

Fitness Nutrition

Nutrition is an area of continuing confusion for many people, yet it is vitally important if you desire to see improvement in your body composition.

One of the reasons that there is so much controversy about nutrition is that you have authors and gurus of different expertise arguing that their diet is best for everybody. No, at best, their specific diet is best for their area of expertise.

While you are in this program, you will do best on a particular nutrition program as well. Don't try to combine this exercise program with some other diet picked off of the bookstore shelf. The nutrition program we will lay out will absolutely work the best when integrated with your exercise program to reach your goals.

How do I know? A combination of solid science and decades of practitioners who have experimented with just about everything have consistently come up with the following truths that will, when followed, absolutely maximize your fat burning and muscle toning potential on this program.

- 1) Eat small, balanced meals throughout the day.
- 2) Eliminate as much processed foods as possible and focus on consuming whole foods.
- 3) Strive to consume a lean protein, starchy carbohydrate, and fibrous carbohydrate in each meal (except for in some periods of maximum fat loss when this will vary).

CALORIES

It's a good idea to have an estimation of daily caloric needs are. The following formula will help you in this regard.

- 1) Estimate your lean body mass (LBM). To do this, multiply your bodyweight times your percentage of body fat. For example, a 150 lb. woman named Jane who is 30% bodyfat would estimate as follows:

Bodyweight X percentage of body fat = pounds of fat mass
150 X 30% = 45 pounds

Bodyweight – pounds of fat mass = lean body mass (LBM)
150-45 = 105 LBM

$LBM \times 10 =$ Daily Resting Metabolic Rate (RMR+
 $105 \times 10 = 1,050$ calories Basal Metabolic Rate (BM))

Now add in extra calories based on daily activity level. Follow the following chart.

For the extremely active	$BM \times 1 + BM$
For the very active	$BM \times .7 + BM$
For moderately active	$BM \times .4 + BM$
For non-active	$BM \times .2 + BM$

To pick the appropriate activity equation for you, use the descriptions below.

Extremely Active: Work a physical job, construction, mail carrier, builder, landscaper, and work out hard five or more times per week.

Very Active: Either work a physical job and exercise three times per week or work a desk job and work out hard five times a week.

Moderately Active: Desk job and work out three to four times a week, or a physical job and not exercise.

Non Active: Neither exercises nor works a physical job.

So for example, Jane fits into the moderately active category so we'll make the following calculations:

$$\begin{aligned} 1050 (BM) \times .4 + 1050 \\ 1050 \times .4 = 420 \\ 420 + 1050 = 1,470 \text{ calories} \end{aligned}$$

Jane needs approximately 1470 calories each day to maintain her current weight. Find your own caloric needs.

1. Bodyweight : _____
2. Percentage of body fat: _____
3. Fat Mass: (multiply body fat percentage X bodyweight) = _____
4. Lean Body Mass: (subtract fat mass from total bodyweight) = _____
5. Basal Metabolism: (LBM X 10) = _____
6. Daily Caloric Needs: (add daily activity factor to basal metabolism) : _____

Macronutrient ratios for your meal plan

During the 12-week program, your protein intake would ideally be held constant from meal to meal. Carbohydrate serving size may be adjusted according to goals and activity level. Fats in the diet should make up the remainder of your caloric needs after protein and carbohydrate needs have been fulfilled.

Fat: Assume that approximately 20% of your calories will come from fat. In the example of Jane, a diet which is 20% fat includes about 294 calories from fat (33 grams). Subtract this 20% from the total of 1470 and we'll have 1194 calories left to fulfill.

Protein: You want to aim for approximately 1 gram of protein for each pound of lean body mass you have. Using our theoretical example of Jane, whose lean body mass is 105, she would ideally eat around 105 grams of protein per day.

Protein contains four calories per gram, so 105 grams of protein fulfills 420 calories of her daily caloric needs.

We'll subtract 420 from the 1194 calories that are left and see that she still has 774 carbohydrate calories (194 grams of carbohydrate) that need to be fulfilled.

Jane's Macronutrient Breakdown:

1470 daily calories
420 protein calories (105 grams of protein) = 28%
774 carbohydrate calories (194 grams of carbohydrate) = 52%
294 fat calories (33 grams of fat) = 20%

Determine Your Own Macronutrient Breakdown:

Your Daily Caloric Needs: _____

Fat Calories (20% of daily caloric need): _____

Calories left for carbs and protein (subtract fat calories from total calories): _____

Protein grams (1 gram for each pound of lean body mass): _____

Protein calories (4 calories per gram of protein) : _____

Calories left for carbs (subtract fat and protein calories from total calories): _____

Find grams of carbohydrate allowance (divide calories left for carbs by 4) : _____

How to induce caloric deficits without slowing down metabolism:

The metabolism slows down quickly once strict calorie reduction diets are in place. Using the “zig zag” principle can eliminate this metabolic slowdown. Here’s how it works: Alternate days of lower carbohydrate intake with days of higher intake.

Speeding Fat Loss- Phase 1 (Weeks 7 and 8 of Program):

Alternate between day to day between your standard baseline diet and the carbohydrate reduction day.

Speeding Fat Loss- Phase 2 (Weeks 9 and 10 of Program):

Alternate two carbohydrate reduction days with one baseline diet day.

Speeding Fat Loss- Phase 3 (Weeks 11 and 12 of Program):

Alternate three carbohydrate reduction days with one carbohydrate replenishment day (carbs intake would be 15% higher than baseline on this day).

We suggest cutting carbs by about 40% on carbohydrate restriction days.

Here’s how it would work for Jane:

Baseline Diet:

1470 daily calories

420 protein calories (105 grams of protein) = 28%

774 carbohydrate calories (195 grams of carbohydrate) = 52%

294 fat calories (33 grams of fat) = 20%

Carb Reduction Days (carbs reduced by 40%)

1182 daily calories

420 protein calories (105 grams of protein) = 36%

468 carbohydrate calories (117 grams of carbohydrate) = 39%

294 fat calories (33 grams of fat) = 25%

Carb Replenishment Day (carbs increased by 15%)

1610 daily calories

420 protein calories (105 grams of protein) = 26%

896 carbohydrate calories (224 grams of carbohydrate) = 56%

294 fat calories (33 grams of fat) = 18%

1300 Calorie Sample Daily Menu
50/30/20

Meal #1:

4 egg whites
Oatmeal: ½ cup, measured uncooked
Skim milk, ½ cup
1 apple

Meal #2:

Yogurt: plain, no fat. (4 oz.)
1 orange
Almonds: 1 oz.

Meal #3:

2 whole wheat bread slices
Chicken breast, 3 oz.
1 cup of spinach (raw)
5 baby carrots
No Fat Dressing

Meal #4:

Cottage cheese- Zero Fat, ½ cup
Chunked pineapple- ½ cup

Meal #5:

Broiled Salmon, 3 oz.
Garden Salad (medium size)
No Fat Salad Dressing

1600 Calorie Sample Daily Menu
50/30/20

Meal #1:

4 Egg Whites
Fat free shredded cheddar cheese, ¼ cup
Bell Peppers, ¼ cup
2 whole wheat tortillas
1 Banana – Medium 8”

Meal #2:

Cottage cheese, non-fat, ½ cup
Chunked Pineapple, ½ cup
Almonds, 1 oz.

Meal #3:

2 slices of Whole Wheat Bread
Ground Turkey (Extra Lean), 3 oz.
Raw Spinach, 1 cup
5 Baby Carrots
Non Fat Salad Dressing
1 Apple

Meal #4:

Non-Fat Yogurt, Plain, (8 oz.)
Blueberries, ½ cup

Meal #5:

2 Slices of Whole Wheat Brea
Tuna, ½ cup
Strawberries, 1 cup

1900 Calorie Sample Daily Menu
50/30/20

Meal #1:

5 Egg Whites
Fat Free Shredded Cheddar Cheese, ¼ cup
Oatmeal (measured uncooked), ½ cup
Skim milk, ½ cup
Strawberries, ½ cup

Meal #2:

Chicken Breast, 3 oz.
Brown rice, ¾ cup cooked
5 Baby Carrots

Meal #3:

1 Whole Wheat Pita
Tuna, ½ cup
Raw Spinach, 1 cup
Non fat Salad dressing, 2 Tablespoons
1 Orange

Meal #4:

Non-Fat Cottage Cheese
Chunked Pineapple, ½ cup
Almonds, 1 oz.

Meal #5:

Broiled Salmon, 3 oz.
Brown Rice, 1 cup cooked
Broccoli, ½ cup

Meal #6:

Non-Fat Yogurt, Plain, 8 oz.
Almonds, 1 oz.

2200 Calorie Sample Daily Menu
50/30/20

Meal #1:

6 Egg Whites
Diced Potatoes, 6 oz.
Salsa, 2 tablespoons
1 Banana, Medium 8"

Meal #2:

Apple
Peanutbutter, 1 tablespoon

Meal #3:

2 Slices of Whole Wheat Bread
Tuna, ½ cup
Raw Spinach, 1 cup
5 Baby Carrots
Non-Fat Salad Dressing, 2 tablespoons
1 Apple

Meal #4:

Non-Fat Cottage Cheese, 1 cup
Low-Fat Granola, 1/3 cup
Blueberries, ½ cup

Meal #5:

Broiled Salmon, 4 oz.
Brown Rice, 1 cup cooked
Broccoli, ½ cup

Meal #6:

Oatmeal, ½ cup uncooked
Skim Milk, ½ cup
Almonds, 1 oz.

2500 Calorie Sample Daily Menu
50/30/20

Meal #1:

5 Egg Whites
1 Whole Egg
Oatmeal, 2/3 cup measured uncooked
Skim Milk, 2/3 cup
Blueberries, 1/2 cup

Meal #2:

1 Apple
Almonds, 1 oz.

Meal #3:

1 Whole Wheat Bagel
Tuna, 1/2 cup
Raw Spinach, 1 cup
5 Baby Carrots
Non-Fat Salad Dressing, 2 tablespoons
1 orange

Meal #4:

Non-Fat Yogurt, Plain, (8oz)
Low-Fat Granola, 1/4 cup
1 Apple
Fat free cheese, 2 slices

Meal #5:

Chicken Breast, 4 oz.
Brown Rice, 1 cup cooked
Broccoli, 1/2 cup
1 orange

Meal #6:

Almonds, 1 oz.
Non-Fat Cottage Cheese, 1 cup
Chunked Pineapple, 1/2 cup

2800 Calorie Sample Daily Menu
50/30/20

Meal #1:

5 Egg whites
1 Whole egg
Fat Free Cheddar Cheese, shredded, ¼ cup
1 Banana
Oatmeal, 2/3 cup measured uncooked
Skim Milk, ½ cup
Peanutbutter, 1 tablespoon

Meal #2:

Non-Fat Yogurt, Plain, (8 oz.)
Low-Fat Granola, ¼ cup
Fat Free Cheese, 2 slices
Blueberries, ½ cup
Almonds, 1 oz.

Meal #3:

2 Slices of Whole Wheat Bread
Tuna, ½ cup
Spinach, 1 cup
5 baby carrots
Non-Fat Salad Dressing, 2 tablespoons
1 apple

Meal #4:

Chicken Breast, 4 oz.
Brown Rice, 1 cup cooked
Broccoli, ½ cup

Meal #5:

Broiled Salmon, 4 oz.
Brown rice, 1 cup cooked
Raw Spinach, 1 cup
5 Baby Carrots
Non-Fat Salad Dressing, 2 tablespoons
Strawberries, 1 cup

Meal #6:

Non-Fat Cottage Cheese, 1 cup
Chunked Pineapple, ¾ cup

3100 Calorie Sample Daily Menu
50/30/20

Meal #1:

4 Egg Whites
2 Whole Eggs
Fat Free Shredded Cheese, ¼ cup
Salsa, 2 tablespoons
Potatoes, 6 oz.
Peanut Butter, 1 tablespoon
1 Apple

Meal #2:

Non-Fat Yogurt, Plain, (12 oz.)
Low-Fat Granola, ½ cup
Blueberries, ½ cup
Strawberries, 1 cup

Meal #3:

2 Slices of Whole Wheat Bread
Tuna, ½ cup
Raw Spinach, 1 cup
5 Baby Carrots
Fat Free Cheese, 2 slices
1 Apple
1 Banana, Medium, 8"

Meal #4:

Chicken Breast, 4 oz.
Brown Rice, 1 cup cooked
Broccoli, ½ cup
Strawberries, 1 cup

Meal #5:

Broiled Salmon, 4 oz.
Brown Rice, 1 cup
Broccoli, ½ cup

Meal #6:

Non-Fat Cottage Cheese, 1 cup
Almonds, 1 oz.

3400 Calorie Sample Daily Menu
50/30/20

Meal #1:

5 Egg Whites
2 Whole Eggs
Oatmeal, $\frac{3}{4}$ cup uncooked
Skim milk, $\frac{3}{4}$ cup
1 Apple
1 Banana, medium 8"

Meal #2:

Non-Fat Yogurt, Plain, 12 oz.
Low-Fat Granola, $\frac{1}{2}$ cup
Blueberries, 1 cup
Almonds, 1 oz.

Meal #3:

2 slices of Whole Wheat Bread
Tuna, $\frac{1}{2}$ cup
Brown Rice, $\frac{1}{2}$ cup cooked
Raw Spinach, 1 cup
5 Baby Carrots
Non-Fat Salad Dressing, 2 tablespoons
1 orange
1 apple

Meal #4:

Chicken Breast, 4 oz.
Brown Rice, 1 cup cooked
Broccoli, $\frac{1}{2}$ cup
1 Banana
Almonds, 1 oz.

Meal #5:

Broiled Salmon, 4 oz.
Brown Rice, 1 cup cooked
Strawberries, 1 cup

Meal #6:

Non-Fat Cottage Cheese, 1 cup
Chunked Pineapple, $\frac{3}{4}$ cup

BREAKFAST OPTIONS

Egg white sandwich (4 egg whites)
Vegetables (i.e. mushrooms, peppers, spinach, onions)
Slice fat free cheese
1 to 2 slices whole-wheat toast

Eggs (4 egg whites)
Veggies
½ - ¾ cup oatmeal (dry)

Oatmeal pancake
4 egg whites
¼ cup cottage cheese
½ cup oatmeal uncooked plain or weight control banana bread-one packet
Blend ingredients with sweetener and cinnamon in blender
Cook in frying pan
Use warmed frozen blueberries or sugar free syrup on top

Protein Shake
Protein powder
½ cup banana or berries
water or skim milk

Meal Replacement Shake
(Myoplex, Met-Rx, Lean Body, etc.)
water or milk and ice

Protein Oatmeal
1 cup plain oatmeal
1 scoop protein
Heat oatmeal, stir in protein powder

Egg Skillet
4 egg whites
Shredded potatoes
Veggies
Fat free cheese
Brown potatoes and veggies, cook eggs in potatoes

LUNCH AND DINNER OPTIONS

Deli Sandwich

2 slices whole wheat/whole grain/ rye bread or pita
1 tsp. low fat/fat-free mayo or mustard
Deli meat (lean low fat / turkey, chicken)
Lettuce or spinach leaf
Slice tomato or other veggies

Tuna or Chicken Sandwich

Can of tuna or chicken (water packed or fresh)
1 tbsp. low fat/fat free mayo
Whole wheat/whole grain/ rye bread or pita
Veggies

Egg salad sandwich

4 hard-boiled eggs (remove yolks) chopped
1tbsp low fat/fat free mayo
Whole wheat/whole grain/ rye bread

Deviled egg

3 hard-boiled eggs (remove yolks) sliced in half
Mix cottage cheese with low fat/fat free mayo for filling

Lean Meat/ Fish

Skinless chicken/turkey breast
Ground turkey breast
Top Sirloin
Salmon
Tuna
Mahi-Mahi
Shrimp
Scallops
Fish

Green Veggies

Spinach Salad
Broccoli
Green Beans
Asparagus
Tossed Salad

Starchy Carbs

Brown Rice
Whole wheat pasta
Sweet Potato
potato
1 red potato

Fajitas

Grilled Chicken breast strips cooked in taco seasoning
Corn or wheat tortillas
Grilled veggies
Fat-free sour cream
Salsa
Fat-free cheese

Sashimi

Brown rice
Steamed veggies
Salad

Turkey bean soup

1 lb ground turkey breast	1 package frozen corn
3 cans kidney beans	1 package taco sauce
1 cup water	1 package ranch mix

Brown turkey and drain juice; add taco mix. Simmer 2-3 minutes. Add beans after draining and washing. Add frozen corn and water. Let simmer 30-45 minutes. Freezes well. One serving is about $\frac{3}{4}$ cup. Can also serve over brown rice if you wish.

Beef and Rice Dinner

London broil
Green peppers
1 can diced tomatoes

Put London broil in crock-pot after cutting off any visible fat, pour 1 can diced tomatoes and sliced green peppers over the top. Cook 5-6 hours on high. Serve over brown rice. Makes 5-6 servings.

Basil Chicken

Rinse frozen boneless, skinless chicken breasts and put in pan with water almost covering chicken. Add basil, and Morton's Nature Seasoning blend to water. Cook until chicken is done. Serve with brown rice or potatoes and green vegetable.

Variations: Barbeque chicken or baked chicken with soy sauce

SNACKS

Protein Shake

Protein powder
½ cup banana or berries
Water or skim milk

Meal Replacement Shake

(EAS Myoplex Lite, Lean Body, etc.)
Water or milk and ice

Cottage Cheese and Rye Crackers

1 cup low-fat/fat-free cottage cheese
Rye crackers
Seasoned salt
Sometimes good melted

Stuffed Tomato

1 cup low-fat/fat-free cottage cheese
Tomato
Seasoned salt
1 tsp low fat parm cheese
Sometimes good melted

Cottage cheese and Jell-O

1 cup low-fat/fat-free cottage cheese
Fat-free/Sugar-free Jell-O cup

Deli meat

Wheat Melba toast

Cucumbers or fresh veggies

Oatmeal shake

1-2 scoops protein
½ cup plain oatmeal
Cinnamon
Water and ice

Shopping List

Lean Protein	Starchy Carbohydrate	Fibrous Vegetable
Chicken Fresh or frozen Purdue Shortcuts Tyson's Pre-cooked Canned Boars Head Deli meat Turkey Breast Turkey Store 99-97% fat free Boars Head Deli meat Lean ground beef Shrimp Cocktail Frozen bag (thaws under water) Salmon Fresh or frozen Grouper Crab Sea Bass Mahi-Mahi Tuna Snapper Fat Free or Low fat cottage cheese Ind serving or container Kraft Fat free cheese slices Eggs or Egg Beaters	Cereal Oatmeal- Unsweetened Whole Oats Cream of Rice Cream of Wheat Fiber one Cereal Bran Buds Quaker Toasted Oats Yellow box Whole grain wheat bread Nature's Own (1 st ingredient whole wheat) Whole grain pitas Corn Tortillas Whole wheat buns or rolls Potatoes Baked Shredded Potatoes (in egg isle) Sweet Potatoes Brown Rice Couscous Whole grain pasta Vegetable Pasta Tomatoes Peas Corn Low fat, low sugar yogurt	Broccoli Fresh or frozen Pre-cut solo or with other veg Zucchini Cucumbers Green Beans Brussels Sprouts Spinach Fresh Leaves or Frozen Romaine Lettuce Cauliflower Peppers Squash

Misc.

Sugar Free Fat Free Jell-O Cups

Polaner All Fruit Jell-O or Low Sugar Jelly

Cary's Light Maple Syrup

Unsweetened Apple Sauce

Frozen Blueberries or Strawberries

Splenda (in yellow box by sugar)

Salsa

Mustard

Walden Farms Fat Free Sugar Free Dressing (by lettuce)

Vinegar (rice wine, balsamic, red wine, etc)

Seasonings (pepper, garlic, Lowry's Salt)

Cinnamon

Whole Wheat pretzels

Soy Crisps

Daily Meal Plan

DATE: _____

Macronutrient Goal: Carbs _____ Protein _____ Fat _____

Meal #1	Carbs	Protein	Fat	Calories

Meal #2	Carbs	Protein	Fat	Calories

Meal #3	Carbs	Protein	Fat	Calories

Meal #4	Carbs	Protein	Fat	Calories

Meal #5	Carbs	Protein	Fat	Calories

Meal #6	Carbs	Protein	Fat	Calories

Nutrition Q and A

1. How can eating six meals per day actually help me lose fat?

A: Eating frequently, in the range of five to six small meals per day, helps you burn fat through several mechanisms. First, smaller meals are less likely to be stored as fat. Second, frequent meals help stabilize blood sugar levels and control insulin. This insulin control helps you stay in a fat burning state. Lastly, every time you eat, your metabolism is raised due to something called thermogenesis. Thermogenesis is simply the name for when the body burns calories during digestion. That's right, it takes energy (calories) to digest food.

2. You have us consuming quite a bit of carbohydrates. Don't carbs make people fat?

A: Carbs do have the potential to make people fat. However, several factors in our program discourage carbs from being stored as fat. In fact, carbs are a necessary part of our program to optimize both energy levels and your metabolism. First, let's discuss why you are not likely to store carbs as fat while on our program. There are "good carbs" and "bad carbs". There are also carbs that fit somewhere in the middle. Bad carbs are highly processed and refined. This would include things like the refined flour found in cake, traditional pancakes, regular tortillas, white bagels, etc. These carbs elicit a large insulin spike in the body and are easily converted to fat. On our program, the carbs you eat are predominantly whole grains and fruit. In addition, you will always be combining your carbs with protein sources on our program. The protein diminishes the negative "insulin-spiking" effect of carbs. The lean proteins, combined with the fibrous carbs you are eating on our program tend to eliminate any negative effects of the whole grains and fruit.

3. Isn't too much protein bad for the body?

A. People with kidney problems do not want to consume high amounts of protein. Other than that, there is absolutely no research that I know of (and I've looked hard), which demonstrates that protein is dangerous for healthy people. There are some structural changes to internal structures that metabolize protein when there are higher protein amounts, but there is not current evidence suggesting this is harmful. These changes could be analogous to muscles getting stronger and more tone when you lift weights.

4. I heard that the whole idea that you need a lot of protein to build muscle is untrue. What's the deal?

- A. It's true that after an initial period of strength training when the body does need additional protein to maximize muscle building, that you don't need all that much protein to build muscle. A nutritionist or dietician may look at our program and say, "You don't need that much protein to build muscle." And I would say, "That's true." What they are overlooking is that the protein has other benefits other than just muscle building properties. Protein increases the body's thermogenesis much more than fat or carbohydrates. In fact, for every 100 calories of protein you eat, 20-25 are burned during digestion. Compare that to 10-15 calories per 100 when consuming carbs and 5 per 100 when consuming fats. Protein also helps stabilize blood sugar levels and insulin. Both of these responses help the body stay lean. Remember, we consume protein just as much to stay lean, as we do to build muscle.

5. I heard that I shouldn't eat late at night. Is this true?

- A. If you are trying to lose fat, you definitely don't want to have a huge meal right before bed. However, health snacks during the evening help the body keeps its metabolism high. One of the best snacks to have in the evening is cottage cheese. It is a "slow release" protein that helps you avoid entering a catabolic "muscle breakdown" state throughout the night. For maximum fat loss purposes, it makes good sense to decrease your carb intake at night since you will usually be inactive near bedtime. You don't need all of those carbs in your system when you aren't going to burn them.

Personal Fitness Advantage
doug@personalfitnessadvantage.com/ (954)663-9438