Metabolism Reboot Nutrition Program

Over the next 8 weeks, you'll be following a real, whole-foods based meal plan guaranteed to get you lean no matter what your body type is TODAY! ☺

Whether your goal is fat loss, weight loss, toning, or a combination of any of those goals, great nutrition is the foundation of great results. During our 8-week Program, your main focus is going to be on eating high-quality protein, complex carbohydrates, healthy fats, nutrient dense greens, and nutritious fruits.

Everything that we eat causes a metabolic and physiological response in our body. For cosmetic purposes, the most important level to look at is the macronutrient level—the carbohydrates, proteins, and fats. Each macronutrient causes a different response in our body. By manipulating our intake, we can elicit the changes (fat loss, muscle gain) that we're seeking.

Fats:

These nutrients are essential for the health and maintenance of many bodily processes including immunity and hormone production. They are also an important energy source. However, consuming too many calories from fat, especially when combined improperly with the other macronutrients, will result in increased body fat.

Fats are vital part of your diet. Our bodies require fat in our diets for:

-Energy
-Structure and membrane function
-Precursors to hormones
-Cellular signals
-Regulation of uptake and excretion of nutrients in the cells

<u>Proteins:</u>

These are the so-called “building blocks of life.” They are the amino acid structures that rebuild and repair the body. Protein intake also stimulates the release of glucagon, a “fat burning” hormone.

Protein is going to be your best friend for the 8-week Program. Our bodies require protein in our diet for:

-Energy

-To build and repair body tissues and structures

-Weight management

-Synthesis of hormones

-Synthesis of enzymes and other regulatory peptides

<u>Carbohydrates</u> also known as, “*carbs:*”

These are the sugars and starches that make up the bulk of energy for all living things. The body converts carbohydrates into glucose, causing a rise in blood sugar and the subsequent release of the anabolic hormone, insulin. Insulin aids in building muscle, but it can also cause fat to accumulate if it isn’t managed properly.

Our bodies require carbohydrates in our diet for:

-Energy

-Fitness and exercise performance

-Fat loss

-Muscle gain

-Regulating the digestion and utilization of protein and fat

The Nuts & Bolts

Water

Staying hydrated is one of the BEST ways you can possibly take care of your body. Water is essential for every single cell in our body to function at its highest level. Water helps increase your energy levels, promote weight loss, flush out toxins, improve the quality of your skin, improve digestion, can help relieve joint pain, and can even help relieve headaches! Your body is about 60% water... and just a small 2% decrease can significantly impair performance and the way you feel.

Make sure you're drinking a good amount of water throughout your day. Your goal for this Program is to drink at least *HALF YOUR BODY WEIGHT IN OUNCES PER DAY.*

Do not exceed a maximum of 2 gallons per day.

Example: If you weigh 160 pounds, you should be drinking a minimum of 80 ounces of water each day.

Personalizing Your Plan

Men and women metabolize food differently. Not only that, but our daily energy requirements vary quite substantially. To help you get the BEST results, you'll need to adjust your meal plan according to what your body needs.

Males	Carbohydrate	Protein	Fat
High carb day	1.5 grams per pound of body weight	1.25 grams per pound of body weight	As low as possible
Low to moderate carb day	0.25 to 1.0 grams per pound of body weight	1.5 grams per pound of body weight	0.15-0.5 grams per pound of body weight

Females	Carbohydrate	Protein	Fat
High carb day	0.75-1 grams per pound of body weight	0.6-0.8 grams per pound of body weight	As low as possible
Low to moderate carb day	0.2-0.5 grams per pound of body weight	0.8-1 grams per pound of body weight	0.15-0.3 grams per pound of body weight

Note that these values only take into account the protein in protein foods, the fat in fat foods, and the carbs in carb foods. In other words, don't count the fat and protein in oats, for example, or the carbs and protein in peanut butter.

Vegetables:

You can eat as many green vegetables as you want on this meal plan. You can also replace any vegetables listed with any green vegetables you prefer. (i.e. swapping broccoli with string beans)

Why Are There Different Options?

When following a new structured program, having options gives variety. Variety helps to ensure you do not get bored with your program. Here is an example of how it will work: For meal one on any given day, you can choose to have 1 carb choice and pair it with 1 protein choice. The way you pair each meal with the choices is all up to you.

Macronutrient Manipulation (Carb Cycling)

Cycling carbohydrates helps regulate hormones related to hunger and allows your body to restore its muscle glycogen stores (the energy stored in your muscles). This is very helpful when strength training (and many of the workouts we do), as glycogen is necessary for energy during exercise, and more importantly, for recovery afterward.

Eating healthy carbs on certain days keeps your metabolism charged up, and sticking to mostly protein and vegetables along with some healthy fats on the days in between keeps insulin low enough that you can burn fat without losing muscle (*YAY!)*.

Eating low carb teaches your body to burn its own body fat for fuel instead of relying on dietary carbohydrates. Once your body increases its ability to burn fat, your occasional high carb days won't derail this ability and you will lose weight.

Carbohydrate cycling is a style of dieting that I've used with many of my clients over the years. It can be modified for lean muscular gains or fat loss as well as weight maintenance. The focus of this book will be using the carbohydrate cycling methodology to lose fat, while maintaining (and possibly even building) muscle.

Put in simple terms, carbohydrate cycling involves consuming a high carbohydrate diet on some days of the week and a low to moderate carbohydrate diet on the other days.

The high carbohydrate days raise the body's insulin levels, fill glycogen stores, keep the metabolism burning efficiently, and stave off muscle catabolism.

The low carbohydrate days are the "fat burning days." They keep insulin levels low enough to allow for maximum fat burning while retaining muscle.

Macro Guide

The reason your macros matter; it's simple really; your ability to understand calculate and adjust these macro numbers can help determine what your physique will look like. By understanding or having a general idea of how much protein, carbs, and fats you should be eating daily will help shape your body how you want.

To start, here are the calorie values for each macronutrient:

- 1g Protein = 4 Calories
- 1g Carbohydrate = 4 Calories
- 1g Fat = 9 Calories

Here is a very basic way to calculate your macros for the average person:

Take your current bodyweight multiply by 12 (males) and 10 (females) – this would be for you desk workers who train but really DON'T "kill it" in the gym.

12 x your bodyweight (for a office worker not crazy active) in my opinion, this is most average Americans. For more aggressive fat loss you could start with 11 or 10 calories per pound.

So if you are 200lbs and we multiple your weight x 12 you would end up with a total calorie goal for the day of 2,400 calories per day.

Based off this if you eat 2400 calories per day you would stay about the same weight – if you eat less than this you would most likely lose weight, if you eat more odds are you will gain weight.

Now 2400 calories is not the end all be all, it's the macros that make up these 2,400 calories that are even more crucial.

2,400 calories of 50% carbs, 30% fat and 20% protein are going to make you look far different than 45% protein, 30% fat and 25% carbs over time. You might weigh about the same but how you look in the mirror, your composition, and body fat will be drastically different.

So how do I calculate my macros then?

Males	Carbohydrate	Protein	Fat
High carb day	1.5 grams per pound of body weight	1-1.25 grams per pound of body weight	As low as possible
Low to moderate carb day	0.25 to 1.0 grams per pound of body weight	1.5 grams per pound of body weight	0.15-0.5 grams per pound of body weight

Females	Carbohydrate	Protein	Fat
High carb day	0.75-1 grams per pound of body weight	0.6-0.8 grams per pound of body weight	As low as possible
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Please remember that the overall calories will be higher than just the macros listed as we are not counting the incidental macros.

**This is not a 100% guarantee here, genetics, hormones, metabolism, age, and other factors play a role in this process but overall the guide above is a good place to start. You find what works for you, your goals, your body type, your activity level, and your taste buds because that matters as well.*

The Go-To Winning Tips

1. **"When in doubt, water."**

If your tired, drink more water. If you're sore, drink more water. If you're hungry, drink more water. If you have a headache, drink more water. Whatever ails you, drink more water.

2. **Consistency is KEY**

If there was a "secret" when it comes to seeing and feeling the changes you want to start to see in fat loss and weight loss, it would be: CONSISTENCY! You have to be consistent with making healthy choices. There is no quick fix or magic pill, and there's not one particular food that's going to do it all for you. All you have to do to make the changes you want to see is stick to your commitment to your healthy eating and fitness.

3. **You MUST eat!**

One of the greatest mistakes that occur when people are trying to get lean and lose weight is that they do not eat enough! In addition to this mistake, when they do eat, they don't eat the right stuff!! I want you to think about eating like this: if you owned a Porsche or Ferrari, would you put regular gas in it? Of course not! You'd only put the best gasoline. So, if you want to make *amazing* changes to your body, you have to fuel it with top notch nutrition! Workouts are important to burn fat and stimulate muscle growth, but it's the foods in this meal plan that contain the building blocks to sculpt a new you!

4. **If you're still hungry, add more protein.**

If you find that the food allowed in the meals is not enough, you can up the calories by increasing your protein by 2 oz. (i.e. eat 6 oz of chicken instead of 4 oz)

5. Divide your daily protein intake evenly over your meals for the day
6. On high carbohydrate days, divide your daily carbohydrate intake evenly, just like you did with protein.
7. On low carbohydrate days, limit your carbohydrates to your first meal(s) of the day and your post-workout meal.

8. For the added fats on low and medium days, spread them out evenly among your non-carbohydrate meals.
9. For low days, use the lower end of the range given for the carb amounts, and upper end of the range given for fat amounts.
10. For medium days, do the opposite of lows – use the upper end of the range given for carb amounts, and the lower end of the range given for fat amounts.

Green Smoothie Recipes

Quick tip: Blend the liquid and greens FIRST, then add the rest of the ingredients
(each recipe makes 1 serving)

Berry Green Protein Smoothie (green)

- 1 cup of water, 1⁄2 cup mixed frozen berries,
- 1⁄2 frozen banana,
- 1-2 cups spinach, 1
- serving protein powder (chocolate or vanilla)
- (optional sprinkle of chia seeds)

Vanilla Almond Protein Smoothie (green)

- 1 cup unsweetened almond milk (vanilla),
- 1/2 banana, 2 handfuls spinach leaves,
- 1 serving vanilla protein powder,
- 1 tsp honey (or stevia to taste)

Chocolate Covered Cherries (green)

- 1 cup unsweetened almond milk,
- 2 handfuls spinach,
- 1⁄2 cup frozen pitted cherries,
- 1 scoop chocolate protein powder
- (optional stevia to taste)

Bumpin' Banana (green)

- 1 cup unsweetened almond milk (vanilla),
- 1⁄4 avocado,
- 1⁄2 banana,
- 1 handful baby spinach,
- 1 scoop vanilla protein powder,
- 1⁄4 tsp cinnamon
- (stevia to taste)

Pumpkin Pie Smoothie

- 1/2 cup unsweetened almond milk,
- 1/2 frozen banana,
- 1/3 cup pumpkin puree,
- 1 scoop vanilla protein powder,
- 1/2 Tbsp maple syrup,
- 1/2 tsp pumpkin pie spice

Shopping List

Below, you will find your shopping list, to make going to the store easy for you. You don't have to buy everything on the list if you aren't going to eat it, and there may be things you want to add. So, make sure you go through the meal plan to decide what meal options you are going to follow.

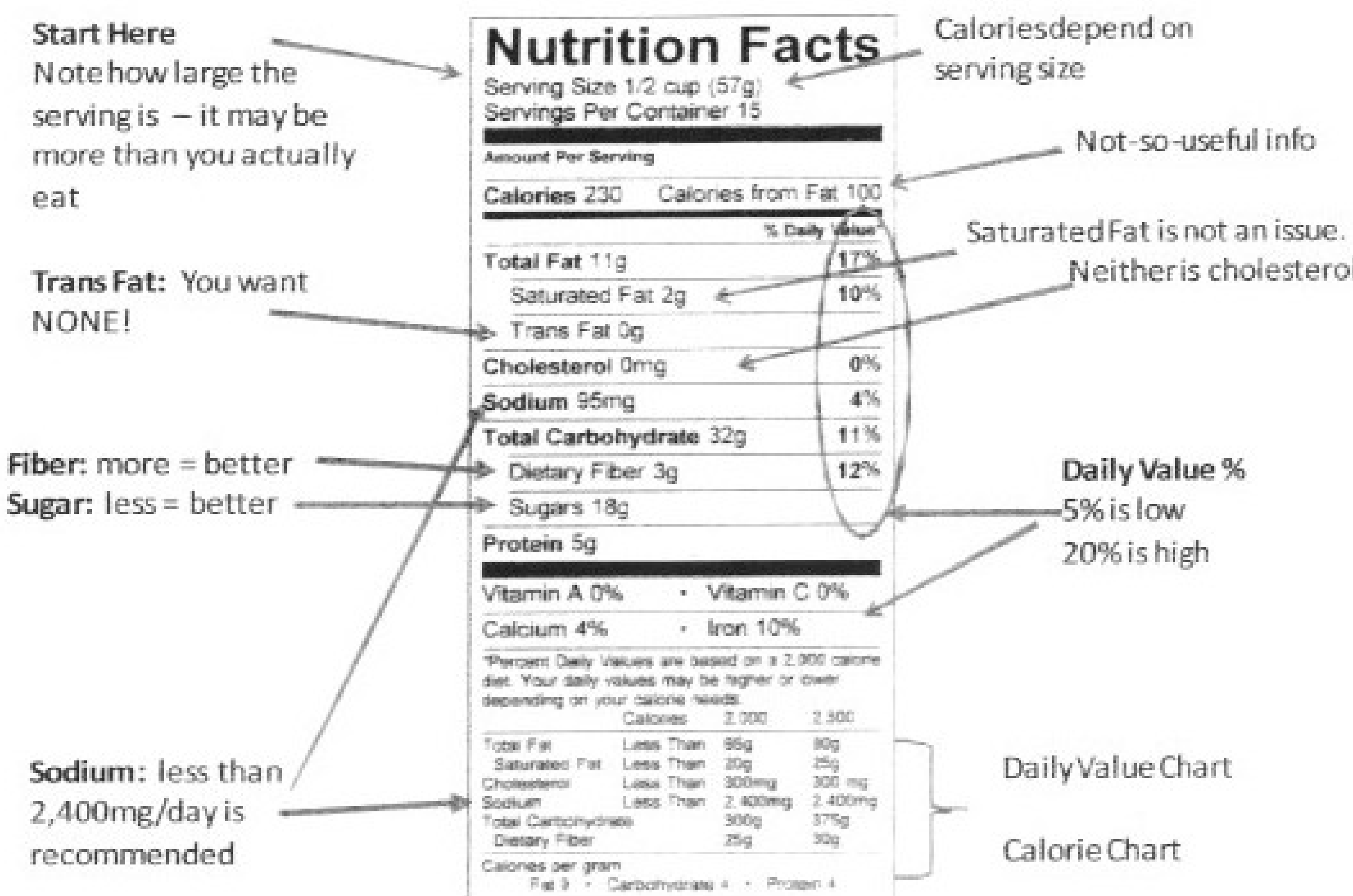
See Grocery List Provided*

Grocery List and Nutrition Cheat Sheet

-Consume lemon water upon waking and drink plenty of water throughout the day
-Consume protein and vegetables at every meal
-Take a high-quality daily probiotic supplement

Proteins	Carbohydrates	Fats	Miscellaneous
Serving Size- 1 Fist **Optimal** *Meat, Poultry, and Fish:* Grass-Fed Beef, Free-Range Chicken, Turkey, Pork, Whole Omega-3 Eggs, Wild Salmon, Sardines, Trout, Mackerel, Lamb, Any Fish, Any Wild Game, Any Seafood **Effective** *Dairy:* Full-Fat Plain Greek Yogurt, Full-Fat Organic Cottage Cheese, Full-Fat Organic Cheese, Stevia-Sweetened Protein Powder **Vegan Protein** *(High Carb):* Beans, Legumes, Edamame, Tempeh, Seitan, Raw No Sugar Added Nuts and Nut Butters **Limit/Avoid** Corn Fed Beef, Tilapia (high in omega-6), Swordfish and Albacore Tuna (high in mercury), Soy Products	**Serving Size- 1 Fist** **Veggies** *Low Carb Veggies:* Artichokes, Broccoli, Green Beans, Asparagus, Tomatoes, Spinach, Romaine Lettuce, Kale, Peppers, Onions, Bok Choy, Celery, Cucumber, Summer Squash, Mushrooms, Brussels Sprouts, Cauliflower, Collards *High Carb Veggies:* Beets, Carrots, Corn, Jicama, Parsnips, Potatoes, Sweet Potato, Pumpkin, Turnips, Winter Squash, Peas **Fruits** *Low Carb Fruits:* Apricots, Mixed Berries, Cherries, Grapefruit, Guava, Kiwi, Nectarines, Peaches, Plums, Tangerines *High Carb Fruits:* Apples, Bananas, Melon, Figs, Grapes, Mango, Oranges, Papaya, Pears, Pineapple, Raisins, Watermelon, Pineapple **Beans and Legumes** **Whole Grain Starches** Sprouted Grain Bread/Pasta (no flour), 100% Whole Grain Bread/Pasta/Cereal, Rye, Pumpernickel, Brown Rice, Old-Fashioned or Steel Cut Oatmeal, Quinoa, Kamut, Bulgur, Barley	**Serving Sizes:** Handful of Nuts and Cheese 1-2 TBSP Nut Butters ½ to 1 TBSP Oils 3-6 Whole Omega-3 Eggs *Low Carb Fats:* Extra Virgin Olive Oil, Extra Virgin Coconut Oil, Organic Canola Oil*, Natural Animal Protein Fats, Grass-Fed Beef*, Whole Omega-3 Eggs*, Wild Salmon*, Trout*, Mackerel*, Flax Meal*, Fish Oil/EFA/Omega-3 Supplement* *Higher Carb Fats:* Raw No Sugar Added Nuts and Nut Butters, Walnuts*, Pumpkin Seeds*, Hemp Seeds*, Avocado, Natural Organic Dairy Protein Fats **High in Omega-3's- choose often!* **Limit/Avoid** Trans Fats, Vegetable Oil and Tilapia (high in omega-6) Limit Sweeteners like Aspartame, Splenda, etc.	-No Sugar Added Tomato Sauce -No Sugar Added Salsa -No Sugar Added Vinegars for Dressings- Apple Cider, Balsamic, Red Wine -Any spices -Coffee -Tea -Stevia (plant-based sweetener) -Unsweetened Almond Milk- Vanilla or Chocolate Flavor -Whole Foods Based Multi-Vitamin for Your Gender

How to Read a Nutrition Facts Label



Flexible Clean Eating in a Modern Age

Our lives practically revolve around food. As much as you may want to deny it: you need food to live. In this day in age, we have become so far detached from what "real" food is and we have become desensitized by clever packaging and branding techniques to think we're consuming healthy foods. I do agree that life tends to be best when you live in moderation and I believe moderation is the key to happiness (when we're talking on the subject of food, specifically).

We want you to fuel yourself right and give yourself the best nutrients you can find. But, with that being said, there are certainly times when we're in a pinch for healthy foods or we are just craving our favorite indulgence, and that is exactly where the "*flexible*" part comes in.

How to Handle Your "CHEAT" Meals

Flexible meals are a way of not feeling deprived from any of your absolute favorite foods. You don't have to have it, but it's something I highly recommend you for both psychological and physiological reasons. Flexible meals have a positive impact on your hormone levels when they're planned into your weekly schedule. On this plan, you are only allowed to have your cheat meal on a High Carb Day (HC). You are only allowed to have 1 cheat meal on this day. Anymore might create too much of a caloric surplus.

Remember, you will <u>never</u> out train a bad diet.

You do NOT want to ruin all of your hard work and preparation in a single cheat meal, so stick to the plan and cheat with one meal. Feel free to indulge a little bit... but make sure NOT to go overboard. In a nutshell, just don't do anything that you will regret.

No matter what, take each day one at a time and enjoy the journey. Don't make your workouts or you meals a penalty for something you did (or didn't do). Have fun, make it count, and when times get tough and you want to give up…remember why you started.

Always here to help if you need anything. Never hesitate to reach out- that's why I'm here.

To Your FAT LOSS,

Zack Todevski