

# BEAST CALORIE CALCULATOR

Serious bodybuilders suddenly turn into MIT grad students when it comes to calculating calories. In their minds, everything needs to be factored down to the last decimal.

In truth, all this math may exercise their minds, but it isn't doing much for their bodies. Body Beast takes a simpler, yet equally effective approach. Follow these steps to find your Calorie Target.

## STEP 1: Calculate Your Caloric Baseline

- If you live a sedentary lifestyle (desk job, lots of TV time),  
take your current weight in pounds  x 11 =
- If you live a moderate lifestyle (light housework, on your feet part of the day),  
take your current weight in pounds  x 12 =
- If you live an active lifestyle (manual labor, on your feet all day),  
take your current weight in pounds  x 13 =

Note: These activity levels do not include your Body Beast workouts.

This is your Caloric Baseline. You'll want to recalculate this after each phase.

## STEP 2: Choose Your Plan and Calculate Your Calorie Target

If you're looking to gain muscle mass, follow the **MASS Calorie Plan**. If your goal is to look lean, follow the **RIPPED Calorie Plan**. (If you're looking to do both, follow the Mass Calorie Plan until you hit your desired weight, then do Phase 3 until you get cut

or start over on the Ripped Calorie Plan.) Though it makes the most sense to pair Mass with the Huge training schedule and Ripped with the Lean, these plans work either way. For example, if you don't like doing cardio you can get great results doing the Huge training schedule with the Ripped Calorie Plan. No matter how you cut it, it's all about hard training and healthy eating, which equals results.

### **CALCULATING YOUR BODY FAT %**

**It's easy for you to get an acceptable body fat % estimate, either by using body fat calipers, or by using a simple online calculation like the one you'll find at [TeamBeachbody.com](http://TeamBeachbody.com).**

## **MASS Calorie Plan**

### **Phases 1 and 2**

**If you're a man with body fat percentage of 10% or below [or]**

**If you're a woman with a body fat percentage of 20% or below**

**Caloric Baseline**  **+1,000 calories = Calorie Target**

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**If you're a man with body fat percentage above 10% [or]**

**If you're a woman with a body fat percentage above 20%**

**Caloric Baseline**  **+ 800 calories = Calorie Target**

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### **Phase 3**

**If you're a man with body fat percentage of 10% or below [or]**

**If you're a woman with a body fat percentage of 20% or below**

**Caloric Baseline**  **+ 200 calories = Calorie Target**

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**If you're a man with body fat percentage above 10% [or]**

**If you're a woman with a body fat percentage above 20%**

**Caloric Baseline**  **+ 100 calories = Calorie Target**

Remember: Recalculate weight and body fat between each Phase.

# RIPPED Calorie Plan

## Phases 1 and 2

If you're a man with body fat percentage of 10% or below [or]

If you're a woman with a body fat percentage of 20% or below

Caloric Baseline  + 600 calories = Calorie Target

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If you're a man with body fat percentage above 10% [or]

If you're a woman with a body fat percentage above 20%

Caloric Baseline  + 400 calories = Calorie Target

## Phase 3

If you're a man with body fat percentage of 10% or below [or]

If you're a woman with a body fat percentage of 20% or below

Caloric Baseline  + 200 calories = Calorie Target

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If you're a man with body fat percentage above 10% [or]

If you're a woman with a body fat percentage above 20%

Caloric Baseline  + 100 calories = Calorie Target

Remember: Recalculate weight and body fat between each Phase.