



McCOY
FITNESS & HEALTH

12-Week Best Shape of Your Life Challenge

PHASE Four:
Support Package for Week 11

Pulling it all together
~the Perfect Day, Perfect Plate and more...~

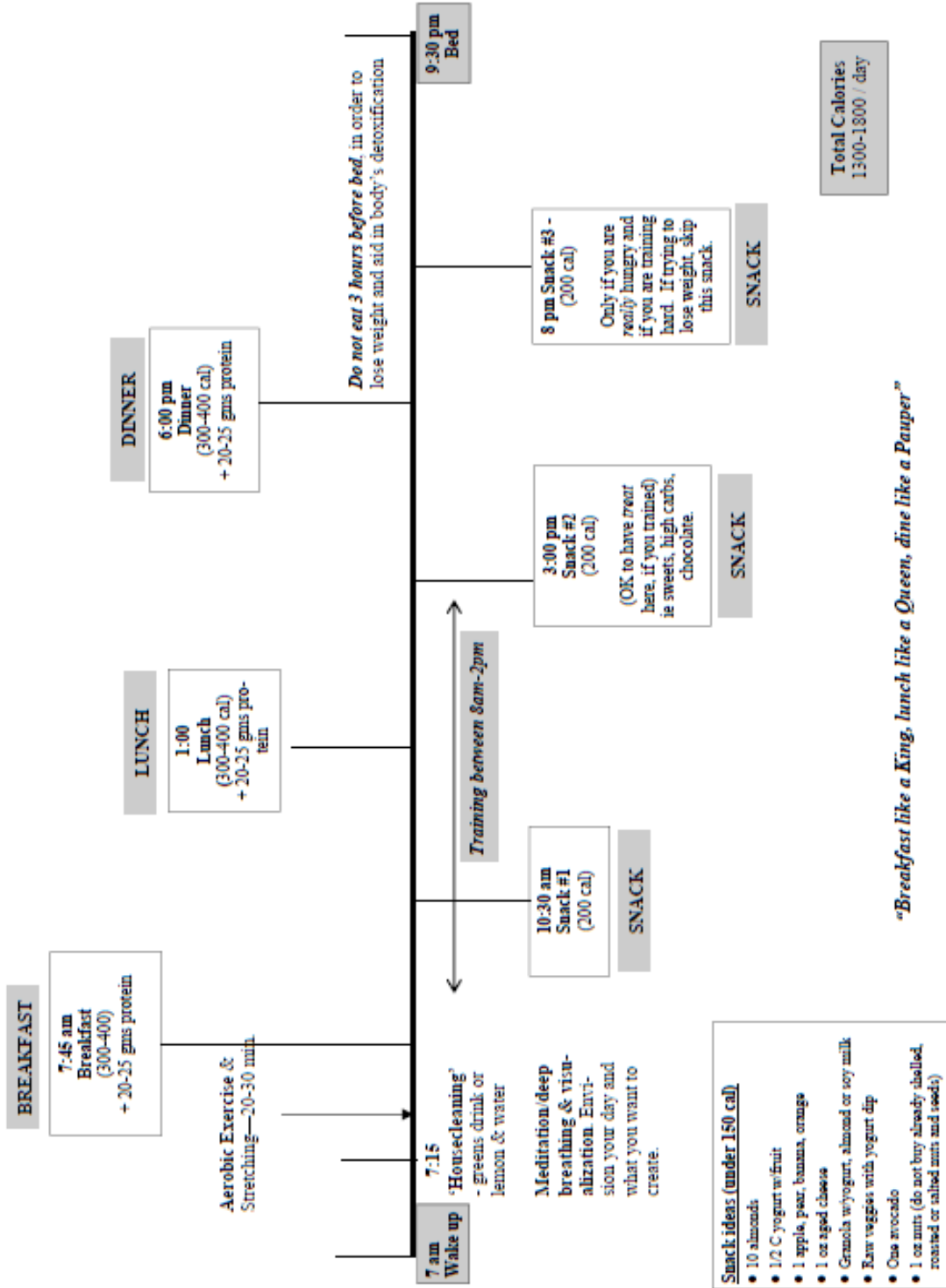


www.advancedbestshapechallenge.com

© Copyright
All rights reserved 2010

The Perfect Day

The Perfect Day



The Perfect Plate - & Meal Planning

How To Build A Meal

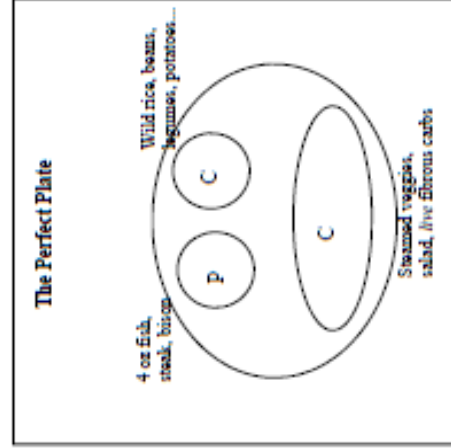
- Determine your **Anchor**—your daily Protein needs
- Determine how it will be spread out throughout the day, (ie 100 gms total = 2.5 gms per meal x 4 meals)
- Add in your carb values (live carbs) and make it 3-5 times bigger (see Plate analogy)
- Remember the equation—**PCFF** (you need Protein, Carbs, Fats, and fibre at each **meal**, snacks can be more lenient but should always have a little protein)
- Protein quality is important—lean, undercooked proteins (to maintain enzyme profile), 4 oz serving size.
- Make Lunch your biggest meal, and downsize from there (our enzymes are highest at this time, thus our ability to digest and assimilate also is highest)
- **Breakfast like a King, lunch like a Queen, dine like a Pauper**
- Don't forget 1-2 TBSP daily of omega-3 oil, use it in dressing, over potatoes, over salad, as supplement. This will aid digestion, reduce inflammation and burn fat.
- NO trans fats, NO artificial sweeteners.

Snack Ideas

- 10 almonds
- 1/2 C yogurt w/ fruit
- 1 piece low GI fruit
- 1 oz aged cheese
- Granola w/ yogurt or almond/soy milk
- Raw veggies with yogurt/dip/dressing
- Protein shake—protein with almond milk
- One avocado
- Handful whole seeds, (do not buy already-shelled, roasted or salted nuts and seeds)

Some Basic healthy Eating Rules to Live By:

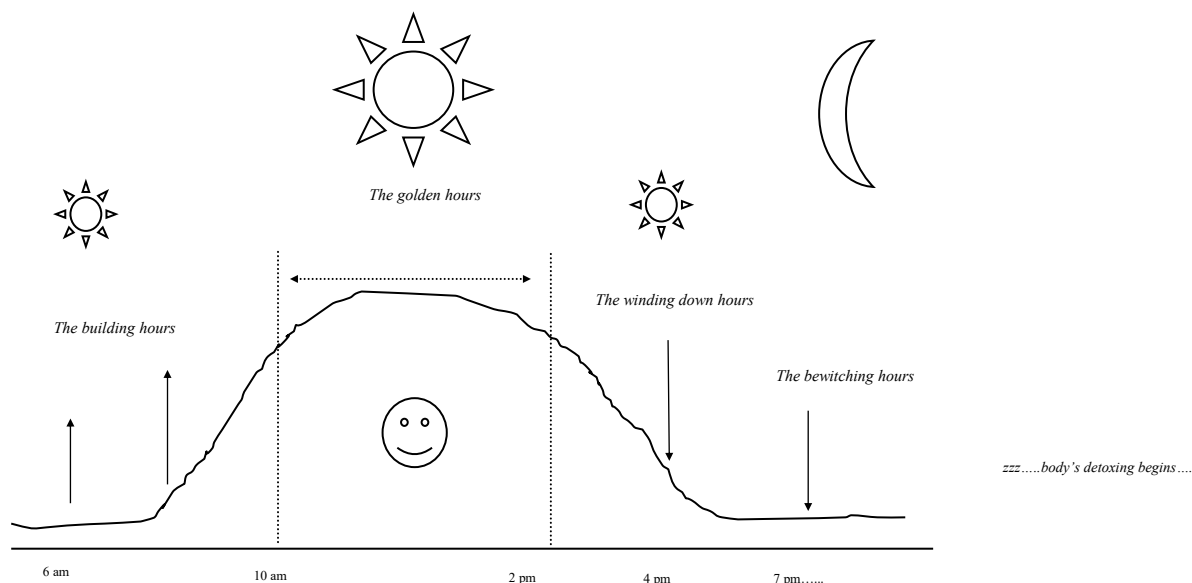
- Train between 8 am and 2 pm (hormones, fat metabolism, etc at their highest at this point. Most beneficial)
- Two most valuable times for Protein—**first am** meal, and up to **1 hour after training**. A shake is best for this.
- If you need a sweet—best time is after a workout. Your body can burn it best at this time. Do not eat sweets after 3 pm, or can be stored as fat more easily.
- If you're hungry, eat. If not, don't.
- The general rule is do not leave more than 3 hours between eating. Your body will detect a 'famine' and start to hoard fat. However, if you don't show signs of insulin dysfunction and low blood sugar (cravings, hungry, tired, irritable) then don't eat. This is a sign that your body is working fine, and is functioning properly.
- If you do find you have run out of steam and you are craving a quick pick-me-up, resist the temptation to eat a sweet, or a man-made carb (both are simple sugars). Reach for slower-releasing carbs like almonds, avocado, and cheese. This will bring up your blood sugar slowly, and not put you on the rollercoaster again which encourages fat storage and hormone disruption.
- Drink 2-4 litres water daily to aid body's workload.
- Do not drink juice as a snack, and only have 1/2 glass (if tolerated) with food (never alone).
- No artificial sweeteners, as they are known to cause an insulin spike, and create hunger. They are also toxic, and hence your body will not be able to lose fat as quickly or effectively.
- For lunch and dinner meals, follow **The Perfect Plate** (left). If trying to lose weight, cut down on **starchy Carbs**—potato, rice, pasta, beans), and increase **fibrous Carbs**—veggies, salad.



Living in Tune with Your Body's Natural Rhythms

Metabolism is a misty subject, at the best of times. In fact, they don't really know how it all works, but generalities can be made. But what most nutritionists and coaches neglect to teach (or learn) is the importance of eating in sync with our daily rhythms.

Along with eating and training with the seasons' cycles, we're supposed to *eat and train with the days' cycles*. It's only natural, that's how our bodies are set up, but we continue to neglect this primal aspect of our beings and listen to our bodies' internal whisperings. The following is what your doctor / standard nutritionist don't know about the finer workings of the body (and they're not likely to learn it either!)



The building hours (6 am to 10 am): When the sun rises, so too do all of our bodily functions—digestion, sugars, growth hormones and all. This is the ideal time to do cardio, before breakfast!

The golden hours (10 am to 2 pm): When it's sky-high (noon), our body's functions are rockin'! This is also the best time to train because the body releases growth hormones that allow us to build muscle and shed fat more easily. This is also when we should have our biggest meal... and it is less likely to be stored as fat. And if you want to indulge in heavier carbs (bread, muffins, even a sugary treat) do so here, because after training, your body can chew it up much faster!

The winding down hours (2 pm to 4 pm): as the sun dips, so too does our body's functions. This is when we should be 'curbing' things, especially our food intake..eat lighter carbs and don't over-indulge.

The bewitching hours (after 7 pm): Your body is shutting down for the evening, so when we put our largest meal in at this time —and often man-made starches, breads and treats—it is counter-productive to building good health. It also adds to fat loss because the metabolic pathways are sluggish..your body really doesn't want to have to work that hard, so it pushes the excess away in storage. Night time is also when your body detoxifies, but it can't do its cleaning if there's a bunch of food to be digested. That's just the nature of things...digestion always comes first!

NOTE: If your life won't allow for this kind of exact scheduling, don't fret. We just do what we can do. This is just a *best case scenario*, as many people ask—when's the best time to train/eat etc. during the day.

My Zen

Real weight training is both a physical and a spiritual practice, but most people don't really understand this aspect, but as Advanced athletes, you will.

You must.

At this point, I want you to put away your iPod and focus in silence. Most people zone out with an iPod. I want you to learn to zone in. So for now, put it away. I want you to listen and focus in another whole way....

Give thanks: When I walk into the gym, I place my hand on my heart and silently give thanks. Why? Because I have the ability to train and to strengthen my body. It's a gift, and a responsibility....

Warrior Stance: When I lift, I take the warrior stance – head and shoulders up and back, knees slightly bent and shoulder-width apart, core area tight and back straight. I imagine the power of the Earth coming up through my feet and into my body. I'm pulling up Mother Earth into me....

Zone in: I close my eyes, breathe deeply, and go into my quiet zone. Here, I envision what I want my body to look and feel like. I zone into my muscles and I 'see' them..

Lift: I see the sinewy fibers laying row upon row. See the strength and vitality there. I get into the muscle. I lift and envision my muscles expanding and contracting, drawing in the life force all around me. I enjoy the feeling of power coursing through my body. I am grateful for the ability to train.

Speed: I move at an average pace (even this can change as I change up my focus and my goals.

Breathing: I exhale on exertion, so when I come to the hardest part of the lift (i.e., curling that dumbbell up to my chest), I breathe out, and breathe in upon return. I think like a Jedi Master – they yell (expel air) when they are breaking a board or performing a huge lift. Other times, like on squats and heavy lifts, I purposely hold my breath at the crux point...I keep the energy inside my body as I need it to do the lift.

Every set is a work of art: I focus in at the task at hand...I make every set count. I don't look to the future, how much longer I have, can I get it done? I stay present. That's where the work gets done.

Rest intervals: I rest according to my goals...if I'm super-setting, I don't rest. If I'm lifting for max strength, I rest a lot. But I stay committed to the task, and the rest rotates around that.

Don't forget to watch **Putting Some Zen into Your Training** video in your *Real Training and other*

A Day in the Life of....ME!

It ain't fancy, but it works!

Awake: 6:30 am...get my son ready for school, answer emails, Facebook and Twitter, surf the net.

I may sneak in a 30 minute cardio on my elliptical...am is the best time for cardio and fat burning for me, but I don't always have the opportunity. But if I do, it's pre breakfast...always!

Breakfast—usually oatmeal with 4 egg whites, and my vitamins. Lemon and water, coffee (YES!) May take some kelp too.

7:30 am—11 am: Work—I have A LOT I need to get accomplished every day, so I break it down. My writing pad is my best friend, as I scribble and cross off my to do list....make a new HLP program, write a new article, plan the next tele-coaching call...lecture downtown...teach that fitness class...every day is different, but what doesn't change is the amount of work to be done..usually about 8-10 hours a day. And I always factor in training, 6 days a week, 1 hr, usually around 10 a.m..

Pre-Workout Shake—If I do one, sometimes I need 2 carb-rich meals if I've got a bigger lifting day (like back or legs). So I feel this out. On lighter days, a protein shake is fine.

12-1 pm: Train—I like to train between 11 and 1, my golden hours. I train 5-6 days a week, 1 hour of weights, sometimes cardio after, but I don't do a lot of cardio off season. I prefer to balance out my nutrition as I don't often have time for cardio. A little less food in the day means I don't have to do cardio. I prefer to stay leaner in the off season...I hate gaining a lot of weight like some competitors, but it's tough sometimes...I love food and my metabolism has slowed after 50, but I won't give in! I drink one full litre of water while I train.

Post-workout shake—I finish the rest of my shake, and sip it slowly, along with drinking another litre of water.

1—2 pm: Errands, then home to do more computer work...

2 pm meal—usually an egg white wrap or other protein-rich meal...about 400 calories.

3—6 pm: More work, then I write up my to-do list for the next day...if I don't, I lie awake at night thinking about everything I need to get done the next day! I need to download it!

5:30 or 6 pm Dinner: I make dinner with whatever I have, and I keep the starchy carbs out. I make sure I've finished eating by 6:30 pm (I go to bed at 9 so I need to be done several hours before bed or I feel too full and it interrupts my sleep, as well as keeps the weight on!)

Bed time: I read fitness-related or motivational stuff in bed, turn on my recorded ocean music to fall asleep to, and lights out by 9 pm!

