

nutrition

MEAL PLAN + OVERVIEW



We all know that if your nutrition isn't in order, your training will reflect it. Same goes in the opposite scenario. This program will help you learn new nutrition strategies that will allow you to make small and simple changes to your meal plan to get drastic results!

I'm designing your meal plans with something very specific in mind: **your goal.**

Based on your overall goal, your meal plan will vary, just like anyone else looking for the same fitness results. The big point I want to emphasize is that these meal plans are YOURS- designed for you and no one else.

The goal here is to "fine-tune" your nutrition until it is absolutely perfect, or close to it.

Over the course of the next 3 months, we will use 3 different meal plans, each becoming slightly better than the one before it – all pointing toward your end goal.

So let's say for instance that you're trying to lose as much fat as possible while keeping your muscle gains...Sweet. Let's do that.

A few little tweaks to your carb selection and timings of your nutrients + your feedback on the foods you love and enjoy...and WAMMO! Your next phase meal plan is ready to go and will give you all the nutrition you need to feel awesome and get crazy shredded.

This process is actually a very simple one, and when you learn the variables that will enhance your results, you can then create any kind of meal plan you want. Exciting huh?

In this short report, it is my goal to educate you on what I'm doing when I go over your meal plans + give you guidance on how we go about choosing the right foods and putting it all together.

So let's get to it!



MACROS AREN'T EVERYTHING

I could go on and on all day about what the right macro amounts are for each kind of person or how many macros you should have a day based on some random formula, but I'm not gonna do that. Why?

Because counting calories on a consistent basis has been shown to be a waste of time. Yeah, I actually just said that believe it or not!

There was a point a few years ago that I placed my *flag of certainty* on that statement because I 100% believed it to be true. Funny how things change.

Counting calories can be good though, only when you use it to your advantage. Let me elaborate...

From my research and personal experience with counting calories, it comes in handy only in the **beginning of a meal plan phase**. Meaning it does not need to be sustained by following some sort of food journal or logging every single calorie that enters your mouth and stressing about it the next day.

The reason why it can be helpful at the beginning is because it gives you a number to use so you have a "ballpark" estimate of how many calories you take in on a daily basis and how much your body actually uses.

Finding this second number (how many calories you burn each day on average) is a little bit trickier, but the same thing applies. You will most likely only need to get this number ONCE, then base your meal plans around that.



I explain this process a bit more extensively in the **Mindset Mass Blueprint**, located in the back office of Mindset Fitness, so go download that if you haven't yet!

I want you to remember that having a meal plan for your specific goal means that your food is consistent! So it doesn't change all too often, or at least not every single week like some people choose to do.

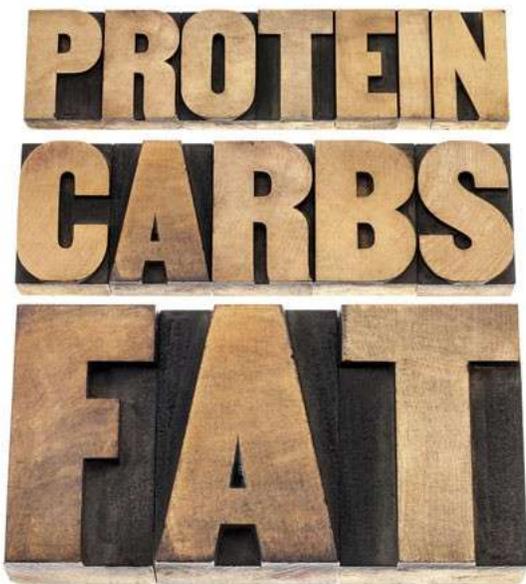
I'm all about making things easier.

So the first point I want you to learn is that calories, more specifically – counting them does not matter. The part that does matter is the NUTRIENTS from those calories AND the time you ingest them. I'll dive into that here in a bit.

It's important to take things and understand them in context that they're coming from. Sometimes there is a "right way" and sometimes there is a "wrong way" but who is to say either is true? Coming from the context of the situation, they both may be right.

So long story short, when it comes to your actual macro counts, I will be using proven variables of meal timing to find the most optimal amount for you.

A good example (or BAD example) is the IIFYM nonsense. (If It Fits Your Macros)



This theory says that you could consume as little or as many meals as you want during the day, with any kind of foods, as long as you have the same number of macros each day; being protein, carbs and fats.

So you could have burgers, fries and milkshakes with added whey protein and still get jacked up and shredded as someone who has lean meats, a ton of veggies and solid carbs.

Um...hate to poke a huge hole in this theory but hands down it doesn't work; especially if you're serious about training with high energy and consistently making improvements.

This leads me into my next major lesson about the part of my custom designed meal plans that make them so powerful for everyone: Meal timing.



ALL IN PERFECT TIMING

Like I stated earlier, your goal will dictate your nutrient amounts, and your nutrient amounts will dictate your results, ONLY if you consume them at optimal times!

Why is this so important and why do I keep saying it over and over like I'm beating a dead horse? **Because of HORMONE production.**

Ever heard the statement that "Hormones are king"?

There are some actual solid facts behind that, so let me explain.



In each muscle cell of your body, there are specific types of proteins. Think of these proteins as interlocked like a chain with multiple links. These proteins are located in the cell for a reason: waiting to be "turned on" so that they can produce the specific task that they were made for.

Some control muscle breakdown, some control fat, and others control all of the anabolic activity that happens inside the cell.

So how do they get turned on?

The mighty power of hormones!

More specifically, I want to focus on one main hormone for this discussion: Insulin.

To make this less scientific-y and more straight forward, insulin can be both good and bad. Too much being released by the pancreas into your blood stream means fat loss is shut off. Too little and you won't be able to build muscle.

There's always a balance and that's where nutrient timing comes into play!

Insulin acts as one of the main hormones that trigger responses to those specific proteins I mentioned above. Now we wouldn't want to be sending all kinds of mixed signals to those proteins would we?

It would be freaking chaos.



This, in a nutshell is what happens when you eat carbs all day long (ie: IIFYM)

Each time carbs enter the blood stream, a corresponding amount of insulin is released to help “store” the energy away for more use.

You can probably see why now that this would stop fat burning in its tracks.

When timed out correctly, carbs can be a huge asset in both fat loss and building muscle, AT THE SAME TIME!

I’m sorry but this gets me excited!

But wait wait wait, hold up. How in the world is it possible to do two things at once?

Answer: have a plan of action and execute.

Luckily the Good Lord designed our bodies in a way that can accomplish both of these at once; we just have to be diligent enough to follow through.



Your meal plans will take ALL of this into account. Remember, I’m not just some dude who threw together a random nutrition program for anyone to follow. Every meal has its place.

Here are the basic principles in which I’ll use to structure your program. Each phase will be slightly better than the one before it, thus pushing you forward to your goals.

- **Minimal amounts of carbs and fats will ever be mixed in the same meal.** This is so that the body will only recognize one source of energy at a time.
- **Carbs will mainly be structured around your workout times.** Depending on your goals, this will change on a monthly basis.
- **Fats will be your main source of energy throughout the day for the most part when you aren’t lifting.** Keeping the fat loss ball rolling!
- **Protein will be consistent through a muscle-building program and will slightly increase during a fat-burning program.** This helps to keep muscle mass on your body even in a deficit.
- **Meal timing will depend on your sleep and how many meals you can commit to each day (5-7).**



MAKE IT YOUR OWN!

The question I get most from my clients is: **“If my schedule changes and I can’t workout at the same time that I normal do, how do I switch my meals around?”**

No problem! This is a common occurrence and I completely understand that life happens and things get in the way of working out and sticking to the same schedule.

I want to make this SUPER easy so you never have to second guess it. Just follow these simple rules.

1. **Your post workout meal will ALWAYS be after your workout, regardless of what time of day that you lift.**
2. **Your pre-workout meal will always be before your workout.**
3. **All other meals can be used at any time, unless I state otherwise.**

Pretty easy right?

This also brings up the questions, **“What if I don’t have time to eat first thing in the morning?”** or **“I workout extremely late at night and don’t have time to eat before bed, so now what?”**

This is an easy fix too, and I will structure it for you. If this is the case for you, make sure to send me an email at PremiumOnlineCoaching@gmail.com and let me know.



So there you have it, a very simple and easy way to organize your meal plan to fit your goals personally!

Believe me; you'll learn new things each week as we dive into this program together. The cool part about nutrition is that scientific knowledge is always expanding, and you can count on me to be at the front of that picking up new pieces of advice that I can then share with you.

I chose not to go into the specifics of proteins, carbs and fats during this program for the main reason of saving it for a better time. Those kinds of tidbits of knowledge are learned over a period of time, not all at once. The last thing I want is for you to be bombarded with too much information.

To make it easy on you, I just included a **healthy grocery shopping list** in the back office of your dashboard as well. So now you have a variety of things to pick from when going through your meal plan.

Remember, I made this so that you would actually enjoy it! I write up your plans not so they are set in stone, but so you can control the types of foods that you want to include in there.

And of course if you have any questions about ANYTHING regarding your program, just shoot me over an email at PremiumOnlineCoaching@gmail.com and I'll hit you back asap!

I hope you're excited for the awesome changes to come! Your goals are big, but we can take them on together!

Your mind and muscle coach,



Mitch Muller

MindsetFitness.net

