

APPROVE MY
MACROS


PRESENTS

FLEXIBLE
DIETING

7 DAY

SHRED

Guide For Men



Confused by counting
macros?

Tired of SUPER restrictive
diets?

In this guide: Find out what
Flexible Dieting is, why you
should do it, and a sample
workout and meal plan to
launch you in the right
direction!

What Is It?

Flexible Dieting is a nutrition system that requires you to simply count macronutrients (protein, carbohydrate, and fat) to achieve a body composition goal.

This is also known as If it fits your macros (IIFYM).

How Does It Work?

Flexible Dieting focuses on giving your body what it needs to function and change, whether your goal is to lose fat or gain muscle and improve performance.

This is done through scientific formulas to determine how many calories your body needs in a 24-hour period.

Flexible dieting then prescribes a macronutrient ratio of carbs, fat, and protein which will give your calorie needs for that day.

“I finally developed a healthy relationship with food and am living a healthy balanced life.”

Why You Should Flexible Diet

1. Because It's Flexible

Flexible Dieting gives you the opportunity NOT to eliminate your favorite foods and also gives you the opportunity to ADD in foods that can complement your current diet.

Contrary to the standard diet, you won't be cutting out foods from your diet. Instead, you'll be creating a lifestyle for long-term success.

2. It works with Your Busy Lifestyle

No longer are the days where you have to restrict yourself from eating your mom's homemade desserts due to your "strict diet."

No longer are the days where you have to bring Tupperware of dry fish and vegetables everywhere you go.

No longer are the days of awkward social events.

With Flexible Dieting, you can literally have your cake and eat it too.

Why You Should Flexible Diet

3. It's Sustainable

The reason why the top fitness models can stay lean year-round is that they practice Flexible Dieting and it doesn't feel like a diet.

Six months to a year after implementing flexible dieting, the weight is still off.

And because you're never "dieting," there's no reason to ever stop, so this eliminates Yo-Yo dieting as a whole.

4. It Gets You Even Leaner

It gives you a specific number macros to hit, not just a calorie count.

It's the difference between dropping those last few pounds of stubborn fat and standing still.

5. You Develop a Healthier Relationship with Food

The chances of you binge eating are dramatically reduced, you learn the difference in macronutrient ratios from food to food, and it doesn't feel like a "diet" because these are the foods you chose.

From my experience and research, it seems to kill the "Diet Binge" that we typically doom ourselves with every New Year.

“It simply changed the way I viewed food and took my results to the next level.”

Do I Eat Only Junk Food?

Despite the crazy off the wall sugar-filled creations we see on social media from flexible dieters, we believe that eating healthy is the key.

Some people think that this method of eating promotes a diet that is unhealthy.

This couldn't be further from the truth.

One way to know that you're getting a balanced diet is by tracking the fiber intake to ensure that you're eating plenty of whole foods, and a good amount of vegetables.

*“... has definitely been
the longest I’ve ever
kept a diet and kept my
sanity.*

*Such a great
experience! ”*

How Do I Get Started?

1. Do It Yourself

Check out our affordable *The Key To Flexible Dieting*. We have both *Fat Loss and Muscle Gain* editions. Use our macro calculator to create your macros.

[SHOW ME MORE](#)

OR

2. Let Us Help You

Our custom programs can create your macros for you, and send you your very own plan.

[SHOW ME MORE](#)

Any questions?

Feel free to email us at

reuben@reubenbrooksfitness.com

THE WORKOUT PLAN

This is an example of our “fat loss” plans. This program is designed to help you burn fat and build muscle. Included in this program is a meal plan to follow for the week and also a Powerbuilding based training regiment.

WHY POWERBUILDING?

The problem with most fat loss programs is the fact that good hard- earned muscle is lost along with the fat. This can be directly correlated from a mediocre, watered down, copy and paste workout and nutrition program. If you're serious about making gains in the gym that will stick and getting ungodly shredded at the same time, then this program is for you.

Powerbuilding is the very effective combination of powerlifting and bodybuilding.

This type of training will allow you to build/ maintain muscle and strip fat. It won't be easy, but I promise it will be worth it! Let's get to it!

POWERLIFTING

Don't be all show and no go, powerlifting primarily focuses on heavy compound movements and measures along with strength output. Each week the goal is to get stronger while we lose weight!

BODYBUILDING

Bodybuilding can be described as the practice of strengthening and enlarging the muscles of the body while getting lean as possible while maintaining bodily symmetry.

Combining The Two

Simply put, a power building routine will put your body in the perfect position for muscle growth and strength gains all while getting ripped at the same time. Implementing squats, deadlifts, and bench for low reps followed by bodybuilding movements puts the nervous and endocrine system on overdrive and it becomes a muscle-building catalysts. This increases the amount of stress the body goes through when doing bodybuilding movements.

Putting it all together

Combining the workouts with a structured nutrition plan is the absolute key to success. Which is why it is so important to get this right and to understand what you are putting in to your body. Eating well to us means fueling your body with whole, nutrient dense foods, and all of the meal plans will illustrate this. The meal plans are designed to get you the best possible results in the time we have! All meals are simple yet delicious and are centered around protein and micronutrients. The better you eat, the better you will feel and thus, the better you will train.

WORKOUT TIMES

MORNING WORKOUT

AFTERNOON WORKOUT

NIGHT WORKOUT

MEAL 1

MEAL 1

MEAL 1

PRE-WORKOUT MEAL

1 ST SNACK

1st SNACK

INTRA WORKOUT SUPPLEMENT

LUNCH

LUNCH

POST WORKOUT MEAL

INTRA WORKOUT SUPPLEMENT

2ND SNACK

LUNCH

POST WORKOUT MEAL

PRE WORKOUT SUPPLEMENT
(SEE SUPPLEMENT GUIDE)

2ND SNACK

DINNER

POST WORKOUT MEAL

DINNER

3RD SNACK

3RD SNACK (OPTIONAL)

MEAL PLAN

UPON RISING

USN L-Carnitine, Apple Cider Vinegar Shot, & 16oz water with lemon

MEAL ONE

Choose Two Proteins

- 1/2 Cup Egg Whites • 1 Whole Egg • 80-100 Calorie Yogurt (Greek, Yoplait, Dannon, Chobani) • 1 Scoop Protein Powder • 1/2 Cup Cottage Cheese

AND One Fruit OR Complex Carb Choice

Fruit:

- 1 Medium Red Grapefruit • 2 Medium Pineapple Slices 6" • 1 Cup Strawberries • 1 Cup Raspberries • 1 Mandarin Orange • 16oz water with 2 freshly squeezed lemons

Complex Carb:

- Whole Grains • 1 Slice of Ezekiel Bread (7 Sprouted, Low Sodium or Raisin) • 1/4th Cup Oatmeal

MEAL TWO
(SNACK)

Choose One

- 1/2 Medium Apple • 2 Turkey Roll Ups with Iceberg Lettuce • 1 TBSP of natural peanut butter or almond butter with 2-4 celery stalks • 1 Hardboiled Egg • 1/2 Protein Bar (Quest or Victory)

MEAL THREE

Chose One

- 6oz of Protein (Chicken Breast, 99% Ground Turkey, Tilapia)
1 Cup of Any Vegetable (Except Corn) Or 2 Cups of Kale, Spinach, Iceberg Lettuce or Romaine Lettuce AND 1 Carb Choice

AND One Fruit or Complex Carb Choice

- Fruit - 2 Medium Pineapple Slices 6" • 1 Cup Strawberries • 1 Cup Raspberries • 1 Mandarin Orange
Complex Carb - 1/2 Medium Sweet Potato 1/4 Brown Rice

PRE WORKOUT

USN L-Carnitine. Pre Workout or Coffee (optional)

TRAIN

USN BCAA + Amino

POST WORKOUT

1 Scoop Whey Isopro Vanilla Ice Cream
1 cup spinach
½ cucumber
½ kiwi
Ice and water

MEAL FIVE

Choose One

- 6oz of Protein (Chicken Breast, 99% Ground Turkey, Tilapia)
- 1 Cup of Any Vegetable (Except Corn) Or
2 Cups of Kale, Spinach, Iceberg Lettuce
or Romaine Lettuce

SNACK

Choose One

- 1/2 Medium Apple • 2 Turkey Roll Ups with Iceberg Lettuce
- 1 TBSP of natural peanut butter or almond butter with 2-4 celery stalks • 1 Hardboiled Egg • 1/2 Protein Bar (Quest or Victory)

PRE BED

- Fish oils, Magnesium, and Vitamin C

MONDAY: CHEST AND TRICEPS

EXERCISE	SETS	REPS	REST TIME
BENCH PRESS - POWER	5 WORKING SETS 2 WARM UP	5 REPS HEAVY	90 SECONDS
INCLINE DUMBBELL PRESS - MUSCLE	4	12 - 15	60 SECONDS
(SUPERSET) PUSH UP & CABLE CROSSOVER- BURN	4	20 - PUSH UPS 15 - CROSSOVER	90 SECONDS AFTER SUPERSET
DIPS (FOCUS ON CHEST)	3	20	60 SECONDS
SKULL CRUSHERS	4	12 - 15	60 SECONDS
TRICEP KICK BACK	3	12-15 EACH ARM	30 SECONDS
ABS - CABLE CRUNCHES	3	20	30 SECONDS
ABS - DECLINE CRUNCH	3	20	30 SECONDS
CARDIO	20 MINS	80% HR MAX	

TUESDAY: BACK & BICEPS

EXERCISE	SETS	REPS	REST TIME
PULL UPS	3	FAILURE	60 SECONDS
DEAD LIFTS OR BARBELL ROW - POWER	2-3 WARM UP SETS 5 WORKING SETS	5	90 SECONDS
1 ARM DUMBBELL ROW - MUSCLE	4	12 EACH ARM	60 SECONDS
LAT PULL DOWN - MUSCLE	3	12 to 15	60 SECONDS
SEATED CABLE ROW - BURN	3	40	30 SECONDS
BARBELL CURL - POWER	4	12 to 15	60 SECONDS
PREACHER CURL - BURN	3	20	30 SECONDS
AB ROLLER	3	15	
CARDIO	STAIR CLIMBER	20 MIN	LEVEL 8-12

WEDNESDAY: SHOULDERS & CALVES

EXERCISE	SETS	REPS	REST TIME
Standing/Seated Barbell Shoulder Press - Power	2-3 WARM UP SETS 5 WORKING SETS	12,10,8,8,8	60 SECONDS
UPRIGHT ROW	3	12-15	90 SECONDS
GIANT SET - MUSCLE	4		90 SECONDS AFTER SUPERSET
LATERAL RAISE		20	
FRONT RAISE		15	
SEATED BENT OVER RAISE		12	
SEATED MACHINE REVERSE PEC FLY (REAR DELT) - BURN	4	30	30 SECONDS
SEATED CALF RAISES - POWER	2	25	60 SECONDS
LEG PRESS CALF RAISES - BURN	3	25	30 SECONDS
DECLINE CRUNCH	5	20	
JOGGING OR ELLIPTICAL	20 MIN	80% HR MAX	

THURSDAY: LEGS

EXERCISE	SETS	REPS	REST TIME
HANGING LEG RAISES - ABS	3	20	90 SECONDS
STRAIGHT LEG DEAD LIFTS - WARM UP BAR ONLY	3	15-20	60 SECONDS
BARBELL BACK SQUATS - POWER	2-3 Warm up Sets 5 working Sets	5 HEAVY	90 SECONDS
WALKING LUNGES - MUSCLE	4	20 Each Leg	60 SECONDS
LEG PRESS - MUSCLE	3	15-20	60 SECONDS
SUPER SET - BURN	3		30 SECONDS
LYING LEG CURLS		15	
LEG EXTENTIONS		15	
CARDIO	20	Level 8-12	

FRIDAY: BICEPS & TRICEPS

EXERCISE	SETS	REPS	REST TIME
SUPERSET - POWER	4	15,12,10,8	60 SECONDS
SKULL CRUSHER			
EZ BAR BICEP CURL			
SUPERSET - MUSCLE	4	12 to 15	60 SECONDS
TRICEP DUMBBELL OVERHEAD PRESS			
ALTERNATING BICEP CURL			
SUPERSET - MUSCLE	4	12 to 15	60 SECONDS
TRICEPS CABLE PRESSDOWN			
BICEP CABLE CURL			
SUPERSET - BURN	3	30	60 SECONDS
MACHINE PREACHER			
MACHINE CRUNCHES			
JOGGING OR ELLIPTICAL	20 min	80% HR MAX	

SATURDAY: HIIT

Choose One	Max Intensity	Rounds	Rest
SPRINTS	30 SECONDS MAX INTENSITY	10 ROUNDS	1-2 Minute Rest
BURPEES	30 SECONDS MAX INTENSITY	10 ROUNDS	1-2 Minute Rest
TIRE FLIPS	30 SECONDS MAX INTENSITY	10 ROUNDS	1-2 Minute Rest
ROPES	30 SECONDS MAX INTENSITY	10 ROUNDS	1-2 Minute Rest

SUNDAY: REST

IF YOU'VE ENJOYED THIS 7 DAY PROGRAM, WE'D LOVE TO HELP YOU ON YOUR HEALTH JOURNEY WITH OUR 12 WEEK PERSONALISED PROGRAM.

We'll work closely together to develop your diet and training schedule, which is completely customized to you and your needs/goals based on an in-depth questionnaire that you'll fill out before starting.

You'll get 24/7 support, weekly check-ins on your photos, measurements and weight. From there, We'll assess your progress. Based on those numbers and how you're feeling both physically and mentally we'll adjust your macros and foods accordingly. You'll get new workouts at every check-in and you can also contact us at any time for help should you need it!

TO HELP YOU GET STARTED, I'M OFFERING 20% OFF MY 12 WEEK PERSONALIZED PROGRAMS, JUST USE THE CODE 'APPROVEDBYBROOKS20' AT CHECKOUT

You can check it out here <http://approvemymacros.com/custom-coaching-lp/>