

BUILD YOUR OWN DIET PLAN

Calories • Macros • Tracking

Learn to calculate maintenance calories, track intake, and create a plan that fits your goals.



CALORIES



MACROS



TRACKING



YOUR GOALS



My Plan
✓ Calories
✓ Protein
✓ Carbs
✓ Fats
✓ Progress

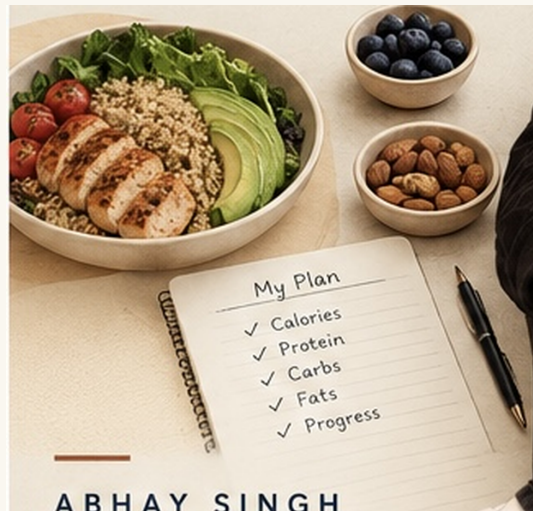
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WELCOME

Build Your Own Diet Plan

This is a free bonus that comes with **The Complete Hair Health Guide**. Instead of handing you one rigid diet, it teaches you how a diet plan works so you can build, track and adjust your own.

You will learn to calculate your maintenance calories, set a target for fat loss or weight gain, decide your daily protein, carbohydrate and fat, track your food, and assemble a week of meals from a library of **20 modular meals** (10 non-vegetarian and 10 vegetarian), each with roughly 20 to 25 g of protein. You will also find ten ready-made 5-day sample plans for hair fall, dandruff, skin health, weight loss and weight gain.



How to use this guide

1. Work through Chapters 1 to 3 once to get your numbers. **2.** Pick meals from Chapter 7. **3.** Follow a sample plan from Chapter 9, or build your own with the worksheet in Chapter 10. **4.** Track for 2 to 3 weeks, then adjust.

Important

This guide is educational and is not medical advice. It is meant for healthy adults aged 18 and over. If you are pregnant or breastfeeding, have diabetes, kidney, liver, thyroid or heart disease, take regular medicines, or have ever had an eating disorder, speak to a doctor or registered dietitian before changing your diet. All nutrient values are approximate and based on standard food-composition data.



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