Week \_\_\_, \_\_\_ Weeks to Contest GetFitGoFigure.com

Below are templates accounting for the different times you may workout during the day. When carbs get lower, make sure to center carbs in meals around your workouts.

Daily Macros: \_\_\_\_\_\_g carbs \_\_\_\_\_g protein, \_\_\_\_\_g fat

|  |  |  |  |
| --- | --- | --- | --- |
| AM Workout | **Protein** | **Carbs** | **Fat** |
| **Workout** |  | \*Dextrose + BCAA’s |  |
| **Meal 1**  **Within 30 min after workout** |  |  |  |
| **Meal 2** |  |  |  |
| **Meal 3** |  |  |  |
| **Meal 4** |  |  |  |
| **Meal 5** |  |  |  |
| **Meal 6** |  |  |  |

\*Note: If I do early morning workouts at 4 or 5 AM, I will have a scoop of protein on the way to the gym and then drink dextrose and BCAA’s during my workout. If I workout at home, I just do the dextrose + BCAA’s. Too much on an early morning stomach for me just doesn’t work. But, I DO NOT want to lift or do cardio fasted. It depletes hard earned muscle.

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| --- | --- | --- | --- |
| Mid-Morning Workout | **Protein** | **Carbs** | **Fat** |
| **Meal 1**  **1-2 hours before workout** |  |  |  |
| **workout** |  |  |  |
| **Meal 2**  **Within 30 min after workout** |  |  |  |
| **Meal 3** |  |  |  |
| **Meal 4** |  |  |  |
| **Meal 5** |  |  |  |
| **Meal 6** |  |  |  |

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| --- | --- | --- | --- |
| Lunch Hour Workout | **Protein** | **Carbs** | **Fat** |
| **Meal 1** |  |  |  |
| **Meal 2**  **1-2 hours before workout** |  |  |  |
| **Workout** |  |  |  |
| **Meal 3**  **Within 30 min after workout** |  |  |  |
| **Meal 4** |  |  |  |
| **Meal 5** |  |  |  |
| **Meal 6** |  |  |  |

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| --- | --- | --- | --- |
| Lunch Hour Workout | **Protein** | **Carbs** | **Fat** |
| **Meal 1** |  |  |  |
| **Meal 2** |  |  |  |
| **Meal 3**  **1-2 hours before workout** |  |  |  |
| **Workout** |  |  |  |
| **Meal 4**  **Within 30 min after workout** |  |  |  |
| **Meal 5** |  |  |  |
| **Meal 6** |  |  |  |

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| --- | --- | --- | --- |
| Before Dinner Workout | **Protein** | **Carbs** | **Fat** |
| **Meal 1** |  |  |  |
| **Meal 2** |  |  |  |
| **Meal 3** |  |  |  |
| **Meal 4**  **1-2 hours before workout** |  |  |  |
| **Workout** |  |  |  |
| **Meal 5**  **Within 30 min after workout** |  |  |  |
| **Meal 6** |  |  |  |

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| --- | --- | --- | --- |
| Dinner Time Workout | **Protein** | **Carbs** | **Fat** |
| **Meal 1** |  |  |  |
| **Meal 2** |  |  |  |
| **Meal 3** |  |  |  |
| **Meal 4** |  |  |  |
| **Meal 5**  **1-2 hours before workout** |  |  |  |
| **Workout** |  |  |  |
| **Meal 6**  **Within 30 min after workout** |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| **MEAL #1** | **TIME:** | **Foods** | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| 1-2 hours before workout | |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Intra-workout - drink during workout | | Bcaa's |  |  |  |  |
| Dextrose |  |  |  |  |
| **On Off days/cardio only days do not drink BCAA’s and Dextrose** | | | | | | |
| **MEAL #2** | **TIME:** |  | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| Post workout - within about 30 min of workout | |  |  |  |  |  |
|  |  |  |  |  |
| **MEAL #3** | **TIME:** |  | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
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|  | |  |  |  |  |  |
| **MEAL #4** | **TIME:** |  | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
|  | |  |  |  |  |  |
|  | |  |  |  |  |  |
| **MEAL #5** | **TIME:** |  | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
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|  |  |  |  |  |
| **MEAL #6** | **TIME:** |  | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
|  | |  |  |  |  |  |
|  |  |  |  |  |

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Having a detailed meal plan is a nice guideline for specifics on meals for a quick reference. If I switch out foods, I make sure that all the exchanged foods fit all of the macros for that meal without going over.

**Switch it up**

Egg whites can sure get boring over time but I like to spice them up with sautéed peppers, onions, and hot sauce. Another fav cut phase breakfast food is laughing cow cheese. I love to spread this on my gluten free toast in the morning. A wedge is only 1.5 grams of fat and 1 carb. It’s a tasty way to flavor up that toast without tons of added fat or sugar like butter or jelly.

Food list example:

|  |  |  |
| --- | --- | --- |
| **Protein** | **Fats** | **Carbs** |
| Chicken or turkey breast Lean ground turkey  Low fat pork  Turkey bacon Fish  Tuna Shrimp Lean ground beef Eggs, whole, whites and/or substitutes Low-fat cottage cheese  Plain non-fat Greek yogurt  Whey Protein | Almonds or any nuts  Natural Peanut butter\*  Almond butter  Olive oil  Flax oil  Primrose oil  Butter  Coconut oil  Coconut butter  MCT oil  Egg yolks  \*make sure these do not contain hydrogenated oils | Higher carb veggies  -Baked potato -Sweet potato  -See list below  Brown or wild rice  Whole wheat bread  Whole wheat pasta  Whole wheat tortilla Oatmeal  Oat bran  Bran cereal  Beans Fruit (any)  Low fat poptarts  Low fat pancakes(made with water)  Kids cereal  Marshmallows  Fat free candy  Crackers  Malto dextrin (during workout)  Dextrose (during workout)  Avoid high fructose corn syrup |

**\*remember to count all the macronutrients in each food consumed! Ex: avocados have fat, carbs and protein.**

**Counting Veggies**

It is your choice if you count the net carbs in fibrous, low carb, high fiber veggies. Some prep coaches consider them “free” foods and others do not. High fiber veggies are listed below. I stay consistent to make it easier to adjust my program. I eat a lot of mixed greens salads closer to a show as a fibrous filler.

|  |  |
| --- | --- |
| **High Fiber, Low Carb Vegetables** | **Low Fiber or High Carb Vegetables** |
| **Sprouts**  **Greens-lettuce, spinach, chard etc**  **Hearty Greens- collards, mustard greens, kale etc**  **Radicchio**  **Endive**  **Herbs**  **Bok Choy**  **Bamboo Shoots**  **Celery**  **Radishes**  **Sea Veggies like Nori**  **Mushrooms**  **Cabbage (or sauerkraut- check labels!)**  **Jicama**  **Avocado (also high in fat)**  **Asparagus**  **Okra**  **Cucumber (pickles with no added sugar-check labels!)**  **Green and wax beans.**  **Fennel**  **Cauliflower**  **Broccoli**  **Zucchini**  **Onions**  **Leeks**  **Snow Peas**  **Brussel Sprouts**  **Pumpkin**  **Spaghetti Squash**  **Rutabaga’s** | **Tomatoes**  **Carrots**  **Beets**  **Peas**  **Winter squashes like acorn, butternut**  **Water chestnuts**  **Parsnips**  **All potatoes**  **Sweet potatoes**  **Corn**  **Plantains** |

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| **Low Fructose Fruits** |
| lemon, limes, passion fruit, apricots, plums, cantaloupe, and raspberries. Avoid high fructose fruits like apples, watermelons and pears around your workout. |

Disclaimer: This information is not intended to diagnose, treat, cure, or prevent any disease. The information provided by this website is not a substitute for a face to face consultation with your physician, and should not be construed as individual medical or nutrition advice. It is intended as sharing of knowledge and information from the research and experience of Heather Owen and her community. Make your own health care decisions based upon research and in partnership with a qualified health care professional.