

<http://forum.smarthealthshop.com>
Personalized Nutrition Plan for: Mark Sturm

5:00AM – wake up:

- 1) Men's One a Day
- 2) Osteo Biflex
- 3) Fish Oil
- 4) D3
- 5) no nutrition at this point except for water

11:30AM – lunch:

- 1) 1 whey protein shake (150 calories)
- 2) 1 serving low-fat mozzarella cheese: string or shredded (60 calories)
- 3) ½ cup low fat (and low sugar – 4 grams or less) cottage cheese (80 calories)
- 4) 1 serving 4 ounces lean meat (chicken, beef, or pork – 120 calories)

(no more snacking throughout the day unless physical demands require caloric intake)

5:00PM – pre-workout:

- 1) ½ whey isolate protein shake (75 calories)

5:00PM – workout in semi-fasted state:

- 1) P90x

6:30PM – post-workout:

- 1) whey isolate protein shake (150 calories)

(if you add weight training at this point, maintain your protein shake before the weights)

7:00PM - dinner

- 1) 1 serving 8 ounces lean meat: chicken, steak, or ground sirloin (250 calories)
- 2) 1 cup green vegetables (30 calories)
- 3) ½ cup rice cooked or 1 sweet potato – optional (170 calories)
- 4) Salad with 2 tbsp vinaigrette dressing (75 calories)

10:00PM – final snack

- 1) 1 serving – 2 tablespoons – peanut butter (180 calories)
- 2) 1 serving ¼ cup oats (65 calories)
- 3) 1 serving non-mechanically processed deli meat (70 calories)
- 4) 1 whey isolate protein shake (150 calories)

11:00PM – sleep – no eating until 11:30AM the following morning

Thank you for your business! If you have any questions or concerns, please stop by the Smart Health Shop forum and post your inquires. We will dig deeper and provide more support with your involvement on the forums (free membership):

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Total Calories:

1625

Macro Nutrient Breakdown:

Protein: 200 grams (49.2%) - 800 calories

Carbohydrates: 88 grams (21.7%) - 352 calories

Fats: - 52.5 grams (29.1%) - 473 calories

Of course, calories and macro nutrients are not perfectly exact because of brand differences in all foods and proteins, etc...if you would like more clarification, simply let me know.

Cellucor Results Kit: In all respect, return this if still possible...it is not needed and a lot of money spent. If you have already started using it, make sure any of the supplements in the kit that contain sugars are only consumed POST workout. I believe this item will be discontinued shortly as it is a limited edition. It does not need to be purchased again to see phenomenal results...more supplement money should be spent on the whey protein to maximize the effectiveness of the expenditure for the results achieved.

Mark, your eating times and patterns had to be completely re-arranged. I would encourage keeping similar foods as to what the plan specifies above, although the exact foods may not be perfectly required assuming the substitutes have a similar macro nutrient (fats to carbs to proteins) spread.

Why did I completely re-arrange your eating schedule? Your pattern allows for little post-workout nutrition thus leaving the muscles longing for recovery. You are going to bed without feeding your muscles during their most anabolic stage thus encouraging muscle atrophy and doing little for your ability to burn fat in the morning.

Why do I not include nutrition before lunch? If you are eating a fair amount of protein during the post-workout period, your body can use the morning as sort of a "mini fasting period of burning stored fat without shoveling in calories you simply do not need at the moment.

This may seem incredibly irrational and difficult to start, but rest assured that if you want to burn fat, this re-arrangement will ensure success (assuming it is followed) as opposed to fueling your body with sugary carbohydrates first thing in the morning. Your body is typically at the high point of its stress and cortisol levels at the exact moment upon waking because of the drastic transition from sleep to awake. If fed with carbs and sugar, glucose tends to spike levels of insulin and your body's ability to burn fat is absolutely shot for the rest of the day.

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Please do excuse my ignorance of your current work activity. If you are in a high physically-demanding field of work, you may indeed want to include another protein shake or two during the work period to simply protect your muscles during this period of strain. If you are in a work environment without a lot of physical strain and demand, you simply do not need the nutrition at this time (again, excuse my ignorance if you are diabetic and need to pay strict attention to your blood glucose levels...never participate in fasting if you are diabetic without talking to your doctor first).

I created this plan based on your current height at 6 feet tall and current weight of 190 pounds. Although I do not know your exact level of body fat and your exact base of muscle, I can say that we will tentatively aim to get you down around 175 pounds. You must lose overall fat and overall body weight to burn fat in any area: **fat cannot be spot reduced** and fat areas of accumulation are typically genetic...anyone can burn their fat stores assuming they do not have a pre-existing hormone imbalance (thyroid hormone balances included).

Remember: your diet alone will be burning fat for you, the P90x is best participated in on an “empty as possible” stomach to burn fat reserves as opposed to glucose from carbohydrates that you may have just put into your body if consuming a high-carb pre-workout meal or snack (do not do this!). If there are any other questions or needs for assistance, please do email support@smarthealthshop.com or contact via eBay.

P.S. – the best supplement or more important aspect to ALL of this? Your diet. Without proper diet, you will not see the results you are looking for. WITH the proper diet, you can easily shred out to what you would like to see.

P.P.S. - This tool (along with grocery store labels) should become your new best friend: <http://www.myfitnesspal.com/food/calorie-chart-nutrition-facts>

I have no affiliation with www.myfitnesspal.com other than using them for my person logging of my own diet, which I do on a daily basis on the forum I own at:

<http://forum.smarthealthshop.com/track-your-workout-progress/6822-cthulhus-workout-cutting-diet-log-22.html>

I am here to assist in any other way possible, Mark. Enjoy!

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