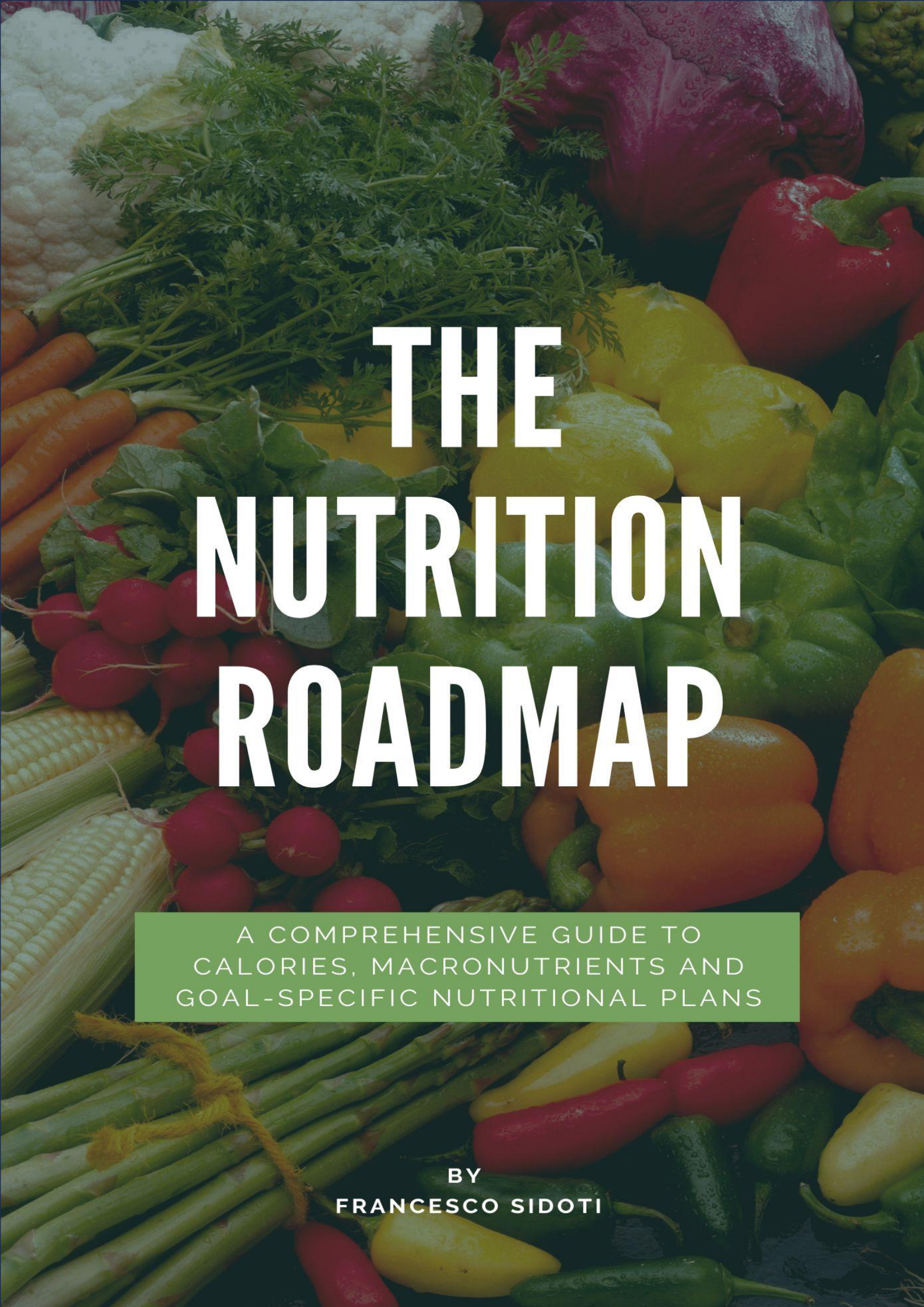




THE NUTRITION ROADMAP

A COMPREHENSIVE GUIDE TO
CALORIES, MACRONUTRIENTS AND
GOAL-SPECIFIC NUTRITIONAL PLANS

BY
FRANCESCO SIDOTI

This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Use of the guidelines herein is at the sole choice and risk of the reader.

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INTRODUCTION

The idea of writing a simple eBook about nutrition has been on my mind for quite some time.

As a fitness and sport enthusiast, I have always been passionate about sport nutrition and how the food we eat affects the way we look and feel.

As intriguing as it is, the topic of nutrition is often surrounded by a lot of information, sometimes conflicting, making it very hard for anyone to filter and separate good information from bad information.

I feel like, with the advent of social media, the situation has only gotten worse: there's so much misinformation and nonsense around this topic that it makes people confused about the basics on how to implement a sustainable nutritional plan that will help them achieve their goals.

With this eBook I do not have the presumptuousness to revolutionize the fields of nutrition and medicine; however, with the knowledge, expertise and "on the field" experience I have accumulated over the course of the last 10 years, my main goal is to empower individuals with the knowledge and skills to take charge of their own success, by providing simple and effective guidance on the fundamentals of nutrition and how to tailor a personalized nutritional plan based on their goal.

Before delving into the key strategies for success, I believe it's important to first understand the common reasons behind the failure of most people's diets, so that we can effectively address and overcome these obstacles, paving the way for sustained progress and achievement.

Reason 1: Too much (bad) information

One of the primary reasons why people fail in their diet has already been introduced previously: there is so much information out there (sometimes conflicting with each other) that people feel unsure of where to start, and as a result, many don't start at all!

I have been there too.

One day you hear that eating rice is the best thing you can do, the day after you read that, actually, carbohydrates are bad if you want to lose weight... It's pretty discouraging to begin a diet plan when you have no idea who to trust!

Reason 2: The “all or nothing” approach

The second reason that prevents people achieving their goal is the so called “*all or nothing*” approach; even minor deviations from the plan can create feelings of discouragement, making it harder to stay on track.

For instance, when individuals consume foods or beverages that are not part of their diet plan, they may view the day as ruined, and subsequently lose motivation to stick to the plan for the remainder of the day.

“I ate something I did not intend to so now, since I screwed anyway, I may as well finish the packet and start fresh tomorrow.”

Eating a bit more than planned does not make you a bad person! **Your diet needs to enrich your life, not preventing you from living life!** Flexibility is key in being able to sustain a diet plan.

Reason 3: People are bad at estimating how much they really eat

I have heard plenty of friends say “*I am eating a lot but I am not able to gain muscles, what is wrong?*”; on the other hand, there are those that “*I am eating only salads and I am still not losing weight!*”.

Understanding how to properly track calorie intake will be a game changer for most people. Body weight change comes down to how many calories you're eating versus how many you're burning, so your success is determined by it.

Reason 4: People are pushing themselves too much, going to extremes

The fourth reason, and probably the most important, is that people, more often than not, enter into a state of extreme restriction believing that to achieve their fitness goal (whether that is losing fat or gaining muscles) they need to be “hardcore”, otherwise they will get no results; this mentality often translates into eating only specific foods, while eliminating others entirely or, even worse, setting their calorie intake at extreme levels (either too high or too low).

Naturally, this approach makes their journey unbearable and unsustainable in the long term.

The most important concept that I would like to get across in this brief Introduction is that, even though there are several reasons that can explain why people usually fail in implementing a diet and sticking with it long term, the most important thing to understand is that **diet is not synonymous with “sacrifice”**.

Diet (or if you prefer a more friendly name, nutritional plan), in my personal view, should be synonymous with **“sustainable lifestyle”**, something that doesn't feel like a burden and that you are able to sustain for the rest of your life (or at least in the long term).

Of course, I am not here to sell you the dream that you can still eat whatever food you like and still accomplish your goals.

Almost everything in life comes with a trade-off.

Likewise, I'm not saying that 10 weeks of dieting is enough to change your physique forever.

The 10-weeks period is just a beginning.

However, to maintain the progress you've worked hard to achieve, it requires adopting a sustainable lifestyle beyond those 10 weeks. That's why I'll continually emphasize the importance of long-term adherence throughout this eBook.

I think that, in general, what scares people the most is the idea that, in order to achieve their fitness goal, they are obliged to eat only rice, chicken and broccoli.

And this couldn't be further from the truth!

There are no off-limit foods in a well-balanced diet. Everything is (and should be) allowed.

Consistency and sustainability are two of the main factors behind the success of any diet.

Don't be scared.

We will go through this journey together step by step.

What you will learn from this eBook is how easy it is to understand the most important nutritional concepts and how to effectively set up a diet plan that you will be able to sustain long term.

The book is divided into 3 Parts:

- **Part 1: Theoretical Foundations**

This section introduces you to the essential factors for a successful diet. You'll learn about Energy Balance, Macronutrients, Micronutrients, Nutrient Timing, and Supplements, and understand their significance in constructing an effective diet.

- **Part 2: Practical Application**

Here, we dive into the practical aspects with a step-by-step guide on calculating your calorie and macronutrient needs based on your specific goals.

- **Part 3: Tracking Progress and Making Adjustments**

We'll explore how to track your progress, determine when and how to adjust your diet to continue progressing. This section also covers strategies for maintaining your physique long-term after achieving your desired results.

Without further ado, let's jump right in!

