

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.

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			

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			

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			

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			

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			

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
MEAL #4	TIME:		GRAMS	PROTEIN	CARBS	FAT
MEAL #5	TIME:		GRAMS	PROTEIN	CARBS	FAT
MEAL #6	TIME:		GRAMS	PROTEIN	CARBS	FAT

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:

<u>Protein</u>	<u>Fats</u>	<u>Carbs</u>
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

GetFitGoFigure.com

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.