



NUTRITIONAL GUIDANCE PLAN

THE MACRONUTRIENTS

PROTEIN

Protein is the most critical macronutrient in any weight loss/muscle gain program. Muscle is made out of protein, making protein essential for muscle growth, repair, and recovery. It is also a critical fuel source as your body can break protein down and use amino acids as a muscular energy source.

High-protein coupled with low-carbohydrate diets work well for fat loss. This has proven to be even more applicable for those trying to maintain or build lean muscle at the same time.

It is difficult for the body to take protein and convert it into body fat. Out of the three macronutrients the body has to work it's hardest to convert protein into body fat making this macro the least efficient to store as fat. It's either going to use protein to synthesize tissue, or break it down for energy. Protein is a home run when it comes to dropping body fat, building muscle, and gaining strength. However it can be overdone... Kidney function can be affected by too much protein so avoid eating more than 1.5grams of protein per pound of body weight. That should be your absolute maximum.

HOW PROTEIN MAKES MUSCLE

The body breaks apart the bonds that bind ingested amino acids together into single amino acids, or short amino acid chains called peptides. These digested amino acids and the intestines then absorb peptides, where they eventually enter the blood stream to travel to your muscles and other cells. In the muscle cells, these amino acids are reassembled to form the proteins that make up muscle fibers. In the end, your muscles grow bigger and become stronger.

EXAMPLE PROTEIN SOURCES

- *Lean cuts of meat:* top sirloin, flank steak, lean ground beef
- *Poultry:* chicken and turkey, white and dark meat
- *Fish:* halibut, sole, salmon
- *Eggs*
- *Dairy:* whey, casein, Greek yogurt, cottage cheese
- *Plants:* soy, beans, nuts, grains, etc.

Anyone who is training intensely needs at least one gram of protein per pound of body weight. Research suggests that eating as much as 1.5 g of protein per pound of body weight is very effective at promoting muscle growth and strength gains. We recommend eating 1.0 g of protein per pound of body weight if your goal is to burn fat and put on lean muscle mass

FAT

TYPES OF FAT

- Monounsaturated
- Polyunsaturated, such as omega-3 fats
- Saturated
- Trans-fatty acids

Many people feel as though fat is the enemy of those who are overweight. Eating fat doesn't necessarily make you fat, however certain fats are better than others and fats have double to amount of calories per gram therefore it is easy to increase your TOTAL CALORIE INTAKE with fats. Fat is not the enemy.

OMEGA-3 FATS

- Omega-3 fatty acids are an ESSENTIAL polyunsaturated fat. They're called "essential" because your body can't produce them on its own. Therefore we have to consume them. They also offer a wide range of health benefits. For example, they've been shown to enhance fat loss by turning on genes that increase fat burning. They also help decrease fat storage.
- Omega-3 fats produce beneficial prostaglandins that decrease inflammation.
- They've been found to increase muscle recovery and growth, and they support skin, vision, and brain health.

SATURATED FATS

- Saturated fat is not the enemy to those who train hard, specifically men. Saturated fat promotes healthy testosterone levels and is especially important to men. You want to maintain your test levels to build muscle and strength, train harder, recover better, and lose more fat. Just remember to meet your macro percentages as well as your total caloric intake.
- Whole eggs are a great source of saturated fat. One study revealed that people who ate three egg yolks per day gained twice as much muscle as subjects who only ate egg whites. Egg yolks contain protein, saturated fat, and dietary cholesterol, which you need to help maintain the integrity of muscle cell membranes.

GOOD FAT SOURCES

- Nuts
- Olive oil
- Natural peanut butter
- Fatty fish
- Egg yolks

MONOUNSATURATED FATS

When combined with saturated fats, monounsaturated fats have been found to promote healthy testosterone levels. They also function as an energy source during hardcore workout sessions. Peanut butter is a terrific source of monounsaturated fat which is a great combination of fat and protein!

TRANS-FATTY ACIDS

Trans fats are the only fats you should absolutely avoid. Trans fats have been altered in the lab to give products a longer shelf life. The body doesn't recognize this altered fat molecule or know how to process it, so the trans fat molecule gets into your cells and causes havoc. Trans fats may even increase the risk of heart disease and certain cancers. Avoid trans fats at all times.

FAT CALORIES

People fear and monitor fats because fat is calorically dense. There are twice as many calories in a gram of fat than in a gram of protein or carbohydrates.

Calories per Gram:

- Protein = 4.5 kcal/g
- Carbs = 4.5 kcal/g
- Fats = 9 kcal/g

Because they're calorie-dense, fats can push you over your calorie limit. You have to be cautious of how much fat you eat, but if you stick to the nutrition plan, your calories will stay in check.

Calories are an important factor when you're trying to burn body fat, but calories aren't the only factor. Your macronutrient and food choices are more critical.

CARBOHYDRATES

Types of carbohydrates

- HIGH-GLYCEMIC CARBS

- *Fast digesting*

Sources: Table sugar, white potatoes

Effect: Spike blood glucose and insulin levels

- LOW-GLYCEMIC CARBS

- *Slow digesting*

Sources: Most fruits, whole grains, sweet potatoes

Effect: Less dramatic impact on blood glucose and insulin levels

Carbohydrates provide few benefits other than energy. Carbohydrate is the only macronutrient that is not essential. There are essential amino acids (proteins) and essential fats, which your body can't produce on its own, but there are no essential carbohydrates. Which means you could never eat a carb again and still survive (though you may be a bit sluggish) THIS IS NOT RECOMMENDED.

Your body can produce enough carbohydrates, mainly in your liver, from the protein and fat you consume. This doesn't mean that carbs are a demon, but if you're trying to lose body fat while building muscle and strength, you want to focus on eating protein and fat.

When you eat high-glycemic carbs, your body processes them rapidly, absorbs them in the intestines, and shoves them right into your bloodstream. This increases your blood glucose levels, which spikes insulin released by the pancreas. An insulin spike can be useful after a workout, but it's not great at any other time of day.

You don't digest low-glycemic carbs as rapidly. They don't create the same sharp spike in blood glucose, so they offer a steadier supply of energy. **Only eat high-glycemic carbs after training. Eat low-glycemic carbs at any other time of day.**

WORKOUT FUEL

During a workout, you burn carbohydrates as your primary fuel source. You store carbs in your muscles in the form of glycogen. As the workout proceeds, the muscles you use burn more and more glycogen.

After a workout you need to supplement with high-glycemic carbs to replenish glycogen. That way you'll have enough energy for your next workout. This means you need a carbohydrate that is made of simply glucose coupled with your protein shake to get the best results post workout.

These carbs will also quickly spike your insulin levels and drive nutrients into your hungry muscles. This helps with recovery, repair, and muscle growth.