

NUTRITION GUIDEBOOK TO CUTTING

A WORKBOOK



HPH NUTRITION

NUTRITION & CUTTING



- 1 Calorie intake should cover resting needs, activity needs, and a deficit of 250-500 calories from there is a good place to start. You should only be in a deficit IF you've been maintaining baseline nutrition needs for 1 month. A deficit should only last 3 months.
- 2 Protein needs remain constant no matter what. Your body has a certain amount of protein it can utilize efficiently. Shoot for 1.6 g/kg/day.
- 3 Fat intake is crucial for hormone health and some energy systems. My go-to is usually about 30% of your daily calories coming from fat.
- 4 Take in enough carbohydrates to support your daily activities. After calculating fat and protein intake, figure out how many calories you have left to determine carbohydrate consumption.
- 5 Fat and carbohydrates are the two macronutrients that should be adjusted in order to create a deficit.
- 6 Rely on foods that will help you feel satiated. These include vegetables, whole grains, and protein foods.

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- 1 What is an adequate calorie level based on your needs? Have you already been in a deficit in the last 6 months?
- 2 How much protein do you need?
- 3 How much fat should you be consuming?
- 4 What is your range of carbohydrate consumption?
- 5 Do you need to further adjust carbohydrates or fat?
- 6 How will you incorporate different foods to help you feel full?

Do you need help answering these questions or further assistance in determining how to achieve optimal performance? Let me know!

Send an e-mail to hannah@hphnutrition.com with this form completed to the best of your ability and what questions you have.