

Introduction

When following this meal plan, it is very important that you take into consideration that this was created on a very specific schedule. For me to create a meal plan on everyone's schedule would just not be possible. If this meal plan does not fit with your schedule exactly, it is crucial that you do follow the guidelines to ensure optimal results.

- No carbs for breakfast
- Carbohydrates should only be consumed surrounding your workout
- Do not mix your carbohydrates with your fats
- Do not consume fats immediately before training
- Do not consume fats immediately after training

Some of you may be unable to schedule 6 meals into your day. Some may be forced to consume their daily calories in 5, 4, or even 3 meals due to their hectic scheduling and/or commitments. This is totally fine ... “the best diet is the one you follow”. The idea here is simply to stay as close to the program as possible for best results. I have done my best creating a meal schedule that will cater to the majority of you exactly. Others may have to make small adjustments.

This metabolic meal design was created specifically to optimize the amount of fat you burn **without doing anything unhealthy or extreme.** This meal plan was created based on real science and real results and (if followed correctly) will put you in a fat burning zone around the clock.

Now I know that burning fat around the clock sounds great and all...but what REALLY separates this meal plan from the rest is its ability to keep you anabolic. Anabolism is the state we are in when we are growing and is crucial for maintaining or even building new muscle.

So if you are ready to burn fat in your sleep while maintaining all of your hard earned muscle, all without cutting your carbs or starving yourself...

then let's get started!

Meal Layout

Breakfast: Protein + Fats

PreWorkout: Protein + Carbohydrates
(1000 mg L-Carnitine)

Post Workout: Protein + Carbohydrates
(5,000 mg BCAA + 4,500 mg L-Glutamine)

Recovery Meal 1: Protein + Carbohydrates
(1,200 mg Fish Oils)

Recovery Meal 2: Protein + Carbohydrates
(1,200 mg Fish Oils)

Dinner: Protein + Fats

Metabolic Meal Macros

<u>Carbohydrates</u>	<u>Protein</u>	<u>Fats</u>
Oatmeal	Chicken breast	Olive oil
Wheat bread	Red meat	Peanut butter
Whole grain pasta	Egg whites	Almonds
Potatoes	Whey	Flax seed oil
Brown rice	Turkey(<i>Ground, sliced, burgers</i>)	Avocado
Fruits	Cottage cheese	Salmon
Vegetables	Fish	Almonds
Sweet Potatoes	Milk (<i>2%, 1%, or soy</i>)	Mixed Nuts
Quinoa	Beans	Almond Butter
Yams		Cashews

Meal 1: Meat & Nuts Breakfast

	Protein	Carbohydrates	Fats
Create a slow and steady rise in blood sugar. Allow blood sugar to stay stable for a longer period.	8 oz of Steak, Burgers, Ground Beef, or Chicken Breast + 2-4 Whole Eggs	None. Unless you do not have access to mixed nuts this morning, if so, include low glycemic/low fructose fruits.	Handful of mixed nuts: Peanuts, Cashew, Almonds, Macadamia

Meal 2: Pre Workout

	Protein	Carbohydrates	Fats
Get a nice boost and steady stream of energy for your workout.	Fast acting protein: Fish, Whey, or Isolate Protein	Slow releasing carbohydrates: Brown rice, oatmeal, sweet potatoes, wheat pasta	No fats should be consumed before a workout.

Meal 3: Post Workout

	Protein	Carbohydrates	Fats
Prevent catabolism and trigger anabolism for continuous growth.	Whey Protein : Fastest acting protein source	Fast acting carbohydrates: Honey, dextrose, banana Slow releasing carbohydrates: Oatmeal, wheat bread	None

Meal 4: Recovery Meal 1

	Protein	Carbohydrates	Fats
Prevent protein breakdown and replenish energy.	Chicken breast, steak, ground turkey	Slow releasing carbohydrates: Sweet potatoes, brown rice, oatmeal, potatoes, wheat pasta	Fish Oils

Meal 5: Recovery Meal 2

	Protein	Carbohydrates	Fats
Prevent protein breakdown and replenish energy.	Chicken breast, steak, ground turkey	Slow releasing carbohydrates: Sweet potatoes, brown rice, oatmeal, potatoes, wheat pasta	Fish Oils

Meal 6: Dinner

	Protein	Carbohydrates	Fats
Control insulin and promote fat loss and recovery.	Fatty Proteins: Sirloin, lean ground beef, salmon	None. Unless from vegetables.	Avocados, Olive oil, Mixed Nuts

Nutrition

Daily Calories	Bodyweight (x) 14
Carbohydrates	Daily Calories (x) 0.4
Protein	Daily Calories (x) 0.4
Fat	Daily Calories (x) 0.2

- The amount you get from the equations is a daily amount for the given macronutrient in calories.

Converting Calories to Grams

Carbohydrates	Daily Carbohydrate Calories/ 4
Protein	Daily Protein Calories/ 4
Fats	Daily Fat Calories/ 9

Example: 175 lbs Individual

$175 \times 14 = 2,450$ Calories per day

$2,450 \times .4 = 980$ Calories from Carbohydrates

$2,450 \times .4 = 980$ Calories from Protein

$2,450 \times .2 = 490$ Calories from Fats

Converting Calories to Grams: Example

980 Calories in Carbohydrates/ 4 = 245 Grams

980 Calories in Protein/ 4 = 245 Grams

490 Calories in Fat/ 9 = 54.44 Grams

Daily Meal Design

Now that you have a daily caloric amount, you will have to divide up the calories into 6 separate meals.

For Example: (seen above)

2,450 Calories / 6 Meals = 408 Calories per meal