



McCOY
FITNESS & HEALTH

BEST SHAPE CHALLENGE

FOOD IDEAS

Here's some of my food choices...take note of the portions of the meals...NOT huge! This is my 'formula' for eating, and it's pretty easy to maintain, and I love how I eat. I know what I need, in what quantities, and I don't crave anything, really. It's real life eating, for the female athlete. (Pre contest is another story, but that's not real life!). These are just my choices, and it may seem boring to some, but it works for me! It gives you an idea of what 'normal' eating looks like for us athletes.

Each meal has a **protein** (20-30 grams, which is about 3-4 ounces of meat sources), **starchy carbs** (1/2 cup rice, pasta, 3-4 ounces of potatoes or other root veggie fits into this category), and some **fat** (liquid fat, like my home made dressing, or 1 TBSP almond butter or nut butters. I do use butter, for sure, but it's easy to let it get away from you!

I know the calorie counts and average macro counts that I NEED (and you will learn yours too), and I know that eating this way, 3-5 times a day, gives me around 1400-1800 calories, and 100-150 grams of protein, 100-150 grams of carbs (starchy and fibrous), and fat, I don't really count (because I don't use sauces and such, and don't eat out a lot. But it's probably 30 grams (I like my fat! But I can handle it! That's about 3 TBSP of something ...dressing, butter, nut butter...my 3 go-to's!

I am a smaller person (5'2"), so I don't get to eat as much as my taller, bigger boned sisters! ☺ and while I exercise a lot, my work consists of a lot of sitting (Internet fitness marketing! LOL) and on those days, or on non-training days, I shave down my eating, or I will gain weight! So you really don't need as many calories as you need.

And oh yeah, I DO enjoy my wine. Weekends, 1-2 glasses. I'm too old to be so restrictive! But again, I know how to balance it out. I'll shave out some food, if I plan on overindulging (but NEVER protein...that's a constant).

All my meals are pretty well the same in macro's and calories. I don't really have to think about it much, as it's become a habit by now. And I pretty well

each the same 11 or 12 foods. Most successful physique gals do. It's NOT boring to me, but it may be to some. I don't eat out much, or do take out. I just don't like it, and I can't keep track...all that hard work in the gym and now it's thrown into Chance! No way!

Preparation: Yep, a BIG deal! You MUST always have prepared protein and starchy cooked carbs on hand. I'll cook up 4 chicken breasts at a time, and a bunch of boiled eggs too. I always have protein powder and some yogurt on hand too. Veggies, I'll cook up when I eat them...they're fast and easy. And if I'm out and about, YES, I take food with me! ALWAYS! Isn't that why they created Tupperware??

I don't drink pop, or juice, milk or anything from a store. I drink 1-2 cups of coffee in the morn (yes, with cream), and I drink 2-3 litres of water...always carrying it with me. **SNACKING? Not for me!** I don't snack, don't like to, calories creep up too easily, and it also keeps me wanting more food! So I eat 3-4 meals a day).

Breakfast – pretty standard: 1/3 cup dry oatmeal, cooked with ½ cup dry curds mixed in, or 1 scoop protein powder with just enough yogurt for mixing well, and a TBSP almond butter, sprinkle of berries (NEVER granola...way too many calories and carbs!). Around 450 calories, 25 grams protein, 25 grams carbs, 10 grams fat. PERFECT!



WRAPS! I use wraps a lot, whole grain (I have no gluten issues), so 2-3 boiled eggs, with one yolk, Spectrum mayo (no sugar or trans fats), and the wrap is the starchy carbs, so I add in a salad (whatever's in the fridge, some flax / balsamic oil for dressing (LOVE flax over olive oil!, but don't cook with flax!), and some veggies in the eggs. LOVE this meal!



Again, about the same calorie and macro count as breakfast. All my meals are pretty well the same in macro's and calories.

PROTEIN and GREENS: If I'm feeling the need to slow down on heavy carbs, then I'll have a protein (here, 4 ounces of chicken) with a salad and dressing, *at my last meal* (never do I cut starchies in the day, as I need the energy, but I will, for my last meal. That's when starches can creep up, and the calories too).



Here's a nifty trick...many people love spaghetti, but it's too many carbs for me, most times. But I don't want to NOT eat with my family when they want spaghetti, so I will make the sauce (usually with buffalo meat! LOVE the stuff! Cleaner option), and put it over a big, green salad instead! It fills me, and it's my version of spaghetti! And everyone's happy! (Mrs Leepers corn pasta is what I choose).



And yes, I do a FLEX meal, once or twice a week (bottom right). My fav is a burger (yes, with the BUN!, but usually only the bottom half. I don't have bun-fear, but it just fills me up too much, and I save room for dessert)! And a big glass of wine! I'm human, and I work and train hard, and this gives my brain and spirit a lift, AND a flex meal (when used properly) ADDS to your training and your goals (but most people use it as an excuse!). And I will have a few fries too, but not many. I just can't eat like that anymore (most people find when they clean up their diets, the deep fried stuff is hard on their system! That's a GOOD thing, it means your body is cleaning out!)



Ideal Protein Choices:

Chicken, turkey, fish, lean beef, cottage cheese, greek yogurt, low fat cheese, protein powders, hemp seeds (remember fat content as well), eggs, egg whites, protein bars, bison/buffalo, lean pork, turkey bacon.

Ideal Carbohydrate choices:

Rice, potatoes, sweet potatoes, rice cakes, yams, oats, cream of wheat, cream of rice, breads (ezekial, squirrely, gluten free), rice pasta, legumes, fruit, vegetables, yogurt/dairy products, baked goods.

Ideal Fat Choices:

Olive oil, flax or hemp oil, avocado, organic butter, nut butters, nuts, seeds, coconut milk, coconut oil, cream, etc.