

# THE **BODYWEIGHT MASTERY PROGRAM**

BONUS NUTRITION GUIDE

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# **BONUS GUIDE:**

## **NUTRITION TIPS TO PROMOTE A LEAN AND MUSCULAR PHYSIQUE**

I was tempted to avoid any nutrition talk with this course, as I go extremely deep into eating for fat loss and muscle growth in my other courses.

But I figured I'd take a different angle in this course. This Bodyweight Program is about freedom. The freedom to workout wherever you want – the freedom to make the world your gym.

Thus, nutrition will be about freedom.

I won't be getting you to track your calories or macros, but I'll be sharing two different strategies: one for fat loss and one for muscle growth. If you follow either (based on your goals), you'll see amazing results even if you don't track your calories or macros exactly.

You see, here's the deal: nutrition for fat loss or muscle growth is really about the calorie intake and the macros.

- If you're in a calorie deficit and consuming sufficient protein, you lose fat.
- If you're in a proper calorie surplus with sufficient protein, you build muscle.

That said, you don't have to track every calorie or macro you put in your body to experience the desired effect.

In either case, we want to set up the nutrition plan in a way that makes it either really easy to lean down OR really easy to support lean muscle gains.

Let's start with the fat loss protocol...

# The Fat Loss Protocol

This protocol is based off the [Aggressive Fat Loss Program](#). If you want to learn more about it, be sure to check out that course.

That said, the strategy is very simple: we're going to make eating at a large calorie deficit so easy and so enjoyable that dropping fat will be effortless.

This requires a few things:

- Intermittent fasting
- Black Coffee to blunt appetite
- Fruit Snacking
- One Large Meal
- One Small Meal

Intermittent fasting is an incredible tool to boost health, increase fat mobilization and to make eating for fat loss downright enjoyable.

**With intermittent fasting “Kinobody style,” the idea is to push your first meal 4-7 hours later into the day.**

So if you wake up at 7am, aim to break your fast with an apple (more on that later) around 11-2pm. Whether you fast shorter or longer is your personal preference.

To make intermittent fasting super easy, I recommend drinking 2-3 cups of black coffee slowly during the fast. You'll experience an amazing hunger blunting sensation. If you can hold off on drinking coffee for the first 1-2 hours of the day, that will also help massively. Since cortisol is highest first thing in the morning, you don't need the caffeine.

If you wait a couple hours to drink coffee, you can blunt your appetite longer.

When you're hungry, I don't recommend eating a huge meal right away. You don't need it. Simply snack on one to two pieces of fruit. The carbs in fruit will help refill liver glycogen, allowing you to stave off appetite for at least a couple more hours.

Another great trick for hunger is to drink sparkling water, which will fill up your belly perfectly.

The next step is to eat a meal. Depending on your preference, you may want to have the big meal first or the small meal.

The choice is yours. I like to have a huge meal first, but that's just me. I know many people prefer to have the small meal as their first meal and the big meal later at night.

For the big meal, you want to fill up on tons of protein and very filling starches like potatoes – or hell, even Pop Chips!

Good examples of a big meal include 2-3 chicken breasts and two potatoes with plenty of fat to enhance the meal. You can cook the chicken in some coconut oil and add butter to your potatoes.

Another option would be having a burrito bowl filled with plenty of meat, beans, cheese and rice... Though, I prefer to skip the rice and enjoy a side of Pop Chips instead.

My absolute favorite big meal is to get a huge steak with french fries. Due to the nature of the diet, we can make the big meal around 1,000-1,400 calories.

The small meal should be around 400-500 calories.

For this small meal, I usually end up eating either a 100-gram milk chocolate bar by Green & Blacks, and it's dang good!

Alternatively, I'll fry up a few cheese quesadilla's, using just a few ingredients... Low fat cheese, corn tortillas and coconut oil.

But really, anything goes for the small meal. Just aim to eat around 400-500 calories on whatever you want, so long that it fills you up.

Finally, there are about 200 calories left for fruit (the fruit snacks).

**Altogether, we're looking at roughly 1,600-2,100 calories total.**

Basically, that's the "Aggressive Diet" and dammit, it works!

Here's an example of how it would look:

Wake up - 7am  
Coffee drinking - 9am to 11am  
Fruit - 12pm  
Small meal - 1pm  
Big meal - 7pm

...Or...

Wake up - 7am  
Coffee drinking - 9am to 11am  
Fruit - 12pm  
Big Meal - 2pm  
Small meal - 8pm

## The Lean Bulk Protocol

The lean bulk protocol will be similar to the aggressive fat loss protocol...

I still recommend intermittent fasting, only this time you'll be eating two big meals per day and a dessert / snack...

I suggest using black coffee to blunt your appetite during the day, then eating a lunch and dinner comprised of lean protein and starches (potatoes or Pop Chips)...

Then in the evening, enjoy whatever the heck you want: 300-500 calories of chocolate, frozen yogurt ice cream, cheese quesadillas, Pop Chips... Really, anything goes, haha.

**As a general target, aim to consume around 16 calories per pound of bodyweight.** So if you're 165 lbs, you would aim to eat around 2,640 calories.

You could have a 900-calorie lunch, a 1,200-calorie dinner and a 540 calorie dessert at night. Talk about an enjoyable lifestyle! If you're noticing fat gain, just drop calories by 300 on your rest days.

If you're struggling to increase weight (*note: aim to gain 2 lbs per month on a lean bulk program*), then you can increase calories by 300 on your lifting days.

## **What about protein shakes and supplements?**

I don't use any protein supplements – or supplements of any kind, for that matter. The maximum amount of protein needed to support muscle growth isn't *that* high. If you eat healthy meals, it's really easy to consume sufficient protein.

So, I don't really recommend stressing over protein intake. As a general rule, shoot for 0.82g of protein per pound of target weight, though I often go slightly lower than this with great success.

Not going too high in protein allows for a more liberal intake of fats and carbs. These are the macronutrients that help drive testosterone into high gear.