

# **FIT 100**

## **FIT 100 Muscle Gain Nutrition Guide**

Hi everyone! You will find almost all you need to know about nutrition for muscle and strength gain here. This guide has helped some of our members pack on over 30 pounds of muscle! If your goal is to build muscle and strength it can help you too!

Included in this guide is your:

**Nutrition Overview**  
**Shopping List**  
**Meal Guide**

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Disclaimer: It is important that you understand that this guide is only advice. It should not be substituted for medical advice. It is not intended for pregnant or breast feeding women.

# Nutrition Overview

You cannot out train a bad diet.  
And yes it is true that abs are made in the kitchen, not in the gym.

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## What is Most Important?

There are many things within nutrition to consider. The purpose of this guide is to highlight and educate you on which aspects are most important for you. I have arranged the aspects of nutrition plan by order of importance. Tackle them one by one. Meet aspect number one before you address aspect number two.

### Nutrition Hierarchy of Importance

1. Calories
2. Macronutrients and Fiber
3. Micronutrients and Water
4. Meal Timing and Frequency
5. Supplements

## 1 – Calories - These are your Commandments

You **MUST** live by these:

- To Gain Weight/Muscle I must be in a Caloric Surplus, I must eat more than I burn.
- To Lose Weight/Fat I must be in a Caloric Deficit, I must burn more than I eat.

For muscle gain, calorie increase alone is not enough. You need to be doing resistance training for effective muscle gain. Resistance training promotes muscle growth and will reduce fat gain while you're in a calorie surplus.

### Muscle Gain

If you eat more than you burn you will gain weight. By doing resistance training you will build muscle rather than just putting on fat. High intensity interval training burns extra calories that your body could otherwise use to build muscle. For this reason it is not recommended to do a large amount of high intensity interval training when you are trying to build muscle.

### Fat Loss

If you eat less than you burn you will lose weight. By doing resistance training you will lose fat rather than losing fat and muscle. High intensity interval training will help you burn a high amount of calories in a short period of time.

## An Example

Average Joe:

- Burns 2000 calories a day
- He burns more calories in the 23 hours of the day than in the 1 hour of cardio/ resistance training he does.

Average Joe lifting weights:

- Burns 2400 cals a day. That's an additional 400 calories from exercise.
- **To gain weight (muscle) average Joe must eat 2900 cals (+500) consistently.**
- To lose weight (fat) Average Joe must eat 1900 cals (-500) consistently.

## Meals

Aim to eat 3-5 meals a day with protein, fat and carbs at each. I recommend carbs at every meal if you're really struggling to put on weight. Full fat milk, pasta and bread can be go to options. White pasta, rice and bread are also fine (they are typically less fiber dense and there isn't a whole lot of difference in nutritional density).

Try and avoid the majority of sugar and processed foods. Typical processed foods include sweets, chocolate, crisps, take away and fizzy drinks.

Tips:

If you're really struggling to put on weight think about adding bread, milk, nut butter and even ice cream to your daily snacks. These are all calorie dense and easy to consume. The best time to consume these would be after main meals because if they are consumed prior to main meals, you might not finish your dinner! Just don't eat ice cream every morning for breakfast.

## Fullness

If you're trying to gain weight eat as much as you can as fast as you can at each sitting. Of course be as polite as you can in the process. After about 20 minutes of eating your body sends out signals to quell your hunger.

## 2 - Macronutrients

### Protein

Poultry, Red Meat, Fish, Whey Protein, Eggs

- Meat cuts should be preferably lean, trimmed and skinless.
- If you're buying ground meat preferably get it lean.
- Fish is generally lean.
- Whey Protein is one of the best sources of protein.
- Proteins main function is growth and repair.
- Aim for 2g of protein per kg of desired bodyweight per day.

## Fat

Fish, Nuts, Seeds, Cooking Oils

- Saturated, monounsaturated and polyunsaturated fats are all good sources of fat.
- Aim to consume 1/3 saturated, 1/3 monounsaturated and 1/3 polyunsaturated fats in your diet
- Fish is a great source of good fats also.
- Fats play a key role in brain, nerve and hormone function.
- Avoid hydrogenated fat as much as possible.

## Carbs

Rice, Porridge, Pasta, Bread, Potatoes

- People's tolerances to carbs vary dramatically (due to insulin sensitivity). Weight training and high intensity interval training improves insulin sensitivity.
- Carbs are the only non-essential macronutrient.
- Our main energy source is carbs.
- As long as you meet your protein needs (see above) continuously increase your carb intake to gain weight.

Other Macronutrients: Water, Fiber.

## 3 - Micronutrients

### Vitamins and Minerals

YOU MUST CONSUME YOUR FRUIT AND VEG! MULTIVITAMINS ARE NOT A SUBSTITUTE!

Eat all the Colours of the Rainbow

This means getting out there and getting stuck into your fruit and veg! This is the principal that I really want to hit home with you. Experiment with different coloured fruit and veg. Have one at each meal. This is incredibly important for both the sporting and general population. Your immune system will be compromised if you don't eat enough of these. Get to 5 a day, then get to 10 a day and stay at 10 a day. If you're into the science, it is well supported that fruit and veg help prevent chronic disease.

## 4 - Nutrition Timing

- Whether you eat everything at one sitting or throughout the day it doesn't matter, **the only thing that matters is your daily total intake.**
- Whether your post workout meal is 10 mins, 1 hour or 10 hours after your workout it doesn't matter, the **only thing that matters is your daily total intake!**

I'm not saying that nutrition timing is completely irrelevant. What I'm saying is that it pales in comparison to your daily total intake of food. There is benefit to eating more than once per day. You should aim to have a meal 3-5+ times a day depending on your goal. In this case aim for 5 times a day.

## 5 – Supplements

I recommend taking vitamin D and fish oils as general health supplements. These provide benefits for bone structure support, mood state, blood pressure and much more.

### Vitamin D

1,000 - 2,000 ius in the morning with breakfast. Take this alongside a fish oils supplement if you are taking both. If you're spending a day in the sun you don't need to take a vitamin D supplement. [Learn more about vitamin D.](#)

### Fish Oil

Nine grams on a teaspoon in the morning with breakfast. Take this alongside a vitamin D supplement if you are taking both. If you have a diet high in oily fish you do not need to take this supplement. [Learn more about fish oils.](#)

Firstly supplements are not necessary. However the two supplements I would recommend for muscle gain are Creatine and Protein.

### Creatine Monohydrate

Consume 5g a day at any time with a meal.

### Protein

Aim to get the majority of your protein from solid food. Supplement with whey protein as necessary to reach your daily protein target of 1g per pound of desired bodyweight.

# Food Choices

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This is your list of foods that are in and foods you should try and avoid. You will see from this list that there is an emphasis on unprocessed whole foods over processed foods.

## Protein

Main sources:	Lean red meat (grass fed) Lean poultry (skinless chicken and turkey) Lean fish (wild salmon, tuna) Eggs Protein supplements
Other sources:	Cottage cheese Plain Greek yoghurt Nuts and seeds
Try and avoid:	Processed meat or fish Heavily packaged meat or fish (chicken nuggets, fish fingers) Beef mince Overly Fatty meat

## Vegetables and Fruits (non starchy carbs)

Main sources:	Dark leafy greens Cruciferous vegetables Tomatoes Mixed berries Oranges And any others you can think of!
Try and avoid:	...?? I can't think of any.
Quick Tip:	Vegetables typically have fewer calories than fruit so if you want to lose fat eat more veggies and if you want to build muscle eat more fruit.

## Starchy Carbs

Main sources:	Rice Oats (whole) Quinoa
Other Sources:	Mixed Beans Potatoes Pasta Whole meal bread
Try and avoid:	Sugar

## Fats

Main sources:	Avocado Extra Virgin Olive Oil Fish oil Flax Seed Nuts (unsalted and raw) Nut Butters
Other sources:	Meat and fish provide a lot of dietary fat Milk and dairy products
Try and avoid:	Crisps Deep fat fried anything Anything hydrogenated

## Herbs and Spices

Main sources:	Sage Rosemary Turmeric Chile pepper Ginger Cinnamon Parsley And any others you can think of!
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# Drinks

Main sources:

Herbal tea (green tea)  
Water  
Green vegetable drinks  
Almond, rice, coconut milks  
Milk

Try and avoid:

Fizzy drinks

## General Tips

Go for:

Few ingredients (preferably only one)  
Whole foods  
As unprocessed as possible  
As local as possible  
Organic if possible  
Minimal or no packaging

Try and avoid:

Sugar  
Sweeteners, additives, preservatives, and colouring  
Highly processed  
Hydrogenated and fractionated oils (Cottonseed, corn or palm oil)  
More than a few ingredients

Be skeptical if you see:

Sweeteners, additives, preservatives, and colouring "Syrup"  
Words ending in "ose" – sucrose, glucose, fructose, etc.  
Highly processed  
"Hydrogenated" and fractionated oils (Cottonseed, corn or palm oil)  
More than a few ingredients  
"Natural," "naturally sweetened," "sugar-free," "trans fat free,"  
"fiber-fortified," and "fortified" "Made with / contains real fruit"  
on labels



# Meal Guide

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This is a super easy way to create healthy meals with lots of variety.  
Time to put it all together!

At each meal you will have three to five types of food. These are listed in rows. You then have two to three choices from each type of food. These are listed in each column. Our first row is a healthy protein source, the second is a healthy fat choice... and so on.

## Meal #

Protein source	or	Protein source	or	Protein source
Healthy fat source	or	Healthy fat source	or	Healthy fat source
Healthy veggie or fruit	or	Healthy veggie or fruit	or	Healthy veggie or fruit
Carbohydrate source	or	Carbohydrate source	or	Carbohydrate source
Addition option	or	Additional option	or	Additional option

This allows us to always have healthy choices with a huge amount of combinations and variety. Let me show you how we can make different meals in this example bellow.

## Meal 1

Eggs	or	Cottage cheese (non fat)	or	Protein shake
Almonds	or	Avocado	or	Brazil nuts
Raisins	or	Banana	or	Blueberries
Oatmeal	or	Fruit and fiber	or	All bran
Greek style yoghurt	or	Plain NON FAT yogurt		

### Red combination:

Eggs, avocado, raisins, all bran, plane non-fat yoghurt

### Blue combination:

Protein shake, brazil nuts, blueberries, oatmeal, Greek style yoghurt

The only thing not included is the weight or serving size for each item. This will be completely different for everyone as it is based on many different factors. To help you with this I have put together two food plates below. Use them to guide your serving sizes.

**Meal 1**

Eggs	or	Cottage cheese (non fat)	or	Protein shake
Almonds	or	Avocado	or	Brazil nuts
Raisins	or	Banana	or	Blueberries
Oatmeal	or	Fruit and fiber	or	All bran
Greek style yoghurt	or	Plain NON FAT yogurt		

**Meal 2**

Tuna (in sunflower oil)	or	Salmon (grilled)	or	Lean chicken breast
Almonds	or	Avocado	or	Extra Virgin Olive oil
Mixed salad	or	Cruciform veg	or	Tomatoes
Pasta	or	Bread	or	Rice

**Meal 3: Post Exercise**

Lean chicken breast	or	Non fat cottage cheese	or	Lean red meat
Seeds	or	Peanuts	or	Avocado
Mixed salad	or	Cruciform veg	or	Green beans
Rice	or	Sweet potatoes	or	Quinoa

**Meal 4: Around exercise**

Protein shake	or	Lean chicken breast	or	Lean fish
Peanut Butter	or	Almond Butter	or	Walnut Butter

**Add additional meals if you require the extra calories:**

**Meal 5**

Protein shake	or	Lean chicken breast	or	Non fat cottage cheese
Pistachios	or	Avocado	or	Extra Virgin Olive oil
Dark leafy greens	or	Mixed salad (no dressing)	or	Piece of fruit
Rice	or	Sweet potatoes	or	Quinoa
Milk	or	Other dairy product		

There is an emphasis on starchy carbs here. They are eaten at every meal, particularly around exercise times. Add additional meals if they are required. Use milk, bread, nut butter and even ice-cream to increase calories without splurging on them.

## Shopping Items

Very Lean Meat/Dairy	Lean-Moderate Fat Meat/Dairy	High Fat Meat/Dairy	Fat Rich Foods
Lean beef >90% protein	Anchovy	Bacon	<b>Saturates (1/3)</b>
Steak, fat trimmed	Mince (<90% protein)	Fried Egg	Coconut oil
Whey protein powder	Beef ribs	Sausage	Butter
Casein protein powder	Cheese, feta	Cheddar cheese	Meats
Cottage cheese, fat free	Chicken breast, fried	Feta cheese	<b>Monounsaturates (1/3)</b>
Cheddar cheese, fat free	Chicken leg		Peanut butter
Chicken breast, roasted	Chicken wing		Olive oil
Egg white	Chicken thigh		Avocado
Greek yogurt, fat free	Duck		Almonds
Pork, tenderloin roasted	Full egg	<b>Nut Butters</b>	Cashews
Turkey breast	Herring	Almond butter	Hazelnuts
Tuna	Lamb	Cashew butter	Peanuts
Shrimp	Pork chop	Hazelnut butter	<b>Polyunsaturates (1/3)</b>
Trout	Salmon, Atlantic	Macadamia nut butter	Fish oil
Salmon, smoked	Sardines	Peanut butter	Fish oil
Pike	Turkey, ground	Pecan butter	Flaxseed
Cod		Pistachio butter	Flaxseed oil
Sea bass		Walnut butter	Grapeseed oil
			Walnuts
			Italian salad dressing
			Mayonnaise

Medium Fruits	Starchy Carbs	Condiments
Apple	Beans	Herbs
Banana	Oats	Spices
Grapefruit	Pasta, any type	Meat seasonings
Orange	Peas	Oils
Pear	Quinoa	Salad dressings
etc.	Rice, any type	Soya sauce
		Mustard
		Pesto
		etc.

Small Fruits
Apricot
Kiwi
Mandarin
Peach
Plum
etc.

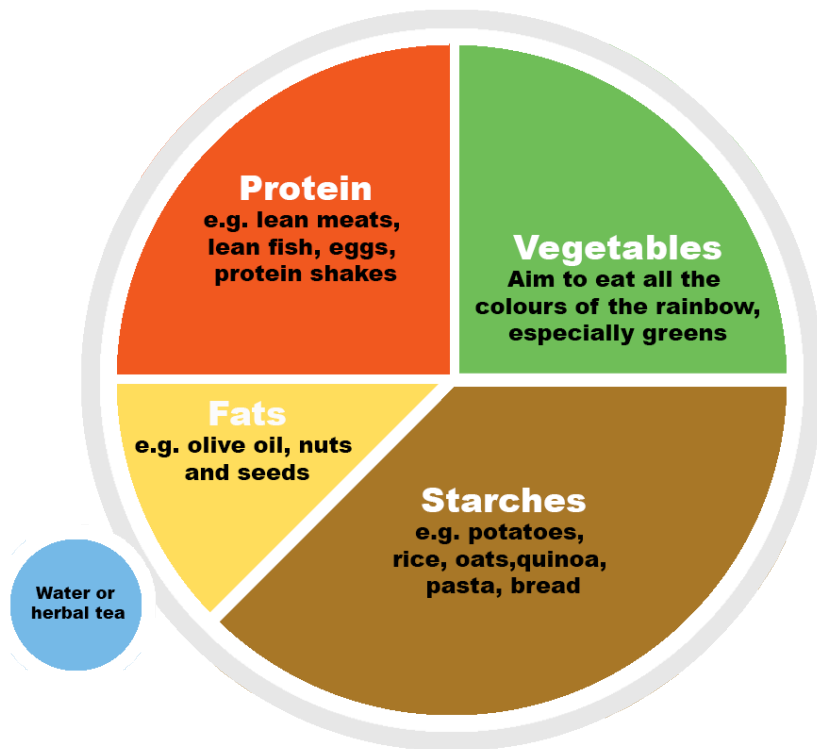
# Fruit and Vegetable List

Green	Red	Orange and Yellow	Purple and Blue	White
Asparagus	Chili peppers	Apricot	Aubergine	Bananas
Avocados	Cranberries	Carrots	Beetroot	Cauliflower
Basil	Kidney beans	Corn	Black currents	Chickpeas
Broccoli	Pomegranate	Lemon	Black olives	Coconut
Celery	Radish	Melon	Blackcurrants	Garlic
Cucumbers	Raspberries	Oranges	Blueberries	Ginger
Green beans	Red grapes	Passion fruit	Eggplant	Mushrooms
Kale	Red pepper	Peach	Fig	Onion
Kiwifruit	Rhubarb	Pears	Plums/prunes	Parsnips
Peas	Strawberries	Pineapple	Raisins	Potato
Rocket	Tomatoes	Squash/pumpkin	Red onion	Soy beans
Spinach	Watermelon	Sweet potatoes	Turnip	White asparagus
etc.	etc.	etc.	etc.	etc.

## Daily Food Plate

The majority of your meals should look like this.

The overall size of the plate will depend on the size of the person.



## After Exercise Food Plate

Your meal after exercise should look like this.

The overall size of the plate will depend on the size of the person

