Early to Rise Customer Support

How many calories should I consume when I am on a workout regimen?

Stephanie H - 2020-02-20 - Nutrition FAQs and Substitutions

First, use a service like http://www.fitday.com/ to find out how many calories you eat.

Then add more fruits and vegetables (if necessary, cut back calories by 20%)

Lastly, you need to switch to Turbulence Training workouts here.