

YOUR NUTRITION

How to Enjoy Food While
Reaching Your Goals



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Your Nutrition:

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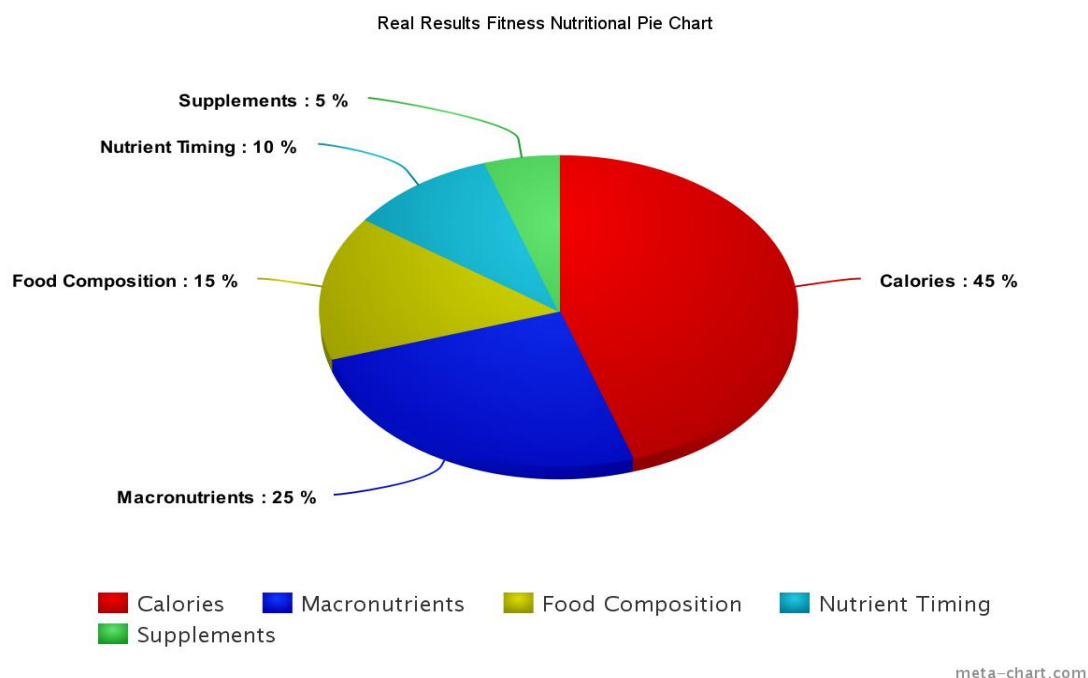
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Order of Importance

How many different diet plans have you heard of? Better yet.. How many have you tried? Well, i'm here to put a stop to all of this! When you are done reading this book. You will have an exact idea as to how, what and when to eat according to your goals. I have made a pie chart for you below.

Everything worth noting has a fancy name, and i have mine. I present to you, the **Real Results Nutritional Pie Chart**



Hopefully, by now, you have read my previous ebook of the most common fitness myths. If you read it all the way through, you'll notice that the most important part of nutrition and the recurring theme I mention in my ebook go hand in hand. And that is your total Calories!

If you've read it this should come as no surprise to you why this is first. Calories trumps ALL! No matter if you are eating the right foods, your meal timing is on point, you only eat organic... etc.

What are calories and why are they important?

Calories are units of energy plain and simple. We need these units of energy in order to live, function etc. So, when you hear the word calories you should think of it as energy. Since everything we intake (liquid or solid) has calories we can then think of food as energy.

If you do not have the right amount of calories set in place then you will fail at what you are trying to achieve EVERY time! Sometimes you will hear people say, “i don’t count calories, I just eyeball everything”. Most of the time, the people that are saying fall in one of two categories.

- A. They have no idea what they are talking about, and probably don’t understand how to read a nutritional label.
- B. They have tracked food for an extended period of time, and have become fairly intuitive. (Even then the margin of error can be very large)

A side note, for those that don’t count their calories or “don’t believe” in counting calories that doesn’t mean your body doesn’t. That’s the same as saying you don’t count how many hours you sleep. Although we may not count our hours of sleep, our body knows exactly how much rest it has received.

Now back to our main topic! For our sake, since we are talking about building your nutrition plan to be optimal for your goals, We will be tracking until we get a bit more comfortable with it. With technology nowadays, there are so many free applications out there to be able to track our food. The one I prefer to use is myfitnesspal. There are paid versions of all of these apps and free versions. Personally, it’s not that serious for me to buy a paid version, but to each his own.

Now that we've downloaded our free app (or paid) and fully understand that calories is by far our most important aspect of nutrition let's get down to how many calories we need to eat. This can vary greatly depending on a few things. Let's list them.

- 1.) What is your goal?
 - a.) Maintain weight / bodyrecomposition
 - b.) Gain muscle
 - c.) Lose fat or weight (2 different things)

These are the TOP 3 goals most people have. A lot of times you'll hear people saying that they want to gain muscle and lose fat, this IS achievable but not as simple as people might think. When people say this, they're typical thoughts are as follows: They are overweight by 20 lbs and want to turn that into muscle... Wishful thinking. You can attempt to lift as heavy as possible while losing weight, to possibly gain some muscle while losing fat at the same time, but it's not just like you lose that 10 lbs of fat and it's replaced with 10 lbs of muscle. It's not as easy as a transference of weight to muscle There's much more to this than just lifting and eating. The main factors of this without going into too much detail is to track your progress to see if your lifts are progressing in the gym and if you are eating at a little bit above maintenance. Just know that this is a MUCH slower process than trying to gain muscle or lose fat separately. During your first few years of training is when you can maximize the most using this method.

Calorie Setpoint

Before we get into the brass knuckles of all of this we need to know what our maintenance calories are. There are multiple calculators out there, and most of them work. But i like to keep things as simple as possible. The formula i'm about to give you is the one I use for myself and clients, this works for practically everyone !

Lifestyle	Body Weight Multiplier
Sedentary	10-11
Light - Moderate Activity	12-13
Very Active	14-15
Lead an extremely active lifestyle (Typically athletes 90% of population doesn't fall into this category)	18-20

To give you an easy example of how to use this chart see the examples below. We will be using John and Cathy as our examples.

Example A: John - 200 lb sedentary male

- Deskjob
- No current exercise routine

$200 \times 10 = 2,000$ calories.

This means that a Sedentary male that weighs 200lbs will maintain his weight at approximately 2,000 Calories.daily*

Example B: Cathy - 150 lb active female

- Busy stay at home Mom
- Attends spin class 3x a week
- Works out 4-5 times a week

$$150 \times 14 = 2100$$

This means that Cathy maintains her weight at approximately 2,100 calories daily*

** I say approximately because nothing is definite. You might need more calories, you might need less.*

The only way of knowing this for certain is to weigh yourself daily for a few days. (I recommend a full week). If your average weight is moving up on the scale... well we will have to tone down the calories a bit. Try deducting by 2-300 calories daily to start. Conversely, if your average weight is moving down, add 2-300 calories daily. This is the easiest way see what our caloric maintenance is. Remember nothing is definite, so if you're average weight is within 0.2 - 0.4 lbs, we can assume that's going to be close enough for maintenance.

Gaining Muscle

The path of least resistance to **Gain Muscle** is to be in a caloric surplus (eat more calories than we burn) 10-15% increase in calories is safest to start

For John this will mean he needs to be intaking approximately 2,300 calories, any less and he'll more than likely be gaining muscle at an extremely low rate. The goal here as a male is to gain 0.5 lbs - 1lb a week , (This is assuming you are some type of weight/body resistance routine) The Scale is just one form of measurement. As much as nobody likes it, taking pictures is one of the best forms of measurements.

For men measure chest, waist and hips also. Anything else is extra and personal preference. I.E. measuring arms, quads etc...

For women, measure neck, waist, and hips. Again, anything additional you'd like to measure is personal preference.

Do this weekly alongside tracking your weight.

Another form is tracking your lifts.. For example If you gained half a lb in a week and could now complete one pullup as opposed to two weeks ago, you could only complete half of a pullup. You are more than likely gaining muscle.

For Cathy, we want to move at a slower pace as far as weight gain. Females do not carry as much muscle as males for multiple reasons. The main reason is that they don't produce as much testosterone as men. With Cathy, we will still increase her maintenance calories by 10-15% and adjust accordingly. Her goal will be to gain no more than 0.5-1lb lb a week for the first few weeks, then possibly slow down if her body composition is getting too out of control. This will have to be gauged off the mirror and the progress in her exercises. If she hasn't gained any weight on a particular week yet, her performance on her exercises are getting better, then **there is**

no need to increase calories. It's just as important for her to track workouts and take pictures as it is for John. If Cathy is gaining 1.5 lbs or more a week, then we should reduce her calories slightly (10%).

While gaining muscle, it's almost inevitable to have some weight gain come along with it. What we are trying to do is gain enough to help us in our exercises, by getting stronger in them. But if we are gaining weight too rapidly, we are gaining more fat than muscle.*

**Everyone is different, and we all gain muscle and lose fat at different rates. In fact, if you are completely new to training (weight training in particular) you can almost double this number in the first couple of weeks and/or month due to making such significant progress in the weight room. It will come to a point where you will be unsure if you are gaining more muscle than fat or vice versa. This is where the forms of measurements we stated above are extremely important.*

Losing Weight

But Fady, you said that losing weight and fat is two different things. I want to lose FAT! I remember. Don't worry I'll talk about that topic in the Macros portion. For now let's just see how many calories we need to be at to lose weight.

Remember men and women are different. So females will be losing weight at a much slower pace. Without going into too much detail, this is because men generally carry more weight.

To lose weight safely, a 10-15% reduction in calories is recommended

Let's begin with Cathy this time. Based on her activity, we might only need to slightly reduce her calories in order for her to lose weight. Let's go with 10%, if she's not losing weight fast enough, we can always decrease the more calories later.

Cathy's calories to lose weight:

2100 calories **maintenance calories** x 10% **reduction** = 210 calories deducted

2100 - 210 = 1,890 Calories daily to lose weight.

Let's round 1,900 Calories . . .

Cathy will need to eat 1,900 calories in order for her to lose weight. A healthy weight to lose at weekly is 0.5% - 1%. In Cathy's case 0.75 - 1.5 lbs lost a week. Is safe. If she's losing less she can decrease her calories by around 5-10% daily. Any more than that and she is due for a quick burnout. Such as these other "amazing" products and diet plans seem to advertise.

“20 lbs in 4 weeks” Detox Diets, and Other Scams

Notice these companies never show you how they look after those 4 weeks, that's because more times than not they have gained all of that weight they have lost back, and then some. I've even had multiple clients go through this before they reached out to me for help.

John, as we stated leads a sedentary lifestyle. With him, we'll take the approach of a 10% calorie reduction. Why not 15% you ask? Well, we are assuming John is slowly trying to make lifestyle changes. John has joined his local gym and has started to workout 3 times a week for approximately 45mins to an hour. And is now going for a walk for about 20 minutes three times a week. This has made a calorie deficit for him as well. This way he can eat more than he would had he stayed sedentary, and he'll be able to gain some muscle along the way! He basically did a 180 on his lifestyle. He went from going to an office job, going home then eating, to an office job, taking occasional walks, and going to the gym. We don't want to reduce too much too fast because that inevitably ends up to a crash and burn situation.. No crash dieting here!

John's calories to lose weight:

2,000 **maintenance calories** x 10% **reduction** = 200 calories deducted

2000 - 200 = 1800 Calories daily to lose weight.

As we stated earlier 0.5%-1% (1-2lbs a week for John), bodyweight lost a week is ideal. If John loses more than that he should increase his daily calories by about 5%. If he's losing less we'll deduct his calories by 5-10% and/or increase his activity slightly. Such as add another day of cardio. Ideally we would want to increase activity slowly, Calories are units of energy, and if we deduct or expend our energy too rapidly we will burnout and relapse back to where we started fast!

This is why it's so important to ease into exercise and diets!

Everyone has either been there or knows somebody that has lost a ton of weight in a short period of time. They all relapse in one form or another.

Note: male or female, if you are considered Obese or Morbidly Obese by health standards, it is not uncommon that you will lose significantly more weight in the first stages of your goal to lose weight.

THERE IS NO QUICK FIX. No magic pills, no secret protein powder, no detox diet. NOTHING. "Dieting" and gaining muscle is a marathon not a sprint.

Macronutrients aka Macros

If you are active on social media and follow any fitness pages, you might have seen the word macros at one time or another. Macros is just short for macronutrients. The macros we will be discussing in the next few chapters are those that will determine your body composition. Body composition is how your body looks in relation to fat, bone, muscle and water. As we learned in **24 Ways Fitness has deceived you & the REAL solutions to them**. Having more muscle as a male or female will help us to burn more fat at a resting state than someone with less muscle. Holding less bodyfat not only makes us feel and look better, but also has a /multitude of health benefits that we are aware of. That being said, we will be setting up our macros based again on what our goals are. The main macros we will be focusing on are Proteins, Carbs, and fats.

We want to be doing 2 things with our body's muscle and that is gain more or maintain what we can. Before moving on just know that you'll be doing a little bit of math in the beginning. Your teacher was right about you using it for the rest of your life :) . For right now let me give you some formulas you need to know.

Protein 1 gram = 4 Calories

Carbs 1 gram = 4 Calories

Fats 1 gram = 9 Calories

Important note on fiber- Higher intakes of fiber are associated with lower rates of heart disease and certain cancers.

Amongst those benefits fiber

- *Helps keep you full*
- *Prevent constipation*
- *Can reduce the risk of artery and heart disease*

Recommended intake of fiber is 10-14 grams per 1,000 calories eaten.

Importance of Macros

Protein: Help to build or repair muscle. It aids in satiety (feeling full), and plays an important role in hormones, enzymes and other regulatory peptides in the body. It can be used as energy but is not your body's preferred energy source.

Fats: Help provide energy a good amount of energy due to caloric value. Fats act as transporters for fat soluble vitamins. They also aid brain function, surrounding and holding organs in place, and insulating the body amongst a myriad of other things.

Carbs: Help with satiety, regulates blood sugar. Carbs spare protein for your muscles so that your body doesn't have to use the energy from protein. Parts of your CNS rely on carbs. They efficiently burn and use fat and protein.

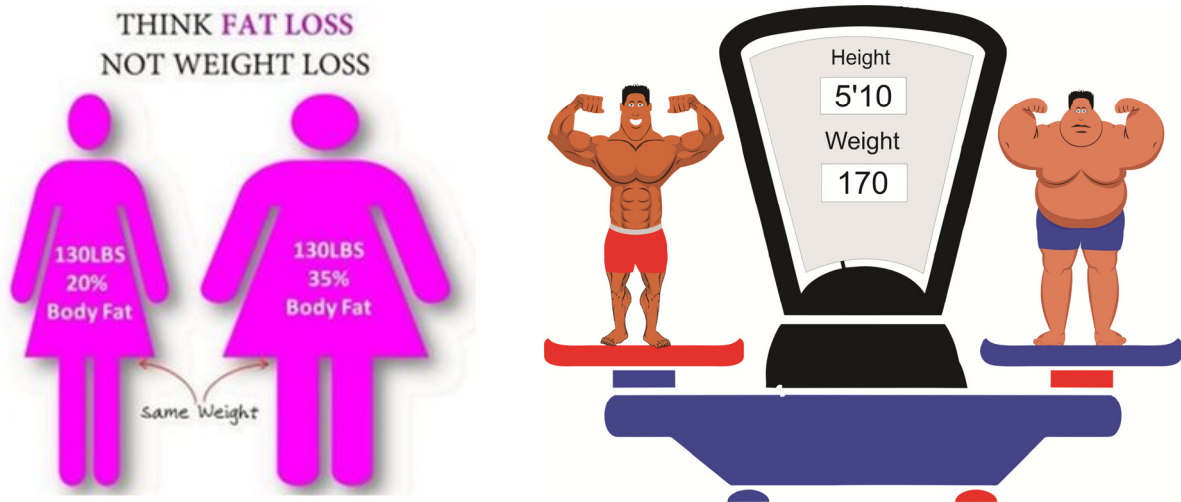
An important note on macronutrients:

As I've stated macronutrients determine your body composition. Yes, simply Calories In vs Calories out determine your weight gain, loss, or maintenance but your macros are what will determine how your body looks. This is going back to fat gain/loss VS weight gain/loss. If you've ever known someone that went completely cold turkey, or joined one of those pyramid scheme weight loss programs. They went from being absolutely sedentary to doing 1-2 hours of cardio a day while eating a couple of fruits a day, maybe 1-2 packets of oatmeal and a shake. Or worse a "detox" diet Sound familiar?

What happens when they are done with their 30 day challenge? They have lost a ton of weight. (due to calorie deficit, not some special powder or pill) and look and feel unhealthy. Only to rebound back after killing themselves for 30 days or longer. This is weight loss, not fat loss. A common name for this in the fitness industry is skinny-fat. To avoid being skinny-fat, we do to things.

1. Avoid crash exercising and dieting
2. Get our macronutrients in line.

To clear some confusion, you will more than likely lose weight when you lose fat, but your body composition will look completely different. The images below are also another depiction of weight vs fat loss.



Macronutrients will be the make or break of if you are losing/gaining weight vs if you are losing fat and/or gaining/maintaining muscle

Remember nothing is definite! I will be giving you some guidelines for you to go by, but adjustments can always be made as long as you are within your calories.

Macronutrient ranges will be set up as follows and will depend on your goals

Protein	Sedentary: 0.4lbs g/lb ABSOLUTE Minimum Endurance Athletes: 0.5 - 0.6 g/lb Strength athletes 0.8 - 1.2 g/lb
Fat	Lose fat/weight: 15-25% of cals Maintain/gain muscle: 20-30% of total cals
Carbohydrates	Remaining Calories

Maintenance Macros

Let's go back to John. Remember John is 200 lbs & maintains his weight at 2,000 calories

John is currently a sedentary individual but not considered morbidly obese. He wants to build a bit of muscle and not be the infamous skinny-fat. With muscle inevitably comes strength, therefore John will start at approximately 0.8g/lb (extremely overweight individuals can begin anywhere between 0.4g/lb - 0.7g/lb as 0.8-1g/lb can be a lot of protein for someone who is considered morbidly obese)

Daily Protein goal :200lbs x 0.8 = 160 grams x 4 (calories per gram) = 640 calories

Fats are where you can play around with. For men or women I personally like to start on the higher end since fats are so important to testosterone and brain function. You can then adjust if you feel it's too hard for you to consume that much fat in a day.

2,000 calories x 30% (fats) = 600 Calories 600/9 (9 calories/gram of fat) 66.667. Let's just round to 65.

Daily Fat Goal is 65 grams x 9 = 585 Calories

We now have 640 calories from protein and 585 calories from fat . 640+585 = 1,225

That leaves us 775 calories/ 4 (calories per gram of carbohydrate) 775/4 = 193.75 Let's round 195

John's daily goal to maintain his weight yet change his body composition and potentially gain muscle and lose fat (you thought i forgot didn't you) is:

160 grams of Protein

65 grams of Fat

195 grams of Carbohydrates

If he hits this Daily, he will maintain his weight while still being at 2,000 calories. This is why you don't need to count calories AND macros; it's redundant, His body composition will look different because of his macronutrients.

We will use the same formula for Cathy below:

Cathy is 150lbs and maintains her weight at 2100 calories.

150lbs x 0.8g/lb protein = 120 grams of protein = 120 grams x 4 (calories/g protein) = 480 calories

2100 calories x 30% = 630 Calories 630/9 (calories/g of fat) = 70 grams of fat

Which leaves us at 1110 calories/ 4 (calories/g of carbohydrate) 775/4 = 247.5 Let's round 250

Cathy's daily goal to maintain her weight and change her body composition while potentially gaining muscle and lose fat is:

120 grams of Protein

70 grams of Fat

250 grams of Carbohydrates

Losing fat

The first and most important macronutrient to set when the goal is fat loss is protein. For more muscular individuals I recommend to be in the higher realm of the protein requirements outlined 1-1.2g/lb (unless you are an endurance athlete)

Protein helps with satiety so even those that do not hold as much muscle can aim for higher. 0.8 -1.2 is our ultimate goal.

*For the sake of this example we are going to set Cathy at 1g/lb of bodyweight & John at 0.8 since he's just getting started on his fitness journey.

Fats high for both as they are essential and we can always lower them later, and our remaining calories will go to carbs.

Protein - 1g/lb bodyweight

Fat - 25% of total calories

Carbs - remaining calories

We are going to use Cathy and John's calories to lose weight (as we've calculated above) in order to set their macros up

Cathy - 1,900 calories to be in a deficit

Cathy's starting macros for her deficit:

150 protein - 480 calories

50 fat - 450 calories = 1,890 calories - *close enough*

240 Carbs - 960 calories

John - 1,800 calories to be in a deficit:

John's starting macros for his deficit:

160 protein - 640 calories

50 fat - 450 calories = 1,800 calories

178 carbs - 710 calories

Gaining Muscle

When in a caloric surplus while in our gaining phase, we will not have to have as much protein as say we will in our losing fat phase. Remember protein is muscle sparing and for that reason as well as satiety reasons, you can take more in while losing fat. That being said, i personally still like to be at the 0.8g/lb range male or female.

Fats again will depend on personal preference. Since fats are essential to your body I always like to begin on the high end for myself and clients. If you cannot handle as much you can lower the percentage but for the same of these examples we will be start at 30%

The remaining calories will go to carbs.

Let's see what Cathy and John's macros will be for gaining muscle.

Protein - 0.8g/lb bodyweight

Fat - 30% of total calories

Carbs - remaining calories

Cathy - 2100 maintenance + 10% calorie increase = 2,310 cals

Cathy's starting macros for her gaining phase:

120 protein - 480 calories

77 fat - 693 calories = 2,310 calories

284 Carbs - 1,137 calories

John - 2,000 maintenance + 10% calorie increase = 2,200 cals

John's starting macros for his gaining phase:

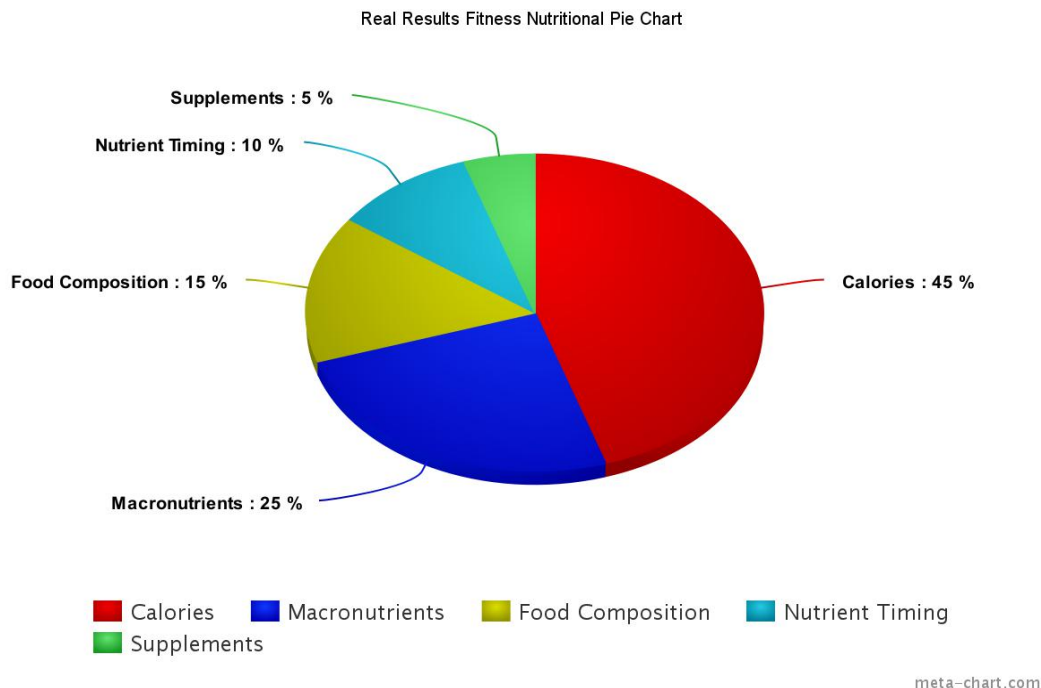
160 protein - 640 calories

73 fat - 660 calories = 2,200 calories

225 carbs - 900 calories

Food Composition

Yuck! Now that we got that ugly math stuff out of the way the rest of this is going to be a breeze! Food composition is next on our ladder. We must remember our Real Results Fitness Pie chart. When in doubt... always go back to the order of importance on this chart.



As you can see food composition, that is the types of foods that we eat, only account for about 15% of our body's composition. This might come as shock to most. I'll be giving a few examples on this.

Let's talk about the famous "clean eating" first. "If i had a dime" for every time someone has told me their diet word for word and mentioned the word clean in it. "I try and eat clean" or "i've only been eating clean foods" or some variation of both. I am a big advocate of this so called "clean eating", but let's bring some truth to light before continuing. It doesn't matter how many "clean" foods you are eating, you can still gain excess weight, or lose weight. How you might ask? CALORIES! If we are eating a so called clean food such as brown rice for example, but eating it in excess of

our daily calories, we will gain weight. Conversely if we do not eat enough, we will lose weight. (this is of course assuming that you have ate other foods throughout the day)

This applies to every other clean food you can think of, tilapia, chicken breast, broccoli, salads, sweet potatoes... etc.

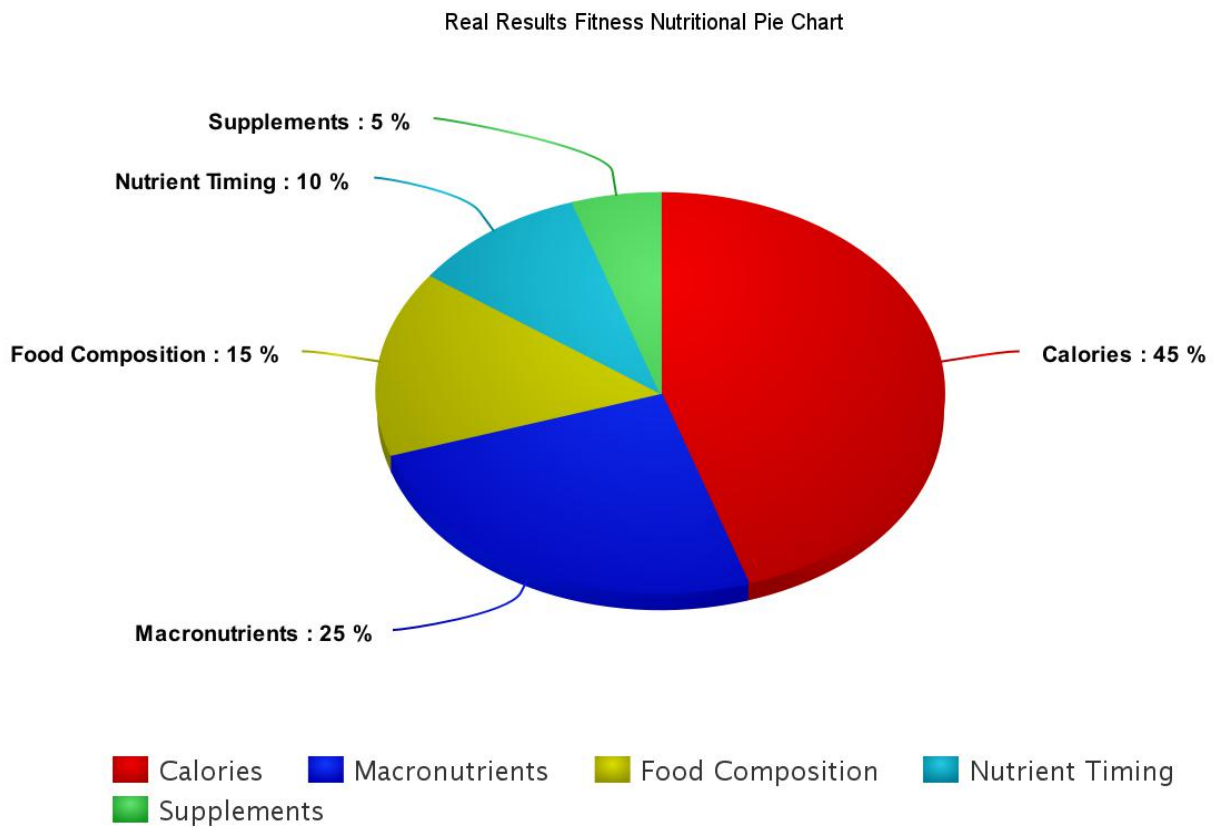
Does this mean we can lose weight on food that is not considered clean? *drum roll please* YES! But...how? Let me give you the example of a teacher that did exactly this. He actually went to the extreme of having all of his meals from Mcdonalds for 6 months. Don't believe me? His name is John Cisna, look him up for yourself. Let me give you a brief synopsis of what happened in those 6 months.

John lost a total of 56 lbs, lowered his cholesterol, and lost a total of 21 inches off his waist, hips, and chest. His LDL, aka bad cholesterol, went down by 25%. And, Oh ya, his BMI (body mass index) also went down from 38 to 30. He did this by following the simple rule of thermodynamics. Calories in vs Calories out. John stayed within a 2,000 calorie diet and walked for 45 minutes a day. This created enough of a deficit for him to lose weight.

Now, is this the healthiest way of going on a diet? Of course not, probably not the most sustainable either. Especially at a fast food chain, you'll realize that 2,000 calories doesn't go very far. Not to mention, he was probably missing out on a decent amount of micronutrients as well as fiber to aid in digestion. Even then the changes he made from merely a calorie deficit are amazing!

I want you to know that I didn't intend on this chapter to tell you to go on a fast food diet, rather that you can live your life, enjoy food with friends and family in moderation. Even that ice cream that's been staring at you in the freezer. It's ok to have some, but try for a serving size or two, as opposed to filling up your bowl with it alongside some syrup and toppings. **EVERYTHING IN MODERATION!**

So yes you can lose weight on foods that are considered “dirty” or unhealthy, but you might miss some daily micronutrients if that’s all you’re eating. You’ll also probably be very hungry if all you are eating is processed foods as they are not very satiating. This is where healthier choice foods help. They are usually more fibrous and keep you fuller longer, in turn potentially avoiding you to binge. It’s really hard to get full off broccoli but it isn’t off of a box of cookies. A good rule of thumb to hit your micronutrients is 2-3 servings of fruit and/or vegetables as your caloric intake allows. If 85-90% of your foods are healthier choices, don’t beat yourself up for having a serving or two of ice cream, or that kit kat bar you’ve been craving. Remember the order of importance.



meta-chart.com

Cheat Meals and Refeeds

I can imagine your eyes lit up when you saw this chapter. Let's keep this simple, first of all do not think of this as a cheat meal that you might see on T.V. or that you're favorite celebrity has done. You want to think of this "cheat meal" or free meal as just that. A simple diet break, you can strategically plan this around a workout to take advantage of the excess calories and use those for energy on a big workout day such as a lower body day. Or use it on your resting day. The choice is yours. Notice I stated cheat meal not cheat day. It's usually best to go out for something like this with a friend or significant other like this and for that dinner or lunch date enjoy a free meal, without counting calories or worrying about the intake. In the same breath, don't go for the 10 lb burger eating challenge at your local mom and pop restaurant. Be sensible, this is a time to eat what your calories, or macros wouldn't normally allow not see how much you can stuff your face in one sitting. If you feel like having some ribs with a side of mac and cheese, by all means. The important thing is to not wash this free meal down with a litre of soda and some ice cream on the way home. Have your meal and call it a day. You can do this once a week.

A refeed is what I like to call, a controlled cheat day, this can be done one (or 2 days a week depending on how long you've been dieting). What a refeed consists of is going back to your caloric maintenance, and using those calories primarily in the source of carbohydrates. Again this can be used around a big workout day or on your day off. I personally enjoy using these days around when I know I'm going to have a heavy or endurance type of workout day. In both John and Cathy's case above, they are losing weight/fat at around a 200 calorie deficit. If we divide 200 calories by 4g/carb. That means they can potentially add 50 grams of carbs to their refeed days so that they may enjoy foods they haven't been able to enjoy due to being in a deficit. You can also add some fats so let's say 10 grams of fats and 28 grams of carbs, will also fulfill that 200 calories that we added for the day. If your deficit is larger, the same math applies.

Both the refeeds and free meals might seem like something so small but they give the dieter a huge mental and psychological break. Knowing that there is one day you can be free for a bit.

Nutrient Timing

A common misconception when wanting to lose weight or gain muscle is that you must eat small meals every few hours. Some say this is to boost your metabolism, others because it helps gain muscle. Neither of the two are directly true.* Although when and how often you eat your meals does make a difference, it's not as big of a difference as you might have thought. Looking at our pie chart you'll see that it only accounts to about 10% of what is actually important in the big picture of nutrition. If you're trying to lose weight, and eating exactly every 2-3 hours, yet are over on your daily calories. Well guess what, it's not going to make a difference in your weight loss because you are eating in a surplus.

If your calories are set in place, your macros are on point, and you're eating more foods than not that are unprocessed. If you have all of these in place...and you want to push that envelope to get an edge on the competition. Well then by all means, eat every few hours and you will get a slight advantage among the rest.

What do i mean by advantage? Well, if you are a competitive athlete, at the collegiate to professional level. Or are in a sport or recreation such as Olympic lifting, football, basketball, powerlifting, bodybuilding etc.... And you are trying to get a leg up on your competition, well meal timing will help. But as stated, It's so miniscule that the average person working a 9-5 won't gain a noticeable advantage since all they want to do is be healthier.

Now if you are a professional athlete or trying to get to that level, this is where meal timing can possibly give a slight edge. And at those levels of competition. A miniscule advantage could be the difference between a win or a loss, a contract to a team or working a 9-5.

There is one instance in where nutrient timing can make a difference and that is when you are in a weight/fat loss phase. Parry workout nutrition (eating around your

workout, in particular before) can help you to get through a workout that you didn't feel you might have been able to accomplish. At worst, you will have more energy during the workout. Be careful not to eat a big meal too close to your workout. I like to give myself an hour prior to the workout in order for my food to digest. Adjust accordingly.

**It is recommended to split up your calories in about 4 meals a day if possible. This can be split up in as easy as breakfast, preworkout meal/shake, postworkout meal/shake, and dinner. Studies have shown that some people eating 3 meals a day or less are more prone to binging.*

Supplementation

Supplements as you see are the LEAST important in our chart. I hate to be the bearer of bad news but there is no magic pill out there, no magic powder, no special drink that will get you the results that you are looking to achieve...nothing legal at least. Do not think of protein powder as a supplement, it is basically a food. For most people trying to gain strength or be strength athletes, foods high in protein and moderate-low in fats can get expensive over time. This is where protein powder is fast, easy, convenient, and affordable. 1 scoop typically give you around 25 grams of protein. Anything less and you are dealing with a higher end brand that might taste a bit better, and/or getting ripped off.

Walking into a supplement store, they will try and sell you the world, especially their brand. Telling you their brand is better than the one you originally went for because of, (insert 1 million reasons here). Listen, make this next trip to the supplement store easy on yourself.

Buy yourself an affordable protein that has 20-25 grams of protein per scoop. Fats and carbs in it will depend on your daily macro goal. Purchase yourself some creatine monohydrate to aid in strength, bones, muscle, and liver* (generic brands are more than sufficient). Some fish oil pills due to their numerous health benefits** . Recommended dosage is 3g/day. Lastly a multi vitamin in case you miss some micronutrients throughout your day.

That's a basic supplement stack that will help more than 90% of the population, and again, IT'S NOT NECESSARY! Here is a list of supplements that can help but again refer to our chart regarding importance.

- Multivitamin - reasons stated above. More important while in a fat loss phase
- Fish Oil (EPA/DHA) - anti inflammatory benefits, joint recovery, some fat loss benefits **Dosage Recommendation** -3g daily
- Vitamin D3 - known to aid in mood and bone health. Mostly recommended for those that don't receive a lot of sun **Dosage Recommendation** - Safe amount is 1-2,000 IU daily
- Creatine Monohydrate - to aid in strength, bones, muscle, and liver* to aid in strength, bones, muscle, and liver* **Dosage Recommendation** -(3-5 G daily, if a small woman lead more towards 3 grams, for males 5g daily is recommended)
- L-Citrulline - reduced fatigue for prolonged exercise **Dosage Recommendation** - 1g 3x/day with meals
- Beta-Alanine - can enhance muscular endurance. May help in performing additional repetitions when training in the 8-15 range *** May cause a tingling feeling - a side effect that will not harm you **Dosage Recommendation** - 2-5g daily***
- Caffeine - stimulant that is/can be used for added energy and may help with physical endurance and strength and may aid as a fat burning supplement. Habitual use can build a tolerance and slow down benefits **Dosage Recommendation** - up to 3-400 mg daily
- Calcium - found in dairy products. Supports bone health. Recommended if you aren't getting a lot of dairy in your diet **Dosage Recommendation** - 1g/day
- BCAA - over time can promote muscle gain. Will aid with those people that have a fairly low daily protein intake. BCAAs can be more beneficial for those that train fasted. Most of us get enough BCAAs from protein food sources like meat, or eggs but may help to those that aren't intaking a sufficient amount of those foods **Dosage Recommendation** - 5g daily.

There are other supplements much more supplements out there that do not have full extensive research. I do not like to use or rely on supplements, rather i like to lean on foods to reach my goals. My recommendation to start is what i've stated above.

Again, none of these are necessities, It's in the name itself **Supplements**.

The supplement industry is a multi billion, with a B, dollar industry. They make their money off of selling products that work at a 1% rate at best. They strive off of our hope that there is some magic pill out there. Nothing goes without hard work. Next time you see a magic pill or powder on an infomercial or at your local vitamin store, such as a test booster or anything claiming to give you amazing results. Remember what we've learned growing up. If it sounds too good to be true it usually is.

Happy eating!

*<http://examine.com/supplements/Creatine/>

**<http://examine.com/supplements/Fish+Oil/>

***<http://examine.com/supplements/Beta-Alanine/>

Nutrition Outline

This is probably what you have been waiting for. Your very own Nutrition plan. Of course nothing will be exact, but as long as you stay within 10grams of carbs and Protein and 5 grams of fat. You should be fine. This nutrition plan is in conjunction with 3-5 days of weight training & 5 days of a medium intensity cardio (enough to hold a conversation) for 5, 20 minute sessions a week. Some Examples are... Brisk walk, Elliptical, Stairs, Bike...etc

Getting out of sticking points

Females: If you are stuck and have not lost 0.5-1% of your body weight after a week make the following adjustments

Males: If you are stuck and have not lost 1-2 lbs of your body weight after a week make the following adjustments.

Stall #1: Decrease Total Calories by 10% in the form of carbs I.e. if you started at 2,000 calories and 250 carbs, you will decrease your carbs by 50.

2,000 cals - 10% = 200 calories

200 cals/ 4 (cals/carb) - 50 carbs

Stall #2: a.) Increase Intensity of cardio - start moving a bit faster and working a bit harder alone this alone should get you past your sticking point... i.e. you If you began walking as your cardio you can upgrade to doing a light jog.. If you started with a machine, you can increase your intensity.

Or

b.) add 5 minutes each day to your cardio routine

Stall #3: Deduct 10 grams of fat from your day.

Stall #4: Add an additional Day to your cardio. You should now be at 6 days of 25 minutes medium intensity.

Stall #5: Decrease calories by another 10-15%

If still stalling at this point you can add an additional 5 minutes of cardio a day or a 7th day, if you have gone past 7 days of 30 minutes of cardio be honest with yourself and make sure you are:

- 1.) Tracking all of your food
- 2.) Increasing your intensity on cardio
- 3.) Have followed all procedures to stall step 1,2 & 3.

If you re still stalling you can eventually lead up to 45 minutes of cardio, but the average person should not have to do this, unless they are preparing to step on stage for a bodybuilding competition etc...

Maintaining body weight, gaining muscle, and losing fat too quickly.

If you are losing more weight than recommended above and it is not the first week and you are not considered morbidly obese, you should increase your calories by 10-15% and split it up as you like i.e. half carbs half fat.

Example: starting calories for fat loss: 2,000 calories and you have lost more than recommended above. Then increase 10-15% calories (200-300 calories)

Let's say your starting macros were

<u>2,000 cals</u>		<u>2,300 cals</u>
200 protein		200 proein
45 Fat	After 15% increase	60 Fat
200 Carbs		240 Carbs

Recommended Grocery List

You can substitute foods as you please, just make sure your macronutrients are matching or at least as close as possible. You can be within 10 grams up or down of protein or carbs and within 5grams for fat. You DO NOT need to buy all of the foods on the list, again this is a good blueprint for what you need to do in order to lose fat, for maintenance/gaining muscle, You have the formulas above so that you can make adjustments as you please

Proteins:

Protein Powder

Chicken Breast/legs/thighs

Cod

Salmon

Tilapia

Shrimp etc...

Eye of Round Steak or top round beef - these are leaner cuts of meats with less fats

Turkey - Ground/Patties, etc. 90/10% and up

Ground Beef 90/10% and up

Greek Yogurt - more convenient but also more expensive are the greek yogurts in the small packages - be careful with fat and carb intake on these 15 grams of carbs per package is too high, we'll save those carbs for whole meals. (also no fat on the small packages if you decide to go that route.)

Unsweetened almond/coconut milk

Cheese - i recommend reduced or non fat cheese
milk 2% or lower

Whole milk

Fats:

Fish Oil Pills -

Peanut Butter

Almond Butter

Olive Oil

Coconut Oil

Avocadoes

Cheese (refer to protein)

Peanuts

Carbohydrates:

Broccoli

Green Beans

Peas.

Tomatoes

Bell Peppers - Basically any type of vegetables you feel you can prepare or have time to cook/ eat raw.

Brown Rice

White rice

White Potatoes

Yams

Sweet Potatoes

Wheat Pasta

Blueberries

Mixed Berries - I Personally prefer to buy frozen mixed berries that are mixed with blueberries, Raspberries, blackberries.

Any Fruits you prefer

130 - 150 Female Fat Loss Plan

Target Macro & Calorie Goals:

Protein: 120 grams

Fats: 45 grams

Carbs: 180 grams

Total Calories 1,605

Meal 1 - Protein Shake with PB&J on Toast

Food	Protein	Fats	Carbs	Calories
Protein Powder 1.5 scoops	30	2	5	158
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
2 slices whole wheat bread	8	2	25	150
1 tbsp Pb	4	8	4	104
0.5 tbsp Jelly	0	0	7	28
Fish Oil Pills	0	3	0	27
Totals	46	19	63	611

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 100 grams	3	0	27	120
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	35	10	27	394

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Totals	14	8	36	272

Meal 4- Post Workout Meal

Eye of round steak 3 oz	23	6	0	186
Sweet Potato 200 grams	4	0	40	176
Totals	27	6	40	362

151-180 Female Fat Loss Plan

Target Macro & Calorie Goals:

Protein: 145 grams

Fats: 50 grams

Carbs: 215 grams

Total Calories 1,900

Meal 1 - Protein Shake with Oatmeal

Food	Protein	Fats	Carbs	Calories
Protein Powder 2 scoops	50	4	7	224
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
Oatmeal ½ cup	6	3	27	159
1 tbsp Pb	4	8	4	104
Fish Oil Pills	0	3	0	27
Totals	64	22	61	658

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 150 grams	4	0	42	184
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	36	10	42	402

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Totals	14	8	36	272

Meal 4- Post Workout Meal

Eye of round steak 4 oz	23	6	0	186
Sweet Potato 200 grams	3	0	40	176
White Rice 125 grams	4	0	33	148
Totals	31	6	40	362

181+ Female Fat Loss Plan

Target Macro & Calorie Goals:

160 Grams of Protein

60 grams of fat

230 Carbs

Total Calories 2,100

Meal 1 - Protein Shake with Oatmeal

Food	Protein	Fats	Carbs	Calories
Protein Powder 2 scoops	50	4	7	224
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
Oatmeal ½ cup	6	3	27	159
1 tbsp Pb	4	8	4	104
Fish Oil Pills	0	3	0	27
Totals	64	22	61	658

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 150 grams	4	0	42	184
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	36	10	42	402

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Totals	14	8	36	272

Meal 4- Post Workout Shake

Food	Protein	Fats	Carbs	Calories
Protein Powder 1 scoops	25	2	4	134
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
1 tbsp Pb	4	8	4	104
Totals	33	16	31	382

Final Meal

Eye of round steak 4 oz	23	6	0	146
Sweet Potato 200 grams	3	0	40	172
White Rice 75 grams	2	0	21	92
Totals	28	6	61	410

140-160 Male Fat Loss Plan

Target Macro & Calorie Goals:

150 Grams of Protein

45 grams of fat

170 Carbs

Total Calories 1.685

Meal 1 - Protein Shake with PB&J on Toast

Food	Protein	Fats	Carbs	Calories
Protein Powder 1.5 scoops	40	2	5	198
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
2 slices whole wheat bread	8	2	25	150
1 tbsp Pb	4	8	4	104
0.5 tbsp Jelly	0	0	7	28
Fish Oil Pills	0	3	0	27
Totals	56	19	63	651

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 100 grams	3	0	27	120
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	35	10	27	394

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Totals	14	8	36	272

Meal 4- Post Workout Meal

Eye of round steak 5 oz	38	10	0	242
Sweet Potato 200 grams	4	0	40	176
Totals	42	10	40	418

161-180 Male Fat Loss Plan

Target Macro & Calorie Goals:

170 Grams of Protein

50 grams of fat

190 Carbs

Total Calories 1.900

Meal 1 - Protein Shake with PB&J on Toast

Food	Protein	Fats	Carbs	Calories
Protein Powder 2 scoops	50	4	6	260
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
2 slices whole wheat bread	8	2	25	150
1 tbsp Pb	4	8	4	104
0.5 tbsp Jelly	0	0	7	28
Fish Oil Pills	0	3	0	27
Totals	66	19	65	713

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 200 grams	6	0	54	240
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	35	10	54	458

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Protein Powder	25	2	3	130
Totals	39	8	36	402

Meal 4- Post Workout Meal

Eye of round steak 4 oz	30	8	0	192
Sweet Potato 200 grams	4	0	40	176
Totals	34	8	40	362

181-210 Male Fat Loss Plan

Target Macro & Calorie Goals:

190 Grams of Protein

60 grams of fat

225 Carbs

Total Calories 2,200

Meal 1 - Protein Shake with Oatmeal

Food	Protein	Fats	Carbs	Calories
Protein Powder 1.5 scoops	38	3	5	199
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
Oatmeal ½ cup	6	3	27	159
1 tbsp Pb	4	8	4	104
Fish Oil Pills	0	3	0	27
Totals	52	21	59	633

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 150 grams	4	0	42	184
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	36	10	42	402

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Protein Powder	25	2	3	130
Totals	39	8	36	372

Meal 4- Post Workout Shake

Food	Protein	Fats	Carbs	Calories
Protein Powder 1 scoops	25	2	4	134
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
1 tbsp Pb	4	8	4	104
Totals	33	16	31	400

Final Meal

Food	Protein	Fat	Carbs	Calories
Eye of round steak 4 oz	23	6	0	146
Sweet Potato 200 grams	3	0	40	172
White Rice 75 grams	2	0	21	92
Totals	28	6	61	410

211-240 Male Fat Loss Plan

Target Macro & Calorie Goals:

225 Grams of Protein

70 grams of fat

240 Carbs

Total Calories 2,500

Meal 1 - Protein Shake with Oatmeal

Food	Protein	Fats	Carbs	Calories
Protein Powder 2 scoops	50	4	6	260
1 cup of blueberries	0	0	17	68
1 cup whole milk	8	8	12	152
Oatmeal ½ cup	6	3	27	159
1 tbsp Pb	4	8	4	104
Fish Oil Pills	0	3	0	27
Totals	68	26	66	770

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 150 grams	4	0	42	184
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	36	10	42	402

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Protein Powder 1.5 scoops	38	3	5	199
Totals	52	11	41	471

Meal 4- Post Workout Shake

Food	Protein	Fats	Carbs	Calories
Protein Powder 1 scoops	25	2	4	134
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
1 tbsp Pb	4	8	4	104
Totals	33	16	31	400

Final Meal

Food	Protein	Fat	Carbs	Calories
Eye of round steak 4 oz	23	6	0	146
Sweet Potato 200 grams	3	0	40	172
White Rice 75 grams	2	0	21	92
Totals	28	6	61	410

240+ Male Fat Loss Plan

Target Macro & Calorie Goals:

245 Grams of Protein

80 grams of fat

325 Carbs

Total Calories 3,000

Meal 1 - Protein Shake with Oatmeal

Food	Protein	Fats	Carbs	Calories
Protein Powder 2 scoops	50	4	6	260
1 cup of blueberries	0	0	17	68
1 cup whole milk	8	8	12	152
Oatmeal 1.5 cup	18	8	81	468
2 tbsp Pb	8	16	8	208
Fish Oil Pills	0	3	0	27
Totals	84	34	124	1183

Meal 2 - Mid Day Meal

Food	Protein	Fats	Carbs	Calories
White Rice 150 grams	4	0	42	184
Greens - half cup	-	-	-	-
Grilled Skinless Chicken Breast 5 oz	32	3	0	155
Coconut Oil 0.5 Tbsp	0	7	0	63
Totals	36	10	42	402

Meal 3 - Pre-workout Meal

Food	Protein	Fats	Carbs	Calories
Mixed Berries 1 cup	0	0	20	80
1 tbsp Pb	4	8	4	104
Vanilla Nonfat Greek Yogurt 5 oz	10	0	12	88
Protein Powder 2 scoops	50	4	6	260
Totals	64	12	42	532

Meal 4- Post Workout Shake

Food	Protein	Fats	Carbs	Calories
Protein Powder 1 scoops	25	2	4	134
1 cup of blueberries	0	0	17	68
0.5 cup whole milk	4	4	6	76
1 tbsp Pb	4	8	4	104
Totals	33	16	31	400

Final Meal

Food	Protein	Fat	Carbs	Calories
Eye of round steak 4 oz	23	6	0	146
Sweet Potato 200 grams	3	0	40	172
White Rice 150 grams	4	0	42	184
Totals	30	6	82	410

Remember guys that these are just outlines. You can change protein, carb, and fat sources as you prefer. The most Important thing you must do when following this outline and/or from your own calculation of calories and macros is to hit your macro numbers! I have explained how to get out of sticking points above please reference that section. If you have any further questions feel free to contact me via email.

Happy Eating!