

APPROVE MY  
*MACROS*


PRESENTS

**FLEXIBLE  
DIETING**

**7 DAY**

*shred*

**Guide For Women**



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?

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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).

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## 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

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## 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

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## 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?

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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?

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## 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](mailto: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.

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## 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

POST WORKOUT

LUNCH

LUNCH

DURING WORKOUT

2ND SNACK

LUNCH

INTRA WORKOUT  
SUPPLEMENT

PRE WORKOUT SUPPLEMENT  
(SEE SUPPLEMENT GUIDE)

2ND SNACK

POST WORKOUT MEAL

INTRA WORKOUT  
SUPPLEMENT

DINNER

3RD SNACK (OPTIONAL)

POST WORKOUT MEAL

3RD SNACK (OPTIONAL)

3RD SNACK

# 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

4oz 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

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

- 4oz 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

PRE BED

- Fish oils, Magnesium, and Vitamin C

## MONDAY: LEGS AND GLUTES

EXERCISE	SETS	REPS	REST TIME
ROMANIAN DEADLIFTS MUSCLE	5 WORKING SETS 2 WARM UP	9-10 REPS HEAVY	90 SECONDS
SEATED LEG CURL	3	12 - 15	60 SECONDS
SINGLE LEG GLUTE BRIDGE- ISOLATE	3	12 EACH LEG	60 SECONDS
BARBELL HIP THRUST- BURN	4	15 EACH LEG	30 SECONDS
SINGLE LEG DEAD LIFT - ISOLATE	4	12 EACH LEG	60 SECONDS
KETTLE BELL CURTSY LUNGE- ISOLATE	3	12 EACH LEG	30 SECONDS
ABS CABLE CRUNCHES	4	25	
CARDIO ELIPTICAL	20 MINS	80% HR MAX	

## TUESDAY: SHOULDERS & TRICEPS

EXERCISE	SETS	REPS	REST TIME
MACHINE SHOULDER PRESS- POWER	2-3 WARM UP SETS 5 WORKING SETS	12-15	60 SECONDS
SUPER SET - SS			90 SECONDS AFTER SUPER SET
DUMBBELL BENT OVER REAR DELT RAISE- MUSCLE	3	15	
DUMBBELL FRONT RAISE- MUSCLE	3	12	
DUMBBELL SHOULDER PRESS - MUSCLE	3	10	
LATERAL DUMBBELL FLY- BURN	4	8 to 12	30 SECONDS
TRICEPS BENCH DIPS	3	15	60 SECONDS
CABLE ROPE TRICEPS EXTENSION - BURN	1	40	
ABS AB ROLLER	3	15	
CARDIO STAIR CLIMBER	20 MIN	LEVEL 8-12	

## WEDNESDAY: LEGS & GLUTES

EXERCISE	SETS	REPS	REST TIME
STRAIGHT LEG DEAD LIFTS (TOES POINTED IN) - POWER	2-3 Warm up Sets 5 working Sets	8-10 MODERATE WEIGHT	90 SECONDS
ONE FOOT LEG PRESS- ISOLATE	3	15 EACH LEG	30 SECONDS
DUMBBELL STEPS UP ISOLATE	3	15 EACH LEG	30 SECONDS
WALKING LUNGES GLUTE LIFT - BURN	4	15 EACH LEG	60 SECONDS
SUPER SET			90 SECONDS AFTER SUPER SET
LEG EXTENSION (TOES POINTED OUT) - BURN - MUSCLE	3	15	
LYING LEG CURLS (RELAXED FEET)-BURN	3	15	
SQUAT JUMPS - BURN	3	20	30 SECONDS
CALVES SEATED CALF RAISES- MUSCLE	3	12	60 SECONDS
LEG PRESS CALF RAISES	2	40	30 SECONDS
ABS DECLINE CRUNCH	5	20	
CARDIO JOGGING OR ELLIPTICAL	20 mins	80 HR MAX	

## THURSDAY : BACK & BICEPS

EXERCISE	SETS	REPS	REST TIME
ABS HANGING LEG LIFTS	3	20	90 SECONDS
ASSISTED PULL UPS - WARM UP	3	AS MANY AS YOU CAN DO	90 SECONDS
BARBEL ROW -POWER	5	12,15,15,12,10	90 SECONDS
SUPERSET - MUSCLE			90 SECONDS AFTER SUPER SET
1 ARM DUMBBELL ROW -ISOLATE	3	12	
LAT PULL DOWN MUSCLE	3	15	
CABLE ROW - BURN	4	20	30 SECONDS
BICEPS EZ BAR CURL POWER	3	12-15	60 SECONDS
MACHINE BICEP CURL- BURN	3	20	30 SECONDS
CARDIO STAIR CLIMBER	20	LEVEL 8-12	

## FRIDAY : FULL BODY

EXERCISE	SETS	REPS	REST TIME
PUSH UPS (MEN STYLE) - WARM UP	3	15 BREAK IT TO 5'S IF YOU CAN'T DO IT STARIGHT	60 SECONDS
MACHINE CHEST PRESS- POWER	4	12-15	60 SECONDS
SHOULDER PRESS- MUSCLE	3	15-20	60 SECONDS
LATERAL RAISES- MUSCLE		12-15	60 SECONDS
MACHINE REAR DELT FLY- MUSCLE		12-15	60 SECONDS
TBAR ROW OR INVERTED ROW -MUSCLE		12-15	60 SECONDS
TRICEPS PRESS DOWN -MUSCLE		12-15	60 SECONDS
TRICEPS DUMBBELL KICKBACK MUSCLE		12-15	60 SECONDS
ABS MACHINE CRUNCHES	4	20	30 SECONDS
CARDIO JOGGING OR ELLIPTICAL	20 MINS	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.

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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/>