

# Week 4, 12 Weeks to Contest [GetFitGoFigure.com](http://GetFitGoFigure.com)

**High day:** 190g carbs **Medium day:** 160g carbs **Low day:** 130g carbs, 120g protein, 35g fat Changes are highlighted

	Protein	Carbs	Fat
<b>Meal 1 Breakfast</b> 1-2 hours before workout	20g	40g	5g
workout		*20g intra workout dextrose *BCAA's Omit on non lifting days	
<b>Meal 2</b> Within 30 min after workout	20g whey protein	30g	0g
<b>Meal 3 Lunch</b>	20g	40g	5g
<b>Meal 4</b>	20g	30g (omit on low day)	5g
<b>Meal 5 Dinner</b>	20g	30g (omit on med./low Day)	10g
<b>Meal 6</b>	20g	0g	10g

**Plan for Heather Owen - Get Fit. Go Figure! @ GetFitGoFigure.com**

MEAL #1	TIME:	Suggested Foods	GRAMS	PROTEIN	CARBS	FAT	
1-2 hours before workout 7-8ish		Egg whites ( switch out turkey bacon)	138	15	0	0	
		1 whole egg		6	0	5	
		Banana	175	2	40	0	
		OR Apple	275	0	40	0	
		Or	-----	-----	-----	-----	
		Smoothie					
		-Strawberries	100	0	10		
		-Bananas	70	0	15	0	
		-Protein powder-vanilla	42	20	14	3	
		-Almond milk	6 oz	1	2	2.5	
		-Omit: Coconut or MCT oil	0	0	0		
intra-workout - Sip during workout		Bcaa's		0	0	0	
		Dextrose	20	0	20	0	
<b>On Off days/cardio only days do not drink BCAA's and Dextrose</b>							
MEAL #2	TIME:		GRAMS	PROTEIN	CARBS	FAT	
Post-workout-within about 30min of finishing workout 11:00ish		Whey protein	25	20	1	.5	
		Mott's fruit snacks	34		30		
		Or					
		Cereal or fruit snacks					
MEAL #3	TIME:		GRAMS	PROTEIN	CARBS	FAT	
1-2:00		Chicken, beef etc (adjust fat accordingly)	85	20	0	1	
		Sweet Potatoes	200	0	30	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	
		Apple <span style="background-color: #e0f0f0;">Omit on low Day</span>	220	0	30	0	
		Kerrygold butter	1 tsp	0		5	
MEAL #5	TIME:		GRAMS	PROTEIN	CARBS	FAT	
6-7:00		Chicken, salmon, or 96% lean ground beef	85	20	0	0	
		Brown rice <span style="background-color: #e0f0f0;">Omit on med. / low day</span>	40 raw	2	31	1	
		olive oil (flax, macadamia nut, etc) butter	2 tsp			10	
MEAL #6	TIME:		GRAMS	PROTEIN	CARBS	FAT	
before bed 9-10:00		Whey protein	30	20	-	0.5	
		Fat –cheese, nuts, oil etc (eat what ever is left over)				10	

<b>High Fiber, Low Carb Vegetables</b>	<b>Low Fiber or High Carb Vegetables</b>
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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:

<b><u>Protein</u></b>	<b><u>Fats</u></b>	<b><u>Carbs</u></b>
Chicken or turkey breast	Almonds or any nuts	Higher carb veggies
Lean ground turkey	Natural Peanut butter*	-Baked potato
Low fat pork	Almond butter	-Sweet potato
Turkey bacon	Olive oil	-See list below
Fish	Flax oil	Brown or wild rice
Tuna	Primrose oil	Whole wheat bread
Shrimp	Butter	Whole wheat pasta
Lean ground beef	Coconut oil	Whole wheat tortilla
Eggs, whole, whites and/or substitutes	Coconut butter	Oatmeal
Low-fat cottage cheese	MCT oil	Oat bran
Plain non-fat Greek yogurt	Egg yolks	Bran cereal
Whey Protein		Beans
	*make sure these do not contain hydrogenated oils	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.

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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