

Week 9, 7 Weeks to Contest

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

High day: 170g carbs Medium day: 140g carbs Low day: 110g carbs, 120g protein, 30g fat

Changes are highlighted

** Add 20 g protein to low day

MEAL #1	TIME:	Suggested Foods	GRAMS	PROTEIN	CARBS	FAT
1-2 hours before workout	7-8	Allotted		20	30	5
		Egg Beaters	115	13	1	0
		Udi's Gluten Free Bread	49	4	22	4
		Laughing Cow Cheese wedge	21	2	1	1.5
		Strawberry jam	6		6	0
intra-workout -In 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:	Suggested Foods	GRAMS	PROTEIN	CARBS	FAT
Post-workout-within about 30min of finishing workout 11:00ish		Allotted		20	30	0
		Whey protein	25	20	1	.5
		Mott's fruit snacks Or Cereal or fruit snacks	34		30	
MEAL #3	TIME:	Suggested Foods	GRAMS	PROTEIN	CARBS	FAT
1-2:00		Allotted		20 (+10 on low day)	30	5
		Chicken, beef etc (adjust fat accordingly)	85	20	0	1
		Sweet Potatoes	150	0	30	0
		Kerrygold grassfed butter	1 tsp			5
MEAL #4	TIME:	Suggested Foods	GRAMS	PROTEIN	CARBS	FAT
4:00ish		Allotted		20	30	5
		Whey protein or chicken/fish (or beef-adjust fat)	85	20	1	0.6
		Apple Omit on low Day	220	0	30	0
		Kerrygold butter	1 tsp	0		5
MEAL #5	TIME:	Suggested Foods	GRAMS	PROTEIN	CARBS	FAT
6-7:00		Allotted		20(+ 10 on low day)	30	10
		Chicken, salmon, or 96% lean ground beef	85	20	0	0
		Brown rice Omit on med. / low day	40 raw	2	31	1
		olive oil (flax, macadamia nut, etc) butter	2 tsp			10
MEAL #6	TIME:	Suggested Foods	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: Shoulders + 8 **HIIT** - REFEED

Med- Sunday: 30 min **MISS**, Legs and abs (quads/ hams/ calves)

Med - Monday: AM 45 min **LISS** + 30 min **MISS**, Back + biceps

Low - Tuesday: AM 45 min **LISS**, + later 8 **HIIT** + abs

High - Wednesday: 30 min **MISS** Chest + triceps

Med - Thursday: Shoulder, glut + ab - high rep 12-20 + 8 **HIIT**

Low - Friday: AM 45 min **LISS** + later 6 **MIIT**

My Saturday refeed day looks like this:

Daily total: 275 carbs, 35g Fat, 130 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, 75g 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	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.**

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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