

Introducing:

Calorie Command



This Guide Includes:

A Calorie Command sample meal plan, 4 snack options, a food list and a how-to-guide to get you started today!



Calorie Command is Made for Those Who:

- Already eat healthy, but need help eating less
- Are number oriented
- Are seeking a straightforward weight loss method with clear parameters
- Would rather count calories than BITES



STARTER GUIDE

Calorie Command

1 Introduction

4 Counting Calories

6 Is it for You?

8 Food
Recommendations

15 How-To Guides



iTrackBites

Getting Started

Calorie Command is Made for Those Who:

- Already eat healthy, but need help eating less
- Are number oriented
- Are seeking a straightforward weight loss method with clear parameters
- Would rather count calories than BITES

Calorie counting dates back to the early 1900's. It was one of the first science backed methods of weight loss, rivaling those like the all-liquid and the even more extreme tapeworm diet. Although not much was known about this new method of dieting, the notion that eating fewer calories led to weight loss suddenly became mainstream. Since then, a lot more research has been conducted to uncover exactly what mechanisms lie behind this phenomenon.

Today we know that humans require a specific amount of calories a day to function. Generally, when we receive under that amount of calories, we lose weight. When we receive more than that amount, fat is stored. This method is really effective for those who need a little more guidance on how much they are eating, but not necessarily what they are eating. That is why we decided to create the **Calorie Command** weight loss program.

Counting Calories

What is a calorie?

A calorie is a measurement of the energy stored in food. Every food item has a specific number of calories based on its carbohydrate, protein, and fat composition. Humans have a constant demand for calories in order to fuel all the biochemical processes in our body. Think of it as fuel for a car. Without fuel, a car would stop running just like how a human without calories would stop breathing.

That said, calories should not be completely neglected. Everybody has an optimal number of calories they should consume in a day based on certain socio-demographic factors. For example, an active 6' male would need more calories than a sedentary 5' female.

Calories and Weight Loss



Although everyone has different calorie needs, the number of calories per pound of weight lost is about the same. 3,500 calories equals about 1 pound (0.45 kilograms) of fat. That means you would need to be at a deficit of 3,500 calories to achieve one pound per week (or 500 calories per day). A weight loss goal of 0.5 pounds per week would equate to a deficit of 1,750 calories per week, and so on and so forth.

Counting Calories

Your Optimum Caloric Intake

The Calorie Command weight loss plan will calculate your optimal calorie intake based on your age, gender, weight, height and activity level. From there, this number will be reduced based on your weight loss goal (0.5 lb/week, 1 lb/week, etc.). The rest of the journey is up to you as you find foods that fit within your calorie allowance. See the example below to learn how an optimum caloric intake is calculated.

A lightly active, 150 lb., 5'6 female is seeking to lose 1lb/ wk



- Baseline Caloric Intake= 2000 calories
- Weight Loss Goal of 1lb / wk = (-) 500 calories/ day
- 2000 Calories - 500 Calories = 1500 daily calorie allowance



Is It for You?

If you've been eating a clean diet but haven't seen much improvement in your weight loss progression, this could be the plan for you. Calorie Command is an effective weight loss plan for those who need a little more guidance on how much they should be eating, not necessarily what they need to be eating. Track your foods in the iTrack- Bites app to make sure you are staying within your calorie allowance for the day!



Food Recommendations

Calorie Command doesn't reward or penalize any specific food choices, but there are guidelines you should follow to get the most out of this diet plan.



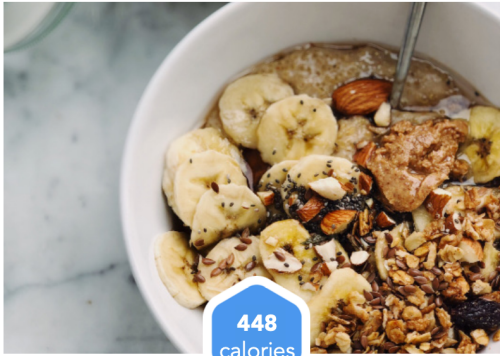
Key Food Guidelines for Calorie Command

- **When in doubt, go fresh.** Fresh, non-processed foods, are much more likely to be lower in calories. They also include the vitamins and minerals your body needs.
- **Focus on healthy carbohydrates and protein.** Fat packs 9 calories/gram (more than twice that of carbohydrates or protein). Monitor how much fat you are eating because the calories can add up quickly.
- **Healthy food has calories too.** Calorie Command places a higher emphasis on how much you are eating. Make sure you regulate your serving sizes of "healthy" foods as well.



1 Day Sample Meal Plan

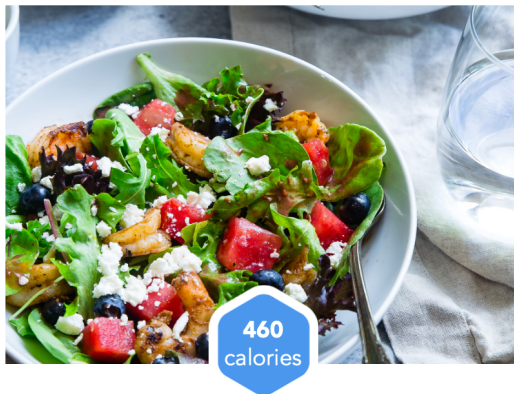
Breakfast: Banana Nut Oatmeal



- 1/2 cup old fashioned oats
- 1 cup water
- 1 medium banana
- 1 tbsp. peanut butter
- 1 tbsp. honey
- 1 tbsp. chia seeds
- 1 tbsp. low-fat granola (or crushed nuts)

This oatmeal recipe is the perfect balance between healthy carbs, fat, and protein. Trade out the banana for other low-calorie fruits to change it up! The best part about this meal is that it's less than 500 calories!

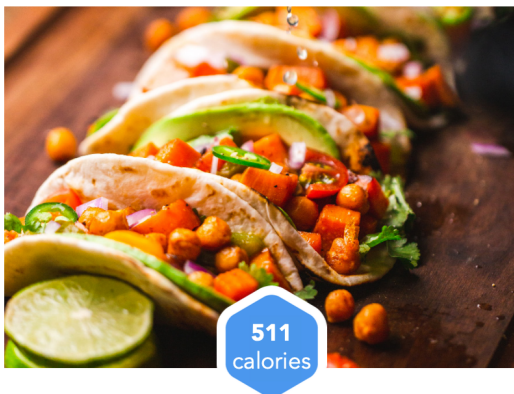
Lunch: Summer Salad



- 3 cups arugula
- 4 oz. grilled shrimp
- 1/4 cup cubed watermelon
- 1 small wheat baguette
- 1/4 cup blueberries
- 2 tbsp. feta cheese
- 2 tbsp. balsamic vinaigrette
- 1 tbsp. walnuts (optional)

Throwing together different fruits into a bed of lettuce is a great way to get your vitamins and minerals in without consuming too many calories. Add a whole wheat baguette to complete!

Dinner: Chicken Tacos



- 4 oz ground chicken breasts
- 1 tsp. olive oil
- 1 cup peppers and onions
- 1 tbsp. minced garlic
- 1 tsp. paprika
- 1/4 cup fresh or canned corn
- 1 tbsp. cilantro
- 2 small, corn tortillas
- 2 tbsp. guacamole
- 1/2 cup brown rice

Using ground chicken a great way to get your protein in without consuming too much fat. Pair it with a side of brown rice or barley to add some fiber.

Snack List



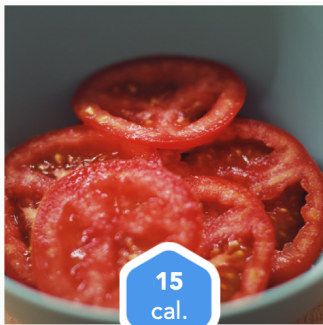
130
calories

Best in Show:

Veggies and Hummus

- 1/4 cup hummus
- 1/4 cup carrots
- 1/4 cup bell peppers
- any other low-cal veggies

Our pick for the best snack for the Calorie Command plan is veggies and hummus. This is a perfect, low-calorie, snack to top off your fuel tank in-between meals. The hummus has 5 grams of healthy fats and the carrots/bell peppers offer a perfect combo of vitamins and minerals. If you have calories to spare that day, feel free to add a small serving of pita chips!

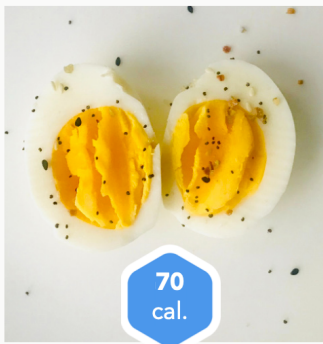


15
cal.

Low-Cal

Seasoned Tomato Slices

- 3 heirloom tomatoes
- 1 tbsp. pepper
- 1 tsp. salt



70
cal.

On-the-Go

Hard Boiled Egg

- 1 whole, hard boiled eggs



200
cal.

Sweet Fix:

Chocolate Coated fruit

- 1 oz. dark chocolate
- 1/2 cup frozen strawberries, oranges or bananas

How-To Get Started

We know that starting a new diet is challenging so we created a step-by-step list of things to keep in mind as you ease your way into this new way of eating.

1. Go Easy on Yourself



New diets take a while to get used to and **you may not be successful from the get-go**. If you go over your calorie allowance the first day, do not be discouraged. Your body will need time to adjust. It may take some experiment-ing but eventually you will find what works best for you!

2. Plan Meals Strategically



Although no specific food group is rewarded or penalized on the Calorie Command plan, it is important to achieve a balanced diet profile. A good rule of thumb is to have **1/2 of your plate as non-starchy vegetables, 1/4 of your plate as whole grains, and the other 1/4 as a lean protein source**.

3. Grocery Shop Smart



Fresh, whole food options are generally dispersed throughout the **perimeter of the grocery store**. Collect the majority of your groceries here to be mindful of your caloric allowance. Choose foods in the center of the store sparingly to round out your plate by adding tasty finishers (think salsa or low-cal dressings).

4. Watch Your Calories



Calories can sneak up on you when you're least expecting it. Think about ranch dressing or a "splash" of olive oil. Don't for- get about these pesky guys as you are planning your meals and tracking your food intake because the **calories can quickly add up**.

5. Accept Slow Progress



Counting calories can sound like a fool proof plan, but it's not. Some people may experience stagnated weight loss even with a deficit in accordance with their weight loss goals. It's important to remember that if your body has too few calories, it may hold onto weight as well. Take a step back and try a less strict weight loss goal to see how it impacts your weight loss progress.

How-To Be Successful

Lastly, here are a few key habits that will undoubtedly help you find success in your weight loss journey.

1. Get Moving



Exercising doesn't have to be a chore. Find something you enjoy that gets your blood pumping. It's a great way to **let off some steam** and release those coveted endorphins. Another plus: in-putting your activity into the app will grant you extra calories!

2. Connect with the Community



We all need a little motivation here and there. Check out the community feature in the iTrackBites app to get your questions answered, find recipe inspiration, or receive praise on a recent milestone you achieved. **We're all in this together.**

3. Track your Progress



It's important to document your weight loss (or maintenance) journey. After-all, that is why iTrackBites was created in the first place! **Make it a habit to input your weight** onto the app on a consistent basis and check out the weight trend graph (located on the profile tab) to see exactly how far you've come!

4. Celebrate



When you've come to a place in your journey when you've been hitting your goals and feel especially accomplished, it's okay to celebrate! **Pat yourself on the back and reward yourself!** It's important to let loose and remember to have fun.

Calorie Command

STARTER GUIDE

¹ Jou, C., History of Biomedical Sciences, & Technology of Medicine at the National Institutes of Health. (2019, April 19). Counting Calories. Retrieved May 28, 2020, from <https://www.sciencehistory.org/distillations/counting-calories>

² Wdowik, M., & Food Science and Human Nutrition. (2020, January 20). The long, strange history of dieting fads. Retrieved May 28, 2020, from <https://theconversation.com/the-long-strange-history-of-dieting-fads-82294>

³ The best ways to cut calories from your diet. (2018, March 28). Retrieved May 28, 2020, from <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calories/art-20048065>

Published July 2020

Written by Jacqueline Henning