



McCOY

FITNESS & HEALTH

12-Week Best Shape of Your Life Challenge

PHASE Two: Support Package for Week 5

Calories and Meal Plans

~ Success is in the details!



www.advancedbestshapechallenge.com

Ok, let's get specific!

A few weeks back we talked averages in bodyweight and caloric needs...let's recap. This is what the averages say.....

For losing fat:	For maintaining weight	For gaining muscle
Women: 1200-1800	1800-2100	2100-2500



So over the last few weeks, you've added on shapely muscle, you've tightened up your eating, and you've added in cardio and daily and sports supplements. We can get even more specific now!

How much do you want to weight? Now this can be a tough question, especially if you're not really sure what 120 pounds would look like on you...too skinny, not enough? So stay open to this number. I can quickly assess just how much weight a woman needs to lose to be at her best weight, but I'm not there to assess you. But you may be surprised. *And remember, as you move on this journey, the scale may not move much, but you will be losing FAT and gaining MUSCLE!* That's why bodyfat measurements are sooooo much more important!

Your Goal Weight x 10 = _____ So if you're aiming to be 120 pounds, that would be 1200 as a baseline. You won't ever dip below that. Now we add in 200 to 500 calories to support your training and muscle building (and fat –burning...we can't burn fat in the absence of calories. Really!) On non-training days, or days when we train smaller bodyparts like shoulders or arms, or when we don't do cardio, we stay in the lower number. On heavier training days, like back or legs, we stay in the higher....it all depends on what days are toughest training days for you!

(Your **Maintenance Formula** is slightly different: Your Current Weight x 12-14....example, for me to maintain 120 lbs I need to stay around 1400-1680 calories (I can meander through these amounts, depending on my training, like with LEGS, I need to EAT!)

Two things to keep in mind: remember when you calculated your caloric intake? I recommend for a few weeks, that if it was really high, that you only cut it by 10-20%. Then cut it down again a few weeks later. Why? Again, if you cut too much too soon, it'll backfire and you'll lose muscle and you'll lower your metabolism. Eventually, you should be eating in the 1400-2000 caloric range, depending on your goals, body size (remember, taller gals require more food!) etc.

With that in mind, we can start looking at building menu plans and such.....included in this package. Menu plans help to keep you on track and they're sometimes easier to do when we're busy! But if you're comfortable with tracking and knowing your caloric intake, and staying within that, then fine. Keep doing it if it's working for you! And remember to pull out the 2 Cookbooks I gave you too, ok? There's tons in there!

Rules to Keep your Metabolism Stoked!



Use the 30/40/30 percentage rule for carbs / protein / fat (remember, this is a very good starting place....we need to start somewhere...but as we progress, these change throughout our training, depending on our activity levels, goals (i.e. is your main focus fat loss or muscle build?...you must decide!).

You will learn to get familiar with your individual amounts, like I do in the following page (I increased my carbs from 40-50% because I am contest training, so I am trying to build muscle...at 60% carbs my body gets sluggish and it doesn't aid in any additional muscle building *for me*. You too will come to learn how your body operates! We are as individual as snowflakes!) But you'll want to get a grasp on your carb tolerance, because you'll use it for the Final Phase when we do **carb cycling**. After awhile it'll be second nature and you can eyeball something and know how many calories and its percentage profile...this is all about you learning new tools to create a new body and life!

These formulas are the Advanced Athlete's best friends for keeping a lean, tight physique for life! Know your daily caloric needs to get to your ideal weight, and how many calories and grams of each macro-nutrient—protein, carb and fat- that means for YOU!

Eat your starchy carbs around your training time, to fuel you and ensure you don't store fat. The exception to the rule is if you train at night...in that case, if it's after dinner time, you won't want to put a higher carb meal in there after training because you won't lose the weight when you put the carbs in too late in the day. In that case, just do a low cal protein shake with a few low glycemic berries blended in for a post workout meal.

Meal Frequency: eat every 2-3 hours with protein at every meal. If you've got over 100 grams of protein to get in that body of yours, you have to split it up over so many meals, because you can only absorb 25-35 grams at a meal (the only exception is right after training, so you can up the protein in your shake to 35-40 gms, so if there's a deficit in your daily protein intake, that's where you can make it up!

Two NEW Rules to Implement *if you need to drop more weight:*

No starches after 4 pm....so salad is fine, and the fibrous veggies are fine (pull out your list from Week one) - broccoli, cauliflower, kale, spinach, salad....no crackers, bread, pita, pasta.... Again, if you're training at night, you can eat a wee bit of starchies before training, but you may not need them because you've been eating all day. Check in with your body and its energy levels!

No eating after 7 pm (if you still have some weight to lose). We learned this in the 10-Week Best Shape Challenge, and it really works. There's a fine balance between going to bed not full and going to bed hungry, so play with this one...you want to go to bed not hungry, so usually, it means not eating 3 hours before bed. Oh yeah, and if you think you can eat until 10 pm because you go to bed at 1 am, shift it up! Getting to bed early is the only way to build a great physique...more on this later. Shift workers have it tougher when it comes to training, for sure.

Remember, if you've got extra weight to lose, always look to nutrition first. Don't up the cardio until you look at your food intake. This is almost always where the problem lays.

Putting it All Together—A Scenario



My goal weight is 120 pounds, so I will be eating a minimum of 1200 calories a day, no less, but I'll pop up to 1600 in general, depending on my training load.

So I'm eating 1400-1700 calories to reach and maintain 120 pounds (I know this is workable, I'm small boned, only 5'2" and I've come to learn my ideal weight). So let's settle on 1600 calories (this higher amount will allow more room to add muscle!)

Let's use our formula—**30/40/30** for this exercise (again, this is a good starting place...but it may not be where we stay, depending on body needs, bio feedback, etc. But it's the BEST starting place I know for the female physique!)

Back to the math....I know there are 4 calories in every gram of protein, 4 in carbs, 9 in fat. We need 1 to 1.5 grams of protein per pound of *lean mass*...(if you know your bodyfat measurement, the lean mass is easy to figure out. If not, just guesstimate...we don't factor in the extra fat we are carrying..we're not feeding the fat!)

So let's use me as an example: I eat on average 1600 calories/day:

30% from protein = 480 calories, divided by 4 (calories) = 120 grams protein

40% carbs = 640 calories, divided by 4 (calories) = 160 grams of carbs

30% fat = 480 calories, divided by 9 (calories) = 53 grams of fat.

Now's the time to pull it out your calorie app and see exactly how many carbs are in 1/3 cup dry oatmeal (20) grams...I got this one memorized!) and how many grams of fat are in a TBSP of nut butter (10 grams of fat).

Most of my heavier (starchy) carbs will be eaten at meal 1 and 2 because I train after this, so I want to load up on carbs! And post training food is important too!

Now we need to eat 4-5 times a day to feel good, keep the metabolism stoked, and be able to train! Rule: Protein is the anchor, it rarely changes, so we manipulate *carbs and calories!*

Meal 1: 400 calories (with starchy carbs)

Meal 2: 400 calories (I usually do a meal, rather than a shake. I need the FOOD!)

...train...

Meal 3: *post workout shake*: 350 (protein plus some juice / rice cakes....)

Meal 4: 300 (protein, fat and fibrous carbs only) - I get sluggish with starchies at night.

Meal 5 (if I have one): 200 (protein, fat and fibrous carbs only)

For me, I prefer to beef up my earlier meals, to help with my training, and I shave down (eat fewer starches) at night, because this works for me and my schedule, but you may be different (if you train or work at night, it will look radically different!)

OK. Now it's YOUR TURN! Do your homework!!!

How To Eat (Well) While on Vacation

Before my hubby and I travel anywhere we always do a little bit of research to ensure two things: a gym and a market / health food store. See, when we're on vacation, we would never consider leaving our hard-earned health at home! And we always enjoy visiting new gyms!

We love vacations just as much as anyone, but if I came home feeling bloated and fat instead of relaxed and refreshed, I wouldn't love it as much anymore. Here's how we handle eating while on vacation.

Blending on the Go: We always travel with our blender and protein powder. And we have a mini Coleman cooler that we fill with egg salad, tuna salad and some wraps and veggies. I never buy anything at a gas station....if I open that door, I won't close it. If you don't have something handy, you just may find yourself grabbing pretzels and potato chips (or whatever other horrid food people eat while away).



We made a tray of stuffed buffalo peppers before one road trip, and served it with raw veggies. Easy and transportable!

Our One Meal Out Rule: When traveling, my hubby and I have a one-meal rule...if it's a holiday, we don't want to eat every meal out of a cooler, so we have one meal out in a nice restaurant. And we often share two appies (pass on the bread thanks) between us. Neither of us enjoys being stuffed, and it's no hardship for us. It's how we prefer to eat. Really! - I have said this before. Most of us know what is healthy on the menu, but we still continue to order the crappy stuff. Yes, I do believe in a treat and a cheat meal once or twice a week, but definitely not every night of your vacation. Some people eat and choose items off the menu like they are being sent to starvation camp when they get home. This is not an "all or nothing" deal. You've committed to eating healthy for a lifetime. Don't worry. The food will always be there whether you eat it all at once or space it out over a lifetime.

Desserts – Not often do we indulge....I know, you were probably hoping to hear me say I would. But I find it wears on me the next day and it's just not worth it. I would need to do 2 hours of cardio to work off a small brownie...the pay-off just isn't worth it. But if I do have a craving, I'll have a bit of chocolate after my workout when I know my body can best burn it off.

The Trolls - The who? Yes, you know who the trolls are. Those people who tell you to "just eat what you want", or "don't torture yourself". These people always seem to come out of hiding when on vacation or traveling. (They are also present at parties and family functions. Be afraid. Be very, very afraid). Don't let anybody else tell you that taking care of yourself and feeling great is a bad thing. I don't mean to talk bad about your family and friends, but chances are they are not too thrilled with their current weight and health and really just upset that you actually started to eat healthy and take control of your life.

[Menu Plans: A Woman's Best Friend](#)
[Power Breakfasts](#)

[Menu Plans #1](#)
[Quick n Easy Protein Snacks](#)

[Menu Plans #2](#)

Note: you likely already have these from the first 10-week Challenge, but in case you've misplaced them.....here's another copy!

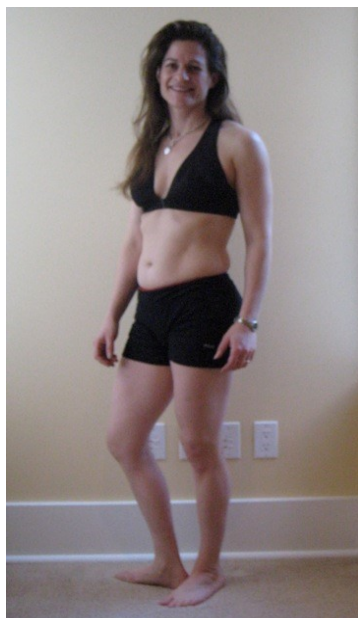
“It comes down to a simple question: what do you want out of life, and what are you willing to do to get it?”

- Laurie Wennes



“There’s no one giant step that does it. It’s a lot of little steps.”

- Peter Cohen



Leanne LaPrairie who did the 10-week Challenge in 2010, then continued to train and eat like an Advanced Athlete! Before the Challenge (left) and today!

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