

A basic nutrition outline for anyone.

The premise of this outline is to assist anyone looking to lose fat and/or gain muscle.

The number one macro nutrient lacking in most peoples diets is quality protein and it's with protein that I'm going to begin this outline. Most people have been led to believe that the RDA is more than adequate for anyone and everyone and more protein is not needed and can even be unhealthy. Well I have to say that this is wrong on all levels. The RDA is the amount needed for survival only! And as most people may not even get this amount of quality protein in their diets everyday they are severely undernourished.

The average person needs 1 gram of protein per pound of body weight each and every day as protein is needed for ALL bodily functions from cell formation and hormone structure to of course muscle growth. This is why protein is an essential macro nutrient....you can-not survive long without it. So for the average man or woman 1 gram of protein will ensure good over-all health and maintenance of muscle tissue. Protein also will not be stored as fat. For those wanting to lose body fat as well as improve over all conditioning along with increasing some muscle mass then the amount of protein is increased to 1.5 and as high as 2 grams per pound of body weight.

Next is fat and when I speak of fat as an essential macro I'm referring to omega 3s and to a lesser extent omega 6s (which are abundant in many foods including meats and egg yolk as well as dairy products). I won't get into all that fats/essential fats do in developing a healthy body, but to just name a few of the reasons to include quality fats like fish oil, flax oil, olive oil, borage oil etc. is the formation and balance of hormones, proper formation and integrity of all cells in the body, and omega 3s assist with leptin (hormone that decreases appetite and promotes the use of body fat as fuel, as well as improved blood pressure, cardiovascular/heart health, insulin sensitivity, lowers inflammation of all types with in the body and the list goes on with regards to all the health benefits of fats and particularly omega 3s. The fats that you need to steer clear of are high fat beef (some saturated fat in good, but too much is very unhealthy) and corn oils and of course trans-fats, as well as any processed foods. If you want a much better understanding of the role that quality fats play in a healthful nutritional plan I suggest that you read [The Full-Fat Solution by Karlene Karst, R.D.](#) it's a well written book designed to be read and understood by the average person.

Lastly are carbohydrates and these in moderation can and are very useful. However carbs ARE NOT an essential macro nutrient and as such the human body is quite capable of going without any carbs and still remain healthy. Now having said this I look at carbs as a supplement to attaining ones goals whether they are fat loss or building muscle mass. Carbs are a great energy source along with fats and as most weight training is of an anaerobic nature (meaning no oxygen) then this is where carbs are very useful in regards to energy. However too much carb or the wrong type at the wrong time will lead to fat gain. Unlike protein which will be eliminated if not needed carbs can and will be stored as body fat if not needed for energy. Thus carbs are useful but as I said only as a supplement for fueling workouts. There are two types of carbs that I utilize one is starchy carbs like brown rice, yams, some grains etc. and the other is fibrous carbs like green leafy veggies, broccoli, asparagus etc. and these types of carbs can be eaten at will or anytime one wants as they are for the most part fiber and as such require more calcs to digest than is found in the vegetable itself, plus fibrous carbs are high in micro nutrients (vitamins and

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minerals). Either of these carb types is not going to impact blood sugar and thus insulin and will assist in one's training and loss of body fat if utilized appropriately.

So with this being said how would one go about structuring a nutritional program for maintaining ones weight but losing some body fat? Let's take a look at a general program for a woman who wants to lose some body fat and a dress size or two but not lose any body weight. I increased the protein intake as this is for someone who will be training, but the premise is to lose body fat while increasing muscle tissue and as such lose dress sizes but not much if any overall weight, and of course reshaping her over-all body composition for a leaner shapelier appearance.

Supplements I like to add into most anyone's nutritional plan are multi vitamin/mineral, vite D3, BCAAs, fish oil, and of course other oils like flax and olive oil and these are generally added into shakes, cooking or on salads etc. The last supplement is of course whey protein and for those looking to lose body fat a whey isolate is the better choice as it's more highly filtered and as such little to no milk sugar (lactose) or fat is found in an isolate.

The workout of course will also be designed in such a way as to promote the loss of body fat as well as the preservation of muscle tissue and depending on the circumstances increase muscle mass in some body parts to improve over-all appearance IE improved shape of legs, glutes (butt), shoulders, arms and abs as an example.

Now remember this is just an example of a nutritional program and is generalized. With anyone I work with I will take into account such things as their BMR, training experience, goals (this is highly important as not every woman wants to look like a figure model, physique athlete etc.), and health issues or injuries etc. they may have, and as such all nutrition and training programs are highly individualized from the first programs all the way through their time with me as a client, as their body changes and adapts so must their training and nutritional programs change.

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Meal one

	Protein	fats	carbs	cals
8 large egg whites	27	0	3	128
1/4 cup oats (dry measure)	7	3	6	152
coffee (sweetener and 1 tsp coffee mate)	0	1	2	17

Meal two

1 scoop whey isolate	25	2	2	126
1 T flax oil	0	11	0	119
1 med apple	0	0	21	81
water	0	0	0	0

Meal three

5 oz. chicken breast	30	0	0	186
1 med yam	3	0	41	177
1 C. cucumber	1	0	3	14
water or coffee	0	1	2	17

Meal four

6 oz. tilapia	36	0	0	162
1/4 cup brown rice (dry measure)	4	1	38	176
1 med apple	0	0	21	81
water				

Pre workout

1 scoop whey isolate	25	2	2	126
water				

Intra workout

BCAAs in crystal lite	0	0	0	0
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Post workout

5 oz. chicken breast	30	0	0	186
Green salad	0	0	3	20
1 T olive oil	0	11	0	119
vinegar	0	0	0	0

Total

protein	fat	carb	cals
188	32	144	1887