

# **LEAN LADIES**

# **CALORIE, PROTEIN & WORKOUT BLUEPRINT**

Exactly How To Eat & Train  
To Lose Fat & Build A Lean, Toned Physique

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## Introduction

If you want to learn how to eat and exercise to build a strong, toned, and defined physique, you're in the right place. Welcome!

This guide is detailed, and it will take some time to go through. It's not a one-size-fits-all solution because your body, activity and goals are unique too.

So get ready. It'll take a little patience and effort, but you've got this. And it will be so worth it because instead of *guessing* how much to eat, you'll finally have clarity and confidence in your protein and calorie needs.

## What's Covered in This Blueprint

To lose fat and get toned (more accurately: To *gain* or *build* muscle), you need to get these three things right:

1. The right number of calories
2. The right amount of protein (I recommend using the [MyFitnessPal](#) app to help you track this). **Right-click** on links throughout this PDF to keep this guide open!
3. The right kind of exercise

While other factors can play a role in fat loss and muscle gain, these three are the foundation and that's what we're focusing on in this blueprint.

- **Part 1 covers nutrition:** How many calories and how much protein you need based on your goal.
- **Part 2 covers workouts:** What kind of exercise to do to get results.

Whether your goal is to lose weight, maintain your current body weight, or gain muscle, this guide will help you get started.

Want More Support? Watch These Videos:

- [How to Finally See Results From Strength Training in Your 40s and Beyond](#)
- [The Biggest Fitness Mistakes Women Over 40 Make](#)

## A Quick Note Before You Start

These nutrition guidelines are designed to help you get started on your journey to a strong, lean body. They don't cover more advanced techniques like macro adjustments, carb cycling, or diet breaks—those are important tools when you're focused on body composition changes, and should be discussed with your coach to create a customized plan.

👉 Important:

Do not stay in a calorie deficit for more than 16 consecutive weeks. Give your body the break it needs to stay healthy, maintain hormonal balance, and make sustainable progress.

# Part 1: Nutrition

## Step 1: Determine Your Goal

What is your goal? *"I want to..."*

1. **Build a lot of muscle** (and I'm okay with gaining some weight in the process because muscle is dense)
2. **Maintain my weight while building muscle**
3. **Lose weight** while doing my best to maintain as much muscle as possible, but understanding that some muscle loss will occur.

Which one should be your goal and what do you need to accomplish each?  
Let's go over each one of them.

### **Build Impressive Muscle - You Need Calorie Surplus**

When the goal is to build muscle (aka to *bulk*), we need to eat a lot of calories and train hard. Because we take in more calories than we burn, our bodyweight will go up somewhat because while we gain muscle that alone adds some weight, plus we may gain a little bit of body fat too. However, when you follow this guide, the weight that you gain will be primarily muscle gain.

In a surplus, it's important to lift intentionally and very regularly to ensure that we gain *maximum* amount of muscle and *minimal* amount body fat.

*Who Is This Best For?*

This option is best for you if you want to build total body strength and nice curves. It's also great if you want to see what your body is actually capable of — your strength numbers will increase more than you've ever seen.

### **Maintain Weight and Build Some Muscle - You Need Calorie Maintenance**

To maintain weight, we have to eat roughly as much as we burn. To build muscle while maintaining our weight, we need to really focus on the protein and good workouts. This is an effective strategy for muscle building, although you aren't able to build as much as in a calorie surplus.

*Who Is This Best For?*

This option is great for you if you want to build nice curves, reduce body fat, and fit into your old jeans again, but you don't have much or any extra weight you want to lose or you simply don't care what the number on the scale is.

## Lose Weight and Fat - You Need Calorie Deficit

In a calorie deficit, we're eating less calories than what we burn. If the body is healthy, we lose weight and fat in this process.

Generally speaking, this is not the best option if the goal is to gain muscle, because muscle needs energy to grow. However, those who are new to fitness and weight lifting, will often get best from both worlds. They lose weight and fat and build muscle. It's great to be a beginner!

Because we want to minimize muscle loss, it's important that we continue to lift weights. Being in a calorie cut without lifting weights will not give you the look you wanted because you will lack muscle tone.

*Who Is This Best For?*

This is the best option for those who have been eating a little extra and as a result, put on some body fat. You want to decrease both body fat and weight.

*So, pick your goal: Which one of these three are you aiming for?*

## Step 2: Find Your Maintenance Calories

You need to find your **maintenance calories** before moving on to the next step. Maintenance calories are the number of calories that you should be able to eat without changes in your bodyweight. Keep in mind though that this calorie estimation is *approximate*, as your metabolism changes day to day.

### How To Find Your Maintenance Calories

#### 1. Find Your BMR

BMR is your *Basal Metabolic Rate* - the amount of calories you burn every day, even if you don't move at all. Click on [THIS LINK](#) to calculate it.

Now that you know your BMR, let's move on to the next step.

#### 2. Determine Your Activity Level

Of the following options, which one describes your activity level best? Note: Not how you are *intending* to move but how you are moving *right now*.

Level 1: No working out at all, or very light exercise once a week. Steps are typically under 5K daily

Level 2: Light exercise 1-3x/week. Steps are typically 10K or less daily

Level 3: Light or moderate exercise 2-3x/week. Steps are typically over 10K daily

Level 4: Moderate exercise 3-6x/week. Steps are typically 10K or more daily

Level 5: Intense exercise 6-7x/week. Steps are typically 10K or more daily.

Examples of each one:

**Light exercise:** 30 minutes light yoga, resistance band work, pilates, easy bike ride, etc

**Moderate exercise:** 45-60 minutes of weight lifting, cross training or running

**Intense exercise:** 1+ hours of weight lifting, 1+ hours of running, Crossfit, 1-hour bootcamp, 1-hour spin class, etc

### 3. Find the Right Activity Multiplier

Each level corresponds to a certain *Activity Multiplier*.

Level 1: Multiplier 1.2

Level 2: Multiplier 1.375

Level 3: Multiplier 1.46

Level 4: Multiplier 1.55

Level 5: Multiplier 1.725

### Find Your Maintenance Calories

To find your maintenance calories, multiply your BMR by the correct Activity Multiplier.

Maintenance Calories = BMR x Activity Multiplier

Example:

BMR 1595

Activity Multiplier: 1.375

Maintenance calories:  $1595 \times 1.375 = \mathbf{2193}$

## Step 3: Find Your Target Calories According To Your Goal (Weight Gain, Maintenance, Weight Loss)

This is based on your goal that you determined in Step 1.

If your goal is to

### 1) Build a Lot Of Muscle And Be OK With Gaining Some Weight

Add 10-15% calories to your *Maintenance Calories*. In some cases, 20% is okay, too.

## 2) Maintain Weight and Build Some Muscle

Eat according to your *Maintenance Calories*. Note: If you're currently eating a lot less than that, increase your calories to that point gradually (50-100 cal a week), not overnight.

## 3) Lose Weight and Fat

Eat 10-15% calories less than your *Maintenance Calories*. Important: You can only do this if you are currently eating at least *close* to your maintenance level, and better yet, more.

If you aren't, you should not cut calories at this point, as your metabolism might be too slow. If you still cut, you can potentially cause hormonal imbalances and you won't get the physique results that you wanted.

If you have a lot of excess weight, 20% deficit is okay but only if you have a lot of weight to lose. The less you can cut, the better it is for your metabolism. **NOTE: Your calories should not drop below your BMR.**

## Step 4: Find Your Protein Needs

Now we get to a very important part — *protein*. This is going to be the key macronutrient for both, losing fat and gaining muscle.

Aim to eat 0.6-1 grams of protein per 1 lbs of your bodyweight. If you use the metric system, simply convert your weight into lbs [HERE](#).

**Start at the lower end** of that protein range, if

1. You are a vegan/vegetarian
2. You have been eating very low protein previously (less than 100 grams)
3. You're not very active and/or you are new to lifting.

**Aim for the higher end** of that protein range, if

1. You eat meat
2. You're used to eating higher protein
3. You're an experienced lifter and your workouts are intense/high volume.

### Important!

1. Every woman should eat at least 100g of protein a day. Even if your calculation gives you a lower number than that, bring it up to 100.

2. There is no need to eat more than 165g of protein a day, no matter what your size. If you're currently overweight, think what would be a healthy/best bodyweight for you, and use that when calculating your protein needs.

## **Putting It All Together:**

Start eating according to your *Target Calories* and the protein number that you calculated.

For now, don't worry about fats and carbs and just focus on protein and calories. However, please don't restrict carbs and fats!

Additional Resources: (click on links)

[How To Hit Your Daily Protein Goal: Examples](#)

[12 Quick High Protein Foods from Grocery Store](#)

# Part 2: Workouts

## General Guidelines

Aim to do resistance training 2-3 days a week. Remember that more is not always better and failing to recover properly will slow down both fat loss and muscle building.

Have a rest day after every heavy lifting day.

You don't have to *crush* every single workout. Make it your goal to increase your weights, but also listen to your body — there are days when going to the gym with the goal of *practicing* movements serves you a lot better than “maxing out”.

In addition, walk at least 8-10K steps a day and more if you have time. Please don't ignore this, as keeping your steps up is extremely important even if you work out regularly.

## Creating Your Workout Plan

**Note:** The following exercises are done with barbells and dumbbells. If you are looking for a bodyweight + bands only workout plan, please go [HERE](#). This plan is made for beginners and it includes follow-along workouts.

### Step 1: Choose 1-3 of The Big 5 Lifts

To build a strong, athletic physique and maximize fat loss, focus on the five most valuable exercises. Here are the *Big 5 Lifts* (click on videos for each exercise demo):

[Barbell Squat](#) or [Dumbbell Squat](#)

[Barbell Deadlift](#) or [Dumbbell Deadlift](#)

[Barbell Row](#) or [Dumbbell Row](#)

[Barbell Bench Press](#) or [Dumbbell Bench Press](#) (or [Dumbbell Floor Press](#) if you don't have a bench)

[Barbell Overhead Press](#) or [Dumbbell Overhead Press](#)

Choose 1-3 from this list for every workout.

## Step 2: Additional Exercises

To these Big 5 Lifts, we're going to add other lifts.

Check out these 2 days below. To add a 3<sup>rd</sup> day, simply repeat Day 1 again.

DB=Dumbbell; BB=Barbell

### Day 1:

3 sets of

8-12 DB Deadlifts or BB Deadlifts

8-12 Lat Pulldowns or Band Lat Pulldowns

8-12 DB Single Arm Rows

8-12 DB Squats or BB Squats

8-12 DB Walking Lunges

### Day 2:

3 sets of

8-12 DB Bench Press or BB Bench Press

8-12 Dumbbell Pull Overs

8-12 Dumbbell Lateral Raises

8-12 BB Overhead Press or DB Overhead Press

~30 sec Farmers Carry

# Last But Not Least... The Real Secret Ingredient To Building A Strong, Lean Body:

## Consistency.

Results don't come overnight, or after one week of getting your protein and calories right, or after two weeks of lifting weights.

The goal is to create new habits that we can keep forever, because this is the only way to make our results last.

It does not mean tracking your protein and calories forever, but the idea is to learn what the right amounts of protein and calories look like for you. For that, we need to track our food at first.

Movement should be a daily practice for everyone. The great news is that maintaining muscle usually requires less effort than building it did.

If you are very consistent with this simple plan, you start seeing first results about 4 weeks after starting.

8 weeks later your results look a lot better.

Several months later you can see a very different picture.

So, stay consistent with your protein intake, eat calories according to your needs, and train regularly. Don't expect to be perfect, but remember that what you do most of the time gives you most of the results. *One* day will never make or break your progress!

**Disclaimer:** *The content in this guide is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your health. Never disregard professional medical advice or delay in seeking it because of something you read and learned from this guide.*