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Personalized Nutrition Plan for: Ray Z.

2:30AM – wake up:

- 1) 1 multivitamin
- 2) no nutrition at this point except for water

4:30AM – post cardio nutrition

- 1) 2 whole eggs, 2 egg whites (190 calories)
- 2) Water only (no juices)

8:00AM – breakfast:

- 1) 1 whey protein shake – mixed with water (150 calories)
- 2) 1 tablespoon peanut butter (100 calories)
- 3) 1 serving low-fat mozzarella cheese: string or shredded (60 calories)

12:00PM – lunch:

- 1) 1 serving deli meat (80 calories)
- 2) 1 cup green vegetables – broccoli, peas, or green beans (40 calories)
- 3) Vitamin Water Zero

3:30PM – workout in semi-fasted state:

- 1) weight training (preferably 1 muscle group per day, 4 to 5 times per week)
 - a. 40 – 60 minutes (refer to your workout plan for weight training)

4:30PM – post-workout nutrition:

- 1) 1 whey protein shake (150 calories)
- 2) 3 fish oil softgels (35 calories)

5:00PM – dinner:

- 1) 1 serving 8 ounces lean meat: chicken, steak, or ground sirloin (500 calories)
- 2) 1 cup rice – cooked (160 calories)
- 3) 1 cup beans – cooked: pinto, kidney, black, navy (230 calories)

6:00PM – final snack

- 1) 1 tablespoon peanut butter (100 calories)

7:00PM – sleep – no eating until 4:30AM the following morning.

- 1) You are virtually carb-free until 8:00AM the following morning, allowing your body to clear all glucose for 14 full hours and use fat for energy during that time (especially during your morning cardio).

Total Calories:

1795

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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Macro Nutrient Breakdown:

Protein: 156 grams (34.8%) - 624 calories

Carbohydrates: 118 grams (26.3%) - 472 calories

Fats: - 78 grams (38.9%) - 699 calories

No juices or regular sodas as well; that is very important to eliminate your fluid sugar intake.

The basic goal we are trying to begin with in this diet plan is to shift your nutrition; I noticed from the draft you gave me that you were consuming the vast majority of your nutrition pre weight training. You may be giving your body short-term energy by doing so, but you are also not teaching your body how to use fat as energy. By the time you get home to weight train, the majority of the carbohydrates you have consumed have already been relegated to storage as opposed to energy.

Please let me know if you have any questions about why certain nutrition is timed the way it is. You do not have to eat at those exact times, but the nutrients (proteins, carbohydrates, fats) are timed in the areas of the day for a reason...so for example, shifting your carbs to the morning hours will defeat the purpose of this diet plan. The important part is to keep your proteins in the morning and finish your post weigh training nutrition with protein and complex carbohydrates.

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