
- 15-20 g of fiber per 1000 calories. Shoot for higher end of carbs.
- 2 - 3 servings of fruits and vegetables for micronutrients.

Table 1: Example meal plan for 1650 calories. Units are in grams except for number of servings. This can be easily separated into 3 meals a day with water as the only drink.

Food	Serving Size	Carbs	Fat	Protein	Fiber	Servings
Chicken Tenderloins [2]	112	0.0	1.0	23.0	0.0	4
Spinach [3]	100	3.6	0.4	2.9	2.2	3
Broccoli [4]	148	10.0	0.5	4.2	3.8	4
Rice [5]	158	45.0	0.4	4.3	0.6	3
Avocado [6]	50	4.0	8.0	1.0	3.0	2
Orange [7]	96	11.0	0.1	0.9	2.3	1

References

- [1] Gokfuflex. How to lose body fat — setting up your diet/macros. <https://www.youtube.com/watch?v=xiBvB8G19NU>, June 2016. Accessed: 2019-11-28.
- [2] Costco Wholesale. Kirkland signature chicken tenderloins, boneless skinless, 6 lbs. <https://www.costco.com/kirkland-signature-chicken-tenderloins%2c-boneless-skinless%2c-6-lbs.product.100639328.html>, March 2023. Accessed: 2023-03-26.
- [3] U. S. Department of Agriculture. FoodData Central - spinach, raw. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168462/nutrients>, April 2019. Accessed: 2023-03-26.
- [4] U. S. Department of Agriculture. FoodData Central - broccoli, raw. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170379/nutrients>, April 2019. Accessed: 2023-03-26.
- [5] U. S. Department of Agriculture. FoodData Central - rice, white, long-grain, regular, unenriched, cooked without salt. <https://fdc.nal.usda.gov/fdc-app.html{/}/food-details/169757/nutrientshttps://fdc.nal.usda.gov/fdc-app.html/food-details/169757/nutrients>, April 2019. Accessed: 2023-0326.
- [6] California Avocado. Avocado nutrition facts. <https://californiaavocado.com/nutrition/avocado-nutrition-facts/>, March 2023. Accessed: 2023-03-26.
- [7] U. S. Department of Agriculture. FoodData Central - oranges, raw, all commercial varieties. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169097/nutrients>, April 2019. Accessed: 2023-03-26.