

## **DIETARY GUIDELINES FOR WOMEN**

### **Basis Dietary Principles:**

1. If it doesn't fly, swim or walk, or if it isn't green—don't eat it.
2. Only consume about 50g of fibrous carbohydrates a day. Increase your intake of fiber foods to balance the high protein content.
3. Eat 25-30g of protein five times a day – i.e. eat five times a day and avoid fasting. Always drink a post-workout shake (few carbs) and add 5g of Glutamine. Glutamine may be needed in higher amounts for some and contraindicated in others. Why should you take a post-workout shake? Scientific studies show that after your training, your body needs nutrients to feed the cells. The most important time of the day to feed them is after you have expended a large amount of energy.
4. Plan a "cheat meal" every five days.
5. Don't rely on nuts and berries for your weight loss goals; eat only veggies when possible.
6. Use the glycemic index as a rough guide to keep insulin under control, table sugar and certain veggies contain higher-than-normal amounts of sugar. For example, carrots have a high glycemic index and broccoli scores low. The glycemic index will show this distinction.
7. Eat only organic meats, dairy, veggie products when possible.
8. Read labels and avoid all trans fats.
9. Vary your protein sources so that allergies don't result.
10. Caloric needs vary depending on your activity level and lean body mass.
11. Eat every few hours so that your body doesn't go into starvation mode and begin producing cortisol.

These guidelines will change as the lean body mass increases and ideal body comp is achieved.

## **TOP 10 CARBOHYDRATES RULES FOR OPTIMAL BODY COMPOSITION**

1. Eliminate grains, particularly wheat—wheat influences blood sugar levels in the same way plain table sugar does.
2. The main source of carbohydrates should come from fibrous carbohydrates that are very low in carbohydrate content. The best sources are:
  - Broccoli
  - Lettuce
  - Cabbage
  - Cauliflower
  - Mushrooms
  - Green Beans
  - Onions
  - Asparagus
  - Cucumber
  - Spinach

The best time to load up on carbohydrates is 10 minutes after training. As a general rule, I would recommend the following carbohydrate intake based on training volume for a given workout.

- 12 – 72 reps per workout: 0.6g
- 73 – 200 reps per workout: 0.8g
- 200 – 360 reps per workout: 1.0g
- 360 – 450 reps per workout: 1.2g

## **SUPPLEMENT STACK**

If you're supplementing, you may want to add these other supplements to your stack:

### **1. Omega 3 Fish Oils**

To lean out rapidly, you need 9-15 grams of omega-3 fish oils, depending on your body fat percentage and total body weight. By adding fish oil to your daily diet, you will improve serotonin levels, which equals decreased carbohydrate cravings. Omega-3 also assists in blocking sugar absorption.

### **2. Alfa-Lipoic Acid**

Aside from its positive impact on blood sugar, insulin sensitivity, and liver health, this superstar nutrient does a double whammy by acting as a powerful antioxidant and by protecting other antioxidants such as C and E, making it a effective anti-aging nutrient. Alfa-Lipoic Acid has been shown to improve insulin sensitivity, and if for no other reason than that, it belongs in the program of anyone who has a lot of weight to lose. It's also a great protector of the liver, which is the body's main fat processing factory, and if there is a traffic jam there, fat burning is not going to be optimal.

### **3. Whey Protein and BCAA**

Getting adequate amounts of protein after training and during the day is essential for keeping your body in a catabolic state and staying in a positive nitrogen state. Whey has a high bioavailability when compared to other protein sources. It also contains BCAA amino acids and essential amino acids that are part of muscle protein, and that helps reduce the amount of protein breakdown during exercise.

### **4. Glutamine**

Glutamine is one of the most abundant amino acids found in skeletal muscles. It serves as a fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. Prolonged high-intensity exercise has shown to lower the body's glutamine levels, so taking glutamine will help restore your levels and also prevent the catabolic effects after hard training.

## **STRENGTH TRAINING PROTOCOL:**

1. Client/Trainer Interview: 1 hour
2. Fitness Evaluation: 1 hour
  - 10-Site Body Composition Test: To determine hormonal issues and body fat percentage.
  - Upper and Lower Body Strength Test: Incline bench press, squats, hamstrings, pull-ups (assisted).
  - Lactic Acid Test: Determines individual work tolerance levels. StairMaster, stationary bike.
3. Training Program: 45 to 50 minutes
4. Nutritional Evaluation: Breakdown of nutritional intake for two to three days with feedback on macronutrient intake.