

FLEXIBLE DIETING (IIFYM) FOR MUSCLE GAIN

The idea behind Flexible Dieting/IIFYM is that as long as you stay within your daily allotted macronutrients (carbs, fats, and proteins) and calories then you can be a little more flexible in where those calories come from.

So if you want to eat that pizza, you have the green light to. The trade off is, if that slice or two of pizza eats up all your carbs allowance, then no more carbs for the rest of the day.

In order to know this, tracking your calories and macros is a must. I recommend using myfitnesspal.com. It is free to sign up with a basic plan (all you need). You can download the app onto any mobile device so it is always handy and convenient.

I do suggest customizing your own calories and macros in your myfitnesspal account by doing the following: **Using the App**, go to 'settings' > 'Goals' > 'Calorie & Macronutrient Goals' > you can then customize your calories and macronutrients according to the numbers you receive below with the TDEE calculator. (Myfitnesspal will generate numbers when you create your account according to their default equation) I'd rather you use the numbers you get from the TDEE calculator and plug them in.

In order to gain mass and see the scale go up, a surplus of calories will be needed. A specific amount of macros will be needed to give you ideal results.

To make this easy, I provided a link for you below. Fill in the information and hit 'calculate'.

<https://tdeecalculator.net>

Once you calculate your info, on the next page scroll down to the 'Macronutrients' and click on the 'Bulking' tab to get your numbers. I recommend starting with using the "moderate" calculations, so you have some flexibility to make changes if needed.

Fill in your macros below:

Daily Calories _____

Carbs _____g

Protein _____g

Fats _____g

These will be your numbers to hit everyday. Once you stop seeing the scale go up, recalculate your numbers, as you are going to need more calories and macros to keep gaining weight.

** Refer to the FOODS LIST file on recommended foods to eat.