

A hand holding a silver fork is positioned over a white bowl filled with a healthy meal. The meal consists of sliced cucumbers, shredded chicken topped with sesame seeds, and shredded carrots. The background is a light-colored, textured surface. The image is framed by a white diagonal shape on the left and top right.

MACROS TO MUSCLE

COURSE HANDBOOK



OUTLINE

- Mastering the basics of nutrition
- Mastering your macros
- Making Macros fit your life
- Carb Cycling
- Supplements

BONUS

Meal prepping like a boss



PROTEIN

- Why you need protein
- What protein is
- Protein sources



CARBS

- Why you need Carbs
- What Carbs are
- Carb sources
- Carbs vs. Net carbs



FATS

- Why you need Fat
- What Fat is
- Fat sources

PROTEIN

WHAT IS PROTEIN

- Protein is a macro-nutrient that is essential to building muscle mass.
- Hair and nails are made up mostly protein
- Each gram of protein contains 4 calories.
- Protein makes up about 15 percent of a person's body weight.
- Chemically, protein is composed of amino acids, which are organic compounds made of carbon, hydrogen, nitrogen, oxygen.
- Protein is not a great fuel source for your body

WHY DO I NEED PROTEIN

- Protein is used to build
- Repair muscle tissue
- Protein is used to make enzymes, hormones, and other body chemicals
- Protein is an important building block of bones, muscles, cartilage, skin, and blood.
-

SOURCES OF PROTEIN

- Beef
- Poultry
- Fish/ seafood
- Bison
- Eggs & egg whites
- Tofu
- Soy
- Pea protein
- Some dairy (cottage cheese, Greek yogurt, WHEY, CASIEN)

FACTS ABOUT PROTEIN

- Protein is my most satiating macronutrient
- keeping you fuller longer
- Helps with fat loss by adding in muscle repair

CARBOHYDRATES

WHY DO I NEED CARBS

- The four primary functions of carbohydrates in the body are to **provide energy, store energy, build macromolecules, and spare protein and fat** for other uses.
- Glucose energy is stored as glycogen, with the majority of it in the muscle and liver.
- Carbohydrates provide your body with energy(4 calories for every 1 gram)
- Carbohydrates are your body's main source of energy: They help fuel your brain kidneys heart muscles and central nervous system
- Your body breaks down all carbohydrates into sugar
- The outcome is glucose, and this is what gives your body energy

WHAT ARE CARBS

- Carbohydrates are the sugars like.. glucose, fructose, sucrose and lactose
- Starches are complex, good carbohydrates, such as quinoa and oatmeal, contain a lot of fiber so your body breaks them down slowly. This keeps you feeling full and stabilizes your blood sugar levels
 - Fruits (fructose)
 - Grains (glucose)
 - Milk products (lactose)
 - Vegetables (fiber & least amount of carbs)

CARBS VS. NET CARBS

- What's in a Net Carb? The concept of net carbs is based on the principle that not all carbohydrates affect the body in the same manner.
- Some carbohydrates, like simple or refined starches and sugars, are absorbed rapidly and have a high glycemic index, meaning they cause blood sugar levels to quickly rise after eating.
- This means that any carbohydrate that contains a lot of fibre or any fibre does not turn into sugar in the body and can be excluded from the sugar carbs – NET CARBS
- So if you were eating something that had 30g carbs & 15g fiber you would subtract the fiber from the carbs and that would give you your net carbs.
- Pick carbs with higher fiber content.

SOURCES OF CARBS

- Potatoes, Yams, squashes
- Grains & Pastas
- Beans & lentils
- vegetables
- Fruits
- Dairy (milk , yogurt)
- Baked goods
- Candy, pop, junk food

FATS

WHAT DO FATS DO

- Fats are essential to give your body energy and to support cell growth, they have
- 9 calories per 1 gram.
- They help protect your organs
- help keep your body warm.
- Fats help your body absorb some nutrients and produce important hormones.
- Promotes Absorption of Fat-Soluble Vitamins. Vitamins A, D, E, and K are considered fat-soluble because they are meant to dissolve in fat.
- Supports Optimal Health
- Boosts Brain Function
- Provides Energy
- Insulates the Body

WHAT ARE FATS

- **Saturated fats** (Coconut oil, MCT oil, Raw butter)
- **Monounsaturated** fats (monounsaturated fats protect the heart and support insulin sensitivity, fat storage, weight loss, and healthy energy levels. Healthy choices include: Avocado Macadamia nuts, Olives and olive oil
- **Polyunsaturated** fats (**Omega 3 and Omega 6 fats**. Omega 3's reduce inflammation, support healthy hormone levels and cell membranes. Omega 6 fatty acids are important to support healthy brain and muscle functions but, on the downside, they promote inflammation in the body.
- **Trans fats**this is the worst type of fat: It also makes healthy vegetable oils more like not-so-healthy saturated fats. On food label ingredient lists, this manufactured substance is typically listed as 'partially hydrogenated oil.

SOURCES OF FATS

- Cold pressed flax oil (never heated),
- Coconut oil (can safely heat),
- MCT oil
- Olive oil
- Raw butter (grass fed)
- Ghee better for high heat cooking,
- Avocado
- Raw cacao butter
- Grass fed pastured meats,
- dairy and eggs
- Raw nuts Sustainably sourced salmon,
- sardines,
- krill oil
- supplements

FAT FACT

- eating the right amounts of healthy fats actually helps your body burn fat

WHOLE FOOD CHOICES



PROTEIN

Lean Proteins: Choose from various proteins, including meat, eggs, dairy, and protein powder. Just make sure you're watching your portion sizes. That generally means 3 to 4 oz of meat or fish per meal, 1 cup of liquid egg whites, 2 whole eggs, or 1 scoop of protein powder.

- Chicken breast
- Eggs
- Egg whites
- Flank steak
- Ground turkey breast
- Lean ground beef
- Salmon
- Shellfish
- Tuna (packet)
- Tofu or tempeh
- Whey protein powder
- Whitefish
- Edamame



CARBS

Carbs: Carbs deserve a place in your diet, especially they help provide the energy you need for workouts and keep you on an even keel.

- Beans
- Brown rice
- Butternut squash
- Low-carb wheat tortilla
- Oats (rolled, or steel-cut)
- Puffed-rice cereal (like Rice Krispies)
- Cereal
- Quinoa
- Red potato
- Rice cakes
- Sweet potato
- Whole-grain frozen waffle

- Whole-grain pasta
- Whole-wheat bread
- Fresh Fruits: Sweet, delicious, and nutritious fruit will help ensure you're getting the right amount of vitamins and other nutrients. Don't forget, even savoury fruits like tomatoes count!
- Apple
- Applesauce
- Banana
- Berries
- Cherries
- Grapefruit
- Pear
- Pineapple
- Tomato sauce
- Salsa



WHOLE FOOD CHOICES

VEGGIES

Greens And Other Veggies: Try to have at least one cup of vegetables per meal, and vary your choices. "It's important to keep things interesting.

- Asparagus (10 spears)
- Broccoli (1 cup)
- Brussels sprouts (1 cup)
- Cabbage (2 cups)
- Cauliflower (1 cup)
- Celery (4 stalks)
- Cucumber (1/2 large)
- Green beans (1 cup)
- Lettuce (2 cups)
- Mushrooms (1 cup)
- Onions (1/2 cup)
- Snow peas (2/3 cup)
- Spaghetti squash (1 cup)
- Spinach (2 cups)



- **ALL VEGGIES ARE GREAT!**



FATS

Healthy Fats: The right mix of fats helps to keep your body energized and your heart healthy.

In addition to providing satiety, "good" fats help your muscles feel fuller adds. Since fat has more than twice the calories per gram of carbs or protein, keep your portions in check.

- Almonds (12 whole)
- Avocado (3 oz)
- Cashews (8 whole)
- Coconut oil (1/2 tbsp)
- Extra-virgin olive oil (1 tbsp)
- Flaxseed oil (1 tbsp)
- Nut butter (1 tbsp)
- MCT Oil
- Seeds
- All Nuts
- Omega 3

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MASTERING YOUR MACROS

LEARNING ABOUT YOUR MACROS



LET'S BEGIN

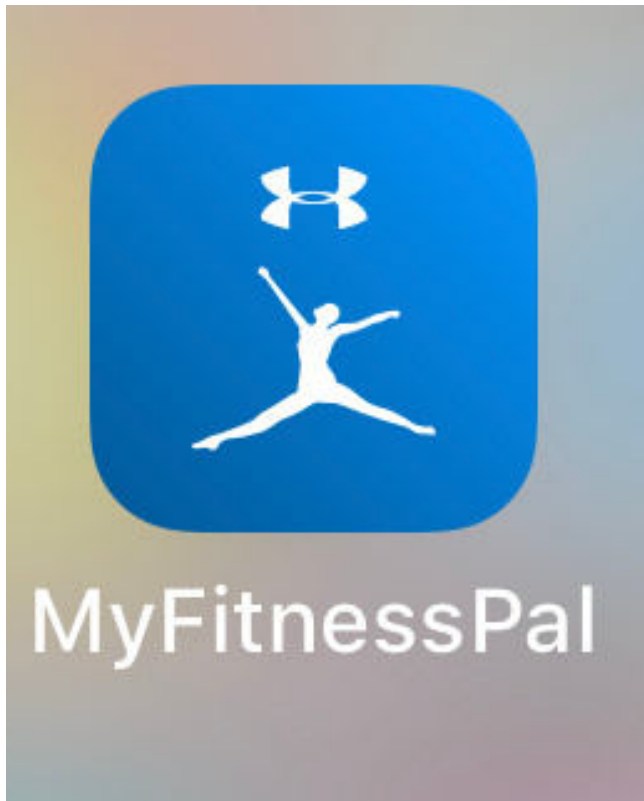
Setting up MyFitness Pal

Tracking your food for 1 week

Calculating your macros/ calories

Revers dieting

Tracking your macros in MyFitnessPal



MY FITNESS PAL

WATCH VIDEO TUTORIAL

watch the video as Ill be showing you how to set up.

SET UP YOUR ACCOUNT

you are not setting up your account to your macros just yet, you are just creating an account, so don't worry about goals or inputting any of that in there yet.

START IMPUTING YOUR FOOD

- For the first week its really important to just input your food, I mean everything you eat track in.
- DO NOT COUNT MACROS or CALORIES, this is so important we want a clear picture of what you are really eating in a week so when we do your macros it right for you.

TRACK YOUR FOOD FOR 1 WEEK: JUST FOOD! DO NOT BE CONCERNED ABOUT NUMBERS

WAYS TO TRACK YOUR FOOD



1. INPUT YOUR FOOD THE NIGHT BEFORE

- If you know what you're eating the next day, then input your food the night before to save you time.
- If anything changes during the day, add more or taking away.

2. ADD YOUR FOOD AS YOU GO

- If this way is better for you, do it this way, but remember to track everything because we need a clear picture.

3. ADD YOUR FOOD INTAKE FROM THE DAY AT THE END OF THE DAY.

- Sometimes in bed, it is nice to input all the food you ate that day saves you from doing it during the day or having to preplan.
- Remember, you are not to be concerned with numbers right now. Just adding food.



HOW MANY CALORIES SHOULD YOU EAT?

This will all be based on your Fitness Goal

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LETS FIND YOUR BMR

This is your basal metabolic rate: the amount of calories your body needs to breath, think and survive

2 FORMULAS to calculate your custom calories

1. The quick method this is not the most accurate as the Harris-Benedict

2. The Harris- Benedict equation

THE QUICKEST WAY TO SEE HOW MANY CALORIES YOU NEED DAILY IS TO USE YOUR TOTAL CURRENT BODY WEIGHT IN POUNDS AND MULTIPLY BETWEEN 11 & 20

FAT LOSS = 11-13 Calories per pound of body weight

MAINTENANCE = 14-16 Calories per pound of body weight

MUSCLE GAIN = 18-20 Calories per pound of body weight

EXAMPLE:

fats loss goal:

Suzy weighs 135 lbs

$135 \times 11 = 1485$ BMR

WOMEN: $BMR = 655 + (9.6 \times \text{WIGHT IN KG}) + (1.8 \times \text{HEIGHT IN CM}) - (4.7 \times \text{AGE IN YEARS})$

EXAMPLE:

34 year old female

you are 5'2 (157 cm tall)

weight 132 (60 kg)

$YOUR\ BMR = 644 + 576 + 282.6 - 159.8 = 1343$ calories

LET'S find your TDEE

Once you know your BMR, you can calculate TDEE by multiplying your BMR by an activity factor

SEDENTARY	BMR x 1.2	Little to no exercise/ desk job
LIGHTLY ACTIVE	BMR x 1.375	light exercise or sports 3-5 x week
MODERATELY ACTIVE	BMR x 1.55	Moderate exercise or sports 3-5 days week
VERY ACTIVE	BMR x 1.725	Hard exercise or sports 6-7 days week
EXTREMELY ACTIVE	BMR x 1.9	Hard exercise or sports and physical labour job or twice a day training

3 guidelines for adjusting your calories

Once you know your TDEE(maintenance level) the next step is to adjust your calories according to your primary goal. The mathematics of weight control is this:

1 TO KEEP WEIGHT THE SAME

Stay at your daily calorie maintenance level.

2 TO LOSE WEIGHT

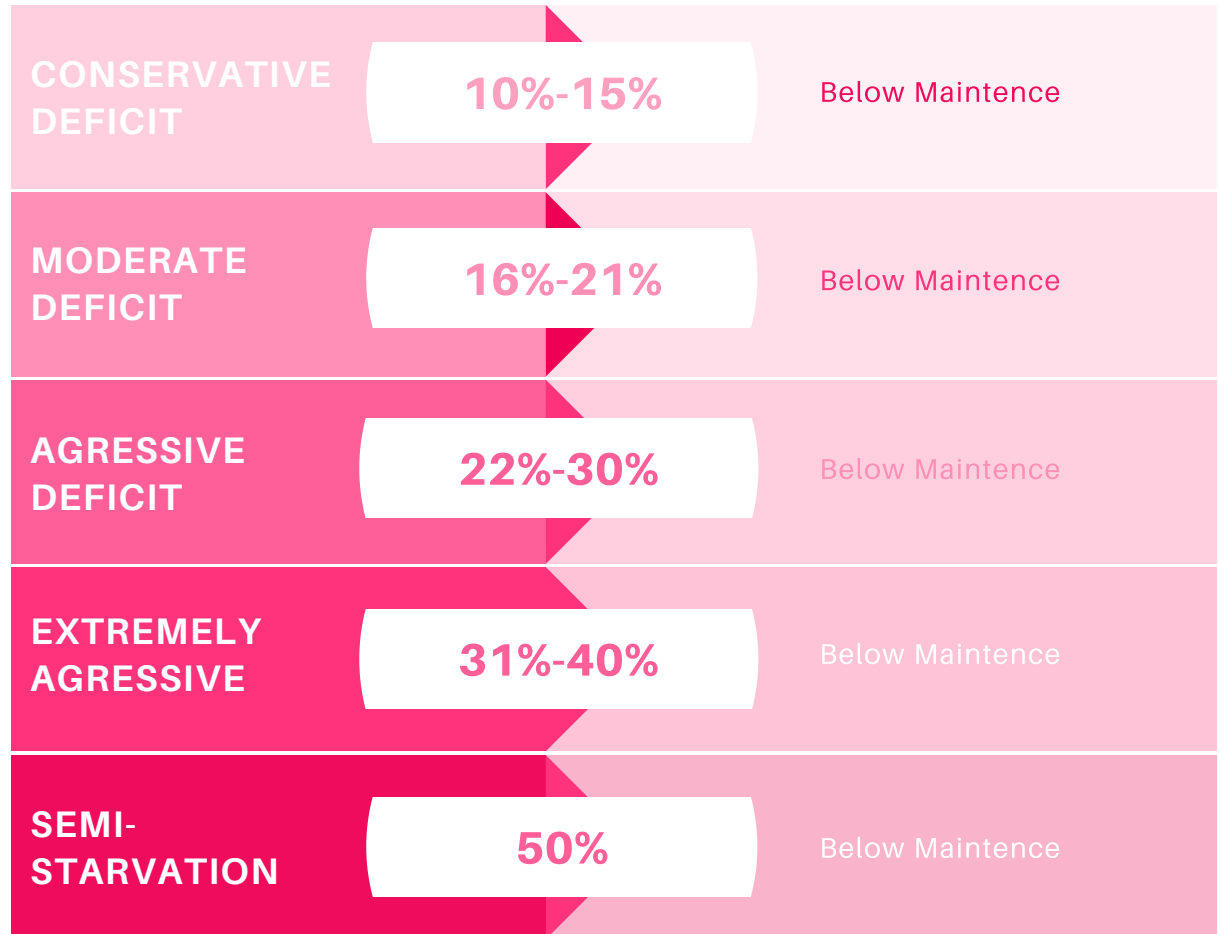
Create a calorie deficit by reducing your calories below maintenance. (or keep your calories the same and create deficit by increasing activity

3 TO GAIN WEIGHT

Create a calorie surplus by increasing your calories above maintenance level. To gain weight as lean body mass, a program of progressive resistance weight training is mandatory

DEFICIT GUIDELINES

For a healthy long term fat loss choose between 10-25%



EXAMPLE OF CALORIE DEFICIT

EXAMPLE (Conservative deficit)

YOUR TEE IS 2,822 CALORIES
YOUR CALORIES DEFICIT IS 20% ($.20 \times 2,822 = 564$
CALORIES)

Your optimal calorie intake for fat loss = 2,258 calories
Projected weight loss = 1.1 lb a week

EXAMPLE(Aggressive deficit)

YOUR TEE IS 2,822 CALORIES
YOUR CALORIES DEFICIT IS 30% ($.30 \times 2,822 = 847$ CALORIES)

Your optimal calorie intake for fat loss = 1,975 calories
Projected weight loss = 1.7lb a week

WHAT IF YOU WANT TO GAIN MUSCLE

To gain muscle you need to be over maintenance calories . Now you don't want to go too aggressive with muscle gain because you will also gain fat too.

I suggest starting at 15% over maintenance for muscle gain

EXAMPLE

YOUR TDEE IS 2,200

YOUR OPTIMAL CALORIES FOR FAT LOSS WOULD BE 1,760

15% SURPLUS ABOVE MAINTENANCE

$.15 \times 2,200 = 2,530$ CALORIES TO GAIN MUSCLE

That's a 770 calories difference between losing and gaining

MACROS

Example for a 1,600 calorie day for fat loss

MACRO TYPE	PERCENTAGE OF CALORIES	CONVERSION TO GRAMS
CARBOHYDRATES 50%	$0.50 \times 1,600 = 800$ calories from carbohydrates	800 calories carbs / 4 calories per gram = 200 grams of carbs a day
PROTEINS 30%	$0.30 \times 1,600 = 480$ calories from Proteins	480 calories proteins / 4 calories per gram = 120 grams of protein a day
FATS 20%	$0.20 \times 1,600 = 320$ calories from Fats	320 calories proteins / 9 calories per gram = 35 grams of Fat a day



CHOOSING A NUTRITION PLAN

This will all be based on your Fitness Goal

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FAT BURNING PLAN

(30/50/20)

A LEARNING PLAN CAN ALSO USE CARB CYCLING OR CALORIE CYCLING TO PREVENT MUSCLE LOSS AND PLATEAU THAT CAN OFTEN HAPPEN WHEN LOW-CALORIE PLAN.

YOU WILL ADJUST YOUR CALORIES DEPENDING ON WHEN AND HOW HARD YOU TRAIN. IF YOUR STRUGGLING TO LOSE FAT ON A LOW-CALORIE PLAN AND ADDING SOME ADDITIONAL CARDIO INTO YOUR PLAN. JUST DON'T CUT CALORIES BEYOND RECOMMENDED VARIANCES. IF YOU CUT TOO MANY CALORIES, YOU CAN STALL YOUR PROGRESS.

DAILY MACROS & CALORIES

CARBOHYDRATES 30%

A low fat intake provides an important learning component.

PROTEINS 50%

You should keep protein intake high 1-1.5 g per lb of bodyweight a day. This will help satiety and your body from entering a catabolic state.

FATS 20%

A higher intake will help recover from tough workouts and also help with hunger.

CALORIES (-10% VARIANCE ON REST DAYS & 0% ON TRAINING DAYS)

Run a slight deficit on rest or light training days and then maintenance on heavy training days.

LEAN BULK/ BODY RECOMP

(40/40/20)

A LEAN BULK TAKES A BIT LONGER, AND I CALLED THIS BODY RECOMPOSITION. IT'S TRYING TO PUT MUSCLE ON WITHOUT ADDING EXTRA FAT AND MAYBE EVEN BURNING EXTRA FAT. IF YOU ARE FOLLOWING THIS PLAN, PAY CLOSE ATTENTION TO NUTRIENT TIMING TO ENSURE YOU ARE GETTING SUFFICIENT PROTEIN AND CARBS PRE AND POST-WORKOUT.

DAILY MACROS & CALORIES

CARBOHYDRATES 40%	A higher ratio of carbs is essential since the body needs carbs for fuel and recovery, and building muscle.
PROTEINS 40%	To gain muscle, you should consume 1-1.5g of protein per lb of body weight per day. If the results are not where you want them, adjust your protein intake upward every 7-10 days until you start seeing the results you desire
FATS 20%	A lower dietary fat intake than a standard bulk provides an additional learning component.
CALORIES (+10% VARIANCE)	It would help if you stayed closer to maintenance levels but run a slight caloric surplus. The best way to do this is before and after training to add the extra calories there.

MAINTENANCE PLAN

(30/40/30)

TO MAINTAIN WEIGHT, YOU SHOULD MONITOR OVERALL FOOD RATIOS AND CALORIES WEEKLY. AND ADJUST BASED ON YOUR ACTIVITY LEVELS TO MAKE SURE YOU ARE KEEPING YOUR HARD-EARNED MUSCLE.

DAILY MACROS & CALORIES

CARBOHYDRATES 30%	You will still need a. high ratio of carbs for training and recovery but not as much as you would for a bulk or lean bulk.
PROTEINS 40%	Protein intake should remain high still about .8-1g per lb of bodyweight a day. You will need to keep protein intake high to prevent muscle breakdown during training.
FATS 30%	A higher intake will help recover from tough workouts and also help with hunger.
CALORIES (-5% VARIANCE ON REST DAYS & 0% ON TRAINING DAYS)	Run a slight deficit on rest or light training days and then maintenance on training days

BULKING PLAN

(40/30/30)

A BULKING PLAN IS THE FASTEST WAY TO GAIN MUSCLE; THAT SAID, THIS DOESN'T MEAN YOU EAT EVERYTHING IN SIGHT. YOU STILL NEED TO CAREFULLY MANAGE YOUR MACROS TO ENSURE YOU ARE GETTING THE RIGHT BALANCE TO MAXIMIZE MUSCLE GROWTH.

DAILY MACROS & CALORIES

CARBOHYDRATES 40%	A higher ratio of carbs is essential since the body needs carbs for fuel and recovery.
PROTEINS 30%	To gain muscle you should consume 1.5-2g of protein per lb of body weight
FATS 30%	A higher ratio of fat is needed for recovery and rebuilding
CALORIES (+15% VARIANCE)	You should plan to be in a 15% calorie surplus over your daily maintenance calories to encourage muscle protein synthesis and avoid muscle breakdown throughout the day.

CHOOSING YOUR OWN RATIOS

	MAINTAIN	FAT LOSS	MUSCLE GAIN
PROTEIN	0.8-1 Per pound of body weight	1 to 1.5g Per pound of body weight	1.5-2 Per pound of body weight
FAT	0.3 to 0.5g Per pound of body weight	0.25 to .4g Per pound of body weight	0.25 to .4g Per pound of body weight
CARBS	Calculate based on remaining calorie needs		

FAT LOSS

EXAMPLE

155lb female
needs 2,000 total calories to
lose weight



744 calories from protein + 558 calories from fat
= 698 remaining calories for carbs.
Divide 698 by 4 = 175g carbs

186g protein ~ 175g carbs ~ 62g fat



REVERSE DIETING

WHAT IS REVERSE DIETING?

It's a method of increasing or decreasing your calories to reach your goal caloric goal

HOW DO I KNOW IF I NEED TO REVERSE DIET?

If you have been way under your caloric needs or way over your caloric needs for your goal.



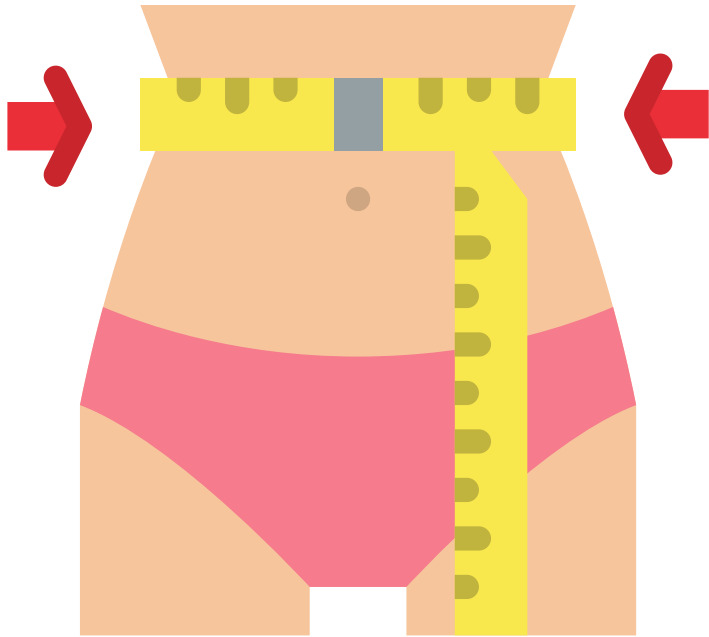
WHY REVERSE DIET?

- If you have been eating way under and then suddenly have to add 500-1000 calories, it's not going to feel good, and you will get excess fat gain also not wanted.
- Now, if you are trying to cut, you don't just want to drop your calories by 500 because you risk losing some of that hard-earned muscle as well as being hangry all the time.

HOW DO YOU REVERSE DIET?

- Make sure you know how many calories you have been eating, and then make sure your protein intake is at .8-1.2 g per body pound.
- The rest of those calories will be carbs and fats.
- Each week increase your carbs and fat calories by 50-100 calories each week until you hit your target calorie range.

REVERSE DIETING



1. REVERSE DIETING RULES

If you have been consuming over 500 or under 500 calories of what your macros should be you will need to reverse diet for best results.

2. HOW TO DO THIS:

So whether you have been eating over or under your calorie range, I would do it the same.

EXAMPLE: your target is 1500 calories, but you have been consuming 2000 calories, then each week, you will decrease your calories by 50-100.



KNOWING YOUR MACROS VS. CALORIES

Your Calories will always be the determining factor for fat loss or muscle gain.

That said, you need a proper energy balance, and that comes from the combination of the right macro for your body and goals.

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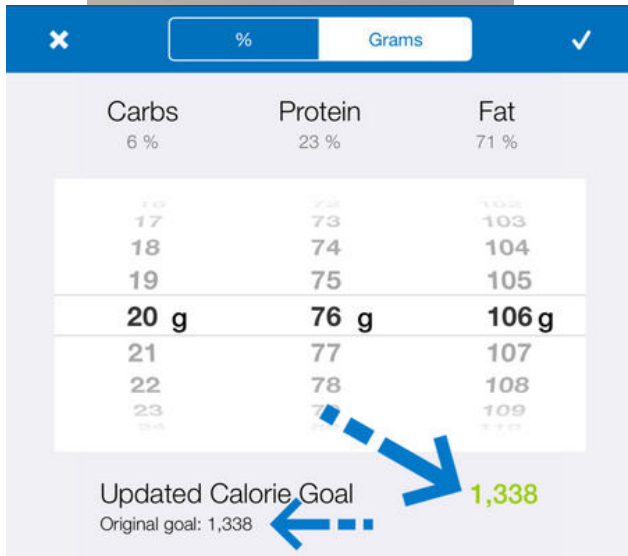
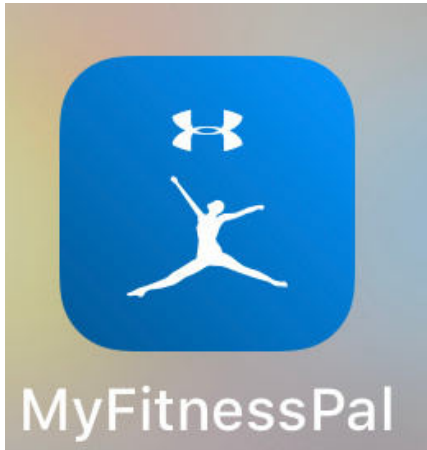
TRACKING YOUR MACROS

MY FITNESS PAL

1. www.myfitnesspal.com or download the APP
2. Make an account
3. you will get a 30 day free trial of premium. I highly recommend it.
4. Input your daily macro goals: under-set my goals.
5. Every day, tracks your food and hit your goal.

For Carb cycling, you will use the premium option and set each day with its different macros.

INPUTTING YOUR MACROS INYTO MYFITNESSPAL



STEP 1:

Make sure you are using the premium feature

STEP 2:

Go to My Premium Feature under the MORE tab

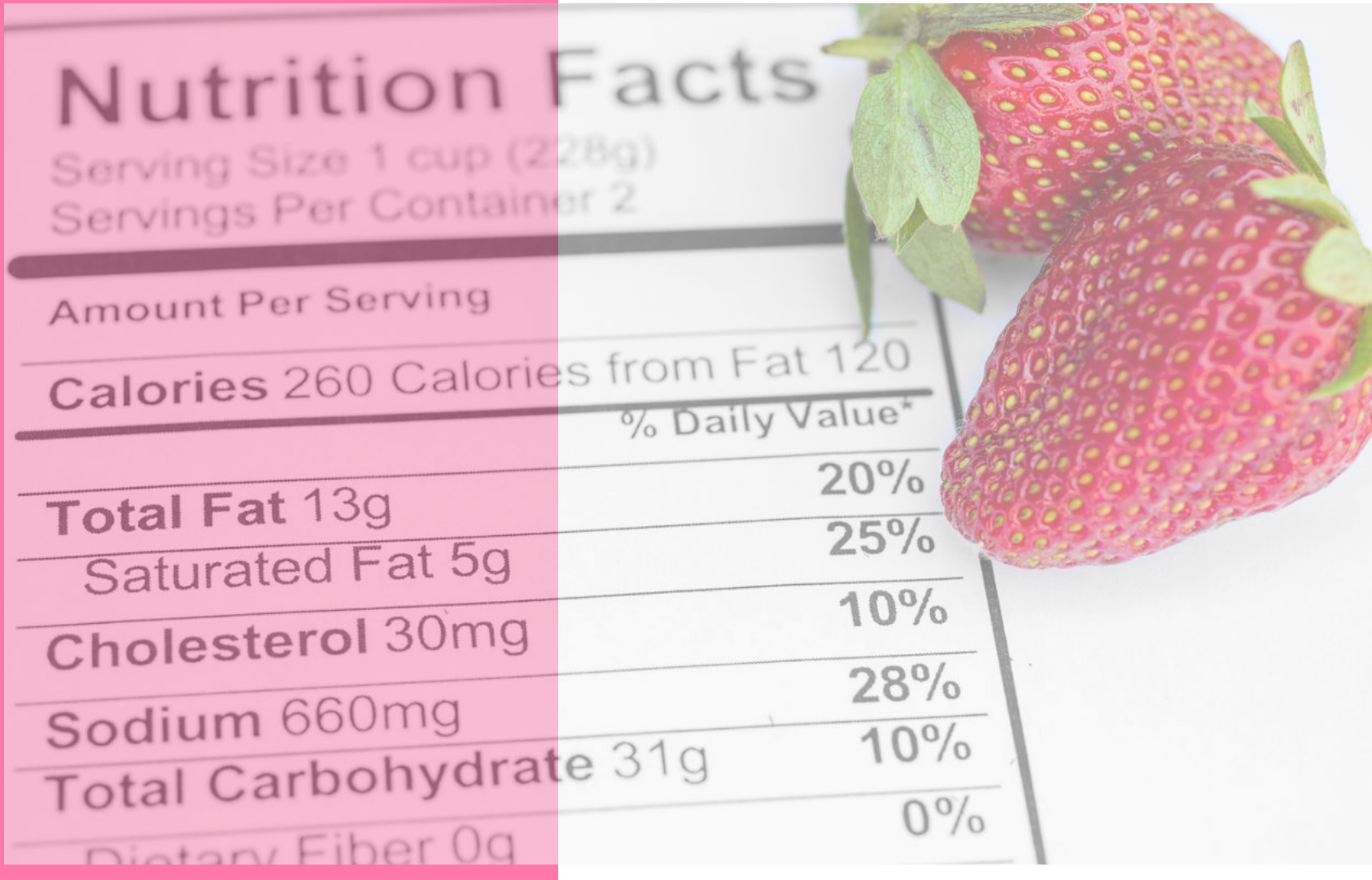
STEP 3:

Go to different goals by day

STEP 4:

Input your macros by tapping on the carb option, and it will bring up this in the photo for you to input your macros

READING NUTRITION LABELS



Here is the primary number that you need to pay close attention to. I know I said you weren't going to count calories but that doesn't mean to ignore them. You want to be at a 500 deficit if you want to lose weight or 500 surplus if you want gains.

You are going to see this one a lot, especially on packaged foods. It is important that sugars are limited and you get in a good amount of dietary fiber.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

You need to pay particular attention to this. You want to go by Serving Size. NOT the whole container. All the numbers are calculated by the serving size. Remember solids are measured better on a scale not by cup.

When it comes to packaged food you need to be careful with fats. The best fats are found, in fish avocados, nuts and natural oils. Stay away from trans fats as much as possible.

This is the most important one of the three macros. Remember in order to lose weight, maintain muscle, or build you need to have sufficient amount of protein. Keep track of it!

Nutrition Facts

Serving Size: 1 Bar (60g)

Servings Per Container: 12

Calories 180

Calories from Fat 70

*Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 8g	12%	Total Carbohydrate 23g	8%
Saturated Fat 2.5g	13%	Dietary Fiber 13g	52%
Trans Fat 0g		Sugars 1g	
Cholesterol 5mg	2%	Erythritol 6g	
Sodium 180mg	8%	Protein 20g	40%
Potassium 85mg	2%		
Vitamin A 0%	•	Vitamin C 0%	
Calcium 15%		•	Iron 6%
Phosphorus 15%	•	Magnesium 4%	

INGREDIENTS: Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Corn Fiber, Almonds, Erythritol, Water, Unsweetened Chocolate, Natural Flavors, Cocoa Butter. Contains less than 2% of the following: Cinnamon, Sea Salt, Baking Soda, Palm Oil, Steviol Glycosides (Stevia), Sunflower Lecithin, Sucralose, Cellulose Gum, Xanthan Gum.

CONTAINS: Almonds and Milk-Derived Ingredients.

SERVING SIZE vs. GRAMS

- Pay attention with all foods that are packaged, its safer to weight the food then just to measure.
- Also their serving size may be less then the package or quantity

CARBS vs. NET CARBS

- Always read the fiber amount
- You minus the fiber from the total amount of carbs and that makes your net carbs

TIP: try and pick food that have more fiber then sugar

YOUR MACROS

- Read your Protein Carbs and Fats
- Whatever has the highest number in your 3 macros will be what it is.

INGREDIENTS

- Make sure to read the Ingredients and try and pick foods with 5 or less.
- For optimal results pick foods that are 1 ingredient

WEIGHING YOUR FOOD

Remember to watch the serving size and even if it says to measure it
it will always give you the grams and or oz. Go by that and use your
scale



FOODS TO WEIGHT RAW

- Meats
- Eggs & egg whites
- Milk products & dairy
- Sea food
- Nut butters, nuts, Seeds & oils



FOODS TO WEIGHT COOKED

- All Grains & Pasta
- Potatoes
- Yams
- squashes



FOODS TO WEIGHT DRY

- Veggies
- Oats
- Nuts
- cereals
- rice cakes
- Protein powders

SAMPLE MEAL PLAN



MEAL PLAN

BREAKFAST

egg whites
instant oatmeal (measure dry)
Nut butter

MID- MORNING

chicken breast
sweet potato, boiled or baked, without skin
walnuts

LUNCH

boneless chicken breast
long-grain brown rice
1 cup chopped broccoli, boiled or steamed



MEAL PLAN

MID AFTERNOON

whey protein isolate
banana
natural peanut butter

DINNER

5 oz cod
Rice
zucchini, steamed
Salad with dinner with oil dressing

EVENING SHAKE

whey protein isolate

WHOLE FOOD CHOICE LIST

Serving sizes will vary based on your macros:

Lean Proteins:

Choose from a variety of proteins, including meat, eggs, dairy, and protein powder.

Just make sure you're watching your portion sizes. That generally means 3 to 4 oz of meat or fish per meal, 1 cup of liquid egg whites, 2 whole eggs, or 1 scoop of protein powder.

- Chicken breast (3 oz)
- Eggs (2 whole)
- Egg whites (1 cup)
- Flank steak (3 oz)
- Ground turkey breast (3 oz)
- Lean ground beef (3 oz)
- Salmon (3 oz)
- Shellfish (3 oz)
- Tuna (packet) (3 oz)
- Tofu or tempeh (3 oz)
- Whey protein powder (1 scoop)
- White fish (3 oz)

Carbs:

Carbs deserve a place in your diet, especially they help provide the energy you need for workouts and keep you on an even keel.

- Beans (½ cup)
- Brown rice (½ cup)
- Butternut squash(2 cups, cubed)
- Low-carb wheat tortilla (1; about 25 grams of carbs)
- Oats (rolled, not steel-cut) (½ cup)
- Puffed-rice cereal (like Rice Krispies) (1 cup)
- Quinoa (½ cup)
- Red potato (4 oz)
- Rice cakes (4 plain)
- Sweet potato (4 oz)
- Whole-grain frozen waffle (2)
- Whole-grain pasta (½ cup)
- Whole-wheat bread (2 slices)

Fresh Fruits:

Fresh Fruits: Sweet, delicious, and nutritious, fruit will help ensure you're getting the right amount of vitamins and other nutrients. Don't forget, even savory fruits like tomatoes count!

- Apple (1 small)
- Applesauce(½ cup)
- Banana (½ large)
- Berries (⅔ cup)
- Cherries (⅔ cup)
- Grapefruit (1 cup)
- Pear (1 small)
- Pineapple (⅔ cup, chunks)
- Tomato sauce (⅔ cup)
- Salsa (⅔ cup)

WHOLE FOOD CHOICE LIST

VEGGIES

Greens And Other

Veggies: Try to have at least one cup of vegetables per meal, and vary your choices. "It's important to keep things interesting. You don't want to get burned out on asparagus.

Asparagus (10 spears)
Broccoli (1 cup)
Brussels sprouts (1 cup)
Cabbage (2 cups)
Cauliflower (1 cup)
Celery (4 stalks)
Cucumber (½ large)
Green beans (1 cup)
Lettuce (2 cups)
Mushrooms (1 cup)
Onions (½ cup)
Snow peas (⅔ cup)
Spaghetti squash (1 cup)
Spinach (2 cups)

HEALTHY FATS:

Healthy Fats: The right mix of fats help to keep your body energized and your heart healthy.

In addition to providing satiety, "good" fats help your muscles feel fuller adds. Since fat has more than twice the calories per gram of carbs or protein, keep your portions in check.

Almonds (12 whole)
Avocado (3 oz)
Cashews (8 whole)
Coconut oil (½ tbsp)
Extra-virgin olive oil (1 tbsp)
Flaxseed oil (1 tbsp)
Nut butter (1 tbsp)

REMEMBER ITS ALL ABOUT BALANCE

80% WHOLE

FOOD

20% Soul

Food

HANNAHDAWSON.CA

CARB CYCLING

what is it, what it does & how to know your
carb cycle



SCIENCE BEHIND CARB CYCLING

- Carb cycling manipulates insulin response by targeting carbs around workouts, improving insulin sensitivity.

Carb cycling matches your body's need for calories or glucose.

- Eating enough carbohydrates at the right time resets your “metabolic thermostat,” signaling your body to create enough beneficial hormones (like leptin and thyroid hormones) that keep your appetite in check and metabolism high.
- This maximizes the benefits carbohydrates provide.

HIGH CARB DAY: refuels your body's muscle glycogen stores, improving performance and reducing muscle brake down.

LOW CARB DAY: Switches the body to fat base energy system improving metabolic flexibility and the body's ability to burn fat as a fuel in the long term.

HOW TO CARB CYCLE

- Your carb cycle will be based on your body's composition and goals.
- If you are trying to lose weight, fat or put on muscle
- Carb intake will also be based on the type of training you do, how much your training & rest days.
- You will typically have a high carb day with a low carb day to follow.

There are many ways to carb cycle based on your goal, lifestyle and activity level.

Carb cycling is really personal and takes a bit to figure out what works best for you.

WHAT IS CARB CYCLING

- Carb cycling is a dietary approach in which you alternate carb intake on a daily, weekly or monthly basis.
- It is commonly used to lose fat, maintain physical performance while dieting,
- overcome a weight loss plateau.

CARB CYCLE EXAMPLE

Carb cycling is an advanced technique and should be tried until you've mastered your macros for awhile

There are many ways to cycle your high & low days including cycling your carbs at certain meals.

I have provided an example for muscle gain and fat loss.

For each day your goal is to hit your daily macro goals

Carb cycling is an advanced technique and shouldn't be used until you master tracking your macros.

TRYING TO LOSE FAT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LOW CARB	LOW CARB	HIGH CARB	LOW CARB	LOW CARB	HIGH CARB	LOW CARB

TRYING TO GAIN MUSCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH CARB	HIGH CARB	LOW CARB	HIGH CARB	HIGH CARB	HIGH CARB	LOW CARB

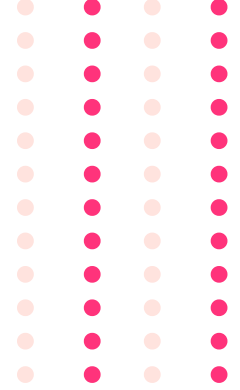
CARB CYCLE CALCULATOR

CLICK HERE

<https://www.hannahdawson.ca/carb-cycling/>



CARB CYCLING



BENEFITS OF CARB CYCLING

- Controls appetite
- Improves insulin sensitivity
- Flexible making it easy to maintain
- one of the best ways to burn fat while maintain muscle tissue
- Can do anywhere
- You don't feel deprived

MENU EXAMPLE

LOW CARB

BREAKFAST

Coffee with 1 cream or tea
Veggie omlet with cheese

snack 1

Protein shake with
1 rice cake & nut butter

LUNCH

chicken with avocado,
salsa and cut up peppers

snack 2

turkey jerky
macadamia nuts
sliced cucumbers

DINNER

Salmon
Roasted veggies with olive oil

snack 3

Protein shake with
nut butter

HIGH CARB

BREAKFAST

Coffee or tea with nut milk
overnight oats

snack 1

Protein shake with
rice cakes

LUNCH

chicken with rice,
salsa and cut up peppers

snack 2

cottage cheese
& peaches

DINNER

Cod with roasted yams
salad

snack 3

OH YA ONE:
protein bar

SUPPLEMENTS



SUPPLEMENTS

L-GLUTAMINE

- Reduces muscle soreness
- supports gut health
- Improves blood sugar levels
- Boost brain function

WHEN TO TAKE:

2x a day post-workout & before bed

BCAA'S

- Reduces muscle loss
- Aids in muscle recovery
- Increases workout efficiency
- increases energy production
- Enhance muscle performance
- Supports overall muscle building

WHEN TO TAKE:

durning or after workout

WHEY ISOLATE/PLANT BASED

- Promotes increased lean muscle
- Reduces hunger
- Reduces risk of blood sugar spikes
- helps regulate insulin levels

WHEN TO TAKE:

Protein for one of your meals and after a workout

PROBIOTIC

- Improves cell growth and good bacteria in the gut
- improves mental health
- Keeps a strong immune system
- maintains a good digestive system
- Reduces inflammation

WHEN TO TAKE:

- Before bed

DIGESTIVE ENZYMES

- Reduces stress on the digestive system
- reduces inflammation in the gut
- improves food digestion
- increases nutrient absorption

WHEN TO TAKE:

before you eat each meal

CLA

- Increases metabolic rate
- Enhances muscle growth
- Lowers cholesterol & triglycerides
- Enhances immune system

WHEN TO TAKE:

2 with breakfast and 2 with lunch

L-CARNITINE

- Improves muscle building potential
- increases endurance and strength
- Improves fat metabolism
- Reduces recovery times
- increases muscle mass
- improves bone strength
- improves mental function

WHEN TO TAKE:

Before a workout and first thing in the morning

OMEGA 3

- Prevents Cancer
- Fights inflammation
- Fights depression and anxiety
- supports heart health
- Improves sleep
- improves bone and joint health

WHEN TO TAKE:

Before a workout and first thing in the morning

CREATINE

- Creatine improve strength,
- increase lean muscle mass,
- and help the muscles recover more quickly during exercise.
- This muscular boost may help athletes achieve bursts of speed and energy, especially during short bouts of high-intensity activities such as weight lifting or sprinting

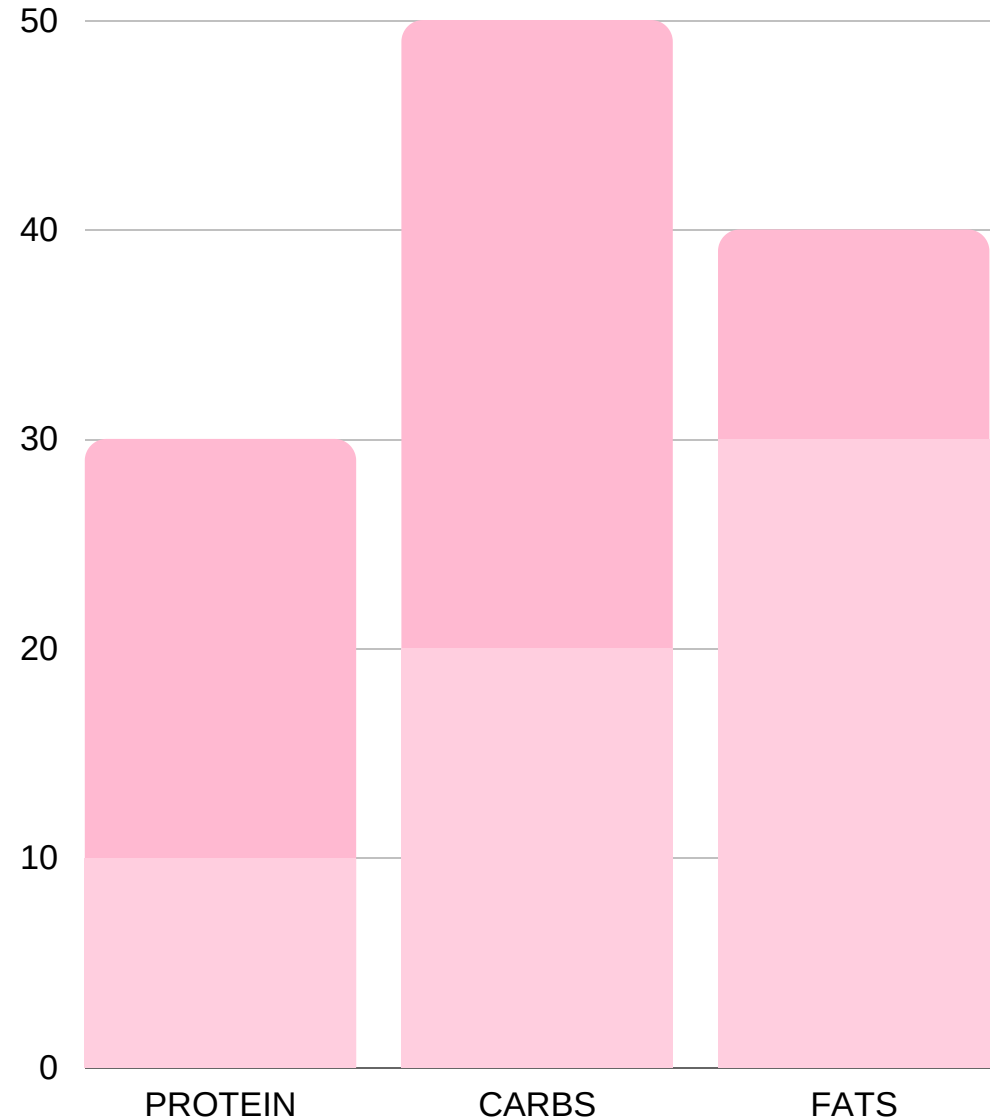
WHEN TO TAKE:

Load Phase: 3 x day for 5 days

after load phase : right after workout 1 x day

WHAT IF YOUR GOAL CHANGES...

1. You will re-define what your goal is by using your SMART goals guide.
 2. Redo your calories based on your activity level & then goal: fat loss, maintenance or muscle mass.
 3. You may not need the goal to change just your activity level so decide what needs to change or maybe both
 4. Go and redo your macros to fit the new goal or activity level
- Do this 100% and consistent for at least 2 weeks



SETTING SMART GOALS

SPECIFIC

STATE EXACTLY WHAT YOU WANT TO ACCOMPLISH

EX. I want to lose 30 lbs in 12 months / I want to compete in a competition/ I want to put on 10lbs muscle/ I want to eat healthier/ I want to be happier

MEASURABLE

USE MINI-GOALS TO MEASURE TO GET YOU TO YOUR BIG GOALS

I will lose 0.5lbs a week/ I will log my workouts and increase my weight at the gym/I will meal prep my food every week/ I will listen to 20 mins PD/ I will make a gratitude list

ATTAINABLE

MAKE YOUR GOAL REASONABLE

You need to set big goals, but it needs to be reasonable as per the timing

EX. I will lose 30 lbs in 12 months, and i will measure this weekly and monthly, and quarterly

REALISTIC

SET A GOAL THAT IS RELEVANT TO YOUR OVERALL LIFE PLAN

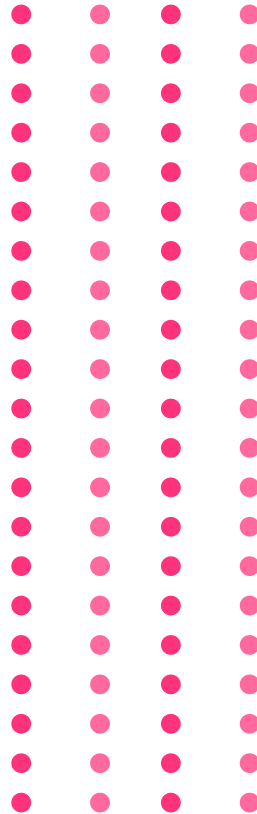
Whatever your goal it needs to align with your life goals? BIG DREAM

It cant be what some else thinks you should do because that's not your dream

TIME BASED

YOUR GOAL NEEDS TO HAVE AN END DATE

EX. I want to lose 30 lbs in 12 months/ I will do 10 pull-ups by this time next year



"Setting your goals and writing them down, is like inputting a address into the GPS in your car.

It will get you to your destination a lot faster"

MEAL PREP LIKE A BOSS



- MEAL PREP STEPS
- MAKE YOUR MEALS WORK FOR YOU
- FOOD SHELF LIFE
- GO-TO INGREDIENTS

MEAL PREP STEPS

STEP 1: WHEN TO PREP

- Pick a time and day each week you are going to prep your food.
- You'll need about 1-2 hours a week depending on if it's just for yourself or your family too.
- Remember that it may take a couple of hours on the weekend but will save you time during the week and save you money.



STEP 2: PLAN YOUR MEALS

- Your meals need to be based on your goals and macros; I have created many recipes with the macros on them.
- **KNOW YOUR MACROS** this will help you choose meals
- **MAKE THINGS YOU LIKE TO EAT** this may seem obvious, but it's super important that you choose meals you enjoy and look forward to. This will ensure you'll stick to your plan and reach your goals.

.....continued

STEP 2: PLAN YOUR MEALS

- LOOK FOR SIMILAR INGREDIENTS recipes with similar ingredients will save you time and money and make prep a lot easier.
- CHOOSE SIMPLE RECIPES If you are new to meal prep make sure you choose simple recipes. Choose recipes you can make in 30 minutes or less and that doesn't have a lot of ingredients, this will make it a lot easier in the beginning



MEAL PREP STEPS

STEP 3: GROCERY SHOPPING

Once you selected all your recipes now you can make your grocery list.

- TAKE INVENTORY to have a look in your kitchen and see what you have and what you don't have.
- DON'T SHOP HUNGRY this can throw everything off from the foods you end up choosing and then setting yourself for a way higher grocery bill and temptation during the week and throws you off.

STEP 3: GROCERY SHOP

- CONSIDER SUBSTITUTIONS, Be flexible and learn to swap ingredients out for what you do have in your house.
- DON'T FORGET THE FROZEN FOOD AISLE, Frozen foods are great for saving money and from going bad fast. Veggies are picked and frozen fresh.
- BUY WHAT YOU CAN IN BULK, This is important for meats because you will save lots of money and can portion and freeze. Frozen foods as well as nuts, rice, oatmeal, beans.



MEAL PREP STEPS

STEP 4: PREP & COOK

This can seem overwhelming in the beginning but once you get the hang of it you'll wonder how you ever managed without it.

I suggest starting small so like 1 -2 meals for the week pre-prepped. For this, you will pick 2- 3 recipes and batch cook

STEP 5: PORTION AND PACK

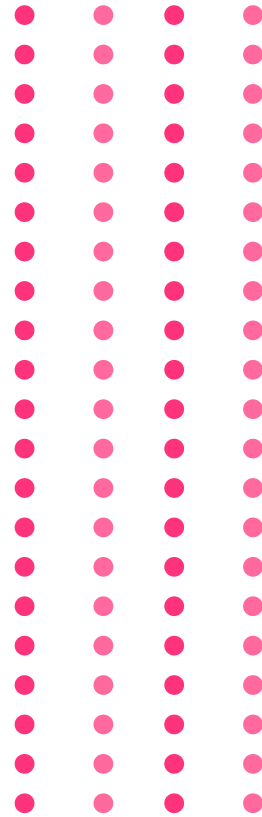
- So you have all your food cooked and prepped, now what?
- So you have a few options weigh it and portion it individually.
- Or bulk pack and place in fridge and portion out as you need it.

BREAKFAST

- Breakfast is just that they break your fast and so then need to fuel your body with nutrient-dense food.
- Now if you training as soon as you wake up your breakfast will either be a pre or post-workout meal this is super important.
- Pre & post-workout meals need to be your largest calorie meals of the day with the right macro balance.

LUNCH

- Lunch this one can be the one most women skip if they are not prepared and end up binging on food at night on lower quality foods.
- Your lunch will ensure proper blood sugar levels and help with cravings.
- If you also train in the afternoon your lunch will serve as a pre-workout meal.



MAKING YOUR MEALS WORK FOR YOU

DINNER

- Dinners are the meals where most of us eat with our families and end u eating more than we would like. That's why meal prep, portioned with macros will help you so much.
- Eating the right foods at dinner will ensure that you recover and your muscles are fed and hormones stable.

SNACKS

- I love Snacks, but snacks without meal prep can add up fast and easy to choose to proceed junk.
- But with meal prep, macro-friendly snacks can help balance blood sugar and help cravings throughout the day and over eating at night.

YOUR HOUSES SHOULD ALWAYS HAVE GO-TO INGREDIENTS ON HAND.

- Go-To ingredients will be ingredients you use in multiple recipes

HERES A LIST:

Feel free to add or take away ingredients that suit you.

PROTIEN:

Chicken, Salmon, Eggs, egg whites, Cottage cheese, greek yogurt, Protein powder, grass fed beef,

VEGAN:

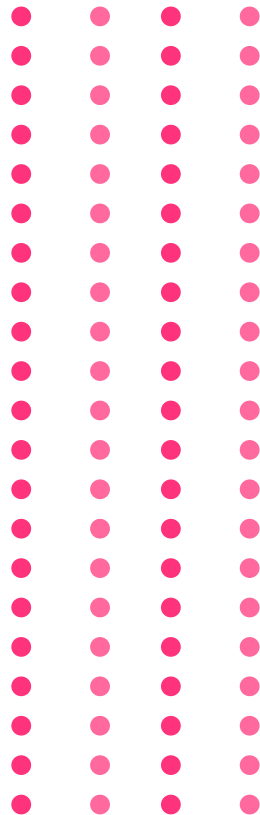
Tofu, tempa, Edemamme , Lentils

CARBS:

Oats, rice, yams, pasta, potatoes, rice cakes, rice, quinoa berries, bananas, apples

HEALTHY FATS:

Olive oil, avocado oil, avocados, nuts, flax see, flax oil, chia seeds, fatty fish



GO-TO INGREDIENTS & SHELF LIFE

FOOD SHELFVE GUIDELINES

BEEF, PORK, LAMB	3-5 Days & freezes 4-6 months
CHICKEN, TURKEY, HAMBURGER..	2-3 Days & freezes 3-4 months
EGG SALAD, TUNA SALAD, CHICKEN SALAD	3-5 Days do not freeze
SOUPS, STEWs.....	1-2 Days 2-3 months
PIZZA	3-5 Days 2-6 months

SMOOTHIE BAGS

This one saves you so much time in the mornings and doesn't take long at all to do.

- Pick one smoothie recipe or two
- Get freezer baggies
- put all the ingredients for each smoothie in the bag and place in the freezer
- The only thing you will need to add is non dairy milk or water.

OVERNIGHT OATS

This is such a great and easy recipe for breakfast as well.

There are so many recipes for Overnight oats in the Fit Club.

You can make up to 5 servings for each day of the week.

What you need:

- oats
- Protein powder(whey or plant-based)
- Fruit of choice
- Seeds or nut butter
- non-dairy milk
- containers

PREP IN BULK IDEAS

PROTEINS

You can cook chicken in your insta pot or crock pot if your busy and have it ready when you get home.

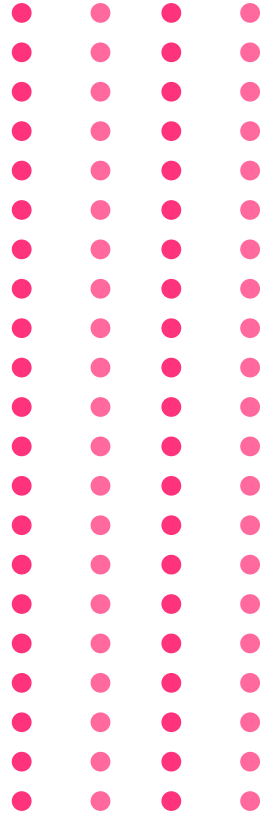
This makes so many different meals including

- chicken and rice stir fry's
- salads
- wraps
- soups

CARBS

Same as meat here you can cook grains in bulk and store in fridge for many different recipes and through together to save time.

- Rice
- Pasta
- Quinoa
- Veggies you cab pre chop them and have them ready on hand
- Fruits you can do the same thing.



RE-FEED & WHY WE DONT DO CHEAT DAYS

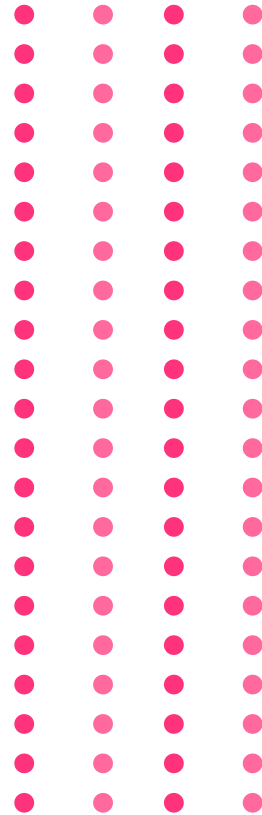
RE-FEEDS : WHAT THEY ARE vs. WHAT THEIR NOT

- Re-feeds are for those that have been on a calorie deficit and need to bump up their calories to keep their lean muscle from diminishing and or strength gains.
- Re-feeds consist of more food, more nutrient-dense food, if you were low carb then adding some good complex carbs in and maybe some good fats.
- Or increase your carb intake for 1-2 days and then lowering it again.

WHAT THEY ARE NOT:

- A ticket to binge on candy highly proceeds foods. I see too many times women do so well with their macro tracking and meal plan and then their coach gives them a re-feed and they binge on crazy amounts of food and feel really crapy for days.

This is not a re-feed, re-feeds are meant to enhance your results and performance.



WHY NO CHEAT DAYS?

I follow the 80/20 rule: 80% whole food 20% soul food.

Now, this could be daily or weekly, bi-weekly or monthly.

This totally depends on your goal, habits and relationship with food.

Remember you have created a lifestyle that you can adhere to long-term. Fits foods you enjoy eating daily.



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