

Week 11, 5 Weeks to Contest

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

High day: 150g carbs Medium day: 115g carbs Low day: 85g carbs, 120g protein, 30g fat

Changes are highlighted

** Add 20 g protein to med and low day

MEAL #1	TIME:	Suggested Foods	GRAMS	PROTEIN	CARBS	FAT
1-2 hours before workout	7-8	Allotted		20	30	5
		Egg Beaters + onions + sweet peppers	115	13	1	0
		udi’s gluten free bread	1.5 slice/ 60g	5	28	5
		Crystal Farms Light cheese wedge	1 wedge 20g	2	1	2
intra-workout -In Sip during workout		BCAA's		0	0	0
		Dextrose (omit on cardio only days)	20	0	20	0
MEAL #2	TIME:		GRAMS	PROTEIN	CARBS	FAT
Post-workout-within about 30min of finishing workout 11:00ish		Allotted		20	30	0
		Whey protein	25	20	1	.5
		1.5 packs of Mott’s fruit snacks (1 pouch on low day lifting days)	34		30	
		Or Rice cakes				
MEAL #3	TIME:		GRAMS	PROTEIN	CARBS	FAT
1-2:00		Allotted		20	30	5
		Chicken, beef etc (adjust fat accordingly)	85	20	0	1
		Green Beans	200	0	12 net	0
		Sweet potatoes (omit on low day)	100	2	17 net	
		Kerrygold grassfed butter	1 tsp			5
MEAL #4	TIME:		GRAMS	PROTEIN	CARBS	FAT
4:00ish		Allotted		20	30	5
		Turkey slices	112	22	1	6
		Laughing cow cheese wedge	2 wedges/ 40 grams	0 6		0 2 3
		Apples (Omit on Medium / low day)	220		30	
MEAL #5	TIME:		GRAMS	PROTEIN	CARBS	FAT
6-7:00		Allotted		20	0	10
		Chicken, salmon, or 96% lean ground beef	85	20	0	0
		Broccoli/ cauliflower	200g		5 net	
		olive oil (flax, macadamia nut, etc)	2 tsp			10
MEAL #6	TIME:		GRAMS	PROTEIN	CARBS	FAT
before bed	9-10:00	Allotted		20	0	5
		Whey protein	30	20	-	0.5
		Fat –cheese, nuts, oil etc (eat what ever is left over)				5

Refeed - Saturday: Heavy-PUSH + 11 HIIT / PM 30 min MISS

Med- Sunday: 30 min MISS, Heavy- PULL

Low- Monday: AM 45 min LISS / Heavy- LOWER BODY – 30 MISS

Low - Tuesday: AM 45 min LISS / HR-PUSH – 11 HIIT

Med - Wednesday: 30 min MISS HR- PULL

Low- Thursday: AM 45 min LISS/ HR- LOWER BODY – 11 HIIT

Low - Friday: 11 HIIT

My Saturday refeed day looks like this:

Daily total: 250 carbs, 35g Fat, 120 protein

- **Meal 1:** protein + fat, no carbs
- **Workout-** no dextrose, only BCAA's
- **Meal 2:** protein, fat, 100g carbs (low fat foods)
- **Meal 3:** protein, fat, 100 carbs (low fat foods)
- **Meal 4:** protein, fat, 50g carbs (low fat foods)
- **Meal 5:** protein + fat if any macro's left
- **Meal 6:** protein + fat if any macro's left

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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:

<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

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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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