Week 3, 13 Weeks to Contest GetFitGoFigure.com

195g carbs 120g protein 40g fat Changes are highlighted

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Protein** | **Carbs** | **Fat** |
| **Meal 1 Breakfast**  **1-2 hours before workout** | 20g | 40g | 5g |
| workout |  | \*20g intra workout dextrose  \*BCAA’s  Omit on non lifting days |  |
| **Meal 2**  **Within 30 min after workout** | 20g whey protein | 40g | 0g |
| **Meal 3 Lunch** | 20g | 35g | 5g |
| **Meal 4** | 20g | 30g | 10g |
| **Meal 5 Dinner** | 20g | 30g | 10g |
| **Meal 6** | 20g | 0g | 10g |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **MEAL #1** | **TIME:** | | **Suggested Foods** | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| 1-2 hours before workout | | | Egg whites ( switch out turkey bacon) | 138 | 15 | 0 | 0 |
|  | 7-8ish | | 1 whole egg |  | 6 | 0 | 5 |
|  |  | | Banana  OR Apple  *Or*  Smoothie  -Strawberries  -Bananas  -Protein powder-vanilla  -Almond milk  -Omit: Coconut or MCT oil | 175  275  -------  100  70  42  6 oz  0 | 2  0  -------  0  0  20  1  0 | 40  40  -----  10  15  14  2  0 | 0  0  -----  0  3  2.5  0 |
| intra-workout - sip during workout | | | Bcaa's |  | 0 | 0 | 0 |
| Dextrose | 20 | 0 | 20 | 0 |
| **On Off days/cardio only days do not drink BCAA’s and Dextrose** | | | | | | | |
| **MEAL #2** | **TIME:** |  | | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| Post workout - within about 30min of finishing workout 11:00ish | | Whey protein | | 25 | 20 | 1 | .5 |
| Dried Cranberries  Or  Cereal or fruit snacks | | 50 |  | 40 |  |
| **MEAL #3** | **TIME:** |  | | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| 1-2:00 | | Chicken, beef etc (adjust fat accordingly) | | 85 | 20 | 0 | 1 |
| Sweet Potatoes | | 175 | 0 | 35 | 0 |
|  | | Kerrygold grassfed butter | | 1 tsp |  |  | 5 |
| **MEAL #4** | **TIME:** |  | | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| 4:00ish | | Whey protein or chicken/fish (or beef-adjust fat) | | 85 | 20 | 1 | 0.6 |
|  | | Cashew nuts  Apple | | 10  150 | 4  0 | 7  22 | 10  0 |
| **MEAL #5** | **TIME:** |  | | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| 6-7:00 | | Chicken, salmon, or 96% lean ground beef | | 85 | 20 | 0 | 0 |
|  |  | Brown rice | | 40 raw | 2 | 31 | 1 |
|  |  | olive oil (flax, macadamia nut, etc)  butter | | 2 tsp |  |  | 10 |
| **MEAL #6** | **TIME:** |  | | **GRAMS** | **PROTEIN** | **CARBS** | **FAT** |
| before bed | | Whey protein | | 15 | \*\*\*11 | - | 0.5 |
|  | 9-10:00 | Fat –cheese, nuts, oil etc (eat what ever is left over) | |  |  |  | 10 |

\*\*\* Protein in meal #6 has to be adjusted to account for trace macros in earlier meals.

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The above foods are suggested foods. I exchange foods out all the time. This is a nice guideline for specifics for a quick reference. 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. Laughing cow cheese for example, I love to spread 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. If you choose to count high fiber vegetables, count net carbs.**

**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. |

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