

Fire Team Whiskey® .38 Caliber Nutrition Protocol Daily Maximums

The .38 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 .32 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.

On the .38 Caliber Program, it is imperative that you track your macros (% fat, % Protein, %Carbs). You will need to use an app for this. We recommend MyFitnessPal. You can add your FTW Cadre to be able to view your entries so they can better help you stay on track. The .38 Caliber Nutrition Protocol is simple. Now that you have reduced the sugars and carbs in your daily diet by following the .22 Caliber Nutritional Protocol, it is time to take it to the next level and start following the Keto Lifestyle. There are only 3 rules with the .38 Caliber Nutritional Protocol:

- #1: Your daily calories should not exceed your maximum as determined above or fall too far below your minimum.
- #2: Track EVERYTHING YOU EAT AND DRINK in an app in real time so you can stay on top of balancing macros.
- #3: Do not eat or drink anything with more than 5 grams of sugar in it.
- #4: Your total macro percentages for the day should fall within this range: 70% or greater Fat, 20% or less Protein, 10% or less Carbs.

