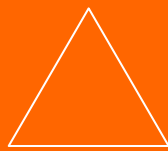
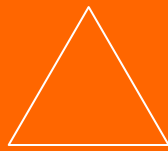


*The
Cheat Sheet*

THE 5 PRINCIPLES OF GREAT MEAL PLANS



Introduction

No matter what goal in life you want to accomplish you will have to come up with a strategy, because without it a goal is nothing more than a dream.

When it comes to meal planning and nutrition your goals might be to lose weight, to gain muscle or to simply live a healthy life. Whatever your goals are, this e-book is meant to teach you what strategies and principles are proven to work.

In order to give you a complete and concise introduction into nutrition, we have to start with the most abstract principles and work our way towards more practical advice later. So over the next few pages I want to teach you the most important dieting principles that govern your body composition and will determine whether or not you will reach your goals.

Together they will make up what we call a meal and diet plan and you have to understand each aspect to execute your plan correctly. All of these principles play an important role in your diet but some are a lot more important than others. Here they are:



The 5 Principles Of Good Fitness Diets

1. Calorie Balance
2. Macronutrients
3. Food Sources
4. Meal Timing
5. Supplements

Calorie Balance

- The right calorie balance is the single most important variable in your diet
- When you eat food, you are consuming the energy that is stored within the food
- Your body uses this energy to produce movement and keep your organism alive. If not all energy is used right away it can also be stored for later use.
- Some energy will be in the muscles and liver as glycogen, but these stores fill up quickly so your body will then store any additional calories in the form of body fat.



Calorie Balance: The 3 States

Negative calorie balance

- When someone burns MORE calories than they consume.
- The body makes up the difference by burning stored energy, meaning you will lose weight.

Neutral calorie balance

- When someone's intake of calories is the same as his expenditure
- Here, your weight will stay the same

Positive calorie balance

- When more energy is consumed through food than is being burned to produce body processes or movement.
- As I explained before, the extra calories are stored as either glycogen in the muscle and liver or as body fat.

How do I calculate my ideal daily calorie intake?

Check out my [Meal Planning Mastery](#) Program

Or use This [Online Calculator](#)

Macronutrients

- After your calorie balance the second most important factor of your diet are your macronutrients.
- Macronutrients are the three main nutrients your body needs need to survive.
- Your body needs each macronutrient in relatively large quantities to function properly.
- The three main macronutrients are Protein, Carbohydrates and Dietary Fat.



Macronutrient Needs

Protein Daily Requirements

- Minimum amount for general health: 0.4 - 0.5 grams per pound of bodyweight
- 0.8 - 1 grams per pound of bodyweight for optimal muscle growth and weight loss

Fat Daily Requirements

- Minimum amount for general health: around 0.3 grams per pound of fat-free
- This translates to roughly 15 to 20% of daily calories for most people

Carbs Daily Requirements

- No minimum for general health
- Light Workouts: 1-1.25g per lb
- Moderate Workouts: 1.25-1.5g per lb
- Hard Workouts: 1.5-1.75g per lb

Food Sources

- Refers to the individual foods you eat, and their given nutritions
- When it comes to meal planning for fitness, meaning your goals are to lose weight, gain muscle or both, food sources is less important than people think.
- But when it comes to being healthy and consuming nutrient rich meals, eating quality foods makes a difference!



Protein Sources

Protein Composition

- Protein composition or protein quality, can be measured in a number of ways. Most popular are:
- 1. Bioavailability: what percentage of protein that you consume is actually absorbed into the bloodstream
- 2. How much of the protein is composed of essential amino acids

Ranking according to these factors (from highest to lowest):

- Whey Protein Isolate
- Whey Protein Concentrate
- Egg Sources (cooked, not raw)
- Meats (beef, pork)
- Poultry (chicken, turkey)
- Fish and Seafood rank somewhere in the middle
- Soy Protein and Quinoa
- Combined Plant Sources (e.g. beans with rice)
- Isolated Plant Sources (whole grain bread by itself, nuts by themselves)



Carbohydrate Sources

Carbohydrate Composition

- Just like protein composition, carbohydrate composition can refer to several concepts
- The most common concepts is the glycemic index
- The glycemic index is a measure of both how fast a food raises blood glucose levels, and how much it elevates insulin levels.
- But the glycemic index is not very useful in the context of fitness diets, because it only measures foods that are consumed isolated and fasted state (unlike normal meals that are always a combination of different foods).

Recommendations

1. Get the majority of your carb intake (80-90%) from high fiber, minimally processed sources. This includes foods such as oatmeal, rice (brown or white), potatoes, whole grain pasta, fruits and vegetables.
2. consume your carbs as part of a complete meal with protein and healthy fats.



Fat Sources

Fat Composition

- For muscle building or fat loss purposes fat composition is even less important than carb and protein composition
- But consuming certain kinds of fats and staying away from others will make a big difference in your overall health
- Fats can be split into saturated, unsaturated and trans fats

Recommendations:

- Focus on monounsaturated fats such as avocados, nuts and olive oil.
- Vegetable oils are a good source of polyunsaturated fats, which along with healthy saturated fats should make up most of your daily fat intake.
- As for saturated fats it's best to stick with the healthier varieties, like lean cut steaks and coconut oils.
- Fats from cheeses, eggs, butters, etc are usually not a problem for the average person when consumed in small to normal amounts.
- Limit or avoid though trans fats, which can be found in highly processed foods such as junk food.

Nutrient Timing

- Refers to both meal frequency (how often you eat) and meal timing (when you eat)
- Even though Meal timing has it's place in a well designed diet, its importance is most often overestimated by beginners
- If you lead a busy life and don't have a lot of time to perfectly plan your meals you can still see great results if you only focus on calorie balance and macronutrients



Nutrient Timing

Protein Timing

- Because the body cannot store protein, it makes sense to consume some form of it every few hours (don't stress out about this though!)
- Get a good amount of protein before and after your workouts (at least 0.2 – 0.25 g/lbs of your target bodyweight)

Carb Timing

- Don't worry about how often you eat carbs
- Get a good amount of carbs before and after your workouts (at least 0.2 – 0.25 g/lbs of your target bodyweight)

Fat Timing

- Least important in regards to nutrient timing
- Keep fat intake lower before workouts (because it slows digestion)

Supplements

Supplements can never replace proper diet planning and nutrition, but they can help you reach your fitness goals faster.

Recommendations:

- Protein Powder: You don't have to use protein powder to reach your daily protein intake, but getting enough from foods can be tricky.
- Creatine: Will help you strength levels and is totally safe for healthy adults
- Fish Oil: Will have no effect on your muscle building or fat loss abilities but is good for your overall health

MY NEW PROGRAM

**“This Science-Based Meal Plan Burns 10-15 Lbs Of Fat,
Boosts Your Fitness & Builds Muscle
- All While Eating The Foods You Love!”**

With my *Meal Planning Mastery Program* you will:

- Build muscle and lose fat in no time
- Only eat foods that you like
- Learn the science of successful meal planing



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