

# How To Plan A Powerlifting Diet

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## 1. Calculate how many calories you need to eat

- **Figure out your BMR (basal metabolic rate):** Your BMR is how many calories your body burns at rest. You can [input your age, gender, height, and weight to figure this out](#).
- **Estimate your activity level:** There's an estimated multiplier for every activity level. The more you move, the larger your number.
  - **Sedentary (little or no exercise):** 1.2
  - **Lightly active (light exercise/sports 1-3 days/week):** 1.375
  - **Moderately active (moderate exercise/sports 3-5 days/week):** 1.55
  - **Very active (hard exercise/sports 6-7 days a week):** 1.725
  - **If you are extra active (very hard exercise/sports & a physical job):** 1.9
- **Calculate how many calories by multiplying BMR and activity level:** To determine how many calories you should eat, also called your TDEE (Total Daily Energy Expenditure), multiply your BMR by the appropriate activity factor, as follows: **BMR x Activity Level = TDEE**

## 2. Calculate how much protein, carbs, and fats you need to eat

- **Protein:** 1 gram of protein per pound of body weight or 12-15% of total calories.
- **Fats:** 0.4 to 0.7 grams per pound of body weight or 25-30% of total calories.
- **Carbohydrates:** 2 to 3 grams of carbs per pound of body weight or 55-60% of total calories.

## 3. Add in your favorite nutrient-dense foods

- **Daily red meat (Iron, Zinc, B12)**
  - This can be ground beef, steak, bison, lamb, etc.
- **Daily whole eggs (K2, Choline, Biotin)**

- Make sure to eat the yolk. The yolk provides the majority of micronutrients. Prepare the eggs however you like.
- **Daily dairy (calcium primarily)**
  - This includes milk, yogurt, cottage cheese, and hard cheeses.
- **Daily greens (Potassium, Magnesium, Calcium)**
  - This can be spinach, green beans, kale, and more.
- **Daily potato (Potassium)**
  - Can be either sweet potato or regular (white) potato.
- **Daily fruit 1-2 cups (fiber, fructose for liver)**
  - Berries, oranges, grapes, bananas, and more.
- **Salt to taste (sodium is essential for many bodily processes)**
  - Athletes lose between 500-1000 mg of sodium per hour of exercise. If you crave salt, it's because you need to.
- **Salmon 2 times per week (Omega fatty acids)**
  - Omega 3 fatty acids must be consumed in the diet. Healthy fats help support heart health.

## 4. More Favorite Foods from Powerlifters

### [Rondel Hunte](#), 2018 IPF JR World Champion & World Record Holder

- 3 Whole Eggs, 4 Egg whites, and cereal with a protein shake as the milk. It's really efficient and easy to digest. It tastes good and has a bunch of protein in it as well.

### [Sara S](#), IPF Classic Powerlifter, World Champion DL

- For lunch, normally, it is salmon or chicken, sometimes red meat, about 85 to 100 grams.
- My snack is normally around 4 pm, and it is a black coffee and a [Basque-burned cheesecake made of protein powder and cream cheese](#).

### [Amanda Parker](#), Nutrition & Strength Coach

- [Beef & Broccoli Stir Fry](#) (38 Carbs / 40 Protein / 16 Fat)
- [Unstuffed Egg Roll Skillet](#) (20 Carbs / 36 Protein / 16 Fat)

### [Joseph Lucero](#), Strength Coach

- One of my favorite meals is [protein pancakes](#). These pancakes give me the carbohydrates I need for a tough workout and protein to help with my strength goals.
- At nighttime, I enjoy [salmon with coconut rice](#) to help me hit my protein goals and have easy digestive carbohydrates before bedtime.

### [Kurtis Ackerman](#), Coach & Gym Owner

- I make what I call a 'Kurtis Special.' Which is a pound of [lean ground beef, a container of Uncle Ben's easy-made rice, and a veggie](#). I get 2 servings out of this, and per serving, it's roughly 500 calories, 50 grams of protein, 50 grams of carbs, and 10 grams of fat. And the best part is that it takes roughly 15 minutes to cook.

### **[Jake Woodruff](#), Strength & Conditioning Coach**

- One of my favorite meals is ground beef and rice. Those two nutrient-dense foods are easy to incorporate into my diet to hit all of my macros.

## **5. Plan 4-6 meals**

Here's an example:

- **Breakfast:**
  - 4 eggs/6 egg whites omelet, with cheddar cheese and spinach
  - 0.25 cup of nuts
  - 3 clementines
- **Snack:**
  - 1-1.5 cups of cottage cheese or whole-fat yogurt
  - Vegetables of choice
- **Lunch:**
  - 6 oz ground beef
  - 1 cup white rice
  - 0.5 cup of fruit
  - 0.5 cup of carrots
- **Pre-Dinner:**
  - 6 oz ground beef
  - 1 cup white rice
  - 0.5 cup of fruit
  - 0.5 cups of green beans
- **Pre-Workout: 1 hour before workout**
  - 2-3 cups of [Fairlife chocolate milk](#)
  - 1 cup of grapes (or other fruit)
  - Granola bar/other quick digesting carbs
- **Dinner:**
  - 6 oz chicken breast
  - 1 sweet potato/other carb to avoid staleness (pasta, quinoa, whole grains, etc).
  - 1 cup of vegetables

## 6. Add in your favorite supplements

- **Creatine:** Creatine is one of the most well-researched sports supplements. It has been repeatedly shown to aid in gaining muscle size and strength.
- **Protein:** Consuming adequate protein is a high priority to increase or maintain lean muscle mass. A protein supplement is unnecessary, but a protein shake is a good idea if you have difficulty consuming around 1 gram/lb of lean body mass.
- **Caffeine:** Caffeine has been shown time and time again to increase performance. This is all you're paying for in most pre-workouts, but it can be cheaply purchased on its own. Most research shows between 3-6 mg of caffeine per kg of body weight is enough to see performance benefits. It's especially great to use at a competition (3).
- **Vitamin D:** Vitamin D is a hormone and a very common deficiency. Not only is it important for strong bones, it also plays an important role in immune function. Some research has shown that we need around 8000 IUs of vitamin D to keep levels in the normal range (4).
- **Magnesium:** Magnesium is one of the most common deficiencies in the United States. Magnesium is essential in many biochemical processes in the body. It helps regulate blood sugar levels and can promote restfulness due to its effect on muscle and nerve function.