

The Ultimate

'Eat Yourself Healthy'

Diet and Nutrition Plan

www.maxedmuscle.com



Table of Contents

Contents

01	Eat Yourself Healthy	3
02	Examining the Macronutrients	4
03	Examining the Micronutrients	8
04	Best Times to Eat	10
05	Pre-Workout Meals	12
06	Post-Workout Meals	15
07	Building Muscle Without Gaining Fat - Bulking	17
08	Building Muscle Without Gaining Fat - Cutting	18
09	Supplements	19
10	Eat Healthier, Get Fitter Faster	20

Eat Yourself Healthy

Hippocrates said, “Let food be thy medicine and medicine be thy food.” Bodybuilders, fitness enthusiasts, and other athletes tend to think of nutrition as a way to gain muscle, a way to lose weight, or as a tool for training. While eating right will help you in all of these areas, good diet and nutrition goes way beyond that.



Healthy eating is the path to controlling your weight, preventing illnesses, and living a longer life. This in-depth report will delve into a multitude of areas that concern diet and nutrition, including:

- *The different macronutrients*
- *Vitamins and minerals and how they relate to your health and well-being*
- *The best times to eat, pre-workout and post-workout meals*
- *Building muscle without gaining fat.*

Examining the Macronutrients

Macronutrients are chemical substances that provide the human body with the energy it needs to function. The macronutrients are broken down into three distinct categories. These categories include protein, carbohydrates, and fats. Protein and carbohydrates contain four calories per gram while fats contain nine calories per gram. This information will empower you because now you can make calculations to determine exactly how many calories you are taking in. This will be a vital tool in helping you control your weight.



Protein



Carbohydrates



Fats

Protein

This macronutrient contains essential and non-essential amino acids. Bodybuilders and athletes may have higher requirements for protein, but this macronutrient is vital for everyone. Protein is responsible for keeping the cells in working order and with over 100,000 billion cells in the body, it has tons of work to do. Protein gives cells their structure, helps them function, and regulates the body's tissues and organs. There are nine essential amino acids and these cannot be made by the body. For this reason, high protein foods need to be consumed every day to keep the body healthy. The non-essential amino acids can be produced by the body through other processes, such as serine, which is produced when carbohydrates are burned.

Protein-Rich Foods

Foods that have the highest protein content include beef, pork, poultry and fish. Beef will provide you with the highest amount of protein per serving, but some cuts also contain lots of fat. For example, a cut of sirloin tip steak has almost 40 grams of protein per serving and only five grams of fat. Top sirloin will provide you with nearly 52 grams of protein per serving, but this cut also contains 16 grams of fat. Beef products are best consumed by choosing the leanest cuts. This way you will get a lot of protein, but not a lot of fat.

Pork is another way to get lots of protein. A pork chop averages 22 grams of protein per serving while pork loin or tenderloin has 29 grams of protein per serving. These cuts of meat contain eight grams of fat and 14 grams of fat per serving respectively.



Poultry (chicken and turkey) is also a protein rich food and usually contains a lot less fat. Chicken and turkey have a lot of protein per serving. Four ounces of lean chicken breast will provide you will 18 grams and the same amount of turkey offers 19 grams of protein. These forms of protein contain less than two grams of fat per serving.

Fish is another high protein food that is low in fat like poultry. Salmon, tuna, and halibut are easy to prepare and high in protein. If you take in three ounces of these types of fish, you will get roughly 22 grams of protein and up to four grams of fat. Salmon is the fattiest fish out of the three, but it is also very nutritious.

Other high protein foods include Greek yogurt, cottage cheese, and tofu. Greek yogurt has 22 grams of protein per serving, cottage cheese has 12 grams per four-ounce serving, and tofu has eight grams of protein in a three-ounce portion. This is good news for vegetarians and vegans. Vegetarians and vegans have ways of meeting their daily protein requirements without eating meat.

Carbohydrates

This macronutrient is where your body gets its energy from. Carbohydrates are changed into glucose through the process of digestion, and glucose is used to supply energy to your cells, tissues and organs in your body. In addition to providing your body with energy, carbohydrates that come from fruits and vegetables contain fiber which helps you digest other macronutrients.



Foods High in Carbohydrates

Carbohydrates get a bad rap in today's society. This is evidenced by the high number of low-carb or no-carb diets on the market. While this works very well for some people, it's important to keep in mind that the body prefers to use carbohydrates (glucose), as an energy source. Processed foods like cakes, cookies, potato chips should obviously be avoided, but fruits, vegetables, and whole-grain carbohydrates should be eagerly consumed. Try to get daily portions of fruits and vegetables such as:

- *berries*
- *bananas*
- *Broccoli*
- *Spinach*
- *Carrots*

Of course, there are many more great fruits and vegetables you can add to this list. A varied diet contains all types of fruits and vegetables and some whole-grain carbohydrates as well. You should also eat:

- *Oatmeal*
- *sweet potatoe*
- *brown rice*
- *whole wheat past*

All these carbohydrates are high in fiber, vitamins, and minerals and will give your body the nutrients it requires.

Essential Fatty Acids

Like essential amino acids, essential fatty acids need to be consumed daily to help keep the body functioning well. The two essential fatty acids are:

- *omega-3 acid (alpha linolenic acid)*
- *omega-6 acid (linoleic acid)*.

These fatty acids are crucial to the body. They assist with the functioning of the brain, skin and hair growth, metabolism, and your reproductive health.



Foods Rich in EFAs

Essential fatty acids are found in nuts, fish, and oils. Foods that contain alpha-linolenic acid include flaxseeds, walnuts, salmon, soybeans, and sardines. Linolenic acid is found in high quantities in foods like sunflower oil, soybean oil, olive oil, walnuts, peanuts, and pumpkin seeds. These two essential fatty acids should be consumed in ratios ranging from five to one (omega-6 to omega-3) down to one to one. Ratios higher than five to one are linked to obesity, high cholesterol levels, and other illnesses.

Water

Although water is not commonly thought of as an essential part of the diet, it most definitely is! The human body is 80% water. This can be further broken down into three areas: the brain (85% water), the blood (80% water), and muscles (70% water). Water helps the body absorb nutrients, digest food, and proper blood circulation. It also helps the body get rid of toxins and helps the body cool down.



The recommended daily water intake is 64 ounces a day, but this number increases or decreases depending on activity level. Some bodybuilders and athletes need to consume as much as a gallon (4 liters) of water per day to stay healthy. The best rule of thumb is to aim for 64 ounces (2 liters), but drink less or more according to what your body is telling you.



Examining the Micronutrients

Micronutrients are the vitamins and minerals the body extracts from macronutrients. There are 13 essential vitamins and 14 essential minerals. Here we will look at five of the essential vitamins, including vitamin A, C, D, E, and B vitamins. The essential minerals examined will include calcium, iron, zinc, and chromium.

Vitamin A

Vitamin A is found in high quantities in carrots, sweet potatoes, and spinach. This vitamin is fundamental for proper growth and development, skin, teeth, and healthy eyes. It's also an antioxidant and anti-inflammatory.

Vitamin C

Vitamin C rich foods include papayas, bell peppers, strawberries, and pineapples. Vitamin C is one of the most powerful antioxidants out of all the vitamins. It also helps in the production of collagen in the body and helps make neurotransmitters that carry thoughts and feelings and help in the functioning of the nervous system. It also helps the body absorb iron.

Vitamin D

Vitamin D is naturally produced in the body by just spending time in the sun. Food sources of this vitamin include salmon, tuna, milk, and eggs. Vitamin D helps keep our bones strong, controls blood sugar and helps strengthen the immune system.

Vitamin E

Almonds, seeds and tomatoes contain high levels of vitamin E. This vitamin helps with blood circulation and protects against heart disease. It's also a powerful antioxidant like vitamin A and helps protect against free radical damage.

Vitamin B

There are five different B vitamins that play different roles in keeping the body functioning well. These vitamins include B1, B2, B3, B6, B12, and folate. These vitamins are important in helping the body produce energy, keeping the immune system running smoothly and producing iron. Protein-rich foods like salmon, tuna, beef, and sardines have the highest amount of B3, B6, and B12 vitamins. Soybeans and spinach are rich in vitamin B2 while seeds and beans have a high content of vitamin B1 and folate.



Calcium

This essential mineral is found in abundance in dairy products. Good sources of calcium include milk, cheese, and yogurt. Calcium is healthy for strong bones and teeth, but it also helps keep the blood's pH balanced. Blood pH usually hovers around 7.4 and when it gets lower than that, calcium is released into the bloodstream to bring it back into balance. Calcium also contributes to proper muscle and nerve function.



Iron

Iron is another essential mineral and you can get this mineral from oysters, liver, and soybeans. Iron helps naturally build muscles and keep the blood healthy. It also improves oxygen transport through the body and supports energy production in the body.

Zinc

Seafood like oysters is high in zinc, as well as spinach, beans, and dark chocolate. Zinc plays a number of roles in the body and those include supporting male reproductive health, sensory organs, and skin health. Proper levels of zinc also help strengthen the immune system.

Chromium

Chromium is another essential mineral that is found in broccoli, barley, and oats. The primary role of chromium is to help keep blood sugar under control.



Best Times to Eat

Now that you know which foods you should be eating and the importance of the different vitamins and minerals, it's time to set up a schedule for eating. Everyone is different, with different work schedules and workout schedules, but this list of the best times to eat will serve as a guideline.

Breakfast

You may have heard or read numerous times that breakfast is the most important meal of the day. What you may not have heard is why this is so. One reason skipping breakfast is bad for you is that it can cause you to eat more later in the day. Here's the scenario: you get up, get dressed and run out the house on your way to work. You don't stop to pick up breakfast because you don't want to be late. Lunchtime comes and you are famished. You get a sandwich with all the toppings, a huge cookie, and a big bottle of soda. In this lunch scenario you could have easily consumed up to 1500 calories. If instead you had eaten a quick breakfast of oatmeal, which contains only 150 calories, you could have been able to control what you ate at lunchtime.

Another reason to eat breakfast is that you've gone up to eight hours without eating anything and your body requires nutrients. It doesn't matter if you are a bodybuilder, runner, like to work out occasionally or have a sedentary lifestyle, your body still requires nutrients. The difference between the person who exercises frequently and the person who doesn't exercise at all lies solely in the number of calories they need.

So, you know you need to eat breakfast, so when is the perfect time to eat it? Studies have shown that precisely 7:11 am is the best time to eat breakfast! Dieters eating at this time of the day found that they ate less at lunchtime and were able to continually lose weight.



Lunch

This same study went on to say that the best time to eat lunch was at 12:38 pm. This, of course, after having consumed breakfast earlier in the day. Another very important point to consider was the quantities consumed at these times. The study allowed for more calories at breakfast and a slight reduction in calories during lunchtime.



Snacks

Snacks were also recommended throughout the day. The best times for snacks were around 10:00 am, 4:00 pm, and 9:00 pm. The best snacks were between 100 and 200 calories and included things like a handful of almonds, slices of apple with a tablespoon of peanut butter or four ounces of yogurt or cottage cheese.



Dinner

The best time to have dinner, according to the report, was before 7:00 pm. The exact time to eat dinner given was 6:14 pm. The study continued on to say that most dieters had problems with a four-hour window of time which lasted between 6:00 pm and 10:00 pm. Dieters who consumed meals after 7:00pm either gained more weight or failed to lose any weight.

These times were just a guideline and while some found dieting success eating at these times, the best way to be able to control your weight is by knowing how many calories you need and how many you consume and burn per day. After you've found this information, you can eat to either maintain weight, lose weight, or gain weight.



Pre-Workout Meals

If you are a bodybuilder or other type of athlete, you know the importance of pre-workout meals. Eating a small meal before your workout, will benefit you in a variety of ways. Having a pre-workout meal can prevent low blood sugar, which can cause you to feel light-headed and tired out quickly. Eating something before a vigorous workout will help you train longer and harder.



According to experts, a good pre-workout meal should contain fewer than 200 calories and should be consumed between 90 and 60 minutes before working out. The options for pre-workout meals are endless, but here are a few good examples.



Smoothies

Smoothies are great any time of the day, but they make a really good pre-workout meal. The variety of taste combinations are endless and endlessly tempting with smoothies. You can combine a scoop of protein powder with blueberries, strawberries, raspberries, and bananas. You can add a mango or even a teaspoon of peanut butter or almond butter.

It is difficult to make a smoothie that contains too many calories, but never difficult to make one that tastes really good and is nutritious. The protein powder ensures you get the protein you need, the fruit provides you with fiber and antioxidants, and if you choose to add peanut butter, you will get some healthy fats too.



Snacks

Eating one-half cup of cottage cheese and one-half cup of berries will give your body enough fuel to complete your workout. If you will be working out for a long period of time, or you are an endurance athlete, you can add a banana to the meal to make sure you will be able to completely finish your workout. Without the banana, this meal contains 120 calories, 14 grams of protein, less than one gram of fat, and 13 grams of carbohydrates. A medium banana will add another 90 calories, and more carbs and potassium. This is a very antioxidant rich meal and the casein protein in the cottage cheese will keep you feeling full even after you've completed your workout.



Another suitable pre-workout meal for bodybuilders combines celery and peanut butter or almond butter. You can cut up sticks of celery into equal pieces and place your choice of peanut butter or almond butter into them. This pre-workout meal is very easy to prepare and it is full of nutrients. This meal contains 206 calories, seven grams of protein, eight grams of carbohydrates and 18 grams of fat. This meal is high in vitamin E, potassium, magnesium, iron, and calcium.

Yogurt

If you want an easy pre-workout meal that is packed with protein, then Greek yogurt combined with fruit is the way to go. A cup of non-fat Greek yogurt combined with one-half cup of berries will give you a meal that contains roughly 180 calories, 14 grams of protein, 28 grams of carbohydrates, and less than one gram of fat. This meal will provide you with antioxidants, calcium, and a good supply of carbs and protein that will surely help you get through your workout. If you are going to train for a long time or are an endurance athlete, this meal with a banana will get you through your workout.



a pre-workout protein bar will suit you well. Each bar contains 200 calories, 17 grams of protein, 13 grams of fat, and nine grams of carbohydrates. For this recipe, you will need to mix:

- *One-half cup of protein powder (flavor of your choice)*
- *One-fourth cup of coconut flour*
- *One-fourth cup of coconut flakes*
- *One-fourth cup of milk.*



After mixing these ingredients thoroughly and shaping them into protein bars, you will need to melt 30 grams of dark chocolate in a glass bowl. After the chocolate is melted, dip the protein bars that you made earlier into the chocolate and place the bars into the freezer for 45 minutes. These bars are easy to make, taste delicious, and since you made them yourself, you know they are nutritious.



Post-Workout Meals

Your post-workout meal is even more important than your pre-workout meal. If you are a bodybuilder, your muscles are screaming for nutrients after that hard workout. If you are an endurance athlete, your body will be screaming for nutrients as well. For both types of athletes, protein and carbohydrates are vital.

After your workout, the first step is to consume a protein shake with some form of carbohydrates. You can have an apple, a banana, or a few tablespoons of honey in your post-workout shake, but you need the proteins and carbs and you need them fast. An hour after consuming your shake, you should get in a meal that has protein and carbohydrates. In this meal, it's best not to consume fats. The protein and carbohydrates will go directly toward rebuilding muscle, so unless you are consuming copious amounts of protein and carbs, you won't need to worry about gaining fat. Some delicious post-workout meals are listed below.



A chicken stir-fry is a great post-workout meal. A combination of lean chicken, brown rice, and steamed vegetables is a meal that is packed with protein, B vitamins, fiber and antioxidants, without being filling. A typical chicken stir-fry will contain about 17 grams of protein, six grams of carbohydrates, ten grams of fat and around 200 calories. It is sure to satisfy the appetite you have worked up after working out without any care for gaining fat.

A really easy post-workout meal combines a can of tuna with whole wheat crackers. You can't find a meal that is faster to make. But the speed with which you can make this meal, doesn't mean that it won't be nutritious. Ten whole wheat crackers and a can of tuna fish in water contains roughly 180 calories, 30 grams of protein, 28 grams of carbohydrates and six grams of fat. This meal is low in fat, but high in the omega-3 fatty acids that your body needs on a daily basis. This meal also has a good amount of fiber as well.

One meal that is probably a staple among bodybuilders is salmon (or any protein rich food) with sweet potatoes and broccoli. This entire meal will contain roughly 330 calories, 28 grams of protein, 29 grams of carbohydrates and six grams of fat. This meal not only has enough calories, protein and carbohydrates to help you recover correctly, the salmon contains omega-3 fatty acids and the broccoli is high in vitamins and minerals.



Building Muscle Without Gaining Fat - Bulking

A major issue for bodybuilders is the need to build muscle without gaining fat. In order to gain lean mass, the body needs a surplus of calories. This surplus means that you need to consume more than your maintenance calories. This means that if you should consume 2000 calories per day to stay at your current weight, when building muscle you should consume anywhere between 2250 and 2500 calories per day. These additional calories should come from nutritious foods. Lean cuts of meat, low-glycemic carbohydrates, and lots of good fruits and vegetables.



As a natural bodybuilder, your body can only create so much lean mass in a given period of time. If you are new to bodybuilding, you can potentially put on as much as two pounds of lean mass in a month. However, as time goes on, the amount of lean mass you can put on decreases until you can only gain between two and three pounds in a year. With this in mind, it is very important that you do not make drastic caloric increases. The increases shown above are very modest and when it comes time to cut or get rid of any body fat you have accumulated during your bulk, you will be able to do so easily.

Building Muscle Without Gaining Fat - Cutting

If you have been successful with your bulk, you will have gained lean mass, but you will probably also have gained a bit of unwanted fat. The key words here are 'a bit.' During your bulk, you should have had a fairly clean diet. Everyone cheats occasionally (once or twice a month), but if you ate well most of the time, cutting will be a breeze.

When cutting, you must reverse the formula that you used above. You added between 250 and 500 calories per day to gain lean mass. Now, you need to subtract between 250 and 500 calories per day from your maintenance calories. You can bulk up on vegetables, which you can eat without worrying about counting calories. Some vegetables have the added benefit of being negative calorie foods. This means, theoretically, that takes more energy for the body to digest these foods than the number of calories contained in the food itself. So, if a serving of broccoli contains 30 calories and it takes the body 35 calories to digest this serving of broccoli, it would be considered a negative calorie food.



Another good way to cut is to reduce or eliminate carbohydrates like pasta, rice, or potatoes on one or two days during the week. Monday might be a rest day, so you can choose to eliminate carbs on this day and focus on eating lean protein and vegetables. On Tuesday, you might hit the gym and just choose to save carbs for two meals, pre-workout and post-workout. By Wednesday, your glycogen stores will be low so you will eat carbs at all meals. On Thursday, you might start the cycle of no carbs again. The way you choose to carb cycle is entirely up to you, but you need to also make sure that you have found out your daily maintenance calories and have decreased those calories by up to 500.

Supplements

Adding supplements to your diet is a matter of choice. If taken regularly, they can give you a sense of assurance that you are always getting the nutrients you need even if you can't eat properly all the time. Multi-vitamins are a good idea if you know that your busy schedule causes you to miss meals. If you are a bodybuilding athlete, you can consider adding supplements like creatine, glutamine, and BCAA's. These amino acids will help speed up the rate at which you gain muscle, lower stress, and your body can use them as energy. The last point is pertinent when you are during a cutting phase. BCAA's can be used in place of carbs when glycogen stores are low.



The most important supplement that you should add, and this pertains to bodybuilders, endurance athletes and anyone looking to control their weight, is protein powder. Protein powders come in whey, casein, or plant-based powders. This means that everyone can find a suitable protein powder. If you are lactose intolerant, vegetarian, or vegan there are protein powders for you.

Protein powders give you a fast and easy way to get in a quick meal. You can make a smoothie, mix the powder with milk or water, or add it to a cup of yogurt or cottage cheese. Protein helps to control hunger pangs. It doesn't matter whether you are a bodybuilder in a cutting phase, a runner who wants a quick way to get in a meal, or a dieter looking for a way to feel less hungry during the day. This is one supplement that really must be added to your diet.

Eat Healthier, Get Fitter Faster

Moliere said, "One must eat to live, and not live to eat." You can eat yourself healthy, if you know how. It starts by understanding the different macronutrients and micronutrients and the role they play in the health of your body. For athletes, it continues by knowing the right meals to eat before and after working out. Everyone can benefit from using protein powders and other supplements. Eat right so you can work out hard, control your weight, and live longer.

