

Meal Planning

Diet is responsible for 50% or MORE of your training results, it is also the most difficult component of your regimen. As they say, "You can't outwork a bad diet." On a very simple level food can be compared to fuel. What would happen if you used the same gasoline for your mower to fuel a Jet? While there is no one size fits all diet, the information below will provide a very SIMPLE grocery list and guideline to get the most out of your training.

PROTEIN – This is listed first for a reason. Protein provides the building blocks to gaining muscle. During training it is recommended that you consume 1.5-2 grams of protein per pound of bodyweight each day. Example: Bobby weighs 150 pounds, $150 \times 1.5 = 225$. Bobby needs to consume 225 grams of protein/day. With this example in mind Bobby's ideal plan would have 6 meals including 30g of protein and two additional snacks containing 22.5g of protein each. This would total 225. Reading nutrition labels can be confusing, but if there is ONE nutrient to make sure you consume enough of – PROTEIN is the one.

LEAN ANIMAL PROTEIN SOURCES

- Beef
- Chicken
- Fish
- Eggs
- Dairy

Protein supplements are an excellent, and sometimes essential, alternative to whole-food protein sources. Not only do whey and casein provide complete amino acid profiles, but they're both extremely bioavailable. Due to their digestion rates and superior amino-acid profile, there are specific times when a protein powder should be used over whole foods.

WHEN TO USE PROTEIN POWDER

1. Post-workout: Quickly instigates muscular repair, recovery, and growth
2. 30-45 minutes pre-workout: Shuttles protein to your muscles for training fuel.
3. Upon waking: After fasting through the night, you need to get amino acids to muscles quickly.

Bottom Line: AIM for 6 Meals or snacks containing at least 30g of protein each day. Consume a protein shake immediately following your workout.

CARBS - Carbohydrates are the body's preferred energy source, particularly during workouts. On rest days, aim for 1.5 grams of carbs per pound of body weight. On workout days, you should have a slow-digesting carbohydrate before the workout and a fast-digesting carbohydrate after the workout, that total rises to about 2 grams of carbohydrate per pound of body weight.

CARBOHYDRATE CHOICES

Low-glycemic (slow-digesting): These carbohydrate sources enter your blood system slowly, causing less of an insulin spike. Low-glycemic carbs are ideal throughout the day, and include fruits, whole grains, oatmeal, whole wheat bread, whole wheat pasta, and sweet potatoes.

High glycemic (fast-digesting): Fast-digesting carbs hit your blood stream quicker, causing insulin to spike. Fast-digesting carbs are ideal after a workout. Fast-digesting carbs include white bread, white potatoes, sugars, candy, gummy bears, Pixy Stix, and Swee Tarts. Tropical fruits are also typically fast-digesting.

When you're not actively training, you want a carbohydrate that is not only going to provide you a slow and long-lasting energy source, but isn't going to spike insulin, either. Any time you spike insulin, you increase your chance of storing body fat (except after a workout). To stay lean while you build muscle, most of your carbs should be slow-digesting.

Bottom Line: Only eat slow digesting carbs from the grocery list attached. Immediately post workout consume a protein shake along with a fast-digesting carb: Grapes, Apples, Pixy Stix, Gummy Bears, etc...

FATS - Fats are also known as lipids. Fats provide energy for the body, but they also offer myriad health benefits. The essential Omega-3 fats, for example, can support heart health, joint recovery, and can even aid fat loss.

Saturated fats, which normally get a bad rap, also provide a benefit. Research shows that athletes who consume a higher intake of saturated fats, as well as monounsaturated fats (nuts, avocados, olive oil), actually have higher testosterone levels. Fat intake is critical to keep testosterone levels high. For a male, that's important when you're trying to increase size and strength. During this program aim for .5 grams of fat/pound of body weight.

Bottom Line: Fats aren't always the enemy. Unsaturated fats are good, saturated fats should be limited, and trans fats are terrible.

CONCLUSION – EAT, EAT, EAT. Remember that protein powders are a supplement, not a meal replacement. In order to eat enough during the school day you will HAVE to bring snacks and protein shakes. There are a number of suggestions listed in the grocery list attached. If you are eating school lunch make sure that you are meeting your protein needs. Provide your body with numerous small meals a day, sufficient protein, and limit your fast foods to the weekends and watch your body transform.

BASIC GROCERY LIST

Greek Yogurt	Oatmeal	Natural Peanut Butter	Eggs
80% or leaner beef	Tuna	Salmon	Chicken
Cottage Cheese	Almonds	100% Whole Wheat Bread	Fruit
Sweet Potatoes	Steak	Protein Powder	Avocados
Olive Oil	Mixed Vegetables	Fat Reduced Cheese Sticks	Broccoli

The I want to do this right and I'm going to take time to prep Sample Diet:

Breakfast: 3 Whole eggs, 3 egg whites, 2 pieces of whole toast with a glass of orange juice.

Snack 1: 1 Cup of Oatmeal mixed with 2 Tbsp of Natural Peanut butter. Protein shake with 20-25g of protein

Lunch: 6-8 oz of chicken with rice and mixed vegetables. Large Milk for beverage.

Snack 2: 1 Cup of Greek Yogurt with: fruit, granola, and/or ground flaxseed added. Optional: Handful of almonds.

Post Workout: 30g of Protein Powder and a cup of 12-15 grapes.

Dinner: 2 LEAN Hamburgers on 100% whole wheat buns with a sweet potato and half a cup of broccoli.

Pre-Bed Snack: 1 Cup of cottage Cheese

The "I ain't got time for that" but I want to pack on some lb's Sample Diet:

Breakfast: 4 Scrambled eggs with toast or cereal, fruit (Banana, apple, etc..) and fruit juice or milk.

Snack 1: Weight Gainer Shake* with 500-700 Calories and significant protein (25+ Grams)

Lunch: School Lunch, any meat available – eat it, twice. Supplement with dairy. Make sure to get protein. Other easy option: Two PBJ sandwiches.

Snack 2: Weight Gainer Shake* with 500-700 Calories and significant protein (25+ Grams)

Post Workout: 30g of Protein Powder and 15 Gummy Bears (30g)

Dinner: Whatever is cooking at home, eat a ton of it!

Pre-Bed Snack: Weight Gainer Shake with 500-700 Calories and significant protein (25+ Grams)

*Weight Gainer shakes can be bought or made. I recommend making them, it's cheaper and usually healthier. But again, if you're on the "I Ain't got time for that" diet, I understand! Weight Gainer Shake Recipes are attached on the final pages of this document for reference.

FINAL REMINDER FOR WEIGHT-GAIN: You can drink protein shakes with milk to add additional calories and do NOT forget to consume water! You should consume your body weight in ounces every day. If your urine isn't clear, or almost clear you need to hydrate!!

Weight-Loss

While most of this has been based on weight gain, many of the same principles apply for weight loss. The primary change being, if you are trying to lose weight you will need to consume fewer calories than you expend. It should also be noted that one of the best ways to lose fat is by gaining muscle. The more muscle you have, the higher your metabolism will be and the more calories you will burn. Imagine your metabolism as a pot of water on the stove. The lower your metabolism (genetics, poor diet, low-activity) the colder your water will be – it will take months for the water to evaporate. The higher your metabolism (genetics, great diet, high-activity) your pot of water will quickly come to a boil, steam will form and the next thing you know you have an empty pot.

In order to keep weight-loss SIMPLE start with this:

- Eliminate
 - Soda
 - Fast Food
 - Candy
 - Energy Drinks
 - Junk Food (Donuts, Chips)

The next step is much harder but possible!

- Eliminate processed foods. This is basically anything that is quick and easy. If it's microwaveable it's probably bad (exception: vegetables without added sauce). Microwaveable meals are almost always high in sodium and you can usually count on them having added sugars as well!

Eat as much lean meats, vegetables and fruits as possible! Seriously, if you eat an entire chicken every meal – baked not fried – you'll be fine! Try this to find out!

Super Simple Weight-loss Sample Day:

Breakfast: 2 Whole eggs, 3 egg whites, a banana, and one piece of toast with natural peanut butter (NOT DAIRY BUTTER), and a glass of water – Fruit juice has too many calories!

Snack: Handful of Almonds and a protein Shake (25-30g).

Lunch: 4 oz of Baked Chicken with 1 cup of brown rice and 1 cup of mixed vegetables.

Pre-Workout: 1 Oikos Triple Zero Greek Yogurt with 2 Tablespoons of ground flax seed

Post Workout: Protein Shake and a hand full of grapes.

Dinner: 4-6 oz of Baked Chicken or Tilapia with 1 Cup of Steamed Rice and 1 Cup of Mixed Vegetables.

IF* you are still hungry – add additional measurements to the lunch and dinner meals. Don't add junk, more lean meat, more rice, more vegetables. You'll be full in no time.

Whether your goal is weight-loss or weight-gain, it will not be easy!!! But if you stick to it, it will happen! Don't give up, it may even take 2-3 months before you start to see real progress but if you are consistent even 90% of the time the results will follow!

CONSISTENCY

Weight-Gainer Shake Recipes

Recipe 1 Ingredients

- 2 Scoops of Protein Powder. I recommend Gold Standard Whey or Dymatize Iso 100 they aren't cheap but they are quality protein powders AND they taste good.
- 2 Cups of Whole/Vitamin D Milk
- ½ Cup of Dry Oats
- 1 Banana
- 1 Tbsp Natural Peanut Butter
- 3 Cubes of Ice

Directions: Blend all ingredients together. If too thick add more milk/ice.

MUSCLE MEALS

ALMOND BLAST WEIGHT GAIN SHAKE



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792
CALORIES
(52P/109C/16F)

INGREDIENTS:

- 2 scoops Vanilla Whey Protein
- ½ cup Raisins
- 1 tbsp. Almond Butter
- ½ cup Oats
- 12 oz. Almond Milk

MUSCLE MEALS

STRAWBERRY CHEESECAKE SHAKE



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764
CALORIES
(72P/43C/35F)

INGREDIENTS:

- 2 scoops Strawberry Whey Protein
- 12 oz. Whole Milk
- 8 Frozen Strawberries
- 1 tsp. Honey
- 4 tbsp. Sour Cream
- 1 cup Greek Yogurt

MUSCLE MEALS

NUTTY BUTTER WEIGHT GAIN SHAKE



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759
CALORIES
(59P/93C/17F)

INGREDIENTS:

- 2 scoops Whey Protein
- 1 tbsp. Peanut Butter
- 1 cup Almond Milk
- 1 cup Oats
- 2 tbsp. Chocolate Syrup

MUSCLE MEALS

CHOCOLATE CHIP ICE CREAM SHAKE



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812
CALORIES
(51P/92C/28F)

INGREDIENTS:

- 2 scoops Chocolate Whey Protein
- 1 Banana
- 12 oz. Chocolate Almond Milk
- 2 tbsp. Chocolate Chips
- 1 tbsp. Peanut Butter
- ½ cup Vanilla Ice Cream

MUSCLE MEALS

BANANA BREAD WEIGHT GAIN SHAKE



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INGREDIENTS:

- 2 scoops Whey Protein (Vanilla)
- 1/2 cup Oats
- 1 Banana
- 12oz. Whole Milk
- 1 cup Corn Flakes Cereal
- 2 tbsp. Honey

885
CALORIES

(60P/133C/16F)

MUSCLE MEALS

PEACHES & CREAM WEIGHT GAIN SHAKE



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INGREDIENTS:

- 2 scoop Whey Protein (Vanilla)
- 2 tbsp. Honey
- 2 tbsp. Sour Cream
- 1 cup Peaches
- 12oz. Whole Milk
- 2 packets Instant Oatmeal (Peaches & Cream)

917
CALORIES

(60P/126C/23F)

MUSCLE MEALS

BLUEBERRY MACADAMIA WEIGHT GAIN SHAKE



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INGREDIENTS:

- 2 scoops Whey Protein (Vanilla)
- 12oz Almond Milk
- 1oz. Macadamia Nuts
- 6oz. Non-Fat Greek Yogurt
- 1 cup Blueberries
- 2 packets Instant Oatmeal (Blueberry)

942
CALORIES

(67P/109C/30F)