

KEN RAWLINS FITNESS

**CHANGE YOUR BODY,
TRANSFORM YOUR LIFE!**



KEN C. RAWLINS



KEN C. RAWLINS

KEN RAWLINS
IFBB PROFESSIONAL FITNESS COMPETITOR
AND CELEBRITY TRAINER
KENRAWLINS.COM



TABLE OF CONTENTS

MEAL PLAN	PAGE	4
NUTRITION GUIDE	PAGES	6 - 11
DIET TIPS & TRICKS	PAGE	13
CALORIE COUNTING	PAGE	15
SUPPLEMENT SUGGESTIONS	PAGE	16
CARDIO PROGRAM	PAGES	18 - 20
DISCLAIMER	PAGE	20

KEN RAWLINS



MEAL PLAN

QUANTITY	MEASURE	DESCRIPTION
BREAKFAST		
2 to 5	Total	Egg Whites - Scrambled/Boiled
2	Ounces	Avocado
.25 to .50	Cup	Oatmeal - Gluten Free/Wheat Free w/Cinnamon & Truvia/Stevia (Bob's Red Mill)
AM SNACK		
.25 to .50	Cup	Brown Rice - Microwave (90 Seconds)
3 to 5	Ounces	Chicken Breast/White Meat (Cod/Tilapia/Tuna)
1	Ounce	Nuts - Almonds/Walnuts/Cashews (Approximately 20)
LUNCH		
1	Cup	Broccoli/Asparagus/Green Beans - Microwave (Frozen/Chopped/Unprepared)
3 to 5	Ounces	Tuna/Lean Ground Turkey (Cayenne Pepper)
2 to 5	Ounces	Yam - Microwave (Baked)
PM SNACK		
1	Tablespoon	Almond Butter or Peanut Butter - All Natural
1	Scoop	Whey Protein Powder (Whey Protein Isolate) - Mix w/H2O
DINNER		
2	Tablespoons	Walden Farms Salad Dressing - Calorie Free (Any Flavor) & MCT Oil
1	Small (Bowl)	Salad - Small Garden Salad w/Tomato & Onion
1	Ounce	Nuts - Almonds/Walnuts/Cashews (Approximately 20)
3 to 5	Ounces	Lean Ground Turkey Breast/Chicken/Steak
EVE. SNACK		
2	Total	Egg Whites - Scrambled/Boiled/Muscle Egg (MuscleEgg.com)

NUTRITION GUIDE



**TO BETTER UNDERSTAND YOUR DIET PLAN,
PLEASE READ THE FOLLOWING NOTES.**

Please bring all food with you (rather than eat out) if you are really serious about transforming your body. Pack and prepare all of your meals the night before, if you know you have a busy day ahead of you. Most meat will have to be pre-made, such as your steak, fish and chicken. Everything else can be made within seconds with a **microwave**, such as eggs, rice, etc.





BREAKFAST

- Your scrambled eggs can easily be bought in a container and made in the microwave. If you would like, add **REALLY HOT low sodium salsa** (in moderation). Salsa is an all-natural **thermogenic** that will naturally increase your body temp to help burn those extra calories.
- If needed, please drink coffee with **Truvia or Stevia** (all-natural sweeteners). **Coffee** will help speed up your **metabolism** and is an all natural **diarrheic** (which will eliminate all excess water in your body).
- Please add **cinnamon** to your oats or coffee. This will help regulate your blood sugar to eliminate your midsection. Please don't hesitate to add Truvia or Stevia to your oats to add flavor (if necessary).

AM SNACK

After preparing your meat, I highly encourage you to please add cayenne pepper (if you like spicy food). **Cayenne pepper** is also an all-natural **thermogenic** that will naturally increase your body temp to help burn those extra calories.



LUNCH


Eat asparagus during this time. **Asparagus** is an all-natural **diuretic** that will help eliminate water retention and will prevent you from bloating.





PM SNACK

- Get yourself a good **whey protein isolate powder**. It comes in different flavors. Please mix this with water, not juice! - due to its sugar. Sugar will usually go straight to your midsection or other parts of your body and be stored as fat. Please drink this after your workout to help with muscle repair and recovery (because whey protein isolate has **essential amino acids** that you only get from the nutrients you eat or drink. Your body doesn't naturally produce them, but it is very important that you continuously consume).
- If you would like, please add a tablespoon of all-natural almond butter or peanut butter (good fats) to your shake.

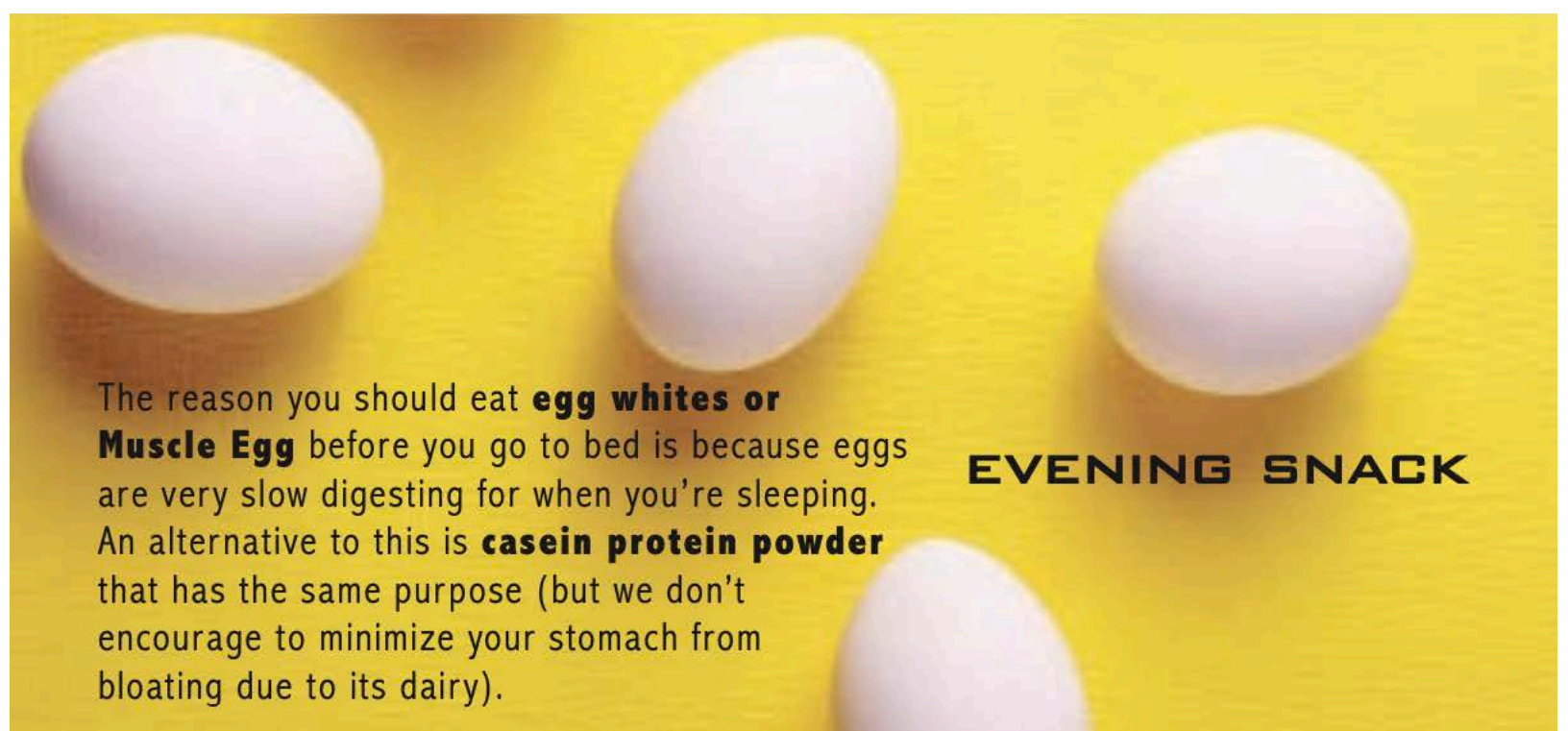


Very important
please make sure your
all-natural almond butter
or peanut butter does not
contain hydrogenated oils!



DINNER

- As you can see, **no carbohydrates will be eaten during this time**. All carbs in your suggested meal plan will be consumed in the morning or early afternoon. The reason for that is because carbohydrates will be used as an energy source (to help get you through your day or get you through your workout). If you eat carbohydrates late at night where will they be stored? In your stomach or other parts of your body (because your body will not breakdown those carbohydrates when you are sleeping).
- When cooking your meats, use a **George Foreman grill or BBQ**.
- A seasoning to consider is **Mrs. Dash**. Mrs. Dash comes in all different flavors, but does not include sodium. Sodium will make your body retain water. Another alternative is **Walden Farms** that has **zero calories** in all of their products. Walden Farms has **BBQ sauces, dressings, etc.** Purchase this online (because there are more options to pick from), but you can find them at most local grocery stores. This will help eliminate boredom if you decide to continuously eat the same foods.



The reason you should eat **egg whites or Muscle Egg** before you go to bed is because eggs are very slow digesting for when you're sleeping. An alternative to this is **casein protein powder** that has the same purpose (but we don't encourage to minimize your stomach from bloating due to its dairy).

EVENING SNACK

EXTRA NOTES

- Please **drink approximately 8 glasses of COLD H2O** daily. The colder, the better! The reason for this is because it takes energy to heat that water up, which burns calories. Plus, it's very important to stay well hydrated throughout the day.
- **Eat every 2 to 3 hours.** This is very important! The reason for this is to prevent your metabolism from slowing down. Please **measure all of your food** - to better understand your portion sizes.
- **NEVER eat within 2 hours before you go to bed.** Your body will have a very difficult time digesting a full stomach when you are sleeping.
- Although convenient, **NO BARS!** Anything wrapped or put in a box is processed. Anything processed is full of garbage (such as cereal or Power Bars).
- **Stay on the outside borders of the grocery store** when shopping for food at the supermarket. Here you will find your fresh meats, vegetables, eggs, etc. (unlike processed foods that you usually find down the aisles, which are typically loaded with sugar and preservatives).

A full-page photograph of a man skateboarding in a graffiti-covered tunnel. The man is wearing a black tank top and blue jeans, leaning forward with his arms outstretched for balance. The background features a concrete wall with blue and red graffiti. A teal banner with white text is overlaid on the lower half of the image.

DIET TIPS & TRICKS



**ELIMINATE
YOUR WAISTLINE
How?
4 SIMPLE RULES!**

- 1. No dairy** with exception of whey protein isolate and case in protein powder.
- 2. No white flour** such as tortillas (if needed, please substitute with corn).
- 3. No bread** (Ezekiel, maybe, but we don't encourage). Please stay away from anything white, such as, white pasta or white rice. We strongly encourage you to substitute this carb for something low glycemic instead. This includes oats, brown rice, yams, etc.
- 4. No soda** (even diet! - contains aspartame). Regular soda, contains too much sugar.

CALORIE COUNTING





WOMEN		
Height (feet)	RMR Range	Mean
5'1"	1120 - 1350	1240
5'2"	1135 - 1370	1255
5'3"	1155 - 1390	1275
5'4"	1195 - 1430	1315
5'5"	1235 - 1470	1355
5'6"	1270 - 1500	1390
5'7"	1310 - 1550	1430
5'8"	1350 - 1585	1470
5'9"	1370 - 1600	1490
5'10"	1410 - 1650	1530
5'11"	1450 - 1685	1570

MEN		
Height (feet)	RMR Range	Mean
5'4"	1200 - 1600	1400
5'5"	1275 - 1685	1480
5'6"	1340 - 1750	1545
5'7"	1410 - 1820	1615
5'8"	1480 - 1890	1685
5'9"	1550 - 1960	1755
5'10"	1615 - 2030	1823
6'0"	1750 - 2165	1958
6'1"	1820 - 2235	2028
6'2"	1890 - 2300	2095
6'3"	1960 - 2370	2165
6'4"	2030 - 2440	2235

SUPPLEMENT SUGGESTIONS



- **WHEY ISOLATE PROTEIN POWDER (BN Labs)** - 1 serving immediately after your workout.
- **GLUTAMINE (BN Labs)** - 1 serving before bed.
- **EFA's w/CLA & GLA (MRM Smart Blend)** - 1 serving before breakfast, lunch and dinner.
- **MULTI-VITAMIN (Optimum - Opti-Women or Opti-Men)**
1 serving before breakfast.
- **DIGESTIVE ENZYME (MRM Digest-All)**
1 serving before breakfast, lunch and dinner.
- **L-CARNITINE** - (2 grams) 20 mins before cardio.
- **CHROMIUM** - (100 mcg) with breakfast, lunch and dinner.

A close-up, low-angle shot of a person's legs running on a treadmill. The person is wearing dark blue shorts and black sneakers with bright yellow-green soles. The background is blurred, showing other people running on treadmills in a gym setting. A teal banner with the text "CARDIO PROGRAM" is overlaid on the upper part of the image.

CARDIO PROGRAM

CARDIO

Please do your cardio 3-5 days/wk. When doing this, complete your cardio on an empty stomach immediately after you wake up in the morning. The reason for this is because your body is fasting (when you are sleeping). If you start your cardio shortly after you wake (on an empty stomach), your body will attack the fat in your body rather than the food in your stomach.

What is your '**FAT BURING ZONE**' - based upon your age?

20 years old	150 beats per min
25 years old	145 beats per min
30 years old	140 beats per min
35 years old	135 beats per min
40 years old	130 beats per min
45 years old	125 beats per min
50 years old	120 beats per min
55 years old	115 beats per min

Calculate your target 'fat burning zone', based upon your age. Your 'fat burning zone' is approximately _____ **beats per min**. This number will help you better understand the intensity of your cardio. Keeping your heart rate within the 'fat burning zone' will help you lose weight more efficiently. You DO NOT want to use your muscles as an energy source - by breaking them down (when working too hard) OR not push yourself hard enough to maximize your full potential (by not working hard enough).

CARDIO

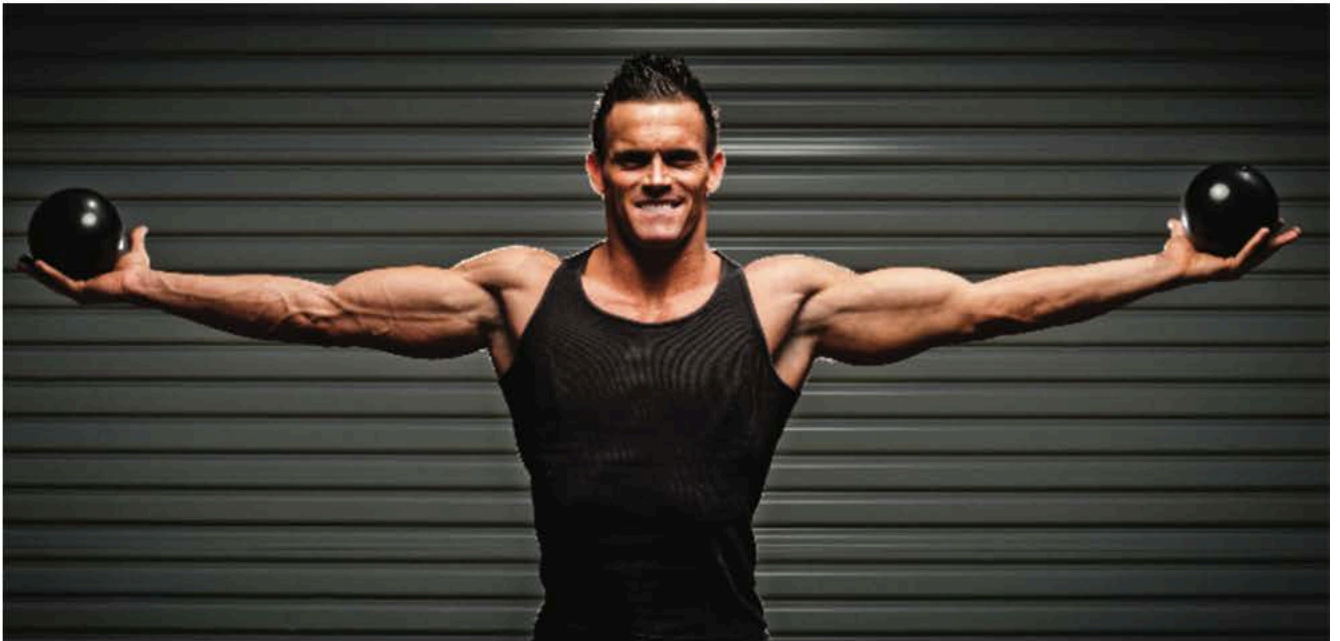
Most cardio equipment can regulate your heart rate with hand sensors. Every few minutes, please monitor how many beats per min your heart is pounding and make adjustments accordingly.

DO NOT use the exercise bike or elliptical when doing your cardio. The reason for this is because it is very easy to slow down if you start to fatigue (in comparison to the stepmill or treadmill that doesn't stop or slow down unless you manually make adjustments to the settings).



We strongly encourage the following:

Start walking on the treadmill at about a 5 or 6% incline. Please set the speed at **3.5 mph**. Every 3 to 4 mins, please check your heart rate (as discussed before). If your heart rate is low (lets say, 120 beats per min at 30 years old, for example), please adjust the **incline** a couple percentages higher (**DO NOT ADJUST THE SPEED**). After another 3 to 4 mins, check your heart rate again. If your heart rate is now very high (let's say, around 160 beats per min), please adjust the **incline** a couple percentages lower (again, **DO NOT ADJUST THE SPEED**).



DISCLAIMER

This eBook is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matter relating to his or her health before they begin. The information included is strictly for educational purposes only. If you wish to apply these tips and tricks to your health and fitness program, you take full responsibility for your actions.



KEN C. RAWLINS



Ken Rawlins
IFBB Professional Fitness Competitor and Celebrity Trainer
KenRawlins.com