



7 ROOKIE MISTAKES FROM FLEXIBLE DIEETING

R E U B E N B R O O K S

ROOKIE MISTAKE #1

Obsessing over “hitting” your macro numbers spot on.

Don't get hung up on the numbers.

- Protein + or - 5g
- Carbs + or - 5g
- Fats + or - 2g

ROOKIE MISTAKE #2

The primary goal of Flexible Dieting is to hit a certain level of calories and macros each day. Balance is ultimately the key.

Don't make the mistake of having a carb only meal and then a protein only meal.

Remember team, that you still need to take into consideration regulating your blood sugar levels, and a nice mix will help you do just that.

ROOKIE MISTAKE #3

Not Planning Ahead

“If you fail to plan then you plan to fail”

Don't think that this takes away from the flexible aspect of Flexible Dieting, realize that some planning is wise for success.

Approved Tip!

If you know where you are going to eat for your special occasion, plug that into MyFitnessPal first. Then plan the rest of your meals around that one to be able to hit your macros.

ROOKIE MISTAKE #4

Forgetting About Pre/Post Workout Nutrition.

Have more protein and carbs surrounding your training and less fats.

Too many fats slow down the digestive process and cause you to feel slow during the workout.

ROOKIE MISTAKE #5

Not Changing Your Macros Regularly Enough.

Remember that it is important that you make changes as you go along, depending on the progress.

This means recalculating your macros to get new measurements.

Only recalculate once you hit a plateau which is usually about 4-8 weeks, depending on your fitness progress.

ROOKIE MISTAKE #6

Trying To “Fit” Foods In Too Regularly

Flexible Dieting, when used correctly can be VERY effective and allows us to build a great relationship with food a much as still stay on track with our Q.

However, it is not an excuse to eat Krispy Kreme and In & Out burgers everyday just because you can “fit” it in.

Approved Tip!

Practice using the 80/20 rule when it comes to daily food choices.

This means 80% of the foods you eat should be whole, nutrient dense, single ingredient foods.

20% can be the fun foods but keep these food choices small like halo top ice cream, home made burger and fries, protein bars etc.

The key here is to be more consistent through the week and on the weekends when you are around friends and family, be more flexible. But still plan ahead :)

ROOKIE MISTAKE #7

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