



PRIMAL

NUTRITIONAL GUIDE



INTRO

What's up savages!

In this write up I'm going to give you the information you need to get your nutrition dialed so you can achieve a lean body.

I'm going to break down not only how to build lean muscle, "lean bulk" but I'm also going to show you how you can use the same principles to get ultra lean, down to single digit body fat percentages aka "shredded."

Now, I know there are many popular diets out there that all promise to be the next best thing-like keto, intermittent fasting, carb free, carnivore, plant based. Tons of fads with followers that swear by them.

I believe in eating a well balanced diet chalk full of earth grown nutrients, including animals that eat earth grown nutrients. I do not believe in eliminating food groups from my diet.

My goal is to not just to look good but also feel better and to be able to perform at my peak physical performance!

I love to train hard and after experimenting with keto, carnivore and carb free diets I have found that those methods just don't work for me. Especially when I'm on my feet all day training clients, teaching classes and smashing it in the gym!

I feel that I function at my highest level when I eat a balanced diet of complete proteins, whole grains and unprocessed carbs, heart healthy fats, tasty fruits and fibrous vegetables!

KEEP IT REAL!

Now the tips I put together here are not magic. You're not going to go from zero to hero overnight.

This isn't a crash diet.

To achieve results you're going to have to be committed! Consistency is gonna be key for real, long lasting results.

I say this because I've done a "dirty bulk" in the past where I had **ZERO** control and balance. I was a regular at the local Indian buffet.

I went all out and gained some muscle but I also gained **TONS** of body fat that took twice as long to lose with what felt like a million times the effort.

I bulked up from 175 to 220lbs in about 3 months and then shredded down to 185lbs in a grueling 5 to 6 month cut where I was training 2 to 3 times a day and severely restricting my calories.

I was able to put on some solid muscle but if I could go back I wouldn't do it again like that. It was a miserable experience. I actually ended up having a hard time keeping my body fat low after that extreme cut. I went up and down for a while after that before I finally just hit the reset button and focused on a more balanced approach.

The more sustainable approach ultimately took longer to get me where I wanted to be, but the process was more enjoyable (not having to eliminate my favorites from my diet) and the results lasted longer.

I was lean and mean with some solid on me for quite a while but then I pushed myself too hard...**again**.

DON'T OVERDO IT

I also have an example of what happened to me when I was on the opposite side of the spectrum. When I was dead set on getting ultra lean and staying that way for as long as possible.

Earlier this year from February to July of 2020 I was back at it at a really low body fat, around 6-8%. I was shredded to the gills.

I loved the way I looked and wanted to capture as many pictures and videos as I could of me in what I believed to be my optimal state.

I pushed myself too hard. I maintained a caloric deficit for too long.

I robbed my body and hard earned muscles of the vital nutrients to perform and I paid a price!

The training multiple times a day and shooting at night with little sleep for such a long time (4-6 months) took its toll.

Being run down from being so lean, malnourished and stressed from poor sleep/recovery made me more susceptible to getting sick and I actually contracted COVID-19 in July of 2020.

I was bed ridden with pretty severe symptoms that sidelined me from training for 4 WEEKS!

All that hard work was pretty much washed down the drain.

I had to eat to survive with **ZERO** exercise. So, naturally I lost a lot of the muscle size and tone I had gained and maintained for so long.

I learned my lesson and I'm now focusing on building back up with longevity in mind above all else.

I'm focused on size, strength and low body fat but with a more realistic timeline in mind with a more flexible diet. No more food group elimination and starvation!

My strategy now is how it was before I got caught up with trying to make quick changes to my body composition. A balanced diet for real and steady, long lasting results.

The strategies in this guide are based on this idea of steady gains. **No shortcuts!**



IT'S A LIFESTYLE

This guide is not a “six pack abs overnight” starvation, crash diet. This guide is going to give you tools you need to teach your body to use food as fuel and to torch stubborn body fat by **EATING** food not eliminating it.

Your body is an adaptation machine. It adapts to the foods you fuel it and the ones you **DON'T**. If you starve your body with a drastic cut in calories or nutrients your body can enter a state of alert where your metabolism is slowed down.

With a slowed metabolism, your body will adapt to using fewer calories for fuel and then when you do eat your body will most likely store any extra calories as body fat (keep in mind with a slowed metabolism, it will be easier to overeat even with what may seem like normal sized portions).

Like I said earlier your body is an adaptation machine and will look to store body fat for the future in case you enter another starvation state. It will do this while burning your hard earned muscle because it's trying to protect your vital organs first and foremost to **SURVIVE**. Big thick slabs of muscle are non essential to survival while fat is needed to keep you warm and to surround and protect your organs.

Like your body you must be highly adaptable and learn to create healthy habits for healthy results. This isn't something you follow for 2 to 3 months and all of sudden you're ready to be ready to be on the cover of a magazine.

It's going to take dedication to consistency to train your body to do what **YOU** want it to do.

If you stay committed I guarantee you will look and feel better.

You will take command and control of how your body looks and feels by getting to know how food types, portions, and timing affect you!

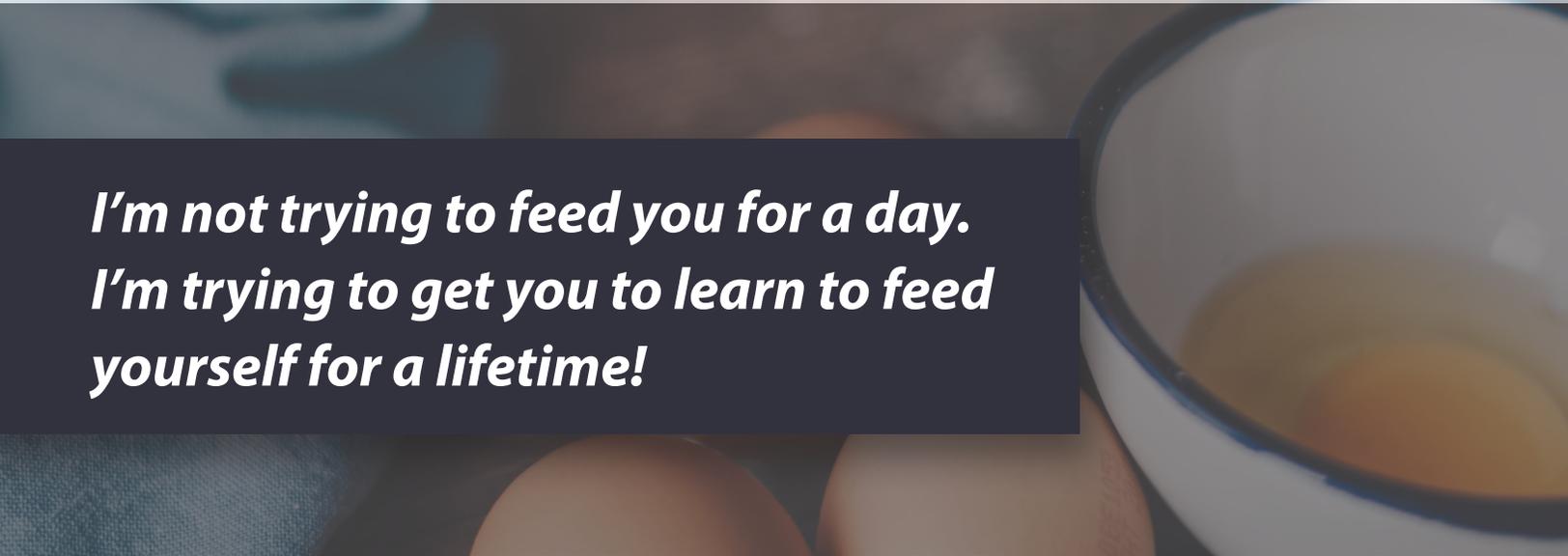
You'll find balance and then you'll be able to coax your body to gain lean muscle while **ALSO** burning body fat.

LET'S GET IT!

My Philosophy

Many of you ask me how and what I eat to get lean. Now, although I am going to give you an example of what I eat in my day to day, this is **NOT** a meal plan.

I do not believe that there is a one size fits all meal plan. What works for me might not exactly work for you.



*I'm not trying to feed you for a day.
I'm trying to get you to learn to feed
yourself for a lifetime!*

My goal is to give you the knowledge to be able to put together a plan that works for you and your schedule. It's like the saying *"Give a man a fish and feed him for a day. Teach a man to fish, and you feed him for a lifetime."*

Because we all know that life happens and if I force you to stick to a tight eating schedule you might be able to stick to it for a bit but eventually something will get in the way and if you're not prepared to adapt in those situations then you will only end up more stressed and potentially going off the rails with your diet.

You're going to have to put in effort to achieve the body of your dreams. I'm not here to hold your hand and give you a magic pill.

I need you to take these tips and put them to practice yourself and be consistent and patient during the process.

Do not get discouraged if you don't see results right away. Everything worth having takes time and effort to acquire.

I applaud you for taking the step to transform your body and your life, it's no easy feat. You have my respect for even trying. But you owe it to yourself to stick it out and achieve your goals so **DON'T QUIT! STAY THE COURSE!** Don't let doubt or distractions get in your way. You have to **COMMIT!**

FOOD IS FUEL

“What foods should I eliminate so that I can look like you?”

This is something many people ask me all the time and is something that I wondered myself for a long time.

As a teenager I got into bodybuilding and I followed what I thought was a diet that was gonna get me ripped and shredded. I read in discussion forums that you needed to eat boneless skinless chicken breast, broccoli and brown rice for every meal. I pounded protein shakes and rolled oats for breakfast and for lunch when I was in school. I ate small meals and sometimes when I didn't have access to my specific meals I was used to then I just wouldn't eat at all.

This super bland diet had some complex carbs and tons of protein but was void of essential fats like omega 3's and vitamins and minerals. It got me **SOME** results but ultimately made me fluctuate a lot.

I had a decent amount of muscle but I never had six pack abs. I kept struggling to get those shredded abs so I then tried doing a low carb diet.

I had **SOME** success with this too. I was finally able to see my abs more defined but I was deathly afraid of eating too many carbs which caused me to be super paranoid of hanging out with friends or going out to eat for fear of not having many options food wise and having to consume carbs that would destroy my physique. I had a borderline eating disorder.

THEN when I started training martial arts, jiu jitsu, and boxing I quickly realized that I was gassing out (fatiguing) faster than my teammates. I was getting folded up like a lawn chair because my conditioning was terrible.

I didn't get it! I thought to myself *“I look way more in shape than all my teammates. I have six pack abs! I look like I'm in shape! Why am I getting tired so fast?”*

The answer was that I wasn't eating sufficiently to sustain my training. I was keeping my carbs too low to support the 2-3 sessions I was hitting a day!

Although I looked the part, all that muscle was for show an`d had very little go because I wasn't eating a balanced diet.



What is Food?

To understand how to formulate a balanced diet, first we must review our macronutrients and how they affect our body.

Calories are made up of three main subgroups:

Carbohydrates	Protein	Fat
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All of these macronutrients supply energy to the body. Carbohydrates and proteins yield 4 calories for every gram while fats yield 9 calories for every gram (meaning you can easily overdo it on the calories with fatty foods if you're not careful). Proteins are usually given a ton of attention because they provide amino acids which are essential for building muscle.

In addition to having different caloric values, each macronutrient also has a different thermogenic effect (TEF) on your body. TEF is the energy required for digestion, absorption, and disposal of ingested nutrients.

Fats have a TEF rating of about 95%
Carbohydrates have a TEF of about 90%
Proteins have a TEF of about 80%

What this means is that if you eat 100g of carbohydrates (TEF 90%) then you can expect your body to use about 90g as fuel while using about 10g to just digest and absorb the food in the first place. The 10g of carbs are used up during the digestion process and released as heat to your body.

This thermic effect is why eating portioned balanced meals frequently throughout the day can also help you burn body fat since your body is always burning calories when you eat.

Another good point to make is that once you get leaner it will be easier to keep body fat off. Your body will have less insulation from body fat, so to stay warm it will constantly have to naturally burn more calories to regulate your body temperature.

Keep in mind that we will be using this thermic effect to help us burn body fat while building/and or maintaining muscle using a carb cycling method. We're not going to eliminate carbs but we are going to manipulate them to help us achieve our goals!

Carbohydrates

Carbs usually get a bad wrap and are usually the first thing people tell you to eliminate from your diet if you want to lose weight. This comes from the fact that all carbohydrates are broken down and absorbed in the body as sugar. And everybody knows **SUGAR is BAD** (not true).

But what they don't tell you is that carbohydrates are an essential fuel for muscle growth and fat digestion. For fat to be broken down in the liver, carbohydrates must be present. Carbs encourage the release of insulin, the "storage hormone." After a tough high intensity workout you deplete your muscle cells fuel tanks of glucose, their main source of fuel during high intensity workouts and strength training.

How are you supposed to use your muscles if you deprive them of their most useful fuel??? (carbs)

By introducing carbohydrates post workout you encourage insulin to signal your muscle cells to refill their fuel tanks with glucose, fueling growth and recovery... but muscle cells have a limited capacity to store glucose.

So, if you overdo it on the carbs and your muscle cells reach the limit that they can store then the excess sugars/glucose can be stored in fat cells, increasing your body fat.

Another reason why eating portioned meals is important is so that you don't end up storing any extra calories as fat. You'll also teach your body to better utilize the carbohydrates to fuel your muscles this way, helping you pack on muscle.

Slow and Steady

Keep in mind that just simply drastically cutting carbs/and or calories won't result in sustainable fat loss. If you remove too much too fast then your body can enter a state of alert where it thinks it is starving so then it looks to **STORE** as much of your survival fuel, **FAT**, as possible.

If you starve yourself then your body will first slow its metabolism (remember slower metabolism, less heat, less calories being burned during digestion, less fat burn) and use the least amount of calories to survive. This will slow down your rate of fat burn and will make it even easier for you to store excess calories as fat, because you'll have more excess calories after your body uses only what it needs with its slowed metabolism.

AND in this state of alert your muscles will be less sensitive to insulin so recovery and growth will slow down

OR if very severe your body can begin to eat away at muscle for nutrients. Your body would rather store body fat since it is what keeps your body warm.

Your body will sacrifice muscle in favor of keeping fat to protect your vital organs. Not to mention muscles require tons of energy to maintain. So when you're starving, they will be the first to go. Leaving you looking "skinny fat."

This is why it is important to gradually decrease calories no more than 10-15% every week from your baseline. The same goes for "lean bulking". You want to increase your calories every week by no more than 10-15% every week from your baseline, or else you run the risk of gaining excess body fat.

Simple and Complex Carbs

The difference between simple carbs and complex carbs:

Simple carbohydrates are broken down quickly by the body to be used as energy. Simple carbohydrates are found naturally in foods such as fruits, milk, and milk products. They are also found in processed and refined sugars such as candy, table sugar, syrups, and soft drinks

Complex carbohydrates are made up of sugar molecules that are strung together in long, complex chains, making them slower to digest. Complex carbohydrates are found in foods such as peas, beans, whole grains, and vegetables.

Both simple and complex carbohydrates are turned to glucose (blood sugar) in the body and are used as energy.

Simple carbs are broken down quickly and cause a huge spike in insulin. The sugars from the carbs fuel muscle tissue and liver cells but if they are full then they are stored in the body as fat.

Complex carbs contain more bonds between molecules than simple carbs and they take longer to be digested and absorbed. This causes a more steady release of insulin which can help regulate your energy, mood and decrease the risk of storing excess sugar in fat cells!





It's also important to note that the more processed, refined or cooked a carb is, the easier and more quickly it can be broken down and absorbed and causing a bigger insulin spike.

One thing to note as well is that dairy milk is made up of lactose, as simple sugar. I like to stay away from milk so I can avoid the extra sugar but it is also estimated that 75% of adults cannot properly metabolize milk sugars. This intolerance can result in many issues including bloating and acne.

I have since been pretty much dairy free but include some cheeses and yogurts since the live bacteria in these foods actually makes them easier to digest.

I recommend you try removing dairy from your diet for a few weeks and then reintroduce it and see if you feel any changes and see if it's right for you!

Try sticking to complex carbs in most of your meals to help you regulate blood sugar throughout the day and reduce your likelihood of storing excess sugars as fat. Also, I like to eat white potatoes, white rice, fruit and other simple carbs for breakfast and in my post workout meals and shakes.

I do so because these are the times when my body most needs a high uptake of sugar. After sleeping/fasting or after a hard workout your muscle and liver cells are depleted of glucose, if you don't fill up your fuel tanks then you can start to eat at your muscle or even go into a state of alert. This is why eating quickly digesting simple carbs like fruits, refined starches like white rice, and fast digesting white potatoes is prime.

You can eat simple sugars but try and stay away from processed sugars like cane sugar, candy, ice cream and stick to fruits and vegetables.

Fruits and vegetables contain simple sugars but they also contain more essential vitamins and minerals that can have great health benefits. They also contain **FIBER**.

Fiber

There are two types of fiber:

Soluble and insoluble fiber. Soluble fiber dissolves in water, and includes plant pectin and gums. Insoluble fiber doesn't dissolve in water.

Non soluble fiber is considered a non digestible food. When fiber is added to simple or complex carbohydrates, it will slow the breakdown and release of glucose from the other carbs into the bloodstream, which will cause a lower insulin spike which can help reduce the chance of fat storage.

Soluble fiber, which is found in foods like oats and beans, has been shown to increase muscle insulin sensitivity. Which means when you eat foods with this type of fiber, your muscle tissue will be more receptive to insulin. If your muscles are more receptive then they will potentially store more of the glucose in your muscle cells, while decreasing the amount that is being stored in your fat cells.

You should aim to eat about 35 grams of fiber a day.

Protein

Proteins are essential for building muscle, as well as essential to all body tissue cell growth, repair and maintenance.

I recommend eating complete protein, most easily found in animal foods, because it contains all the essential amino acids your body needs to repair and build new muscle. If you choose to eat a vegetarian diet, just be aware that most plant foods are low in some vitamins like iron, calcium, zinc, vitamin D and B. It can also be a bit difficult to find complete proteins when eating plant foods. Just make sure you are getting enough of these vitamins and complete proteins in your diet if you do choose to eat a plant based diet.

Amino acids are what protein is broken down into. I also like to supplement amino acids into my diet but more on supplements later! Be careful not to eat too much protein. Excess protein can be used as fuel OR it can be stored as fat. If you eat too much protein you can possibly cause some health issues like kidney disease.

It is recommended to eat about 0.8 grams of protein per pound of bodyweight for the average person. For a person who is very active and is strength training, I like to suggest eating 1 to 1.5 grams per lb of bodyweight to assist in muscle growth and repair.

While carbs boost insulin, protein causes the release of insulin AND glucagon. Glucagon is a hormone that can help off-set insulin's fat storing potential by stimulating the breakdown of fat stored in the body to release it into the body to be used as fuel.

This is why eating a balanced meal with carbs and protein is important, to help lower the fat storing potential of insulin by producing glucagon when protein is ingested.

Recommended Protein sources:

Lean Cuts of Beef

Chicken Breast

Turkey Breast

Tuna

Salmon

Eggs

Lamb

Whey Protein

Casein Protein

Yogurt

Cottage Cheese



Fats

Fats do not make you fat!

Unless eating in excess, as with anything else, fats will not make you fat.

Fats are essential for brain function and they are used in the body as fuel for muscles during low intensity aerobic workouts like running and cycling.

Dietary fat is necessary for our bodies to absorb the fat-soluble vitamins A, D, E, and K.

Your body has two essential fatty acids (EFAs) that it cannot produce on its own: **omega-3 and omega-6**. These must be obtained from food.

Omega 6 fats are found in corn, safflower, soybean and vegetable oils. Too much omega 6 can raise your blood pressure, cause inflammation, and lead to blood clots that can cause heart attack and stroke.

Omega 3 fats are found in fatty fish and can help reduce inflammation and prevent blood platelets from clumping together in blood vessels.

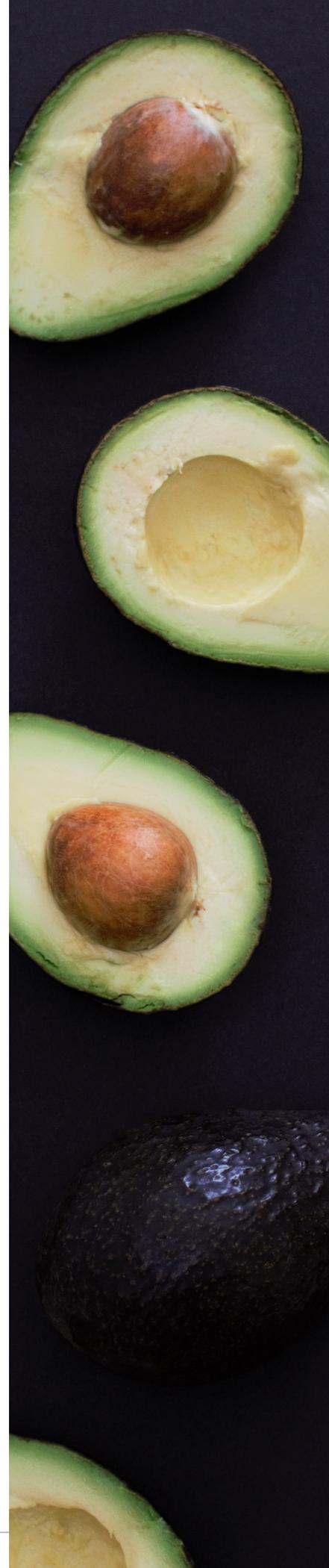
You need both types of these EFAs for your body to function properly. Most people tend to have more omega 6 fatty acids than omega 3s.

Try adding more omega 3s and reducing your intake of omega 6s fats so you can find balance.

The Ideal ratio of Omega 6 to Omega 3 EFAs is 5:1

Or 1 gram of Omega 3 fats for every 5 grams of Omega 6 fats.

Essential fatty acids are vital to support a healthy immune system, assisting in blood circulation, and to help synthesize hormones. EFAs are essential to help build a lean, healthy physique.



You also want to be careful when eating fats/oils that are rancid because they can cause damage in the body from the free radicals released during oxidation. Try and cook using cold pressed oils for cooking as they are better to cook with at high temperatures, and less likely to oxidize.

My go to cold pressed cooking oil options:

Cold Pressed Coconut Oil

Cold Pressed Olive Oil

Cold Pressed Avocado Oil

You should also try and stay away from roasted nuts, as the oils in these fats are likely to oxidize as well. I love eating raw nuts and if I really want that roast flavor then I'll lightly roast them myself with avocado oil in a frying pan and eat them within a couple of days as they are less likely to oxidize.

Another thing you do need to be careful of is to not eat high amounts of fat while also eating a high amount of simple carbs. Simple carbs will elevate your insulin and most assuredly store the dietary fat as body fat.

One rule of thumb is if you're eating a meal high in carbs then try and reduce the amount of fats in the same meal. And vice versa, if you're eating a meal high in fats try and reduce the amount of carbs you're eating in the meal.

Good Fat Sources	
Grass Fed Beef	Avocados
Wild Caught Fish	Soybeans
Pasture Raised Eggs	Cold Pressed Soybean Oil
Almonds	Cold Pressed Flaxseed Oil
Walnuts	Cold Pressed Coconut Oil
Flaxseeds	Cold Pressed Avocado Oil
Chia Seeds	Cold Pressed Olive Oil

Vitamins and Minerals

Vitamins and minerals are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage.

I make sure to eat high quality foods. I include dark green leafy vegetables and whole grains, as well as eating grass fed beef, pasture raised, wild caught meat, fish and eggs. These high quality foods supply most of my vitamins and minerals.

Since I train a lot I like to make sure I supplement vitamins and minerals into my diet to make sure I'm covering all my bases and I'm not deficient in my essentials.

My go to vitamins and minerals to supplement are:

- B-Complex Vitamins
- Vitamin C
- Vitamin D
- Calcium
- Magnesium
- Zinc
- Chromium

Hydration

“Salt makes you bloated. Don’t eat salt and you’ll get lean and mean real quick.”

This is some of the worst advice I ever heard.

I actually followed this advice and minimized my sodium intake to try and cut as much water as I could to look lean.

It worked. I shed a ton of water weight I looked shredded to the gills.

But, I quickly realized how dumb this was when I tried to continue training hard with a lack of sodium and electrolytes.

My muscles started cramping and I felt tired and sluggish.

Cutting sodium from your diet is a tactic that should be used sparingly for sport specific situations, if at all and for a very short period of time. Like cutting weight for a fight, or getting ultra lean for a day to step on stage.

Doing this will get you looking ultra shredded but it is not sustainable.

Your body **NEEDS** water to function properly.

DO NOT eliminate salt from your diet when training.

You can lower the amount of sodium you eat, as excess sodium intake can result in high blood pressure but **DO NOT** eliminate it from your diet.

When training you must make sure you are maintaining high levels of hydration so that you have healthy fluid balance.



Poor hydration can result in:

- Muscle cramps
- Weakness
- Decreased performance
- Nausea
- Fatigue
- Dizziness

If you want to make serious muscle gains then you must train at your optimal performance. Staying hydrated is vital!

So make sure your getting enough electrolytes, including:

Sodium	Potassium
Chloride	Phosphorous

Recommended water intake:

You should try and drink 1.0 to 1.5 mL of water for every 1.0 kcal expended.

For example: If you burn 2,000 kcal a day then you need about 2000 to 2500 ml of water a day to maintain optimum hydration.



My Go To Supplements

Below is a list of my go to supplements, a quick review on what they're good for and my recommended dosage! You don't have to take any or all of these but they are what works for me!

Grass Fed Whey Protein:

Great to supply extra protein in your diet.

Recommended Dose: 20-40 grams 1 to 2 times a day

Creatine HCL:

Great for strength gains which can help with greater muscle growth

Recommended Dose: 1500 mg once a day, post workout

Nitric Oxide:

Increases blood flow, great to supply muscles with more nutrients, sweet pumps.

Recommended Dose: 2 to 3 grams daily pre workout

BCAAS:

Helps supply body with amino acids, great for muscle growth and repair

Recommended Dose: 15 to 20 grams daily, morning, pre workout, post workout

Glutamine:

Helps with protein synthesis and helps prevent your body from catabolizing muscle (eating away at muscle for energy)

Recommended Dose: 15 to 20 grams daily, morning, pre workout, post workout

Digestive Enzymes:

Helps with breaking down food more efficiently for better nutrient absorption.

Recommended Dose: 1 serving with every meal

Pre and ProBiotic:

Gut health and helps optimize digestion

Recommended Dose: take once daily with breakfast

OMEGA 3s:

Help improve insulin sensitivity

Recommended Dose: 4 to 6 grams daily, spread out throughout the day, with CLA

Borage Oil:

Can help burn fat for fuel

Recommended Dose: 2000mg daily, 1 gram in the morning, 1 gram in the evening

L-Carnitine:

Help burn fat for fuel

Recommended Dose: 3000mg in the morning (usually before fasted cardio), 1500mg in the afternoon

Alpha Lipoic Acid:

Helps improve insulin sensitivity in muscle cells and increases fat metabolism

Recommended Dose: 300mg x twice a day

B-Complex:

Boost cell metabolism, increases energy production from food

Recommended Dose: take once daily with breakfast

Magnesium:

Helps improve nerve functions and great for relaxation

Recommended Dose: 500 mg daily

Zinc:

Helps with neurotransmitter function

Recommended Dose: 30mg post workout

Chromium:

Helps lower insulin spikes

Recommended Dose: 200mg three times daily, once for with breakfast, one in the afternoon, and post workout

Vitamin C:

Strengthens immune system and aids in collagen production

Recommended Dose: 2000mg daily, 1000mg with breakfast, 1000mg afternoon

CLA:

Fat burner, increase metabolism and decrease amount of fat going in cells

Recommended Dose: 4000mg daily, spread out throughout the day

Green Tea Extract:

Increases thermogenesis which can lead to more fat burn

Recommended Dose: 300mg twice daily, try and take when fasted

Glucosamine and Chondroitin:

Help protect joints by helping lower inflammation

Recommended Dose: 750 mg Glucosamine and 600 mg Chondroitin twice daily

Coenzyme Q10:

Help increase ATP, increasing cellular energy

Recommended Dose: 200mg daily with food

Calcium:

Helps strengthen bones

Recommended Dose: 1000mg daily with food

The Game Plan

All right so now that you have a basic understanding of how things work.

It's time to break down how we're going to get after dialing in your meal planning. Whether you're trying to lean bulk or shred the first 4 weeks are going to be the same. We are going to set a baseline and get your metabolism in check.

You want to set a foundation by eating balanced meals portioned out to meet your daily maintenance calories. Although we are going to be eating to "maintain," you should start to see some changes right away. Simply eating balanced, portioned, and well timed meals should get you to start burning fat and build lean muscle.

Remember, when you skip meals or eat big meals, you throw your metabolism off and put your body in a constant state of flux where it is either breaking down muscle or storing fat to survive because it is always in a state of alert.

It's time to break the cycle and establish consistent, healthy habits!

Find Balance

First off we need to figure out how many calories you need to maintain, then we'll figure out how to divide that amongst our macros (Proteins/Fats/Carbs).

Basal Metabolic Rate (BMR) is the amount of energy, in calories, that your body needs to function properly. Basically, the total amount of calories your body needs to just lie in bed all day, not including physical activity.

How does knowing your BMR help you on your journey to getting lean?

Many people struggle to gain muscle or burn body fat because they have a hard time nailing down how many calories they should be consuming in a day.

If you eat **TOO** little you can hamper muscle growth and if you eat **TOO MUCH** then you can pack on extra body fat.

Knowing your BMR can give you better control of fat loss and muscle gain by giving you a rough base that you can make adjustments to, to help you meet your goals.

The easiest way to calculate your BMR is to use this equation:

$$\text{Body weight (in lbs)} \times 10 = \text{BMR}$$

For a more accurate number you can find an online BMR calculator or use these equations:

$$\text{Women: BMR} = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

$$\text{Men: BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$$

Is there a difference between the equations?

I'll show you the difference between the simple and the long equation using my info!

Weight: 190lbs

Height: 5 foot 10 inches (70 inches)

Age: 27 years

Simple Equation:

$$\text{Body weight (Weight in Pounds)} \times 10 = \text{BMR}$$

$$\text{Body weight (190 lbs)} \times 10 = 1900 \text{ calories}$$

Long Equation:

$$\text{BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year}) = \text{BMR}$$

$$\text{BMR} = 66 + (6.23 \times 190\text{lbs}) + (12.7 \times 70 \text{ inches}) - (6.8 \times 27 \text{ years}) = 1955.1 \text{ calories}$$

$$\text{My BMR with simple equation} = 1900 \text{ calories}$$

$$\text{My BMR with long equation} = 1955.1 \text{ calories}$$

What's the difference?

As you can see there is a very small difference between my BMR using the long equation (1955.1 calories) versus the simple equation (1900 calories). So my recommendation is to keep it easy and use the simple equation!

$$\text{Body weight (in lbs)} \times 10 = \text{BM}$$

What's your BMR?

My BMR:

NOW! Hold on! Just because you know your BMR now. That doesn't mean that's the total amount of calories you should be eating on a daily basis.

Remember BMR is the amount of calories you would need to maintain normal bodily functions if you were to lay in bed all day doing absolutely nothing but sleeping and breathing.

Add in physical activity: Next you must estimate the amount of calories you burn during your workouts and other physical activity and add that to your BMR to get a more accurate number for the amount of calories you need to eat.

How do you measure this activity?

There are a million different fitness trackers out there like the apple watch (which I use), polar, fitbit, whoop and many more.

BUT even the trackers can be a bit misleading and are not totally accurate when it comes to tracking your calories burned during exercise. Some may overestimate and give you a false confidence where you then go and eat WAY more than you should. Causing you to pack on body fat or make it difficult to burn it off.

I like using my watch to gauge the relative intensity of my workouts day to day but I don't trust the calories burned.

The equation

I like using this equation:

$$\text{BMR} + (\text{BMR} \times 0.5) = \text{Total Calories Needed to MAINTAIN}$$

For me this looks like:

$$1900 + (1900 \times 0.5) = 2700 \text{ calories to MAINTAIN}$$

2700 is roughly the amount of calories I need to consume to maintain my current physique.

Week 1 - Week 4: Reset your metabolism (Shredding and Bulking)

For the first 4 weeks I want you to set a baseline by eating **MAINTENANCE** calories everyday. Although, you will be eating maintenance calories, by eating balanced meals with proper timing you should start to see some changes in your physique by getting your metabolism in check. You should start to lose body fat and gain muscle in the first 4 weeks.

For me, at my current weight and activity level, I require 2700 calories each day to maintain.

I like to divide my calories like this:

40% Carbs

40% Proteins

20% Fats

That means in a day I want to dedicate 40% of my calories to carbs, 40% of my calories to protein, and 20% to fats.

For my 2700 daily calories:

Carbs: 1080 calories

Proteins: 1080 calories

Fats: 540 calories

Remember:

Carbs and Protein = 4 calories per gram

Fats = 9 calories per gram

So:

Daily Carbs: 270 grams (1080 Cal/4)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

So for the first 4 weeks I would need to eat on a daily basis 270 grams of carbs, 270 grams of protein, and 60 grams of fat.

Next we're going to calculate how much of each macronutrient we want to eat for every meal.

I like to eat 6 small to moderate sized meals daily, every 2 to 3 hours. First I start by evenly dividing my macros over every meal:

Meal 1: 45 grams carbs, 45 grams protein, 10 grams fat
Meal 2: 45 grams carbs, 45 grams protein, 10 grams fat
Meal 3: 45 grams carbs, 45 grams protein, 10 grams fat
Meal 4: 45 grams carbs, 45 grams protein, 10 grams fat
Meal 5: 45 grams carbs, 45 grams protein, 10 grams fat
Meal 6: 45 grams carbs, 45 grams protein, 10 grams fat

BUT then I want to plan for parts of the day when I need extra carbs are the parts of the day when I do not want to eat carbs (before bed)

In the mornings I like to eat a heavier amount of carbs to help keep my body from possibly eating away at my muscle from having been fasted all night during sleep. I'll aim for 65 grams of carbs for breakfast. I'll also aim to eat heavier carbs post workout, since that is the time when my body has been most depleted of glycogen from training. Same for post workout, I'll aim for 65 grams of carbs there too. In the evenings, my final meal of the day, I like to stay away from carbs. This can help you produce more growth hormone while sleep, which is great for muscle growth and recovery, and you usually don't need many more carbs in the evening since you usually don't have much physical activity later in the day. So it's best to avoid carbs in the evening to help prevent excess calories from getting stored as fat.

I'll add 65 grams for breakfast and 65 grams for post workout, 130 grams of carbs. Then I'll subtract that from my daily total. Then, divide the remaining 140 grams of carbs over 3 of my other 4 meals, since the last meal of the day I will avoid carbs. Then it will look like this:

Meal 1 (breakfast) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 47 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 47 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 47 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

And there you have an example of my macronutrient breakdown. I'll get into the specific foods I eat in my **SAMPLE** meal plan. But, the basics are that I'll eat lean proteins, high omega 3 fats, and complex carbs for most of my meals. Except for breakfast and in my post workout meal I'll eat simple carbs like fruits, white rice, and white potatoes to get the benefits of the quick digesting carbs so that I can help prevent muscle wasting in the morning after fasting all night during sleep, and to help assist in muscle glycogen replenishing post workout to help speed up recovery!

And don't worry if your post workout meal isn't your fifth meal of the day, for example if you workout in the morning or during lunch-although I don't recommended lifting weights/ working out fasted first thing in the morning before breakfast, as your body could start to eat away at muscle since it is lacking fuel from sleeping-just plug in the macros you set for post workout to whatever time fits for your schedule and adjust your other meals accordingly.

I recommend calculating your maintenance calories and macros according to the method described above and stick to eating those portioned meals every 2 to 3 hours, 6 meals a day for the first 4 weeks!

Week 5 - Week 8 (Shredding)

Next, for the next 4 weeks we are going to make some slight adjustments to your macros to help keep your body pushing and pulling energy from your stored body fat!

We are going to start lowering our overall calories by **NO MORE** than **8%** every week.

I want you to remove these calories from your carbs.

For example, my daily calories during my first 4 weeks were 2700 calories per day.

I'll remove 8% of overall calories or 216 calories from my carbs:

Carbs: 1080 calories -216 calories = 864 calories

Proteins:1080 calories

Fats: 540 calories

And then divide the calories over your meals according to the same method we did above but with your new amount of carbs, maintaining the higher carb portions for breakfast and post workout:

Week 5: (SHREDDING) (Week 4 - 8% carbs)

Daily Calories: $2700 - 8\%(1080) = 2,615$ calories
Daily Carbs: 249 grams (995 Cal/4)
Daily Protein: 270 grams (1080 Cal/4)
Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 40 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 40 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 40 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Then repeat the same process of removing **8%** carbs using your new baseline from the previous week.

Week 6: (SHREDDING) (Week 5 - 8% calories carbs from week 5)

Daily Calories: $2615 - 8\%(995) = 2535$ calories

Daily Carbs: 229 grams (915 Cal/4)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 33 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 33 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 33 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Week 7: (SHREDDING) (Week 6 - 8% calories carbs from Week 6)

Daily Calories: $2535 - 8\%(915) = 2462$

Daily Carbs: 210 grams (842 Cal/4)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 27 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 27 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 27 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Week 8: (SHREDDING) (Week 7 Calories - 8% calories carbs from Week 7)

Daily Calories: $2462 - 8\% (842) = 2395$
Daily Carbs: 194 grams (775 Cal/4)
Daily Protein: 270 grams (1080 Cal/4)
Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 21 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 21 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 21 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Weeks 9-12 (SHREDDING) Carb Cycling

Now for weeks 9-12 we are going to start our carb cycling.

We are going to reduce carbs by **33%** from our baseline in the previous week (Week 8) 5 days a week (Monday - through Friday) and then **INCREASE** the carbs by **20%** from baseline from the previous week (Week 8) for 2 days a week (Saturday and Sunday).

Lowering carbs for 5 days will force your body to free up fat for fuel. This will only happen for about a couple of days (days 4 and 5) before starting to eat away at muscle, so that is why we "refeed" on Saturday and Sunday to help prevent your body from becoming catabolic and eating away at your hard earned muscle gains.

This method also helps keep you mentally happy since it allows for a bit of more flexibility on the weekend where you can indulge in a bit more calories on the weekends! Just don't overdo it and stick to your macros!

You'll follow these macros for week 9, 10, 11 and 12! So the macros you calculate for week 9, you'll use those same ones for every week after until week 12. **DO NOT** decrease any more.

Week 9 - 12 (SHREDDING): Monday - Friday (Week 8 - 30% carbs from Week 8)

Daily Calories (Monday to Friday): 2395 - 30%(775): 2163

Daily Carbs: 135 grams (543 /4cal)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) (40% daily carbs) : 55 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 0 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 0 grams carbs, 45 grams protein, 10 grams fat

Meal 4 (pre workout) (20% daily carbs): 25 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout)(40% daily carbs) : 55 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Week 9 - 12 (SHREDDING) Saturday and Sunday (Week 8 + 20% carbs from Week 8)

Daily Calories (Monday to Friday): 2395 + 20%(775): 2550

Daily Carbs: 233 grams (930 /4cal)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 65 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 34 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 34 grams carbs, 45 grams protein, 10 grams fat

Meal 4(pre workout): 34 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout): 65 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Now you are probably wondering what happens after week 12. Well, by the end of week 12 you should be pretty lean and mean.

I recommend doing what feels best for you. If you want to stick to the carb cycling for another 4 weeks then go for it but I like to take a break by increasing my calories back up to maintenance.

I calculate my NEW maintenance macros using my new average body weight! Make sure you use your new stats! Remember your body should be able to burn fuel more efficiently so you should have no problem sticking to the new macros!

LEAN BULKING

Weeks 5-12 (Lean Bulk)

To gain weight efficiently without packing out too much body fat, I recommend adding no more than 10% carbs every 2 weeks. This will ensure that you are giving your body enough time to grow and adapt to the extra fuel you're feeding it.

I like to increase the amount of carbs because when you are following a bulking training program you are usually doing more volume (reps) and lifting heavier weight. So your muscles will be more depleted of glycogen and you will benefit more from ingesting more carbs to help with muscle growth and recovery.

Week 5 and 6 (Week 4 + 10% carbs)

Daily Calories: $2700 + 10\%(1080) = 2808$

Daily Carbs: 297 grams (1188 /4cal)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

Then, I want to plan for parts of the day when I need extra carbs are the parts of the day when I do not want to eat carbs(before bed)

In the mornings I like to eat a heavier amount of carbs to help keep my body from possibly eating away at my muscle from having been fasted all night during sleep. I'll aim for 65 grams of carbs for breakfast. I'll also aim to eat heavier carbs post workout, since that is the time when my body has been most depleted of glycogen from training. Same for post workout, I'll aim for 65 grams of carbs there too. In the evenings, my final meal of the day, I like to stay away from carbs. This can help you produce more growth hormone while sleeping, which is great for muscle growth and recovery, and you usually don't need many more carbs in the evening since you usually don't have much physical activity later in the day. So it's best to avoid carbs in the evening to help prevent excess calories from getting stored as fat.

I'll add 65 grams for breakfast and 65 grams for post workout, 130 grams of carbs. Then I'll subtract that from my daily total. Then, divide the remaining carbs over 3 of my other 4 meals, since the last meal of the day I will avoid carbs. Then it will look like this:

Meal 1 (breakfast) : 65 grams carbs, 45 grams protein, 10 grams fat
Meal 2: 56 grams carbs, 45 grams protein, 10 grams fat
Meal 3: 56 grams carbs, 45 grams protein, 10 grams fat
Meal 4: 56 grams carbs, 45 grams protein, 10 grams fat
Meal 5 (post workout) : 65 grams carbs, 45 grams protein, 10 grams fat
Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Week 7 and 8 (Week 6 + 10% carbs)

Daily Calories: 2808 + 10%(1188): 2926.8
Daily Carbs: 326 carbs (1307 /4cal)
Daily Protein: 270 grams (1080 Cal/4)
Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 70 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 62 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 62 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 62 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 70 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Week 9 and 10 (Week 8 + 10% carbs)

In weeks 9 -12 I like to spread the carbs evenly between all my meals except for the 6th and final meal of the day.

Daily Calories: 2926.8 - 10%(1307): 3057.5

Daily Carbs: 359 grams (1437.7 /4cal)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 72 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 72 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 72 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 72 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 72 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

Week 11 and 12 (Week 10 + 10% carbs)

Daily Calories: $3057.5 + 10\%(1437.7) = 3201.27$

Daily Carbs: 395 grams (1581.47 /4cal)

Daily Protein: 270 grams (1080 Cal/4)

Daily Fat: 60 grams (540 Cal/9)

Meal 1 (breakfast) : 79 grams carbs, 45 grams protein, 10 grams fat

Meal 2: 79 grams carbs, 45 grams protein, 10 grams fat

Meal 3: 79 grams carbs, 45 grams protein, 10 grams fat

Meal 4: 79 grams carbs, 45 grams protein, 10 grams fat

Meal 5 (post workout) : 79 grams carbs, 45 grams protein, 10 grams fat

Meal 6: 0 grams carbs, 45 grams protein, 10 grams fat

At the end of week 12, I recommend you recalculate your maintenance calories at your new bodyweight and stick to maintenance macros before deciding whether you want to continue bulking or to start shredding!

You want to give your body a break and time to adapt to its new macros. Once you figure out your new maintenance calories it's up to you if you want to keep on gaining or to start leaning out! Have fun and remember slow progress is better than no progress or unsustainable gains that will end up screwing you up in the end.

Take your time for the best results!

My Sample Day Meal Plan:

This is an example of a typical day's meals for when I'm eating maintenance macros. (the supplements in bold are the ones that I highly recommend and that I take year round, while the others can help you take it to the next level but I'll really only incorporate those during shredding) I'll just make slight adjustments to the carbs when I'm bulking and shredding but for the most part my days look something like this:

Wake Up at 7 am:

Immediately take: 5 grams glutamine, 5 grams BCAA

If doing fasted cardio: take the above and 300mg Green Tea Leaf Extract, 2000mg CLA, 3000 mg Acetyl L Carnitine, 2 grams Omega 3 fish oil

Fasted Cardio at 7:30 - 8:15am

Breakfast at 9 am (Meal 1):

Egg Whites: 200 grams, 104 calories, 20 g protein, 0g carbs, 0g fat

Oatmeal: 60 grams, 234 calories, 10 g protein, 40 g carbs, 4g fat

Whey Protein: 13 gram, 55 calories, 10g protein, 1 g carbs, 1 g fat

Frozen Blueberries: 100 grams, 57 calories, 0g protein, 13g carbs, 0g fat

Honey: 10 grams, 30 calories, 0g protein, 8g carbs, 0g fat

Avocado Oil: 5 grams, 44 calories, 0g protein, 0g carbs, 5g fat

Total: 524 calories, 40 g protein, 62 g carbs, 10g fat

Take with: 1 x Digestive Enzyme, 1 x B Complex, 1000 mg Vitamin C, 1 x Pre and Probiotic, 300mg Alpha Lipoic Acid, 200mg Chromium, 1000mg Borage Oil

Lunch at 11 am (Meal 2):

Ahi Tuna: 150 grams, 195 calories, 44 g protein, 0g carbs, 0 g fat

Brown Rice: 150 grams, 167 calories, 4 g protein, 35 g carbs, 2 g fat

Coconut Aminos: 20 mL, 20 calories, 0g protein, 4g carbs, 0g fat

Avocado: 60 grams, 95 calories, 0g protein, 5g carbs, 10g fat

Total: 524 calories, 40 g protein, 62 g carbs, 10g fat

Take With: 1 x Digestive Enzyme, 1000 mg Calcium, 500 mg Magnesium, 750 mg Glucosamine and 600 mg Chondroitin, 100 mg Coenzyme q10

Meal 3 at 2 pm:

Chicken Breast (skinless): 140 grams, 230 calories, 0 grams carbs, 43 grams protein, 5 grams fat

Sweet Potato: 200 grams, 172 calories, 40 grams carbs, 3 grams protein, 0 grams fat

Broccoli: 100 grams, 30 calories, 2 grams carbs, 3 grams protein, 0 grams fat

Avocado: 20 grams, 32 calories, 2 grams carbs, 0 grams protein, 3 grams fat

Total: 464 calories, 49 grams protein, 44 grams carbs, 8 grams fat

Take With: 1 x Digestive Enzyme, Omega 3 Fish Oil, 1500mg Acetyl L Carnitine, 1000mg CLA, 1 gram of

Meal 4 (pre workout) at 4pm:

Chicken Breast (Skinless, shredded): 140 grams, 230 calories, 0 grams carbs, 43 grams protein, 5 grams fat

Beets: 1 cup, 136 grams, 58 calories, 13 grams carbs, 2 grams protein, 0 grams fat

Butternut Squash: 1 cup, 140 grams, 63 calories, 16 grams carbs, 1 grams protein, 0 grams fat

Apple: 100 grams, 52 calories, 13 grams carbs, 0 grams protein, 0 grams fat

Spinach: 2 cups, 14 calories, 2 grams carbs, 2 grams protein, 0 grams fat

Olive Oil: 9 grams, 0 grams carbs, 0 grams protein, 9 grams fat

Total: 497 calories, 44 grams carbs, 48 grams protein, 14 grams fat

Take With Meal: 1 x Digestive Enzyme, 1 gram Omega 3 Fish Oil, 1500mg Acetyl L Carnitine, 100 mg Coenzyme Q10, 1000mg CLA,

30 minutes pre workout at 5pm:

3 grams Nitric Oxide, 5 grams glutamine, 5 grams BCAAs

Meal 5 (post workout):

Ahi Tuna: 150 grams, 195 calories, 44 g protein, 0g carbs, 0 g fat

White Rice: 1 cup, 158 grams, 206 calories, 45 grams carbs, 4 grams protein, 0 grams fat

Pineapple 100 grams, 50 calories, 13 grams carbs, 0 grams protein, 0 grams fat

Coconut Aminos: 20 mL, 20 calories, 0g protein, 4g carbs, 0g fat

Avocado: 60 grams, 95 calories, 0g protein, 4g carbs, 10g fat

Total: 566 calories, 67 grams carbs, 48 grams protein, 10 grams fat

Take with meal: 1500 mg Creatine HCL, 1 x Digestive Enzyme, 1000mg Calcium, 500 mg Magnesium, 750 mg Glucosamine and 600 mg Chondroitin, 100 mg Coenzyme q10

Meal 6: Nighttime Meal (low carb):

Low Fat Cottage Cheese: 1 cup, 180 calories, 8 grams carbs, 24 grams protein, 5 grams fat

Total: 180 calories, 12 grams Carbs, 24 grams protein, 5 grams fat

Take with meal: 1000mg Borage Oil, 5 grams Glutamine, 5 grams BCAAs, 1000mg Magnesium

My Total Macros for the day using the meals above:

Calories: 2,708

Protein: 257 grams

Carbs: 273 grams

Fat: 59 grams

Compare this to my GOAL macros for maintenance:

Calories: 2,700

Daily Carbs: 270 grams

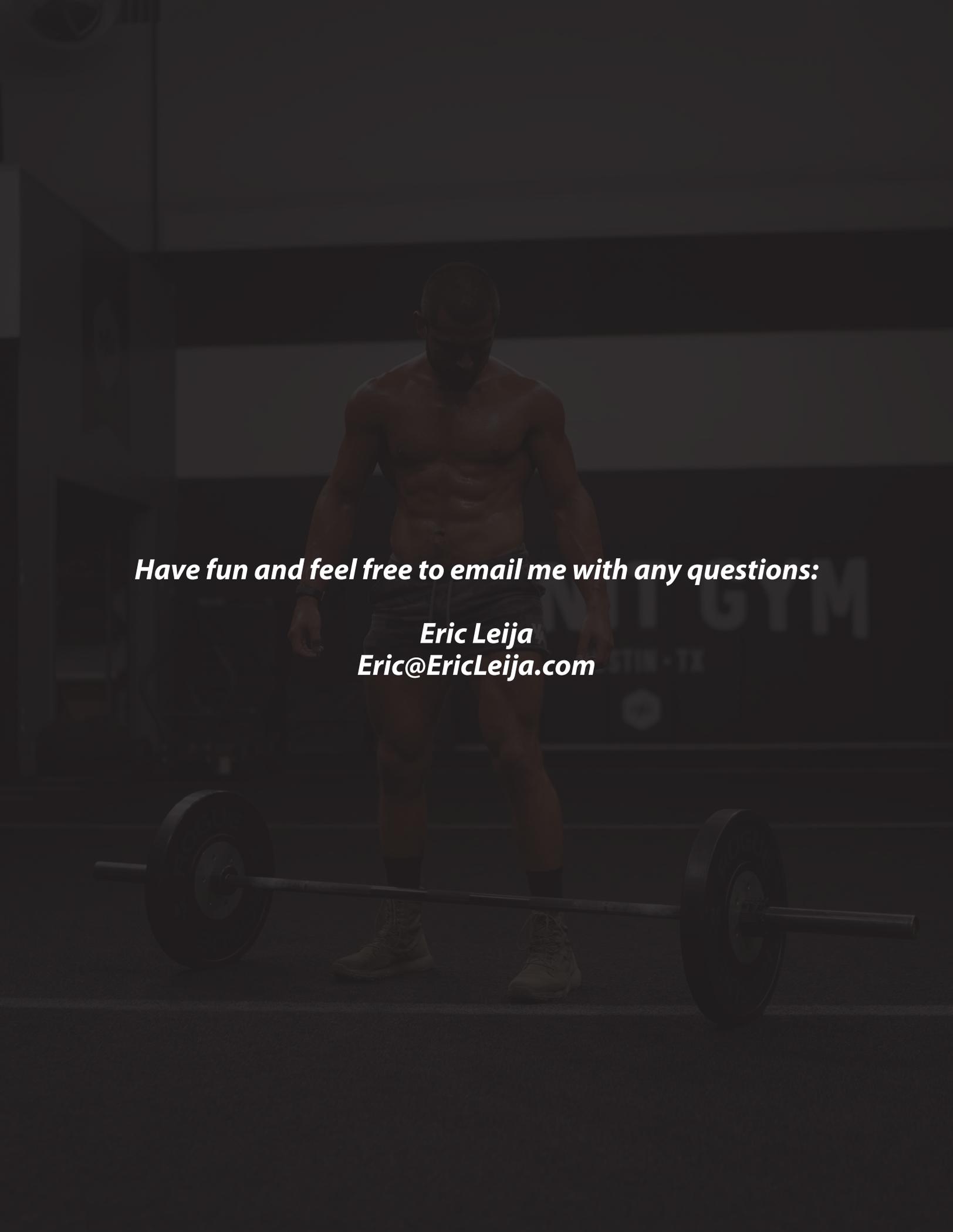
Daily Protein: 270 grams

Daily Fat: 60 grams

As you can see the numbers are pretty close! You don't have to be perfect when it comes to these calculations but try and be as close as you can!

Remember these are just example meals of what I normally eat. To avoid boredom I just mix up my ingredients while still sticking to hitting my macros.

Make sure to find foods that you love to eat. Meal prepping and planning doesn't have to be boring but it does need to be **CONSISTENT** so that you can take control of your body and the way you respond to food.

A dark, low-key photograph of a muscular man standing in a gym. He is shirtless, wearing shorts and sneakers, and is looking down. A barbell with weights is on the floor in front of him. The background is dark with some faint text visible, including "GYM".

Have fun and feel free to email me with any questions:

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