



# APPROVE MY MACROS

**The Key To Flexible  
Dieting**

**MUSCLE GAIN EDITION**



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# **Chapter 1** *What is Flexible Dieting?*

**Have you ever wondered if there was a way to eat whatever you want, whenever you want, and still get the body you want?**

Well, if you're anything like me, I'm sure that thought has come to mind many, many times.

That's exactly what Flexible Dieting is designed to accomplish.

If you're here because you've had one too many failed attempts at overly restricted dieting

Or

if you've had your share of crazy dieting gimmicks

Or

if you're here because you're tired of setting the same New Year's resolution of a weight specific goal again for the 10<sup>th</sup> year in a row, rest assured you are at the right place.

There is such thing as being "too strict" with your diet.

Yup, I said it, according to a study conducted by the Appetite Journal, people who tried to stick to diets that were too strict had higher rates of eating disorders, were depressed and carried more body fat than those who ate flexibly.

This means if you're cutting carbs out, putting restrictions on your diet, or following fads such as the Paleo or a meal plan straight from the pages of a magazine, it's pretty much doomed to fail.

That being said, let me welcome you to the wonderful world of Flexible Dieting.

## **What is Flexible Dieting?**

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).

Flexible Dieting is a structure of dieting based on giving your body what it needs to function and change, whether your goal is to lose fat or gain lean muscle and improve performance.

The focus of Flexible Dieting is quantity and not quality.

### Example: The Twinkie Diet

Yes, the Twinkie diet is actually a very real thing.

In 2010, Professor of Nutrition at Kansas State University, Mark Haub wanted to prove that the body doesn't recognize weight loss by whether a food is healthy or unhealthy, yet that the body treats all calories the same, regardless of the source and that pure calorie counting is what matters most.

Thus, started his journey on the "Twinkie Diet" for 10 weeks.



Mark ate Twinkies, Little Debbie snacks, Doritos, Sugary Cereals, and Oreos and dropped a whopping 27 lbs in a little over two months.



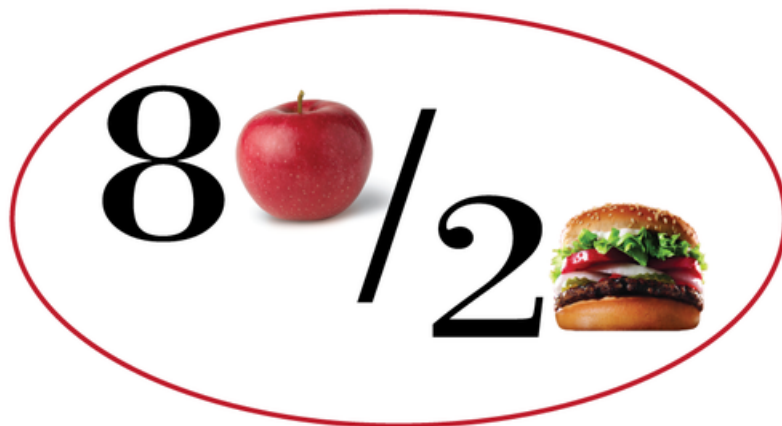
He followed the basic principles of calories in versus calories out. A man his size usually consumes 2,600 calories daily.

So, he dropped his calories to about 1,800 calories a day.

Mark admitted that eating junk food for two and a half months did nothing for his overall good health, but it did prove that, for the most part, a calorie is a calorie as far as weight loss is concerned.

## *The Approved Principle and The 80/20 Rule - The Key To Your Success*

“If you’re interested in ‘balancing’ work and pleasure, stop trying to balance them. Instead, make your work more pleasurable.”- Anonymous



One critical rule that I implement to all of my clients is the 80/20 rule.

This whole program is about creating a lifestyle change and not dieting. This is why I strongly promote people keep their favorite foods included in their diet and just reduce the intake.

This lifestyle change, in particular, is about what you can add to your daily diet instead of taking away.



In creating this lifestyle change, you don't have to be perfect in your efforts to stick to the plan 100%, but you do have to make the best choices from what you've learned and create a balance.

If you don't have balance, it can cause:

- Chaos and confusion
- Eating disorders
- Psychological body image issues

This is where the Approved Principle comes into play.

### **The Approved Principle**

Something that I coined a while back which suggests in a day, week, or month, 80% of the foods we eat needs to be clean, whole, nutrient dense foods while 20% can be your favorite dirty snacks.

Doing this allows you to: create balance, have daily rewards, and be psychologically satisfied.

The Approved Principle is the epitome of a lifestyle change because you're not eliminating food, most of your food is coming from clean sources, and most importantly, you won't go crazy with cravings.

### **\*Approved Tip:**

I like to use my 20% by having a burger and fries. I typically have this once a week, and it's usually on Saturday. That's when I'm out and about with my friends and can enjoy the beautiful day to hang out. The rest of the week, I'm usually eating clean.

Please note, whether you're bulking or cutting, the food that you're eating is the same but just in different amounts.

The Approved Principle can be broken down on a daily basis. If you're a person that loves Oreo cookies, you can put that in your program on a daily basis and limit yourself to let's say about 3 cookies a day if macros permit.

As long as the rest of the day is consumed by whole, clean, nutrient dense foods, you're good to go!

## **The 80/20 Rule or Pareto's Principle**

The principle suggests that about 80% of your results are created by about 20% of causes.

What does this mean to you and your lifestyle change?

It means that your nutrition and food are the 20% cause on which you should focus because it will affect 80% of your weight loss/gain outcome.

So, if we focus on good quality food and hit our macros, that will move us 80% closer to our goal.

## **What You Can Expect**

Unlike many other diets that promote quick weight loss fixes, Flexible dieting promotes slow and sustainable weight gain with minimum fat gain.

On average, you should lose 1-2 lbs per week, but don't be alarmed if you see an any immediate weight loss, especially from those who have been on a low-calorie diet.

Coming off of a low-calorie diet means that more than likely your metabolism has slowed down and it can take a couple of weeks to get it to spark again.

However, rest assured that through Flexible Dieting consistency, you can have your metabolism up and running in no time.

Flexible Dieting is designed with a more realistic calorie deficit in place to ensure no more than 20 percent of your TDEE (Total Daily Energy Expenditure).

It typically increases your calories by around a 500 calorie surplus to ensure a safe weight loss.

To recap, the Flexible Dieting philosophy promotes that:

- No food group is off-limits.
- All foods are allowed.
- All foods must fit your daily macro goals.
- 80% of foods must be from single ingredient whole food sources.
- 20% can be your fun treats.
- The most sustainable and the healthiest way to approach weight loss is slow and steady.

**Here's what you will find in the rest of the book.**

- You'll learn how to set your daily macronutrient levels and how to adjust as you progress.
- How to track your macros accurately and some Approved tools I use.
- Meal plans with macro amounts.
- Approved recipes.
- FAQs and Rookie Mistakes.
- A fool-proof workout program

In a nutshell, Flexible Dieting IIFYM can be summed in four steps:

**Step 1:** Calculate your TDEE (total daily energy expenditure) based on your current weight and exercise.

**Step 2:** Calculate your macros in ratios that will help you reach your goal whether it's fat loss or muscle gain.

**Step 3:** Change your macros based on your body type.

**Step 4:** Track your food intake and try to meet your TDEE and macro limits each day.

## **Chapter 2** *Where Do I Start?*

**Macros or macronutrients are in the foods we eat:**

- **Carbohydrates (Carbs)**
- **Fat**
- **Protein**

These macros also correlate to our total calorie intake.

When getting started with calculating your macros, you need to first calculate your TDEE.

### **Figuring out Your Total Daily Energy Expenditure**

Your TDEE is the number of calories you burn in a day. The only thing you have to do is eat less than this, and you will lose weight, eat more of than this, and you will gain weight. Simple, right?

**HOWEVER,**

Not sure if you noticed how big the *however* is?

I've found that losing weight and losing fat can be two different things.

This means if you only pay attention to the calories, you can also lose muscle. This is why paying attention to the macro ratio is so important.

It's also important to note that too much of a calorie deficit is actually counterproductive. It can cause to enter starvation mode and store fat.

Hold on tight, things are going to get a little nerdy from here.

While you don't need to understand this, it will help.

Before we get into the technicalities of the equations, we do have a handy calculator online that does all of these for you.

[Click Here to access it.](#)

## **THE FORMULA**

The [Mifflin, M.D., St Jeor Formula](#), in my personal opinion, is one of the most respected formula methods used to calculate your TDEE. You will also need to calculate your Resting Energy Expenditure (REE) which is the energy it takes to operate your body when at rest.

### **For Males:**

$$10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5 = \text{REE}$$

### **For Females:**

$$10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161 = \text{REE}$$

*Tip: Use order of operations (PEMDAS) to complete equation.*

Since we live in the real world and don't spend all day at rest (which on a rainy day, Netflix and chill sounds awesome), we next have to figure out movement expenditure or TDEE.

- **Sedentary**

Spend most of the day sitting (e.g., bank teller, desk job) (REE X 1.2)

- **Light Activity**



Spend a good part of the day on your feet (e.g., teacher, salesman). Any activity that burns an additional 200-400 calories for females or 250-500 calories for males more than your sedentary amount. (REE X 1.375)

- **Moderate Activity**

Spend a good part of the day doing some physical activity (e.g., waitress, mailman). Any activity that burns an additional 400-650 calories for females or 500-800 calories for males more than your sedentary amount. (REE X 1.55)

- **Very Active**

Spend most of the day doing a heavy physical activity (e.g., bike messenger, carpenter). Any activity that burns more than about 650 calories for females or more than 800 calories for males in addition to your sedentary amount. (REE X 1.725)

## *If Your Goal is Gaining Muscle While Losing Fat*

It is possible to do this, but it is very difficult and requires extreme adherence to your macro goals as well as the correct TDEE.

Don't have enough calories and you won't gain, too many and you won't lose.

There's a sweet spot that you have to hit.

I've had much success with this, especially with getting ready for summer.

I increased my size while dropping my body fat percentage without losing much weight.

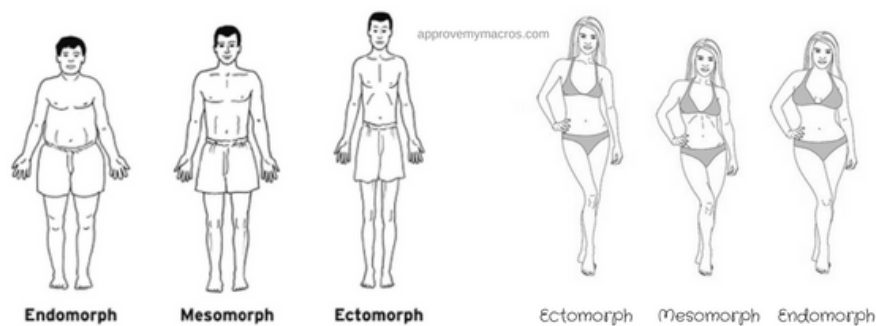
It's a slow and steady process, but it is very possible.

I recommend switching the goal tab to **“Lose 10%”** for those who want more definition and have less than 10% body fat to lose.

The key here is to have your body burn the extra fat, but you don't want to be too much of a deficit that you won't be able to build muscle.

I go in more detail in my other book *The Muscle Building* edition, if you got the wrong one please send me an email and I'll send you a copy free of charge.

## **Chapter 3** *Customizing Macros For Your Body Type*



Flexible dieting isn't a one size fits all diet.

Some people do better with higher carbs and lower fat and others do better with high protein and lower carbs.

You have to tweak your macros based on what your goals are, your body type, and how your body is responding.

Find your macro sweet spot and scale little by little from there.

It's not uncommon for people to spend the first month adjusting their macros until they start to see the results they are looking for.

Just be consistent and stick with it.

After you find your macros, the next step is to adjust them for your body type manually.

**Somatotype** – a category to which people are assigned according to the extent to which their bodily physique conforms to a basic type (usually endomorph, mesomorph, and ectomorph).

### **Ectomorph – HARD GAINERS**

An ectomorph is best described as slender. Characteristically, they have delicate bone structure, small shoulders and chest, and a fast metabolism. Ectomorphs are the classic "hard gainers." They find it hard to gain weight and put on mass.

On the plus side, it's easy for them to get lean. They tend to require a greater percentage of carbohydrates to prevent muscle catabolism as well as a higher calorie intake overall.

**Diet Recommendations:** Ectomorphs should stick to the high end of the range for carbohydrates, between 30-60 percent of total calories, depending on whether the goal is mass gains, maintenance, or fat loss. Higher carbohydrate ratios augment lean mass gains, while lower carbohydrate ratios tend to accelerate fat loss.

### **I recommend the following:**

- Adjust the protein to high on the calculator but keeping everything else the same.

### **Ectomorph Description**

- Narrow hips and clavicles
- Small joints (wrist/ankles)
- Thin build
- Stringy muscle bellies
- Long limbs

## **Mesomorph – EASY GAINERS**

A mesomorph is someone who trends toward being muscular. They're often strong, athletic hard-body types with well-defined muscles, broad shoulders, and dense bone structure. Mesomorphs generally have little trouble gaining muscle or losing fat, though they will put on fat more readily than ectomorphs.

They can handle a moderate level of carbs due to their ample capacity to store muscle glycogen. Weight gain will happen, however, if carbs and calories are overly high. No body type is immune to a bad diet!

**Diet Recommendations:** Mesomorphs do well in the middle range for carbohydrates, between 20-50 percent of total calories.

### **I recommend the following:**

- Adjust protein to high
- Add 20g of protein for men and subtract 20g of carbs for men
- Add 10g of protein for women and subtract 10g of carbs for women

### **Mesomorph Description**

- Wide clavicles
- Narrow waist
- Thinner joints
- Long and round muscle bellies

## **Endomorph – YOU LOOK AT FOOD AND GAIN WEIGHT**

The Endomorph is best described as soft. They typically have a round or pear-shaped body, shorter limbs, a stocky build, and a slower metabolism.

Endomorphs can put on a lot of muscle, but they also tend to carry more adipose tissue and thus have a greater propensity to store fat. Because excess carbohydrates in the endomorph's diet end up as fat, a high carbohydrate intake will make it difficult for them to get lean or lose weight.

**Diet Recommendations:** Endomorphs should stick to the low end of the carbohydrate range, between 10-40 percent of total calories, depending on their goals. Here, I recommend no more than 30-40 percent carbohydrates for mass gains, the middle range for maintenance (20-30), and low-end for fat loss (10-20).

**I recommend the following:**

- Adjust protein to high
- Add 40g of protein for men and subtract 40g of carbs for men
- Add 20g of protein for women and subtract 20g of carbs for women

**Endomorph Description**

- Blocky
- Thick rib cage
- Wide/thicker joints
- Hips as wide (or wider) as clavicles
- Shorter limbs



## Chapter 4 *Breaking Down Macros*

Now that we have the macros custom to you, it's important to understand the calorie value of each macronutrient.

- 1 Gram of Protein = 4 calories
- 1 Gram of Carbohydrate = 4 calories
- 1 Gram of Fat = 9 Calories

Note: 1 Gram of alcohol = 7 Calories. It is not factored into your macro totals, but it is factored into your TDEE.

When you look at the macronutrient percentages of your diet, everything needs to add up to 100%.

Eating more of one macro means that your other two decreases by default. This means regardless of your goals, - fat loss, muscle building, or even performance - you should always meet your protein needs first, then adjust your fat and carb intake accordingly.

### **Protein - What does it do?**

Protein plays a huge role in our diet, especially if you're trying to build or tone and or trying to lose weight.

#### **Protein Helps:**

- Preserve lean muscle tissue if you are in a calorie deficit.
- Helps build muscle if you are trying to build.
- ***Approved Tip: The more muscle you have, the faster you lose weight.***
- Helps control your appetite and will keep you satisfied for a longer period of time.
- Protein is not the ultimate answer to building muscle and burning fat, but it is a key player in the game.

### **Carbs - What does it do?**

Everyone's favorite. Right? Before we go into the function of carbohydrates, I need to clear the slate of the stigma that most people have with carbs.

Carbs are not bad, and if used correctly, they can actually provide a boost to your metabolism, make you have a fuller look, and provide an immense amount of energy.

No food is bad if used properly.

People like carbs so much, they naturally tend to overeat them. So people gain weight - not because of the carbs are bad - but because they're having too much.

Carbs are the body's primary energy source.

When consumed, carbs are stored in the muscle as glycogen and used as energy during a workout and after a workout to help the body recover.

Everyone's carb intake is going to be different, depending on their lifestyle, activity levels throughout the day (desk job or waiter/waitress), age, gender, height, and weight.

This is why it's so important to have a plan that's custom to you vs. going on the internet or magazines and finding generic plans.

Carbs help:

- Provide energy as the main source of fuel.
- Brain function and operation of the organs.
- All cells and tissues in your body need carbs, and they are also important for intestinal health and waste elimination.

Fats - What does it do?

- Before we go into this section, I also have to stop again for a second and debunk this myth. Having fats in your diet will not make you fat!

- Fats' primary role in the body is hormonal function - If fats drop too low, testosterone production will suffer.
- Testosterone is a huge key player when it comes to fat loss, muscle gain, and sex drive.
- With that said, fats are good for you. However, fat is not a calorie-free food.
- Fat is the most energy dense macro at 9 calories per gram. This makes it very very easy to overeat fats, given it's about twice the amount of calories than carbs and fats.

#### Fats help:

- As a backup source of energy to fuel your workout when carbs aren't available.
- Hormonal production
- Vitamin absorption.

## **Chapter 5** *How to Eat Your Favorite Snacks and Stay on Track*

Tracking food and recording the food you eat throughout the day is one of the most challenging aspects of flexible dieting.

Throughout the day, we tend to eat subconsciously and not even realize how much we've eaten.

Not to mention, the extra snacks we add into the mix like the handful of peanuts when nobody is looking, the hefty scoop of peanut butter, or even the cocktail we occasionally have after work.

These aren't the worst of foods, but if you did this on a routine basis, the calories add up, and the weight stays the same, or worse, increases if you are not tracking.

The best way I like to keep track of all of my foods that I eat is through an app on my mobile phone called MyFitnessPal.

Studies have confirmed that there are many benefits of keeping track of the food you eat and the activity you do.

It's simple – the more consistently you track your food intake, the more likely you are to lose weight. That's why every successful weight management program suggests that you keep a diary and/or an activity log.

I also recommend the "Lose It" app and the "bodybuilding.com" calorie tracker.

However, for the purposes of this book, we will stick with MyFitnessPal to demonstrate.

### **Setting up MyFitnessPal**

Using MyFitnessPal along with Flexible dieting can take your results to the next level.

However, by default, MyFitnessPal doesn't use the same ratios as the Flexible Dieting Calculator.

That being said, we have to take a few extra steps to sync everything perfectly.

## Step 1

Go to your APP store and download the free version and set it up via the step-by-step instructions given by MyFitnessPal.

When you finish, you should get a screen that looks like this.

When you finish, you should get a screen that looks like this.



## Step 2

The next step is to manually change your goals to match your macro amounts given by the [Flexible Dieting Calculator](#) or from your calculations.

There are three ways to enter food into your daily diary with MyFitnessPal for tracking your macros.

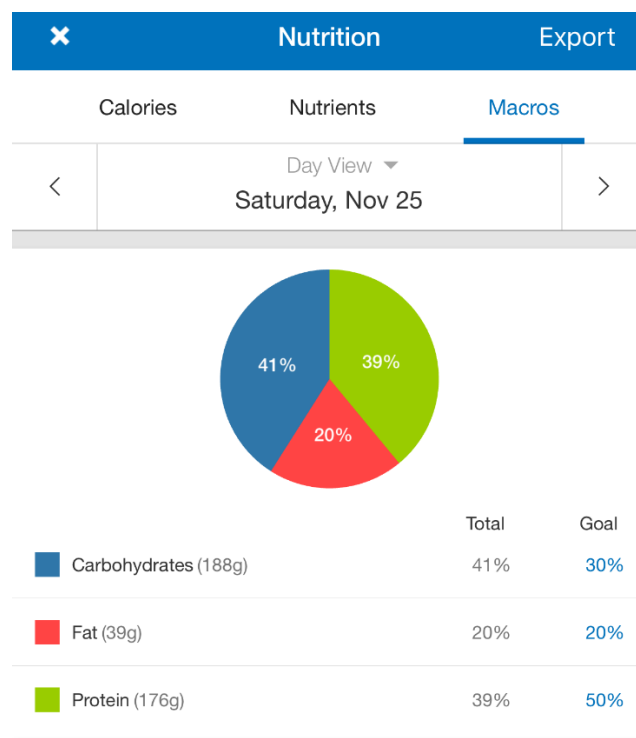
1. You can search the MyFitnessPal database for an item.
2. You can scan the barcode.
3. You can manually enter the food's nutritional info from its label or an external database.

As you enter food, MyFitnessPal will keep track of your calories and macros for you. Throughout the day at any time, you can check your progress and see how you're doing.

- Click the "Nutrition" button at the bottom of the diary screen.



- Click the “Macros” tab in the middle. There you should be able to view your macros for the day.
- Now you can monitor your progress for the day.



### \*APPROVED TIP

For every five pounds of weight lost or gained, you should re-enter your credentials in the macro calculator as well as the goals in MyFitnessPal.

### Finding Macros Using a Digital Food Scale and MyFitnessPal

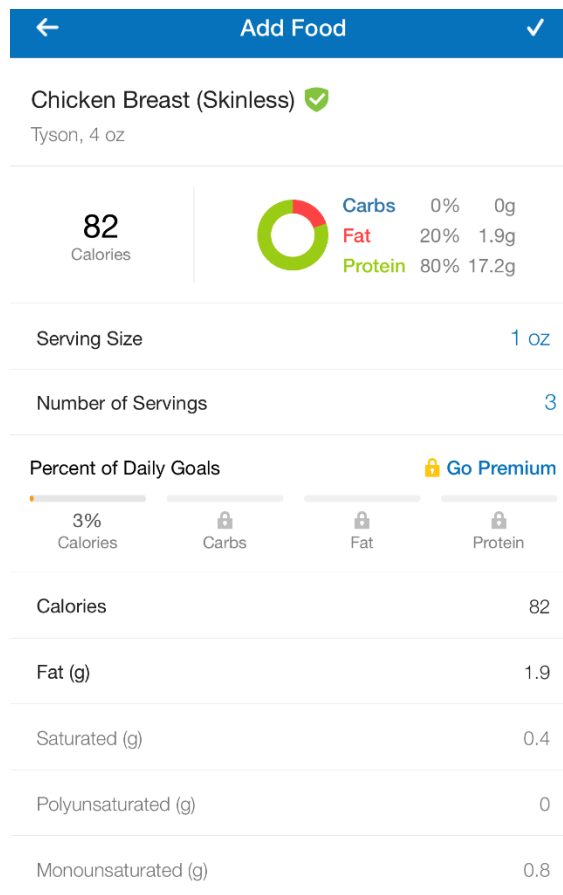
Using a digital scale to measure your food is a key part of your success to flexible dieting. The reason is that many single ingredient whole foods don't have a nutrition label, so you will have to measure the food out and then insert it in MyFitnessPal.

In addition, some foods may show their nutritional information in ounces or grams, so you will have to weigh the food to get the correct measurement.



Here we have cooked chicken breast that weighs 3 ounces.

Chicken breast isn't comprised of only protein, therefore we have to use MyFitnessPal to find the actual macros it delivers.



According to MyFitnessPal, this chicken breast contains

- 0g Carbs
- 1.9g Fat

- 17.2g Protein
- 0g Fiber

## Track Before You Snack

Just as we tracked the chicken, you can do the same thing with your favorite snacks.

Seriously, it's that easy!

Imagine having your favorite snacks throughout the week like Rice Krispy Treats, Pop-Tarts, and chocolate.



That my friend is a diet you'd never want to come off of 😊.

I know you're excited about being able to have some of your favorite foods in succession with staying on track with your diet. However, I want to give you some very valuable tips on how to be successful with tracking your macros.

Some folks will get their macros, eat their favorite foods, and track as you go. I don't like that approach.

The approved approach is to plan out your day in advance, track, and then eat (not track as we go).

Why is this such a rookie mistake?

To simply put it, chaos.

You'll fall into a trap of mistakenly overeating on macros because you don't know the macro intake for that certain food off the top of your head.

If you go over your macro allotment for the day, you will be stuck eating low-calorie food or "rabbit food" for the rest of the day just to stay on track.

Example, say if I'm out and about, I have my food with me, but I have been craving something sweet from Starbucks. I get a chocolate chip cookie. It's warm, fresh, soft, gooey and everything I ever imagined. I finish eating this cookie, and then I pull out my phone and open myfitnesspal to track it and then I see the macros for that one cookie.

### **BIG BIG BIG ROOKIE MISTAKE**

Nothing wrong with having the cookie if that's your 20% treat for the day, however, this cookie has 19g of fat, 50g of carbs, and 4g of protein.

If your carb intake is 100g for a low carb day, then you've already made two mistakes here.

First mistake is that you're already halfway through your carb allotment for the day.

Second mistake is that you're trying to fit in treats on your low carb days.

*Always try to fit your 20% treats in your macros on moderate and high carb days when you're more allowed to eat. (More on this to come)*

### **Another Rookie Mistake**

Eating more packaged foods than 1 ingredient foods.

The 80/20 rule is applied here. 80% of the foods you eat should be from nutrient-dense whole foods. The other 20% can be from treats.

The key word here is moderation.

## Why include treats in a meal plan?

90% of diets fail because people feel restricted. Including treats makes this more like a lifestyle change than a 'diet.' Including treats provides daily rewards and keeps people sane at the same time.

## What kind of treats should I eat?

There's no true right or wrong treat, but I will highlight a few key thoughts.

Try and stay away from the following:

- Fried foods
- High sodium
- Trans fatty foods

Other than that, your treats are free game to eat whatever you want.

## How do we track before we snack?

The key here is to plan your day around the treat that you want to have. This is how the most successful eaters do it.

Track your treat first in the morning and then "fit" your nutrient dense foods around that snack.

### *Don't get obsessed with hitting your macros spot on.*

When I first started tracking, I got totally obsessed with the numbers. I was trying to hit them perfectly and be spot on, and in doing so, it drove me crazy.

That's when I started to do crazy things with my food just to be able to "hit my macros."

For example, if I were off my fats by two grams, I would try and find a fat source that only had two grams of fats in it. By doing so, that left me eating like 3.5 peanuts.

It's not that serious, folks 😊

Here's the Approved Rules For Hitting Your Macros

- Protein (plus or minus 5 grams)
- Carbs (plus or minus 5 grams)
- Fats (plus or minus 2 grams)
- 

## Meal Planning

If you don't plan to succeed, you plan to fail. Preparation is key when it comes to your weight loss or muscle building goals. Being in the gym and lifting weights is the fun part; it's what you do outside of those other hours of the day that will make you successful.

Whenever I help one of my clients in their transformation process, they almost always tell me that nutrition is more important than training.

## Factoring in Two Sets of Macros

It's very important to know that on days that you don't work out, your macros need to change.

This will help prevent the body from storing the excess food as fat from the energy we don't use.

The easiest way to do this without going crazy is to only change one variable. In this case, that variable is the carbs.

On days that you do not workout or do cardio, switch the goal on the macro calculator to **"lose."**

Now you have two sets of macros and a basic carb cycle as well.

## Nutrient Timing

The best way to get your food to work for you is to time it just right!

No, I don't mean you have to cut out carbs at 7:00 at night.

What I mean is to position the food around the best times your body will utilize it and be less likely to be stored as fat.

The best time to have carbs is in the morning for breakfast, pre and post workout.

It's also good to note to avoid having fats pre and post workout. Fats help slow down the digestion of nutrients, and that's not what we want going into a workout.

We want to use our food for fuel; we don't want it just hanging around.

### Nutrient Pairing

Try to pair only two macros at a given time for best results.

Protein	Protein	Carb
Carb	Fat	Fat

If you can, try to avoid pairing carbs and fats in a single meal. We want to have a protein source with just about every meal.

## **Chapter 6** *Flexible Dieting Meal Plan*



One of the hardest parts about flexible dieting is figuring out what you can eat and creating a meal plan to correspond with your macros.

Below is a sample meal plan of how I'd want you to construct your flexible dieting plan.

I want to note that I included some supplements as well.

**Supplement** - Something that completes or enhances something else when added to it.

Just like the definition said, having supplements in your diet will allow you to enhance it. Supplements are optional, but some are highly recommended.

At a bare minimum, I recommend Protein Whey Isolate, L Carnitine, and BCAA's.

If you're interested in getting the suggested brand, please use the code approvedbybrooks20 to receive 20% off of on your entire order.

[Click Here For Supplements](#)

# MEN'S MEAL PLAN

UPON RISING	USN L-Carnitine, Apple Cider Vinegar Shot, & 16oz water with lemon
MEAL ONE	<p style="text-align: center;"><b>Choose Two Proteins</b></p> <ul style="list-style-type: none"> <li>• 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</li> </ul> <p style="text-align: center;"><b>AND One Fruit OR Complex Carb Choice</b></p> <p style="text-align: center;"><b>Fruit:</b></p> <ul style="list-style-type: none"> <li>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</li> </ul> <p style="text-align: center;"><b>Complex Carb:</b></p> <ul style="list-style-type: none"> <li>Whole Grains • 1 Slice of Ezekiel Bread (7 Sprouted, Low Sodium or Raisin) • 1/4th Cup Oatmeal</li> </ul>
MEAL TWO (SNACK)	<p style="text-align: center;"><b>Choose One</b></p> <ul style="list-style-type: none"> <li>• 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)</li> </ul>
MEAL THREE	<p style="text-align: center;"><b>Chose One</b></p> <ul style="list-style-type: none"> <li>6oz of Protein (Chicken Breast, 99% Ground Turkey, Tilapia)</li> <li>1 Cup of Any Vegetable (Except Corn) Or 2 Cups of Kale, Spinach, Iceberg Lettuce or Romaine Lettuce AND 1 Carb Choice</li> </ul> <p style="text-align: center;"><b>AND One Fruit or Complex Carb Choice</b></p> <ul style="list-style-type: none"> <li>Fruit - 2 Medium Pineapple Slices 6" • 1 Cup Strawberries • 1 Cup Raspberries • 1 Mandarin Orange</li> <li>Complex Carb - 1/2 Medium Sweet Potato 1/4 Brown Rice</li> </ul>

PRE WORKOUT	USN L-Carnitine. Pre Workout or Coffee (optional)
TRAIN	USN BCAA + Amino
POST WORKOUT	<p>1 Scoop Whey Isopro Vanilla Ice Cream  1 cup spinach  ½ cucumber  ½ kiwi  Ice and water</p>
MEAL FIVE	<p>Choose One</p> <ul style="list-style-type: none"> <li>• 6oz of Protein (Chicken Breast, 99% Ground Turkey, Tilapia)</li> <li>• 1 Cup of Any Vegetable (Except Corn) Or 2 Cups of Kale, Spinach, Iceberg Lettuce or Romaine Lettuce</li> </ul>
SNACK	<p>Choose One</p> <ul style="list-style-type: none"> <li>• 1/2 Medium Apple • 2 Turkey Roll Ups with Iceberg Lettuce</li> <li>• 1 TBSP of natural peanut butter or almond butter with 2-4 celery stalks • 1 Hardboiled Egg • 1/2 Protein Bar (Quest or Victory)</li> </ul>
PRE BED	<ul style="list-style-type: none"> <li>• Fish oils, Magnesium, and Vitamin C</li> </ul>

# WOMEN'S MEAL PLAN

UPON RISING	USN L-Carnitine, Apple Cider Vinegar Shot, & 16oz water with lemon
MEAL ONE	<p>Choose Two Proteins</p> <ul style="list-style-type: none"> <li>• 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</li> </ul> <p>AND One Fruit OR Complex Carb Choice</p> <p>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</p> <p>Complex Carb: Whole Grains • 1 Slice of Ezekiel Bread (7 Sprouted, Low Sodium or Raisin) • 1/4th Cup Oatmeal</p>
MEAL TWO (SNACK)	<p>Choose One</p> <ul style="list-style-type: none"> <li>• 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)</li> </ul>
MEAL THREE	<p>Chose One</p> <p>4oz of Protein (Chicken Breast, 99% Ground Turkey, Tilapia)</p> <p>1 Cup of Any Vegetable (Except Corn) Or 2 Cups of Kale, Spinach, Iceberg Lettuce or Romaine Lettuce AND 1 Carb Choice</p> <p>AND One Fruit or Complex Carb Choice</p> <p>Fruit - 2 Medium Pineapple Slices 6" • 1 Cup Strawberries • 1 Cup Raspberries • 1 Mandarin Orange</p> <p>Complex Carb - 1/2 Medium Sweet Potato 1/4 Brown Rice</p>

TRAIN	USN BCAA + Amino
POST WORKOUT	<p>1 Scoop Whey Isopro Vanilla Ice Cream  1 cup spinach  ½ cucumber  ½ kiwi  Ice and water</p>
MEAL FIVE	<p>Choose One</p> <ul style="list-style-type: none"> <li>• 4oz of Protein (Chicken Breast, 99% Ground Turkey, Tilapia)</li> <li>• 1 Cup of Any Vegetable (Except Corn) Or 2 Cups of Kale, Spinach, Iceberg Lettuce or Romaine Lettuce</li> </ul>
PRE BED	<ul style="list-style-type: none"> <li>• Fish oils, Magnesium, and Vitamin C</li> </ul>

# **CHAPTER 7** *FLEXIBLE DIETING* *RECIPES*

*Don't  
Skip  
Breakfast*

# Microwave Berry Oatmeal

**Serving size: 1**

**Ingredients:**

- 1/2 cup instant oatmeal
- 1 egg - 1 T. flaxseeds (milled)
- 1/3 cup unsweetened almond milk
- Cinnamon
- 2 Tsp. organic raw honey
- 1/3 cup blueberries
- Coconut oil spray

**Steps:**

1. Spray a tall coffee mug with coconut oil.
2. Add oatmeal, a tablespoon of milled flax seed, some cinnamon, almond milk, an egg and then raw honey in your mug.
3. Mix it up and toss in fresh or frozen blueberries, then gently mix together.
4. Place the mug in the microwave for 3 minutes but check it after 2 minutes of cooking to ensure it doesn't bubble over. Careful when handling

**APPROXIMATE MACROS:**

Calories 323

Carbs 43g

Sugar 12g

Fat 12g

Protein 14g

Fiber 7g





# Turkey and Veggie Omelet Rolls

**Serving size: 1 to 2**

## Ingredients:

- 4 egg whites
- 1 egg
- 3 oz lean ground turkey
- 1 handful spinach (raw)
- 1/3 cup bell pepper
- 1/3 cup goat cheese



## Steps:

1. Season and cook lean ground turkey in skillet.
2. Measure daily portion of eggs and cook in separate skillet.
3. Add goat cheese, spinach, bell peppers and ground turkey.
4. Wait for it to cool a little before wrapping it up in plastic wrap - if it's too hot it might melt the plastic! If you're in a hurry, wrap it in aluminum foil instead.
5. Put it away and heat up when ready to eat!

*\*\*\*\* I recommend prepping no more than 3 at a time so they can be as fresh as possible.*

## APPROXIMATE MACROS:

Calories 350

Fat 11g

Carbs 1g

Protein 50g

# Broccoli and Quinoa Frittatas

Serving size: 9

## Ingredients:

- 6 eggs
- 4 egg whites
- 1 T. greek yogurt (2% fat)
- 1 1/4 cup quinoa (cooked)
- 1 3/4 cup broccoli
- 1 red bell pepper (diced)
- 1/3 cup green onion (chopped)
- 3/4 cup fat free cheddar cheese
- 4 T. oat flour
- mixed herb seasonings



## Steps:

1. Set oven to 400°F. Beat eggs together with Greek yogurt, then toss in seasonings. Mix together.
2. Add quinoa, veggies and cheddar to egg mixture and mix thoroughly using spatula. Once mixed you can add optional oat flour to thicken.
- 3 Evenly distribute egg mixture into muffin molds. Bake in the oven for about 30 minutes until egg mixture is fully cooked. Allow frittatas to fully cool before removing from molds.

## APPROXIMATE MACROS PER FRITTATA:

Calories 199

Carbs 9g

Fiber 1g

Fat 6g

Protein 12g

# Overnight Cake Batter Oats

Serving size: 2

## Ingredients:

- 1 cup old fashion oats
- 1/4 cup vanilla protein
- 2 T. stevia
- 1/8 tsp. salt
- 1/2 tsp. almond extract
- 1/4 tsp. vanilla extract
- 3/4 cup unsweetened almond milk
- 1/2 cup fat free Greek yogurt
- 1 T. sprinkles (topping)



## Steps:

1. Mix all ingredients together in a small bowl.
2. Divide evenly between 2 mason jars.
3. Cover and refrigerate overnight (or at least one hour).
4. Top with sprinkles and enjoy cold! (Heat for 30-60 seconds if you want them warm).

## APPROXIMATE MACROS PER SERVING:

Calories 248

Carbs 33g

Fiber 6g

Fat 5g

Protein 20g

Sugar 3g

*What's  
For  
Lunch*

# Chicken Quinoa Stuffed Peppers

**Serving size: 3-5**

## Ingredients:

- 3 bell peppers
- 1 lb. lean ground chicken
- 1.5 cups quinoa (cooked)
- 1/2 cup bell pepper (diced)
- 1.5 T. tomato paste
- 1 cup chicken broth (low sodium)
- 3 T. fat free mozzarella cheese
- smoked paprika, garlic powder, sea salt



## Steps:

1. Remove insides of each pepper.
2. Season the chicken with paprika, garlic and sea salt, and cook.
3. Add the tomato paste, quinoa, chicken broth and diced peppers.
4. Stuff each pepper with the mix and top with mozzarella.
5. Bake for 20 minutes at 350°F

## APPROXIMATE MACROS PER PEPPER

Calories 363

Fat 9g

Carbs 28g

Protein 41g

# Keto Chicken Alfredo

**Serving size: 1**

## Ingredients:

- 5 oz. chicken breast (cooked, chopped)
- 1 large zucchini
- 2 T. Creamy Roasted Garlic (yogurt dressing)
- coconut oil spray
- salt and pepper



## Steps:

1. If using raw chicken, cook it first then chop the cooked breasts into pieces.
2. Spiralize the zucchini to create zoodles.
3. Spray pan lightly with coconut oil spray, and toss in zoodles for 2-3 minutes over medium high heat. 4. Season zoodles with salt and pepper and add in chicken and creamy yogurt dressing. Toss together and remove from heat.

## APPROXIMATE MACROS

Calories 292

Fat 6g

Carbs 13g

Protein 48g

Sugar 7g

Fiber 3g

# Caprese Panini (Grilled Cheese)

**Serving size: 1**

## Ingredients:

- 1 whole wheat bun
- 3 slices prosciutto
- 2 tomatoes
- 1.5 oz fat free mozzarella
- 2 T. fresh basil
- 1 tsp balsamic glaze
- 1 tsp low fat mayo



## Steps:

1. Assemble the sandwich with prosciutto, tomatoes, basil, mozzarella, and balsamic glaze.
2. Place the skillet on medium high heat and spray it with olive oil.
3. Spread half of the mayo on one side of the sandwich.
4. When skillet is hot, place sandwich on the grill with mayo side down. Cook for about 2-3 minutes (until golden brown). Press down on the sandwich using panini grill lid.
5. Repeat steps 3 & 4 on other side.

## APPROXIMATE MACROS

Calories 368

Carbs 24g

Sugar 3g

Fat 19g

Protein 32g

Fiber 2g



# Light Sushi Protein Bowl

**Serving size: 1**

## Ingredients:

- 3 1/2 oz salmon (sushi grade)
- 3 1/2 oz fluke sushi (summer flounder)
- 1/3 cup brown rice (measured cooked)
- 1/2 cup water cress
- 1/4 haas avocado
- green onion, red chili pepper, sesame seeds and cucumber



## Steps:

1. Slice salmon into thick pieces and fluke into smaller pieces.
2. Add brown rice and watercress into bowl, followed by salmon, fluke and avocado.
3. Garnish with green onions, red chili and toasted sesame seeds.
4. Enjoy with Bragg Liquid Aminos or low-sodium soy sauce.

## APPROXIMATE MACROS W/O GARNISH

Calories 407

Carbs 17g

Sugar 0g

Fat 22g

Protein 43g

Fiber 1g



# Chopped Chicken Salad Wrap

Serving size: 1

## Ingredients:

- 1 whole grain flour tortilla
- 5 oz chicken breasts
- 1 cups spinach (raw)
- 5 cherry tomatoes
- 2 T. walnut pieces
- 2 T. dried cranberries
- 1/8 cup goat cheese
- 2 T. vinaigrette



## Steps:

1. Place all ingredients (except dressing) onto a cutting board and chop up ingredients with the sharpest knife you have. As you chop, continuously mix ingredients together.
2. When the salad is finely chopped, add the salad dressing and mix it into the salad.
3. Place the salad on a whole-wheat tortilla. Fold in the sides of the tortilla and use your hands to "cup" the salad and pack it in tightly. Roll it over.  
PRO - TIP: place tortilla in microwave for 10-15 seconds prior to adding salad. This will help make it easier to roll.

## APPROXIMATE MACROS

Calories 529

Carbs 52g

Sugar 22g

Fat 14g

Protein 55g

Fiber 7g

*Dinner  
Is  
Served*

# Grilled Southwest Salmon

**Serving size: 4**

## Ingredients:

- 1 lb wild salmon (cut into 4 fillets)
- 1 T. extra virgin olive oil
- 1 T. smoked paprika
- sea salt and pepper



## Steps:

1. Set oven or grill to 350°F.
2. Rub the fillets in the seasoning and ensure they are completely covered.
3. Place the fillets on a baking sheet or grill and cook for about 15 minutes, or until desired readiness.
4. Enjoy with grilled asparagus!

## APPROXIMATE MACROS

Calories 237

Carbs 0g

Fiber 0g

Fat 12g

Protein 31g

Sugar 0g

# Mediterranean Pizza

**Serving size: 1**

## Ingredients:

- 6 oz chicken breast
- 1 whole wheat pita bread
- 3 T. hummus
- 1/4 cup cucumber
- 1/4 cup tomato
- 1/8 cup black olives
- 1/8 cup feta
- fresh parsley



## Steps:

1. Lightly toast pita bread in oven.
2. Using your prepped chicken for the week, cut 6 oz of chicken breast into cubes.
3. Assemble the pizza! Use hummus instead of tomato paste, then add veggies, olives, cheese and then chicken.
4. Top with fresh parsley.

## APPROXIMATE MACROS PER PIZZA

Calories 480

Carbs 41g

Fat 13g

Protein 50g

# Taco Salad for Two

**Serving size: 2**

## Ingredients:

- 1 lb. lean ground turkey
- 1 iceberg lettuce head
- 1 tomato diced
- fat free cheddar cheese
- taco bell hot sauce
- light sodium seasoning
- salsa and cilantro



## Steps:

1. Season and cook lean ground turkey in skillet over medium high heat.
2. Cut iceberg lettuce in half and cut into slices.
3. Top lettuce bed with ground turkey, cheese, tomato, salsa and garnish with cilantro.

## APPROXIMATE MACROS PER SERVING:

Calories 348

Carbs 75g

Sugar 1g

Fat 14g

Protein 53g

Fiber 14g

# Avocado and Chicken Quesadilla

Serving size: 1

## Ingredients:

- 5 oz grilled chicken
- 1 whole wheat tortilla
- 1/2 haas avocado
- 1 T. goat cheese
- 4 T. reduced fat mozz.
- 1/4 cup black beans
- 1/4 cup bell pepper
- fresh cilantro
- olive oil spray



## Steps:

1. Spread avocado on a whole wheat tortilla.
2. Add all of the ingredients to one side of open tortilla. Once you pack in the ingredients, fold the empty part of the tortilla over the other half so that it easily closes. Gently mash down on it once you fold it over in order to pack in the ingredients.
3. Spray a nonstick skillet with olive oil and set it on medium high heat. Toss in the quesadilla and cook on each side until the quesadilla is golden brown and crispy. Enjoy with fresh pico and lime.

## APPROXIMATE MACROS PER SERVING

Calories 561

Carbs 40g

Sugar 3g

Fat 20g

Protein 57g

Fiber 12g

# Smoked Stuffed Chicken

Serving size: 1

## Ingredients:

- 6 oz chicken breast
- 1/2 cup kale
- 1/8 cup bell pepper
- 1/8 cup cremini mushrooms
- 1 T. goat cheese
- 1 T. mozz cheese
- Seasonings:
  - 1 tsp. garlic paste, 1 T. mixed herb seasoning, sea salt, and pepper



## Steps:

1. Set grill to 275°F/Oven 300°F.
2. Make a lengthwise cut from the thickest side of a chicken breast to within 1/2 inch of the opposite side. Open chicken so it lies flat.
3. Rub seasonings into breast
4. Add veggies and cheese to open breast and tightly pack so you can fold chicken close.
5. Place stuffed breast on grill or baking sheet for about 25 minutes. About halfway through cooking, flip chicken carefully to finish cooking.

## APPROXIMATE MACROS PER SERVING

Calories 248

Carbs 3g

Sugar 1g

Fat 6g

Protein 45g

Fiber 1g



# Tuna Poke Bowl

**Serving size: 1**

**Ingredients:**

- 1 lb. yellow fin tuna sushi
- 1 T. sesame oil
- 2 T. coconut aminos
- 1/2 tsp. sriracha sauce
- 1 T. sesame seeds
- 1 shallot
- 2 cups microwaveable brown rice
- Garnish: green onion



**Steps:**

1. Cut tuna into thick cubes and add to a bowl.
2. Add the chopped shallots, green onions, sesame oil, coconut aminos (or low sodium soy sauce), sriracha and sesame seeds.
3. Mix together, then serve with brown rice.

**APPROXIMATE MACROS PER SERVING**

Calories 304

Carbs 30g

Sugar 5g

Fat 7g

Protein 30g

Fiber 3g



***SIDES  
ARE  
BOMB***

# Zucchini Basil Bites

Serving size: 1

## Ingredients:

- 1 zucchini
- 2/3 cup marinara (low sodium)
- 1/3 cup mozz. cheese
- fresh basil
- 1 T. garlic paste
- coconut oil spray



## Steps:

1. Slice zucchini into pieces.
2. Spray a nonstick skillet with oil and set to medium high heat.
3. Add garlic paste (optional), then sear the zucchini pieces for about one minute on each side.
4. Place the pieces on a rack and top each one with a teaspoon of marinara, basil leaf and a tsp of mozzarella.
5. Bake for 6 minutes at 375°F.

## APPROXIMATE MACROS PER SERVING

Calories 165

Carbs 16g

Fat 7g

Protein 11g

# Bacon and Garlic Green Beans

**Serving size: 1**

## Ingredients:

- 3 cups raw green beans
- 3 slices bacon
- 2 T. minced garlic
- 1 lemon (juice only)

## Steps:

1. Set nonstick skillet to high and add bacon.
2. Cook bacon till crispy. Reduce heat in skillet, add garlic. Cook for about 1 minute, but be careful not to let garlic burn.
3. Add green beans and cook for about 3-5 minutes, or until green beans are soft yet still have some crunch.
4. Season with a little sea salt, pepper and lemon. Stir it up, then toss in the cooked bacon.



## APPROXIMATE MACROS PER SERVING

Calories 66

Carbs 8g

Sugar 2g

Fat 2g

Protein 5g

Fiber 3g

# Prosciutto Kabobs

Serving size: 8

## Ingredients:

- 8 slices prosciutto
- 4 spears asparagus
- 1 peach

## Sauce:

- 3 T. brown mustard
- 1 T. SF maple syrup
- Red pepper flakes and cinnamon



## Steps:

1. Place wooden skewers in water to soak for 30 min before adding them to the grill.
2. Fire up the grill (about 300°F).
3. Remove the bottom stems from asparagus spears and then chop remaining pieces in half.
4. Assemble the kabobs. Place peach slice between two pieces of asparagus and wrap it in one slice of prosciutto. Skewer the wrap with a wooden kabob stick. Repeat.
5. Place kabobs on the grill for at least 20 minutes.
6. Mix together the ingredients for the sauce and season to taste.
7. After kabobs have cooked for about 8 minutes, baste kabobs in sauce every 8 minutes until done cooking.

## APPROXIMATE MACROS PER SERVING

Calories 43

Carbs 3g

Sugar 2g

Fat 2g

Protein 5g

Fiber 1

# Baked Sweet Potato Tots

Serving size: 5

## Ingredients:

- 4 sweet potatoes
- olive oil spray
- sea salt

## Steps:

1. Set oven to 430°F.
2. Wash sweet potatoes and then peel the skin using a vegetable peeler.
3. Add water to a pot and bring to a boil. Toss in the peeled sweet potatoes and parboil them for no more than 15 minutes. You want the potatoes firm, yet soft to touch. Allow the potatoes to cool to about room temp.
4. Grate the sweet potatoes into a bowl.
5. Grab a small handful of grated sweet potatoes and form a small tater tot. Repeat for remaining grated sweet potato. Place tots on a non-stick baking sheet, then spray them generously with olive oil and sprinkle a little sea salt on top.
6. Bake sweet tots for 40 minutes and flip them halfway through to ensure all sides are nice and crispy.



## APPROXIMATE MACROS PER SERVING:

Calories 172

Sugar 8g

Protein 3g

Fat 1g

Carbs 40g

Fiber 6g

# Roasted BBQ Cauliflower

Serving size: 3

## Ingredients:

- 1 large cauliflower head
- 2/3 cup bbq sauce
- 1 T. arrowroot starch (can sub. cornflour)
- olive oil spray

## Seasonings:

- 1/2 T. smoked paprika, 1/2 T. ground cumin, garlic powder, 2 tsp. onion powder, sea salt and pepper.



## Steps:

1. Set oven to 410°F. Chop florets off the head.
2. Spread the florets on a baking sheet and spray them with olive oil.
3. Season with all seasonings above. Rub seasons into florets to ensure they're coated nicely.
4. Roast for 15 minutes then remove them from the oven and place them in a large bowl.
5. In separate bowl, mix together arrowroot starch and BBQ sauce. Pour sauce over florets and shake bowl to mix.
6. Place the florets back on baking sheet and roast another 5 10 minutes

## APPROXIMATE MACROS PER SERVING:

Calories 126

Sugar 11g

Protein 5g

Fat 2g

Carbs 24g

Fiber 6g

*I*  
*SCREAM*  
*YOU*  
*SCREAM*



# TWO Words. HALO TOP.

Servings: 4 per Pint

## Ingredients:

- 1 pint of Halo Top Ice Cream (pick your favorite flavor)

## Steps:

1. Open lid.
2. Grab spoon.
3. Netflix and chill.



APPROXIMATE MACROS PER PINT (Oatmeal Cookie - will slightly vary per flavor):

Calories 280

Fat 8g

Sugar 40g

Carbs 56g

Protein 20g

Fiber 12g



# Banana Upside-down Muffins

Servings: 8

## Ingredients:

- 4 bananas (mashed)
- 1 banana (sliced)
- 2 cups oatmeal
- 1 egg, 2 egg whites
- 1/3 cup coconut oil
- 1/3 cup coconut sugar
- 1 T. cinnamon

## Dairy- Free Caramel:

- 1 1/4 cup coconut milk
- 1/2 cup coconut
- 1 tsp. van extract
- sugar
- coconut oil spray



## Steps:

1. Blend oatmeal in food processor.
2. Mash bananas in a bowl. Add eggs, coc. oil, coc. sugar and cinnamon. Mix together, stirring oat flour.
3. Spray skillet with coconut oil add coconut milk, coconut sugar, and vanilla extract.
4. Cook on high for 15-20 min. Let cool to thicken.
5. Add caramel to muffin cups, then banana slices, then the batter.
6. Cook for 30 min. at 350° F.
7. Allow muffins to cool slightly before removing.

## APPROXIMATE MACROS PER MUFFIN:

Calories 377

Fat 21g

Sugar 33g

Carbs 44g

Protein 5g

Fiber 3g

# Smores Cupcakes

**Servings: 4**

**Ingredients:**

- 1 1/2 Smores Quest Bars
- 1 scoop vanilla quest protein
- 1/4 cup unsweet almond milk
- 2 T. almond flour
- 2 T. splenda - 1 egg white
- 1/2 tsp. baking powder

**FROSTING:**

- 1/2 scoop Quest vanilla protein
- 1/2 scoop Quest chocolate protein
- 1/3 cup non-fat Greek yogurt
- 1 T. splenda

**Sprinkles:** 1/4 QUEST Bar



**Steps:**

1. Preheat oven at 350° F.
2. In a microwave safe bowl, break one quest bar into small pieces and microwave w/ almond milk for 45 seconds. Stir until smooth.
3. Stir in Quest protein powder, almond flour, Splenda, egg white, baking powder, vanilla extract, and salt until smooth.
4. Pour batter into 4 lined cupcake molds.
5. Break remaining 1/2 Quest bar into small pieces and press equal amount into each cupcake.
6. Bake 18- 20 minutes or until an inserted toothpick comes out clean. Let cool.

**FROSTING:**

- 1 Mix Quest protein powders yogurt and Splenda until smooth.
2. Add to a piping bag and frost cupcake.
3. Break 1/4 Quest bar into small pieces
4. Bake on non-stick baking sheet 4 5 minutes Remove and let cool. Place into a mini blender and process into crumbs.
5. Sprinkle equal amount onto each cupcake.

**APPROXIMATE MACROS PER SERVING**

Calories 170

Fat 6g

Fiber 6g

Net Carbs 5g

Protein 23g

# Frozen PB Cups

**Servings: 4**

## Ingredients:

### Chocolate Cups:

- 3 T. Sugar Free dark chocolate chips

### Ice Cream:

- 1 scoop Quest PB protein
- 2/3 cup 1% milk
- 2 tsp. Splenda
- 1 tsp. Peanut butter
- Coconut oil spray



## Steps:

### Chocolate Cups:

1. In a small microwave safe bowl heat chocolate chips in 20 second intervals, stirring in between, until chocolate is smooth and melted.
2. Coat tart molds with coconut spray.
3. Spread 1/2 T. of the melted chocolate onto bottom and slightly up sides of each mold.
4. Place molds in refrigerator for 10 minutes, or until chocolate sets.

Continued...



#### Ice Cream:

1. In a blender, add milk, Quest Protein, Splenda, and peanut butter. Blend for 15 seconds.
2. Pour into an ice cream maker and follow manufacturer's instructions. Ice cream should be ready in 15 minutes.

#### Assembly:

1. Divide ice cream evenly in each mold. Spread evenly with the back of a spoon. Place in freezer for 2 hours
2. Reheat remaining chocolate until melted.
3. Spoon 1 tsp. of chocolate on top of each mold and spread evenly. Place in freezer for 5 to 10 minutes.
4. Gently squeeze molds to loosen peanut butter cups, and serve.

#### APPROXIMATE MACROS PER SERVING

Calories 80

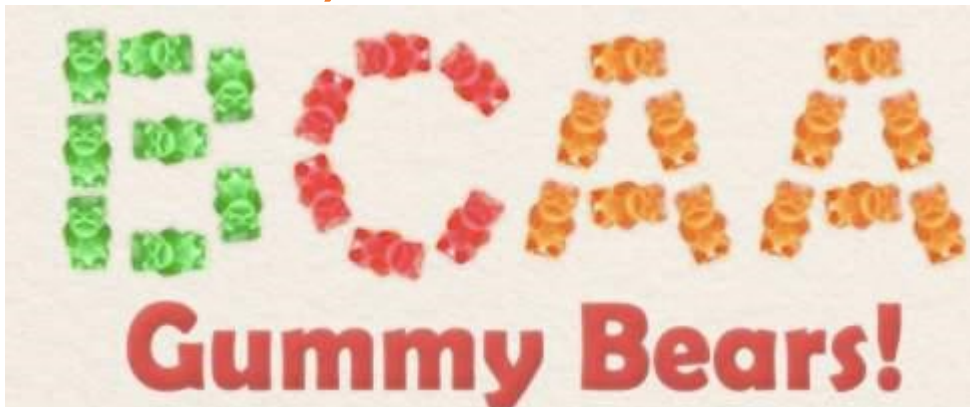
Net Carbs 4g

Protein 7g

Fat 5g

Fiber 3g

# BCAA Gummy Bears



## Ingredients:

- 1 scoop BCAA' s of choice
- 3 envelopes Knox unflavored gelatin
- 1/ 2 cup water
- Candy mold(or ice cube tray)

## Steps:

1. Mix above ingredients into a bowl.
2. Once powder is dissolved pour mixture into a small saucepan and heat uncovered on low for 5 minutes. Whisk occasionally.
3. Pour XTEND gummy mixture into a candy mold and freeze for 20 minutes.

# *QUICK BITES*

# No Bake Energy Bites

Serving Yields: 25

## Ingredients:

- 1/2 cup creamy PB
- 3 T. Truvia honey
- 1 tsp vanilla extract
- 1 cup Better Oats
- 1/2 cup ground golden flaxseed mill
- 6 T. chocolate chips( sugar free)



## Steps:

1. In a mixing bowl stir together peanut butter honey and vanilla extract. Add remaining ingredients and stir until evenly coated. Transfer mixture to refrigerator or freezer and chill until set.
2. Remove from refrigerator and shape into 1- inch balls.
3. Store in refrigerator in an air tight container.

## APPROXIMATE MACROS PER BITE

Calories 68

Carbs 23g

Sugar 1g

Fat 5g

Protein 21g

# Monster Cookie Bites

Batch Yields: About 20 bites

## Ingredients:

- 1 cup Better Oats ( Oat Fit)
- 1/ 2 cup PB
- 3 T. Truvia honey
- 1/ 4 cup peanut butter chips
- 1/ 4 cup mini M& M' s
- 1/ 4 cup mini SF choc chips
- dash of salt
- 1 tsp. vanilla extract



## Steps:

1. In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.
2. Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture.
3. Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

\*\*\* Don't overindulge in these bites as they are very easy to overeat :) But eating 1 or 2 is great for a quick bite and satisfies cravings, salty and sweet. You can also get creative and switch up the candies.



# Almond Butter Banana Cookies

Servings: 12

## Ingredients:

- 1/4 cup mashed banana
- 1/2 cup almond butter
- 1/4 cup QUICK oats (not instant)
- 1/4 tsp vanilla extract
- 1/8 tsp salt



## Steps:

1. Preheat oven to 325°F
2. Stir together all the ingredients. Put spoonful of batter about 1 inch apart on prepared baking sheet. Flatten cookies as desired (they don't spread)
3. Bake in preheated oven for 7-9 minutes or until cookies are firm to the touch. Let cool on baking sheet for 5 minutes before moving to cooling rack.
4. ENJOY!

## APPROXIMATE MACROS PER COOKIE

Calories 73

Net Carbs 28g

Sugar 9g

Fat 6g

Protein 3g

***HOLD  
MY  
DRINK***

# Protein Iced Coffee

**Serving size: 1**

## Ingredients:

- 1 cup unsweetened almond milk
- 1 cup brewed coffee
- 1/2 banana
- 1 scoop vanilla protein
- 2 cups ice



## Steps:

1. Add all ingredients into blender.
2. Blend up and enjoy!

## APPROXIMATE MACROS PER SERVING

Calories 205

Carbs 165g

Fat 5g

Protein 27g

# Banana Foster Smoothie

**Servings: 1- 2**

## Ingredients:

- 1 banana
- 1/2 cup unsweetened almond milk
- 1 container vanilla light & fit Greek yogurt
- 1 scoop vanilla protein
- 2 T Walden Farms Caramel Dip
- 1/ 2 tsp. cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp rum extract imitation
- 1/4 cup ice



## Steps:

1. Add all ingredients into blender.
2. Blend up and enjoy!

## APPROXIMATE MACROS PER SERVING

Calories 317

Fat 3g

Carbs 35g

Protein 39g

# Cookies and Cream Overload

Servings: 4



## Ingredients:

- 1 Cookies& Cream Quest bar
- 2 scoops Cookies& Cream protein
- 1.5 cups unsweetened almond milk
- 2 T. Splenda
- 3.5 cups ice
- 2 T. Sugarfree chocolate chips

## Steps:

1. Break Quest Bar into small pieces and place into a large blender.
2. Add protein powder, almond milk, ice, & sweetener. Blend until thick and smooth.
3. Pulse in chocolate chips.
4. Pour into 4 glasses & enjoy!

## APPROXIMATE MACROS PER SERVING

## **CHAPTER 8** *Challenges and Hurdles*

## **This Is A lot of Food!**

When people get their macros from the calculator and realize how much they're really supposed to be eating, this typically draws out fear and shock.

Most people have the problem with not eating enough, to begin with. Some tend to think that you have to be in a deficit forever and feel deprived and hungry to lose weight.

This couldn't be further from the truth, and this is why most diets fail. It's because they're unrealistic for the average person to do long term.

They don't provide the energy that your body requires, and you could potentially be malnourished due to the lack of food and options.

### **Take a look at this example:**

Brittany has been on a 1200 calorie diet and has hit a plateau with her weight loss even after being strict with her calorie counting and working out aggressively in the gym.

She also burns about 500 calories during her workouts.

This means that at the end of the day, she only has 700 calories to run her bare minimum bodily functions.

Having been on such low calories for an extended period of time, Brittany's body switched into starvation mode and started to conserve its resources. Her body also slowed down her metabolism, thus plateauing her weight loss.

### **The solution**

Brittany enters her credentials in the calculator, and her TDEE is at 1750 calories a day to maintain her current weight.

This is a pretty big gap coming from 1200 calories per day.

However, if she continues to work as aggressively in the gym and starts eating her new macro intake, a few things will start to happen.

- Her metabolism will start working better because she will be coming out of starvation mode.
- The extra food in the gym will fuel her workouts for a better gym session.
- Over time, she will be able to cut weight from a higher calorie intake.

\*Note that her weight may increase for the first couple of weeks, it will then balance out and finally start to drop.

This can take 2-4 weeks, but trust the process, it will make a huge difference in your overall success.

## *Running Out of Macros For The Day*

Another common challenge for flexible dieters is running out of macros early in the day.

You can easily go over your macros if you don't plan for the day.

However, sometimes it will be inevitable that you go over on your macros.

Let's say, for example, your fat intake is at 50g per day, and you hit that already and it's only 4:00 pm.

If this happens to you, you have two options.

**The first option** is to go ahead and go over for the day. It won't ruin your progress as long as you don't continue to do it on a daily/weekly basis.



**The second option** is to choose foods to zero fat calories and continue to hit your macros.

## Restaurants and Eating Out

Flexible dieting gives us the freedom to eat what we want and still stay on track with our goals. With a healthy lifestyle becoming more and more popular, large chained restaurants have been including most of their dishes on MyFitnessPal.

The challenge with eating out is going to smaller chained restaurants that don't have their food updated on Myfitnesspal.

If this happens to you, simply add the individual contents of the food in MyFitnessPal.

For example, if you grab a Reuben Sandwich from a local restaurant. Try uploading Reuben Sandwich or add in corn beef, Swiss cheese, sauerkraut, and rye bread.

When doing this, it's always a good idea to overestimate on the calorie content since you don't know for sure which is best.

## Emergency Macro Options

So, you're on the go, and you have forgotten your food.

Rather than miss a meal, here are a couple of ideas which should be available no matter the situation.

### McDonalds

Grilled Chicken Salad, No Cheese or Dressing.

Grilled Chicken and Bacon Saladm No Cheese or Dressing.

Grilled Chicken Sandwich.

Yoplait Go-Gurt With a Side of Apples

## Subway

Beef Salad  
Chicken Breast Salad  
Ham Salad  
Turkey Breast Salad  
Veggie Delight Salad

## Gas Station

Beef or Turkey Jerky with Fruit  
Beef or Turkey Jerky with Nuts  
Mixed Fruit Bag and Nuts  
Hard Boiled Eggs  
Organic Peanut butter  
Yogurt  
Hummus  
Protein Shake  
Quest Bar

*This seems a bit time consuming to weigh and measure food.*

It may seem a bit time consuming at first, but if you already:

1. Prep your meals
2. Carry around your phone
3. And are serious about your nutrition as a means to properly fuel your body and help you reach your goals – then it really isn't that time-consuming.

One way to eliminate daily weighing is to set designated meal prep days.

Sunday and Wednesday work best as week midpoints to prep food and prepare for the week.

This way you can grab and go without thinking about it.

## **CHAPTER 9** *Workout Plan*

This is an example of our “Lean Gain” plans. This program is designed to help you burn fat and build muscle. Combine this Powerbuilding based training regimen along with the nutrition plan from above, and you should be good to go!

## *Why Powerbuilding?*

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!

### **Combining The Two**

Simply put, a powerbuilding routine will put your body in the perfect position for muscle growth and strength gains all while getting ripped and toned at the same time.

Implementing squats, deadlifts, and bench for low reps followed by bodybuilding movements puts the nervous and endocrine system into overdrive, and it becomes a muscle-building catalyst.

This increases the amount of stress the body goes through when doing higher rep 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 into your body.

Eating well, to us, means fueling your body with whole, nutrient-dense foods, and all the meal plans will illustrate this.

# Women's Plan

## 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
<b>SUPER SET - SS</b>			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
<b>SUPER SET</b>			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

# Men's Plan

## 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 WARMUP 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		60 SECONDS
SKULL CRUSHER		15,12,10,8	
EZ BAR BICEP CURL		15,12,10,8	
SUPERSET - MUSCLE	4		60 SECONDS
TRICEP DUMBBELL OVERHEAD PRESS		12 to 15	
ALTERNATING BICEP CURL		12 to 15	
SUPERSET - MUSCLE	4		60 SECONDS
TRICEPS CABLE PRESSDOWN		12 to 15	
BICEP CABLE CURL		12 to 15	
SUPERSET - BURN	3		60 SECONDS
MACHINE PREACHER		30	
MACHINE CRUNCHES		30	
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



## **CHAPTER 10** *Frequently Asked Questions*

## Is Intermittent Fasting Compatible With Flexible Dieting?

Yes, intermittent fasting is a dieting tactic that's built onto as a foundation which in our case would be our TDEE.

Once you have your TDEE, you can include other tactics like carb cycling, intermittent fasting, Vegetarian options, and Paleo.

## How Much Fiber Should I Eat?

If you're following the 80/20 rule and most of your foods are coming from single ingredient whole foods such as vegetables, fruit, and whole grains, you should have no problem with your fiber intake goal.

According to the [Mayo Clinic](#), adult males should have at least 38g a day, and adult females should have at least 25g.

## Will The Extra Carbs Make Me Gain Weight?

Carbs do not make you fat, overeating on your TDEE makes you fat.

As mentioned earlier, when food or energy doesn't get utilized, it gets stored as fat. Each macro metabolizes differently and also stores at a different rate.

If you're 'carb sensitive,' it's best that you pay attention to your nutrient timing and also stick with complex carb sources that break down slower such as whole wheat bread, sweet potatoes, brown rice, and quinoa.

## I've Started Flexible Dieting, And I'm Gaining Too Much Weight

This is a common problem especially from those who are transitioning from a low-calorie starting point to flexible dieting.

If you've been on a low-calorie diet for some time, you've ultimately been starving yourself, and your body has to get used to the new calorie intake so it can run more efficiently.

It can take a few weeks of eating moderately before your metabolism will spark and start burning fat again.

You may want to gradually increase your calories from your low starting point to your new TDEE intake.

Also, take in mind your weight training program in conjunction with the flexible diet. As muscle grows, it adds mass.

The scale is only one way to measure progress.

Start paying attention to your body's composition, clothes and how they fit, and energy levels.

## Can I Lose Fat and Gain Muscle At The Same Time?

It is possible to do this, but it is very difficult and requires extreme adherence to your macro goals as well as the correct TDEE.

Don't have enough calories and you won't gain, too many, and you won't lose.

There's a sweet spot that you have to hit.

I've had much success with this, especially with getting ready for summer.

I increased my size while dropping my body fat percentage without losing much weight.

It's a slow and steady process, but it is very possible.

## Useful Resources

Here are a few resources that I mentioned throughout the book to help you be successful on your journey.

1. [Macro and TDEE Calculator](#)
2. [Supplements](#) - use code approvedbybrooks20 for 20% off on entire order
3. [MyFitnessPal \(iOS | Android\)](#)
4. [Digital Food Scale](#)

# *Success Stories*

# My Own Experience

I personally had a horrible relationship with food during my first weight loss transformation. I was doing tons of cardio per day, sometimes twice per day and If I had to see another plate of tilapia and asparagus, I was going to puke my brains out.

Trust me, I've been there before, and weight loss and getting into the best shape of your life don't have to be that miserable. Let my mistakes save you time and money!



This approach makes life more enjoyable knowing that you can still participate in family events and not have to request special dishes because of dietary restrictions or not eat at your favorite restaurants, or even canceling out Sunday Football rituals with your friends.

Don't just take my word for it, meet Quintin, Krystal, and Jesse.



## **100 + lbs Down!**

*"I started my journey back in 2007, weighing in at 356 lbs. I started working with Reuben in 2016, and I'm down to 215 lbs. I'm in the best shape of my life, and I cannot thank Reuben enough. Macro counting comes easily to me now, and I can't go more than 2 days without being physically active. And I thank Reuben for changing my life."*

- Quintin





## 92 lbs Down!

*"Reuben not only made a personal fitness plan for my body type but also a meal plan just for me. He also had a chart made up for me to log all of my macros, exercises, and an entire journal to keep me organized. All in all, with Reuben, I lost almost 100 pounds in a year's time and using the tools he's given me, I've been able to maintain even when I get off track, and I couldn't have done it without him. THANK YOU!"*

- Krystal



## 30 lbs Down!

*“Growing up as the ‘fat’ kid throughout most of my middle and high school days, I was always self-conscious about my body. Thus, my desire for health and fitness was born. I finished high school still disappointed with where I was physically. So I began to read and use trial and error. Although I was making slight progress, I was still not where I wanted to be.*

*It was not until I was introduced to flexible dieting when I started to see some crazy results.*

*I then purchased Reuben’s 1 on 1 coaching and it took those results even further than I could have ever imagined.*

*He gave me the confidence and tools to walk on stage for my first ever Fitness Model Competition! Through working closely with Reuben then and even still now, if I may say, “the GAINZ have been real!”*

*If you’re on the fence about flexible dieting or even getting coaching from him, let this be your sign to hop on the gain train!”*

– Jesse Usry

# *LET ME HELP*

The clients above are THREE out of thousands that I've helped with achieving their weight loss goals.

If you see yourself in any of these stories or if you're somebody that is finally looking for a detailed custom nutrition and workout guide along with coaching, then I'd like to invite you to my 1 on 1 coaching program.

At this point, I already consider you a client, and I **LOVE** to give my clients extra gifts. And because you already bought this book, I don't expect you to pay full price for us to continue working with each other.

I want to extend a bonus offer of 20% discount on any of my programs to you!

Use this code: `approvemybody`

The clients above are just a few out of hundreds that I've helped with achieving their weight loss goals.

If you see yourself in any of these pictures, have a story like mine, or if you're somebody that is finally looking for a nutrition and workout plan that is truly custom to you, then I'd like to invite you to my flagship program

[Let's Get Fit Together Click Here](#)

Thank You So Much!

*I hope you enjoyed this guide as much as I loved writing it for you. I can't thank you enough for your continued support of The Key To Flexible Dieting, Approve My Macros blog and everything I do.*

I appreciate each and every one of you for taking time out of your day or evening to read this, and if you have an extra second, I would love to hear what you think about it.

Please leave a comment [here](#).

Lastly, if you haven't already, you can follow me on Instagram

[@approvedbybrooks](#) and join in on the conversations going on right now on my [Fan Page](#).

Thank you

