



# THE HYBRID DIET

## NUTRITION MANUAL



**RAPIDLY BUILD MUSCLE  
& BURN FAT  
SIMULTANEOUSLY**

**ELLIOTT HULSE, CSCS**

**[WWW.LEANHYBRIDMUSCLE.COM](http://WWW.LEANHYBRIDMUSCLE.COM)**



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**The Hybrid Diet Manual**

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## INTRODUCTION

The human body is highly adaptable and enjoys adapting to change. Our bodies not only like being adaptable but actually crave it. In fact, in many ways, our bodies actually function best when they are being forced to adapt to new situations. For example, when our bodies get accustomed to a particular training routine, we begin to see diminished performance and then after a while, the results stop. That's called a plateau. The way to avoid plateaus is to mix things up every once in a while to keep our metabolic systems 'on their toes.'



It's no different with our diets. We need to utilize the same approach if we want to continue to see results. Has this happened to you? You start on a diet trying to get lean and initially, the response is great. But after a couple of weeks, the results start to slow and then finally, stop entirely.

What happens is the body reacts to the calorie deficiency by adjusting its energy expenditure—metabolism—to keep you from losing too much weight. You see, the body has no way of knowing whether you are facing a legitimate 'famine' situation, where you don't know when you'll get the chance to eat again, or in the midst of a herculean effort to get lean. The body's effort to maintain the status quo is known as homeostasis.

When homeostasis hits, our typical reaction is to further reduce calorie intake. When we do this though, the body just fights back harder, slowing the metabolism even more. So if cutting calories isn't the answer what is? Introducing the Hybrid Diet...

The Hybrid Diet is a nutrition rotation approach. It takes the best aspects





of the top-rated diet programs and strategically aligns them with our hybrid training methods.

Now before we get into the nitty-gritty of the program we'd like to thank Nutritionist (RNCP) Patrick McGuire, CSC owner of Empowered Nutrition for being our go to guy when it comes to all things nutrition related.

As a competitive bodybuilder, former football player, and advisor for the NHL, CFL, and NLL professional players, Patrick is a guy that we trust.

So what does Pat think of our approach? You can read the 14-page pdf interview Mike Westerdal conducted with Patrick during the developmental stages of the Hybrid Diet. Here's a few of our favorite quotes:

*"...[G]oing through this hybrid diet that you put together, they're going to get great results and by stopping [or] "fasting", they're... going to increase their hormone profile. They're going to jack-up their growth hormone... [and] their testosterone."*

*"...The theory is sound and it looks good. One of the first things I can say is I know why you're having such great results. And it is along the lines of, 'every diet works for everybody for a certain, specific time.'"*

**-Patrick McGuire**

Patrick goes on to explain that every diet will work for everybody. Not what you expected to hear? Well, here's the kicker; finding the "Perfect Storm" of the right time with the right diet with your right body composition is a hit or miss game. Even the professionals struggle to get it right.

The trick is in forcing your body to continue guessing, progressing, and moving forward.



## **How do you do this?**

By rotating your nutrition strategy using a hybrid approach. This approach will combine several different, effective nutrition plans into one “Hybrid Diet”.

## **How do you know if you’ve been on the same diet for too long?**

The way Patrick explained it, your body will initially react to any new diet or nutrition program that you try because it’s new. It could work for a few days, or for longer, but your body will eventually adapt.

Once we hit a plateau many of us assume that we need to drop our daily calories.

Unfortunately this causes us to either get skinny, by losing muscle as well as fat, or just get fatter. That’s a best case scenario because we can also get sick. That’s our body fighting back.

We get frustrated and move on to the next nutrition plan and the viscous cycle repeats. To break the cycle follow the Hybrid Diet and pay close attention to how you feel.

The Hybrid Diet has been strategically designed and tested to compliment your Hybrid Workout program. The Lean Hybrid Muscle System is not easy. Easy is a word that has been thrown around to convince people that they can achieve success without any effort and it’s just not true. If working out and sticking to a structured plan were easy everyone and their mother would be walking around with six pack abs and swole muscles.

Although I can’t promise you 12-weeks without temptation and adversity, I can assure you that if you commit yourself, stay dedicated and work your tail off you will become a new person. This re-defined person will be lean, strong, athletic and respected. Let’s begin.



Below is a chart showing the outline of the Hybrid Diet. It's a seven day protocol broken up into four distinct phases. Pay attention to the distribution of macro-nutrients as this will form the basis of how we plan your menus. After the chart we will look at each of these four distinct phases in detail. Additionally, at the end of this manual is a formula designed to help you identify your caloric needs on the Lean Hybrid Muscle-Reloaded program. There's also a module which, based on your caloric intake, will offer detailed menus to help you get through the program.



## THE HYBRID DIET

### DAYS ONE - TWO: BODYBUILDING INSPIRED

(Low Fat, Low Carbs, High Protein)

8% FAT

11% CARBOHYDRATES

80% PROTEIN

Drink up to 2 Gallons of Water

### DAY THREE: WARRIOR INSPIRED

(One Meal Low Fat, High Carbs, High Protein)

NOTE: Fast until dinner. Make sure to eat at least one sweet potato.

6% FAT

50% CARBOHYDRATES

44% PROTEIN

Drink up to 2 Gallons of Water

### DAYS FOUR - SIX: GIRONDA INSPIRED

(High Fat, Low Carbs, High Protein)

NOTE: FREE Veggies

40% FAT

11% CARBOHYDRATES

49% PROTEIN

Drink up to 1 Gallon of Water

### DAY SEVEN: METABOLIC LOADING

(Cheat: Low-Moderate Fat, High Carbs, Low-Moderate Protein)

NOTE: This is a moderate cheat day. Cheat within reason, do not gorge and binge. It is mandatory that you get a lot of carbohydrates on this day to refuel your glycogen levels. Whether or not you want to add protein or fat on this day is up to you.

0-30% FAT

70% CARBOHYDRATES

0-30% PROTEIN

Drink up to 1/2 Gallon of Water





## DAYS ONE – TWO: BODYBUILDING INSPIRED

On these days you are going to be consuming a lot of protein. At the same time we are going to deplete our carbohydrates for a few days. Don't worry we'll supercharge your body with carbs a few days later.

This is a technique that bodybuilders have used for many years to peak for a contest. It's a strategy that allows you to appear much harder and fuller with less water retention. We think you'll be astounded at the difference you'll see in your body in just a week.



Be aware that while you are depleting your carbs during these days you may feel a bit flat, this is part of the process of losing the water beneath the skin and burning every glycogen molecule in your muscle cells. Once you "load" you'll replenish the glycogen stores in your muscles again.

High protein days are the norm for a lot of people that are trying to reduce fat while building muscle. They're not as much fun as the loading day, but you'll get used to them.

Lowering your carbohydrate intake reduces insulin levels in you body as well.

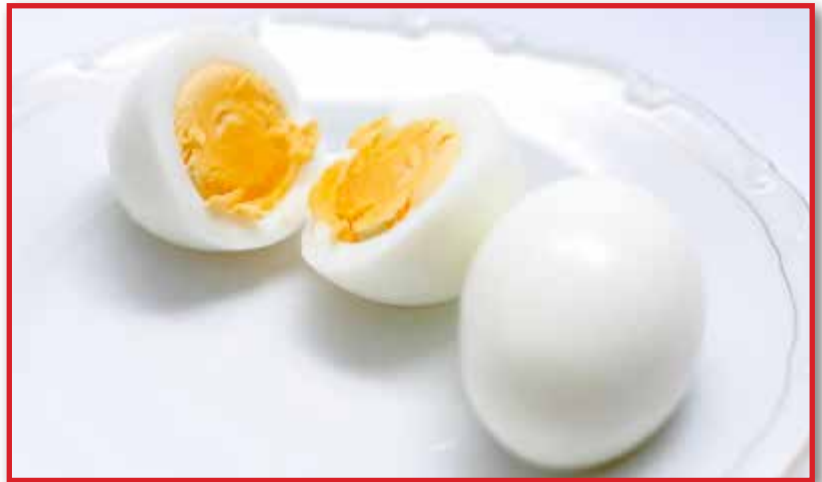
It's a very simple philosophy to follow and will generate quick results. The downside would be if you followed this strategy by itself for too long. You need carbohydrates and fat in your diet for various metabolic functions. Depleting for too long without reloading on a regular basis is not recommended.



In addition to the benefit of strategically cutting carbohydrates, the protein you're eating has its advantages as well.

Protein is responsible for muscle repair, recovery, and growth. As you probably already know, protein is the building block of muscle. Without the right amount of protein your body will go into a catabolic state and begin to lose its hard-earned muscle. Protein should be consumed at every meal. Protein is most important following a workout.

Within twenty minutes after each workout 30-40 grams of high quality protein should be consumed. This will enhance recovery and fill the muscles you just worked out with amino acids needed for protein synthesis.



Good sources of protein are chicken, turkey, tuna, fish, steak, egg whites, and organic milk. Each gram of protein is worth 4 calories.

Your Hybrid Diet Meal Plans provide you with a sample menu to follow and you can use the exchange list for variety. Remember, if it can swim, run or fly, it's protein.

When you eat a lot of lean protein without additional fats and carbs it can be tough to consume a lot calories. In order to make the meal plan realistic, everyone will be eating 1900 calories on Days One and Two of the Hybrid Diet. This is a strategic underfeeding calorie day and is the same for all the calorie plans.



## DAY THREE: WARRIOR INSPIRED

We've moved away from living the way nature intended for us. We train at the gym doing exercises that are unnatural and wonder why we don't get the results we want. Our ancestors didn't do this, yet they thrived. Look at the warrior cultures like the Spartans, the Vikings, the Roman Gladiators and Centurions, the Lakota Plains Indians, the Zulu of South Africa and many others. They didn't have gyms but they developed lean, powerful, muscular bodies. They got that way because they did what they had to do to survive. They trained every day not doing isolated, contrived movements, but using compound movements that incorporated a variety of training styles and they developed real-world skills.

Our ancestors didn't order carry-out food. If they were hungry they had to go out and forage or hunt. And while doing this, sometimes they got chased by wolves, bears, or other humans. Food had to be carried across distances. If they killed a bear, they frequently had to drag it a long way back to camp. Nomad and warrior cultures did the same thing—trekking across the land carrying their gear and lugging cumbersome weapons, supplies, and even wounded soldiers.



These are the kinds of activities that our bodies were built to do. When we did this on a daily basis, we just naturally got the best results, without even thinking about it. Our ancestors, the hunter/gatherers and warrior cultures,



developed and thrived because if they didn't, they would have perished. End of story.

If we today want to see the same kind of results and be lean, muscular, strong, and healthy, we need to stop looking for the magic bullet and look to our past. We need to get primal and train and eat the way nature intended.

For day three of the Hybrid Diet we have taken a page from our Warrior ancestors in order to get back in sync with the body's innate circadian rhythms.

Often warriors would fast all day long and have a feast at night eating until they were full. Now I know this runs contrary to most popular diets now-a-days but there are some BIG benefits to adding this day to our nutrition strategy.

## **Warrior Inspired Strategy #1: Fasting**

On day 3 we too will fast all day long, until the end of the day when you can have a feast up to 1,000 calories. 1,000 calories can be very hard to consume in one meal. The sample meal plan you are given contains 725 calories and should be plenty. 500 calories is the minimum and 1000 calories is the maximum for this day/meal accross the board for all calorie plans.

You probably already know fasting is a process through which persons deliberately deprive themselves of food for religious, health or other reasons.

A fast can be as short as several hours or last for weeks. The word 'breakfast' literally means to break the fast of the night before. People have been practicing fasting for thousands of years. For the most part fasting has a poor reputation—especially among bodybuilders and weight lifters.





Most guys mistakenly believe that fasting results in a weakened endocrine system, reduced strength and loss of muscle mass. In reality, that's just not true.

In fact many people don't account for the body's hormonal response to 'fasting.'

Our bodies are genetically equipped to store excess calories as fat to provide a source of energy for those times when we don't have access to food.<sup>1</sup> The human body is naturally programmed to burn fat during times of fasting, not muscle.

We burn calories for food when we are not fasting as well.<sup>2</sup> The body only burns muscle when the hormonal systems are thrown off balance—which is what frequently happens when you go on a 'fad' diet. Interestingly, fasting has been shown to actually increase the levels of human growth hormone (HGH) in our bloodstream. The purpose of Growth Hormone is to maintain the body's growth (regeneration) and lean body mass during those times when we don't have access to food.

Because a regular, purposeful regimen of fasting is in tune with the ideal functioning of our hormonal regulatory systems it does not diminish performance either.

This is based on scientific research. A 2007 study showed that after an 18-hour period of fasting, athletes were able to performance 90 minutes of aerobic activity with no decrease in performance.<sup>4</sup> Similar results have been found with resistance training as well.

In sharp contrast to the fad diets, which come and go every day, fasting has been around for thousands of years—long enough for the process to be studied and refined.

Author and fitness expert Brad Pilon has written a book about fasting





entitled *Eat, Stop, Eat*. He's done his homework and produced an excellent resource that we highly recommend. It's great for anyone who wants to expand their knowledge on fasting.

Brad's approach to fasting is effective because it's based on science and works with our bodies' natural systems, not against them. 'Modern' man, with ready access to food any time he wants is a new development, going back only a hundred years or so. Before that, we had to actually work for our food—raising it, growing it, trading for it, or going out and hunting it down ourselves. In those situations we really didn't know when we were going to get our next meal and *that's exactly how our bodies are designed to function*.



End day two with your final meal of the day as usual. Then just don't eat any calories until dinner the evening of day three. Ideally, you will eat at about the same time as you ate the night before. A full 24 hours of fasting allows for your insulin levels to hit a significantly low level and your HGH levels to concurrently hit a significantly high level. That means from hours 20 to 24 you are in serious fat burning mode.

Limit yourself to drinking water, unsweetened tea or black coffee throughout your fast. Remember, any calories in during the fast alters your hormonal balance and skews the effects of the fast.

## Warrior Inspired Strategy #2: Calorie Cycling

At the end of your fast, have dinner as usual aiming for around a 1,000 calorie meal. This brings us to the second Warrior Inspired Strategy, calorie cycling.

You can 'cycle' your calories in order to fool the body into bypassing the homeostasis process. This is a very effective strategy for regularly



introducing change into your dietary patterns which keeps the body's metabolism functioning at peak performance levels.<sup>5</sup>

The basics of weight loss are pretty simple. Eat fewer calories than you burn and you lose weight. Eat more calories than you burn and you gain weight. Eat the same amount of calories that you burn and your weight stays the same. It's all pretty straightforward until you throw hormones into the equation. Hormones are the body's regulators, but they don't always behave like we want them too. That's because they are running on programming that goes back millions of years.

The purpose of these hormones is to help us survive famine. As we decrease our calorie intake over time hormones are produced that regulate both our metabolism and fat burning. When these hormones kick in, your body literally reduces the amount of energy it burns. Research has shown this to be true.

A study was conducted at the Laboratory of Human Behavior and Metabolism at Rockefeller University in New York to measure the hormonal responses of both obese and non-obese people who either increased or decreased their body weight 10 to 20 percent. In all instances, participants' metabolism shifted. When at a lower weight, the subjects began burning less energy throughout the day. When they were at a higher weight they burned more energy as their bodies worked to return to their 'status quo.'

What calorie cycling does is trick the regulator hormones into thinking that the body isn't even on a diet. And if the body doesn't know it's dieting, it doesn't release the metabolism-slowng hormones.

Calorie cycling is a process of alternating days of calorie deficits with days of calorie surpluses. By using calorie cycling to trick the body into thinking it's not dieting, you are able to continue to lose body fat uninterrupted. Another huge benefit of calorie cycling is that it as long as you maintain a regular weight training regimen you can lose fat without losing muscle



mass. A big problem with traditional diets is that you lose muscle mass along with the body fat—again because of the body's release of hormones. When this happens the body is pushed into a catabolic state, which literally means it is 'devouring itself' or breaking down muscle mass. Because calorie cycling bypasses the typical hormonal responses to dieting, you are able to lose body fat without giving up the muscle mass you've worked so hard to develop. That's why we end the fast with a 1,000 calorie meal. By the end of the day you end up with a very low 1,000 calorie day. Because you spent the first part of your fast asleep your perceived fast is not as long as your actual fast. Ending with dinner that night you don't feel as deprived but have still managed a significant calorie deficit and a positive hormone realignment all while avoiding descending into a catabolic state and decreasing your metabolism.

Stick to the 1,000 calorie limit at the end of the day. The advantage of the Warrior Inspired Day 3 of the Hybrid Diet is that you just cut an extra 1,000-2,000 calories from your weekly intake. It just isn't wise, or for some of us feasible, to eat 2,000-3,000 calories in one meal.

### **Warrior Inspired Strategy #3: Supplement with BCAAs**

It has been known for many years now that you need all eight essential amino acids and in sufficient quantity to be able to produce quality lean muscle, which speeds up your metabolism.

Research is now indicating that the branched chain amino acids (BCAAs) isoleucine, leucine and valine are the main drivers of new muscle growth. BCAAs are absolutely necessary as the building blocks for new muscle growth and repair, but they also provide energy to the muscles.





These 3 amino acids also help your body burn fat, improve your recovery and reduce your muscle soreness.

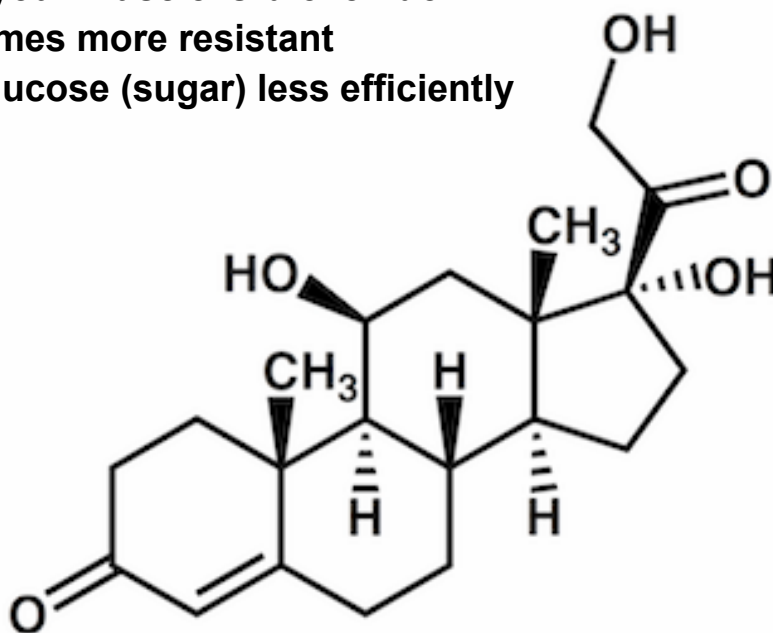
What was once just thought of as a muscle building supplement is now a vital tool for those that want to burn fat and build new lean muscle at the same time.

**Here are a few reasons why Branched Chain Amino Acids can help you reach your transformation goals.**

We discussed the power of your hormones when it comes to burning fat and how you can manipulate them to your advantage through certain types of foods and nutrients. Ball State University researchers found that when strength training is combined with BCAA supplements that cortisol levels were reduced.

This is powerful because when your cortisol levels are elevated these things below start to happen.

- Your appetite increases
- Fat storage increases
- Protein stored in your muscle is broken down
- Your insulin becomes more resistant
- Your body uses glucose (sugar) less efficiently





High cortisol levels also lead to leptin resistance. When this happens the leptin resistance encourages higher cortisol levels. It becomes a vicious cycle with fat gain the result.

On your Warrior day you won't be eating until the evening. Therefore we need to be extra careful that your body does not turn to your existing muscle to break down the proteins in them to cannibalize the branched chain amino acids for energy.

The easiest way to prevent this is by supplying your body with a consistent infusion of new BCAAs. If you are in a calorie or energy deficit the BCAA supplement you take can supply your body with the energy it needs, thereby preventing the breakdown of muscle for internal BCAAs.

The third reason for supplementing BCAAs is part some very early stage science, but it may also be some of the most promising and powerful research with branched chain amino acids. This involves something called nutrition partitioning that is quite interesting, and even mind boggling.

**Nutrient partitioning allows your body to burn fat and build muscle at the same time.** In relation to the BCAAs, what nutrition partitioning does is allow your body to take energy from stored fat cells and provide it to muscle to be used for new growth. There have been some studies done with mice at the University of Illinois showing these results. The researchers are giving credit to the BCAA leucine for this result.

The research has shown us how beneficial BCAA supplementation can be with achieving weight loss and building lean muscle to speed up your metabolism, but how do you apply this to your daily routine?

It is actually simpler than you think. Yes, you can try to eat lean protein foods, which you should be doing anyway, but 99% will not consume enough protein through food to get in the leucine, iso-leucine, and valine you need to see the benefits research has shown.





This is where BCAA supplementation comes in to complement what you are already doing and provide a therapeutic dose that allows your body to achieve the research results explained above.

## How To Use Branched Chain Amino Acids



On your warrior day take .2 grams per pound of body weight divided into 4 doses taken through the day.

For example if you weigh 185 pounds, you'd take 37 grams of BCAAs. This equals 9.25 grams per serving. Get them all in before your Warrior Feast. Feel free to round up or down a little to make it easier.

Don't have a trusted supplement company? Here is trusted brand that we personally use and recommend to our clients.

<http://leanhybridmuscle.getprograde.com/branched-chain-amino-acids.html>

We hooked you up with a **15% off coupon** too. There is one catch though. This is a one-time use coupon so make sure you stock up.

Just visit the link above and use this coupon code at checkout: **'HYBRID15'**



## DAY FOUR - SIX: GIRONDA INSPIRED

Now this is the meat and potatoes part of the program. Oh, wait... hold the potatoes. On days four through six we're going to be eating mostly protein and fats.

Now listen up, fats mostly get a bad rap that they don't deserve. They're assumed to be the bad guy behind all sorts of chronic health problems and conditions. Fats are perceived to be the 'villain' that causes obesity, heart disease, high cholesterol and more.



To increase sales and address public fears about fat, back in the 1980s the food industry started rolling out low-fat and fat-free foods and beverages. But here we are 30 years later and Americans are fatter than ever before. It turns out that there are a lot of misconceptions about fat.

The truth is that fats perform essential functions in our bodies and are necessary for optimal health. This is especially true for bodybuilders and weightlifters. It is important to understand that not all fats are created equal. Saturated fats and unsaturated fats are not the same. Also, our bodies react differently to man-made fats than they do to naturally-occurring fats. Again, understanding the difference is essential.

Fortunately, a few enlightened souls recognized the importance that fats play in developing muscle and strength.

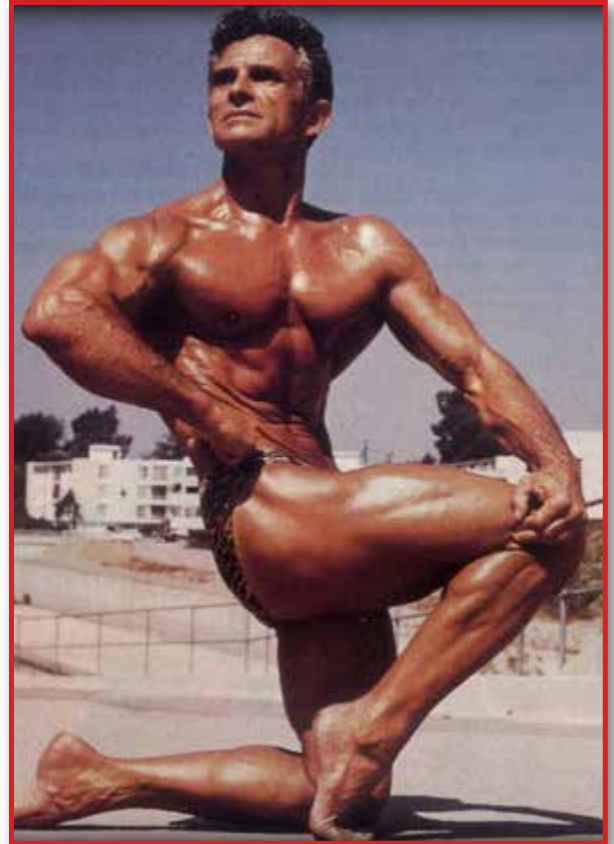
Vince Gironda was one of these persons. Vince was—and continues to be—one of the greatest bodybuilding icons the world has ever known. He was at his peak of fame during the 1960s. Though many of his ideas



ran counter to popular wisdom, Vince stayed the course. Today, as science unravels more and more of the mysteries about how our bodies function we are realizing that many of Vince's ideas were right on target—especially when it came to his ideas about diet.

Vince was a strong advocate of high fat/high protein diets. He is of course not the only one—there have been others—but for bodybuilders, he's among the most well known advocates of this type of diet.

One of the interesting things about this kind of diet is that it mimics the diet of carnivores in the wild. Lions, tigers and other carnivores feast on the flesh of other animals. This flesh is naturally high in fat and protein. And in the wild, carnivores are lean, muscular and strong, not weak, fat and dumpy. That's because their systems are naturally designed for optimum function on this diet. As human beings, we can utilize a similar strategy to achieve the same results.<sup>6</sup>



Detractors who are opposed to high fat/high protein diets argue that this diet strategy leads to an increase in blood serum cholesterol, heart disease and other health problems. But that's not necessarily true.

For example, the traditional Inuit Indians of Alaska have a diet that is very high in fat and protein. Their diet is comprised of seal, whale, and salmon. Their vegetable intake consists of a very limited amount of berries and the partially digested contents of animals' stomachs. Interestingly, research has shown that the Inuits who follow this traditional diet have practically none of the diseases we suffer, including obesity, coronary heart disease and diabetes mellitus.<sup>7 8</sup>



The truth is that a structured, well-planned high fat/high protein diet can be highly beneficial to for the hybrid athlete. Vince's bodybuilder diet included a lot of steak, eggs, whole cream and whole milk. According to Vince, eggs provide the number one source of protein, milk the second source and meat the third. Steak and eggs kept his bodybuilders strong and lean. Exercise kept the cholesterol at bay.

It's true that by restricting carbohydrate intake the body goes into a different metabolic state known as ketosis. In this state your body is burning its own fat for fuel rather than carbohydrates—normally your primary source of fuel. When a person is in ketosis, he is obtaining his energy from ketones, which are little carbon fragments that are the fuel created by the breakdown of fat stores. When the body is in a state of ketosis, you tend to feel less hungry, a benefit which also contributes to weight loss.



Before embarking on a high fat/high protein diet it is important to understand that 'high fat' does NOT mean the kinds of fats that are found in donuts, cookies and cakes. Stick to naturally-occurring fats like those found in red meat, whole milk, avocados, nuts and eggs. It is also important for you to monitor your health when going on a high fat/high protein diet because not everyone will respond the same.

If you're interested to learn more about the Iron Guru, as Vince was called, pick up a copy of **Vince Gironda Legend & Myth by Alan Palmieri**. It's over 300 pages and is the most complete and comprehensive writing on Vince Gironda ever created.

If you're interested in learning more about cholesterol check out this link [www.29billion.com](http://www.29billion.com) and then Google the book *29 Billion Reasons to Lie About Cholesterol*. This will open the eyes of many...





## DAY SEVEN: METABOLIC LOADING

Everybody needs a reward now and then. Rewards motivate, encourage and give us something to look forward to after a job well done. Lack of reward has the opposite effect—it's de-motivating and discouraging. Rewards are effective not just for motivating humans, but just about every species on the planet. For those of us on a lifelong quest to build lean, muscular bodies, it's no different—we all like to be rewarded for our efforts now and then.

That's why when you are working out hard and maintaining a proper diet, it's perfectly acceptable to allow yourself one 'cheat' day per week. In reality, it's actually a good practice that reaps tremendous rewards. While one cheat day a week is good, to keep yourself from getting completely off course, you need to approach it purposefully, with a bit of knowledge under your belt. Eating a healthy diet six days a week then gorging on hot dogs, cookies and chips on the seventh day can completely unbalance your metabolism and negate the positive benefits accumulated over the last six days.



The foods we eat provide our bodies with carbohydrates, protein and fat. These nutrients supply the calories your body uses for energy. Although your body needs all three nutrients, carbohydrates are the body's primary source of energy. Proteins are the building blocks for muscle cells and healthy fats are necessary for proper system functioning. Carbohydrates are found in grains, vegetables and legumes (beans and peas). They are also found in sugar and sweets, including fruit and dairy products.

During digestion, your body converts carbohydrates into sugar—specifically, glycogen—which then enters your bloodstream to provide energy to the





body's cells. Low carb diets tend to reduce energy levels because the body needs carbs to produce glycogen. Without the carbs there isn't any glycogen and without the glycogen there isn't any energy.

Muscle cells store and use glycogen for energy production. When the muscles are loaded up with glycogen, they have lots of energy and look full and pumped. Resistance training with weights depletes glycogen levels.

As the glycogen levels in the muscle cells diminish, the muscles have less energy and lose their 'full' appearance. When the muscles have depleted their supply of stored glycogen, they're hungry for a refill. That's why it's important to feed your muscles carbohydrates to stimulate glycogen synthesis. While protein provides the building blocks for bigger muscles, glycogen provides the fuel the muscles need to perform tasks like lifting weights.

When muscles increase their glycogen storage capacity they have more energy and look fuller and more pumped. With some planning, you can actually use your hybrid diet 'cheat' day to manipulate your muscle cells to store more glycogen. We refer to this process as **'Metabolic Loading.'**

Basically, it's a process of restricted carb intake several days a week followed by a carb loading 'cheat' day. Since the muscles have been somewhat deprived of glycogen, on the cheat day they're like hungry sponges ready to hold lots of glycogen. They will then immediately create glycogen once the carbohydrates are broken down into glucose.

Because your muscle cells have had less access to glycogen for last six days they compensate by creating more glycogen storage space. Nature seeks balance. Since the body doesn't know that this was an intentional depletion, it tries to be ready for the next time it doesn't have ready access to glycogen by increasing its storage capacity. On the cheat/carb loading day, the muscles will soak up all the glycogen they can. As a result, they are full, pumped up and loaded with energy.



This not only makes you look good but it makes you feel good too. You look good because your muscles look bigger, fuller and more pumped. And since you've been on a somewhat carb restricted diet all week, you also appear leaner, which makes your muscles stand out even more. Psychologically, it makes you feel good too because not only can you take pride in your appearance but you also get the emotional satisfaction that comes from having a 'cheat' day as part of your diet strategy.



This also makes it easier to stick with your diet. Boredom and overly strict requirements are two of the primary reasons that guys don't stick with diets. Both the mind and body hunger for variety and change. Adding the cheat day adds variety and gives you something to look forward to. Add in the fact that you'll look leaner and more muscular and you can see why Metabolic Loading is gaining popularity.

On your cheat day you are required to eat 70% of your calories from carbohydrate sources. For the remaining 30% you can have more carbs, protein or fat. It's up to you and how you feel. Some people feel better when they get some protein and fat while others prefer skipping meat for a day. This is a personal choice and at your discretion.

On your Metabolic Loading day be sure to be conscience of our basic nutrition guidelines that we cover in the next section.



## GENERAL NUTRITION GUIDELINES

### Whole Foods and Organic Foods

Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Whole foods are not only excellent sources for nutrients needed for life but they are also loaded with other bioactive compounds that contribute to health promotion and disease prevention.



Organic foods are fruits, vegetables, meats and grains that haven't been exposed to antibiotics, hormones, genetic engineering, radiation or synthetic pesticides or fertilizers. There is strong evidence supporting the benefits of diets rich in both whole and organic foods.

Let's start by talking about the benefits of a diet rich in whole foods. First, numerous studies have shown that best way to obtain essential vitamins and minerals is by eating whole foods, not expensive nutritional supplements or food additives. Processing strips away much of the nutritional value found in whole foods, forcing manufacturers to add vitamins and minerals back into food products. But like the old commercial said, "you can't fool mother nature." Our bodies do not react to manmade 'healthy' foods the same way they react to naturally-occurring vitamins,



minerals and other healthy compounds. There's just no way around it—nutritional supplements and food additives just don't contain the same balanced combination of vitamins, minerals and natural compounds found in fruit and vegetables and other whole foods.<sup>9</sup>

Another benefit of eating whole foods is that they don't contain unnecessary—and potentially unhealthy—additives, artificial ingredients, preservatives or nutritionally dead fillers. These are all things that our bodies just don't need. Science is beginning to paint an increasingly clearer picture about the possibly dangerous impact of long-term exposure to many of the common preservatives, chemicals and compounds that are added to the foods we ingest every day. Most nutritionally dead fillers like refined sugar not only add lots of unwanted calories but they actually do nothing to satiate our hunger, causing us to eat more and more.

In addition, our bodies have to work harder to digest whole foods. Our digestive system has to expend more energy and time digesting whole foods, so we feel full longer. Since they contain fewer nutrients and lots of nutritionally empty fillers, processed foods are digested much more rapidly than whole foods. As a result, hunger sets in soon after eating processed foods. To satisfy the hunger, we eat more calories than we need to, which leads to weight gain and increased body fat.

Organic foods are healthier than ordinary, commercially-grown foods. For starters, tests have shown that organic foods have little or no residue of pesticides as compared to their conventional counterparts. There is little doubt that repeated exposure to dangerous pesticides can have seriously detrimental effects on our physical health. Potential effects of excessive exposure to harmful pesticides include a variety of severe health conditions such as adverse affects upon the nervous, endocrine and/or pulmonary systems and birth defects.

Although some industry associations say that non-organic foods are just as





healthy as organic foods, many researchers are saying that's just not true. For example, a 1993 study found that the mineral content of organically grown vegetables is considerably higher than commercially grown vegetables. This particular study found that on a fresh weight basis, the average elemental concentration in organic foods was about twice that of commercial foods.<sup>10</sup> Recent research has also shown that organically grown tomatoes have more heart-disease fighting antioxidants than conventionally grown tomatoes.

Not too long ago, buying whole or organic foods meant having to trek across town to a pricey specialty market, but these days that's not the case. Natural food stores are popping up in communities large and small across the United States and mainstream grocery stores everywhere are devoting more and more shelf space to organic and whole foods. Even mega-retailers like Wal-Mart are jumping onto the whole and organic foods bandwagon.



Eggs, whole grains, and unprocessed meats, poultry, fish, vegetables and legumes are all excellent whole food sources. As a general rule of thumb, shopping the perimeter of most grocery stores will ensure that you stay within the selection of whole foods. That means the produce, meat and dairy sections. If it looks like it does in nature, you can be pretty sure it's a whole food.

With organic foods the U.S. government has adopted formal standards, so look for the 'organic' label when buying organic foods. And in an effort to make it easier for consumers to identify them, progress is also being made in implementing labeling standards for whole foods too. Although organic and whole foods can sometimes cost more than 'regular' foods, it's an investment that pays off in better health.



## Avoid Processed Foods

Technological and industrial advancements in the food industry over the last couple hundred years have drastically altered the human lifestyle. Each man is no longer required to tend his own garden and go out hunting to put food on the table for his family. Today, to satisfy our hunger we head on down to the grocery store, pop by the local drive-through, pick up the phone or go online to place a to-go order, or dine in at our favorite restaurant. The development of preservatives and advanced food processing techniques are two of the primary developments that make the mass distribution of food products possible.

On the plus side, modern food processing means that food doesn't spoil as quickly as it used to in the past. Because of this, foods can travel long distances, giving us access to a greater variety of foods than was possible before. Lower costs and convenient access to food are two other points that belong on the 'positive' side of food processing. These are things that most of us take for granted. We've grown up with these conveniences and don't even give them a second thought. But if you're a bodybuilder, weight trainer or just a guy watching out for his health, you need to think twice about eating processed foods.

The addition of chemicals and preservatives is the first reason for why we should avoid processed foods. Coloring agents and artificial flavors are chemicals added to enhance food. These are added to processed foods to make them more visually appealing and make them taste better. Preservatives inhibit the growth of food-spoiling microbes and give the foods a longer shelf life. The problem with these is that we don't really know the effects of long-term exposure to these chemicals, even in small or trace amounts.

However, evidence is beginning to mount that shows that excessive exposure to processed foods has negative effects on living organisms. For example, researchers at the annual Society for Neuroscience meeting in San Diego, California, reported that rats and mice raised on diets consisting solely of processed foods struggled to find their way around a maze, and took longer



to remember solutions to problems they had already solved. If it's having that kind of effect on their minds, just imagine what it's doing to their bodies.

Another reason to stay away from processed foods is that salt and refined sugars are two of the most common added ingredients. Because the manufacturing process strips away most of the natural good taste of whole foods, manufacturers add salt to make them more appealing to our taste buds. However, they don't just add a 'little' salt to make the food taste better—they really pack it in. Any person regularly eating a diet high in processed foods is ingesting far more salt than the U.S. Recommended Daily Allowance says is necessary. Excessive sodium consumption has been linked to a number of dangerous health conditions including hypertension and heart disease.

Refined sugars have absolutely no nutritional value and are loaded with empty calories that don't satisfy hunger. That causes us to eat more. We also know that eating processed foods with high concentrations of refined sugars raises the body's glycemic response—a key indicator of blood sugar levels. In a university study, six healthy volunteers ingested 50 gram carbohydrate portions of three unprocessed foods (boiled rice, sweet corn and potato) and six processed foods (corn flakes, corn chips, instant potato, potato crisps, instant rice and rice cakes). The results showed that the processed foods produced a higher glycemic index than the unprocessed foods.<sup>11</sup> And when glycemic levels are high, the body is producing more fat.

And although manufacturers add vitamins, minerals and other nutritional compounds to processed foods, the bottom line is that they are just not as healthy as unprocessed foods. Our bodies can't obtain the same health benefits from manmade substances as they can from the ones that occur naturally. It's not just the vitamins and minerals that provide the health benefits, but the unique ways that nature combines them with other naturally occurring compounds. Skipping the processed foods and focusing on eating a variety of whole and organic foods pays huge dividends. Follow this simple advice and you'll wind up with a leaner, healthier, stronger and more muscular body.



## The Truth About Sugars and Artificial Sweeteners

Sugar is a carbohydrate. It comes either unrefined or refined. Unrefined sugars occur in all sorts of forms. They are found in fruits, vegetables and other foodstuffs. Examples of unrefined (naturally occurring) sugars include the lactose in milk, maltose in grains, and fructose in fruit. Conversely, refined sugars are sugars that have been processed into different forms for use in all sorts of foods and beverages.

In moderation, naturally-occurring unrefined sugars play an important role in maintaining our bodies' metabolic balance. But evidence that refined sugars are bad for the human body is quickly mounting. First, refined sugars have been shown to be a key contributor to obesity.<sup>12</sup> In the body, refined sugars are rapidly converted to fat (triglycerides), which of course increases obesity. And because refined sugar is devoid of vitamins, minerals, or fiber, it is an empty food. The consumption of 'empty' foods can cause people to overeat, quickening their pace on the road to obesity.<sup>13</sup>

Excessive consumption of refined sugars is also believed to contribute to the onset of common health problems including: hypoglycemia, diabetes, heart disease, high cholesterol, obesity, indigestion, myopia, seborrheic dermatitis, gout, hyperactivity, lack of concentration, depression, anxiety, and more.

Two of the most common refined sugars are white table sugar or the brown sugar that is used in cooking and baking. The process used to refine sugar is itself enough to make you question how healthy it is.

The simple refined carbohydrate, table sugar, is first extracted from sugar cane or sugar beets with the bulk and fiber left behind. Next, it is purified, filtered, super concentrated, and boiled down to form sugar crystals, which are produced from the syrup. This process extracts all of the naturally-occurring calcium and protein from the sugar. This also causes the sugar to become alkaloid, which destroys its vitamin content.





Next, they add chemicals like sulfur dioxide, milk of lime, carbon dioxide, charcoal from charred beef bones, and calcium carbonate. These chemicals are used as ‘purifying’ agents in the refining process and to remove the dark coloring. Natural sugar is not white. In the last stage of processing, the sugar is colored with Indathren blue or the highly toxic Ultramarine. The final product is sold as ‘pure’ cane sugar—a completely dead food that has zero fiber and no nutritional value. Brown sugar is just basic white sugar with a bit of molasses added back in, or colored with caramel.

To avoid all the negatives about refined sugars, millions of Americans turn to artificial sweeteners as a ‘healthier’ alternative. Aspartame and Saccharin are two of the most widely used artificial sweeteners on the market. Unfortunately, artificial sweeteners don’t seem to be any healthier than refined sugars. Studies have shown that rats that are repeatedly exposed to excessively high levels of artificial sweeteners can develop cancerous tumors. There is no solid evidence indicating that the same thing happens to humans but the truth is, we just don’t know. Some of the common physical effects associated with the use of artificial sweeteners include headaches and occasional gastro-intestinal discomfort.

Another big issue with the use of artificial sweeteners is that they tend to cause people to overeat. We see the word ‘sugar-free’ and our brains automatically jump to the conclusion that we can eat as much as we want without consequence. Studies have shown that consumption of artificial sweeteners may lead to increased food intake. For instance, evidence gathered from a 2007 Purdue University study indicates that consuming artificially sweetened foods and beverages may throw off the body’s natural ability to monitor calorie intake, increasing the likelihood of overeating.

There is an alternative option—Stevia—that has been on the market for the past several years in the United States. Stevia is a plant whose extracts are up to 300 times sweeter than sugar. Its sweet taste has a slower onset and longer duration than sugar, making it an appealing alternative. Research is currently underway investigating the possible benefits of Stevia in treating obesity and high blood pressure.



## Water

I once heard human beings described as “hairy bags of water, with teeth.” It’s not quite that simple but the point is clear. We are made of water, and the amount and quality of water that you drink plays a critical role in your health and vitality. The list of symptoms that are associated with dehydration is mind-boggling. Do any of the following sound familiar to you? Asthma, Allergies, Indigestion, Heart Burn, Hypertension, Migraine Head Aches... (this list can go on for pages).

The fact is, many of our so-called diseases are simply an expression of dehydration. With as little as 1% dehydration your cognitive abilities begin to decline. Not drinking enough water can actually make you stupid! If you are waiting until your mouth is dry before you recognize that you may be dehydrated, then you can be sure that you are heading in the same direction as the millions of Americans who are sick, stupid, and thirsty. We have an interesting situation with regard to the amount and quality of water that is currently available on our planet. Only 1% of the Earth’s water is accessible to humans for drinking and we have polluted almost every single drop of it!

According to the EPA, there are over 700 pollutants that occur regularly in drinking water, both municipal and through wells or springs. In many





countries the rivers run yellow with toxins. In China, 80% of the country's waterways are so trashed that they no longer support marine life! (9)(8)(4)

## Quick Tips:

- First, make sure that you are drinking enough water. According to Dr. F Batmanghelidj, in his book *Your Body's Many Cries For Water*, it is ideal to drink  $\frac{1}{2}$  your body weight in ounces of water every day.
- Next, make sure that your water is artesian. Artesian water is water that has gone through its complete evolutionary process underground and bubbles to the surface naturally. This ensures that your water contains the necessary mineral content for proper assimilation. Brands of artesian water that you may be familiar with include: Evian, Fiji, Volvic, Vittel, and Trinity.
- Use a whole-house, water filtration system. This will ensure that toxic chemicals found in municipal water such as chlorine do not bombard you. Showering in toxic water is just as bad as drinking it. Remember, "if it is on your skin, you are drinking it."



## What Is The Glycemic Index?



As an athlete, you already know that carbohydrates are an important part of your diet, and that all carbs are not created equal. Some are good, while others are not-so-good or even bad. The rate at which carbs release their energy determines where they fall on this spectrum. The carbs that release their energy slowly are the good ones, while the ones that release their energy quickly are the ones to avoid. There are three types of carbs: complex, simple and refined. Complex carbs are the slowest energy-releasers, with refined carbs being the fastest. Knowing which was which could be tough to figure out before the Glycemic Index was developed.

The Glycemic Index (GI) classifies carbs based on the rate at which they release their energy. Carbs that are low on the GI scale release their energy slowly while those that are higher release theirs more quickly. This is important because carbs that release their energy quickly cause a sharp rise in blood sugar levels only to be followed by an equally sharp “crash,” which leaves us lethargic. Carbs that release their energy slowly help keep blood sugar levels even which helps us maintain consistent energy levels.





Exactly where a food falls on the GI is determined by how it raises blood sugar levels over a two to three hour period. The GI uses a scale of 0-100. Most people who use the GI, classify foods that rank below 55 as having a low glycemic index. Medium GI foods fall in the 55 to 70 range. Anything above 70 is considered high glycemic.

Refined carbs release their energy very quickly and therefore, have a high glycemic index. These are found in processed foods. Refined carbs have been processed by machines that strip the bran and the germ from the whole grain. These carbs have been stripped of most of their nutrients. They are basically empty calories with little nutritional value. They send your glucose levels skyrocketing and then leave you hungry again shortly after you've eaten them. Table sugar, white bread and white rice are examples of refined carbs.

Simple carbs are mostly sugar. They too release their energy quickly. You find them in sodas, candy, chocolate, fudge and other foods high in added sugar. While you will want to avoid most simple carbs because of their high glycemic index, they are not all bad. Most fruits, which are good for you to eat now and then, are made of simple carbs.

There are plenty of fruits made of simple carbs that don't rank high on the Glycemic Index. Fresh strawberries rank 40 on the GI. That's well below the threshold of 55. Other low scoring fruits are apples, pears, oranges and cherries. So, even though these are simple carbs, occasionally add a handful of these highly nutritious, fresh fruits to your protein shake.

Complex carbs like broccoli, beans and whole grains generally score the lowest on the GI. These are nutrient rich, slow burning carbs. They don't cause glucose levels to spike and since they release their energy slowly, they keep the body feeling "full" and satisfied longer than the fast releasing carbs. This is important, not only for sustaining energy levels throughout the day, but is essential for maintaining proper weight.



It's important to note, that while the Glycemic Index can be a useful tool, it should serve as a general guideline, not a hard and fast rule. The Glycemic Index can be a handy, worthwhile and easy-to-use planning tool, especially since there are several interactive websites that allow you to enter the name of a food and quickly learn its Glycemic Index.

## Glycemic Index Food Chart

For a food to be considered a low glycemic index food, its GI should be less than 55. Where the GI index falls between 55 and 70, these foods are considered intermediate foods. High glycemic index foods have a GI of more than 70.

### BAKERY FOODS

FOOD	RANKING	GLYCEMIC INDEX
Pound Cake	Low	54
Danish Pastry	Medium	59
Unsweetened Muffin	Medium	62
Tart Cake	Medium	65
Angel Cake	Medium	67
Croissant	Medium	67
Waffles	High	76
Doughnuts	High	76

### BEVERAGES

FOOD	RANKING	GLYCEMIC INDEX
Soy Milk	Low	30
Apple Juice	Low	41
Carrot Juice	Low	45
Pineapple Juice	Low	46
Grapefruit Juice	Low	48
Orange Juice	Low	52



## BREADS

FOOD	RANKING	GLYCEMIC INDEX
Multi grain	Low	48
Whole grain	Low	50
White Pita	Medium	57
Hamburger bun	Medium	60
Rye Flour	Medium	61
Whole Meal	Medium	64
White	High	71
White Rolls	High	73
Baguette	High	95

## BREAKFAST CEREALS

FOOD	RANKING	GLYCEMIC INDEX
All Bran	Low	42
Oat Bran	Medium	55
Mini Wheats	Medium	57
Shredded Wheat	Medium	69
Golden Grahams	High	71
Rice Krispies	High	82
Corn Flakes	High	83

## DAIRY FOODS

FOOD	RANKING	GLYCEMIC INDEX
Yogurt, Low-Fat	Low	14
Chocolate Milk	Low	24
Whole Milk	Low	27
Fat Free Milk	Low	32
Skim Milk	Low	32
Semi-Skim Milk	Low	34
Ice Cream	Medium	61



## PASTA

FOOD	RANKING	GLYCEMIC INDEX
Fettuccini	Low	32
Whole Wheat Spaghetti	Low	37
Meat Filled Ravioli	Low	39
White Spaghetti	Low	41
Macaroni	Low	45
Durum Wheat Spaghetti	Medium	55
Macaroni and Cheese	Medium	64
Brown Rice Pasta	High	92





## Why Veggies Are A Good Choice

Nearly all of us grew up hearing our parents say, “Eat your vegetables. They’re good for you.” And while Mom and Dad might not have always had the best advice about a lot of things, they were right on the mark with their thoughts on vegetables. Veggies are rich in vitamins, minerals and phytochemicals, which are naturally-occurring chemical compounds such as beta-carotene.



For the bodybuilder or weight trainer, vegetables should be at the top of the list of foods to include in their daily meal plan.

Most vegetables are naturally low in fat and calories. So in most diet plans, you’re free to eat as many veggies as you’d like without comprising dietary goals. Also, vegetables are important sources of many important nutrients including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, vitamin C and more.

The unique combinations of vitamins, minerals and phytochemicals found in veggies work together synergistically to maximize the health benefits in our bodies. Although the multi-billion dollar supplement industry would like you to believe otherwise, the same benefits cannot be duplicated with man-made supplements. Time and time again studies have shown that our bodies respond best to naturally-occurring substances, not manufactured ones. Studies of people who ate diets high in fruit and vegetables have shown that they have a lower risk of heart disease and cancer, while similar groups of people taking vitamin supplements did not show lower rates of cancer and heart disease.<sup>14</sup>



Veggies are also good for us because a growing body of laboratory-based, clinical, and epidemiological data suggests that low-energy-dense diets are associated with better diet quality, lower energy intakes, and body weight.<sup>15</sup> Energy density refers to the amount of calories in a portion of food. High energy density foods tend to have less water and more fat whereas low energy dense foods have more water and less fat. Basically, high energy density foods pack a lot of calories into smaller servings. Snack foods are high energy density foods. Eating these foods add unwanted calories, carbohydrates and fats but do little to satisfy hunger. Shortly after eating a high energy density snack, you're hungry again and looking for something else to eat.

In contrast, with their low fat, high fiber and water content, vegetables have a very low energy density. Choosing foods that are high in water and fiber and low in density allows us to enjoy larger, more satisfying portions while continuing to lose weight without feeling hungry. A 2007 study published in the *Journal of the American Dietetic Association* found that participants who ate a large (3-cup), low-density salad before a meal felt more satisfied and ate less total food during the meal. Persons who ate a small, high-density salad with high-fat ingredients actually ate 8% more food during the same meal.

A high concentration of fibrous carbs is another reason that you should be feasting on veggies. Fibrous carbohydrates are complex carbohydrates that are rich in fiber. Fibrous carbs play an important role in helping to keep the digestive system functioning properly. Complex carbs take longer to digest than simple carbs. They're also lower on the Glycemic index than simple carbs. Foods that are lower on the Glycemic index have less of an impact on glucose levels in the bloodstream than foods that are higher on the index. Most vegetables rank from 15-50 on the Glycemic index. In comparison, white bread has a Glycemic index of 71-75. High glucose levels in the bloodstream increase body fat and exacerbate health problems.



There are plenty of other good reasons to make vegetables a cornerstone of your diet. Recent studies have shown that people who consume lots of veggies are more likely to have reduced risk of chronic diseases, including stroke and other cardiovascular diseases, as well as certain cancers. Also, a study just published in the *American Journal of Clinical Nutrition* showed that healthy diets rich in vegetables can actually strengthen bones and help prevent fractures and breaks.

When buying vegetables be sure to buy fresh whenever possible. Fresh, raw veggies have higher nutritional content than ones that are frozen or canned. In any case though, just make sure that you make veggies an important part of your daily meal plan.

There are lots of fresh veggies that won't spike your blood sugar. Stop starving yourself, and eat these veggies guilt free anytime you'd like. You'll burn more calories digesting these veggies.

asparagus	cucumber	radishes
bean sprouts	green peppers	red peppers
beet greens	lettuce	rhubarb
broccoli	marrow	spinach
Brussels sprouts	mushrooms	Swiss chard
cabbage	onions (1/2 cup)	tomato (only 1)
cauliflower	orange peppers	yellow or green beans
celery	parsley	zucchini



## Alcohol

Alcohol is not meant for human consumption. I don't care what they say about the antioxidants in your red wine. It is not healthy for you, plain and simple. You are all grown-ups, so I am not going to tell you what to do, but I will tell you what happens to you when you drink your booze.

Like sugar, alcohol is a poison. In fact, all alcohol is just another form of simple sugar. When you drink alcohol it is absorbed into your blood stream, immediately causing your insulin to spike like a rocket. Say hello to hypoglycemia.

So, alcohol is actually worse than sugar! When you sit down to have your glass of wine or beer before your meal, you are doing several things that will make you fat, sick, and absolutely devitalized.



First, whatever you are eating with your drink, your body also recognizes as a poison. For example, if you are eating a bowl of shrimp fried rice with your beer – because your body recognizes that there is poison in the form of the alcohol in your stomach it gets rid of whatever is in your stomach as fast as possible. As this happens, your immune system is taking notes as to what you have ingested, so that it can attack it when it enters your system again. So, next time you sit down to another bowl of shrimp fried rice, your body attacks the food like it were a pathogen. This leads to food intolerances. I'll spare you the details, but food intolerances make you fat, make your belly big, and help you end up with all types of autoimmune issues and autointoxication.

Next, alcohol is an irritant to the gut lining and can cause leaky gut syndrome. Leaky gut syndrome is just what it sounds like. Your colon wall becomes permeable and allows undigested food particles to enter your blood stream. When this happens you can look forward to an avalanche





of wonderful circumstances, such as a bloated gut, joint pain, rashes, autoimmune disorders, and that's just the beginning! Finally, besides ruining your gut and making you fat, alcohol makes you stupid. You know it and I know it. If you are going to reach your full potential and become as strong and vital as you deserve to be, then alcohol is not your beverage of choice. (9)

### **Quick Tips:**

- If you must drink alcohol, do so in moderation.
- Be sure to consume alcohol with a fatty food, such as cheese, to slow absorption.
- The fruits and grains that most alcohol is made from are high in toxic pesticides. Choose organic drinks when possible.



## SUPPLEMENT YOUR DIET WITH SUPPLEMENTS?



The word supplement means to “complete something or make up for a deficiency.” I want you to go back and read that again—and again, and then I want you to remember it. You see, the problem with nutritional supplements is that today, most people have come to think of supplements as a primary source for vitamins and nutrients, not a supplemental source for these things. Guys today look at supplements as either the magic bullet that is going to give them the body they’ve always wanted, or as their main source for their vitamins and nutrients.

What these guys need to understand is that they’ve got it all backwards. All the time guys ask me, “What supplements do you take?” They don’t ask about the important stuff—the foods I eat, my training routine, how much time I spend letting my body recover, how I keep stress from affecting my workout, and lots more. Supplements are only a part of the package and aren’t going to be really effective until you’re already about 90% of the way there. Without the proper foundation, supplements are useless.

Lax regulation is another reason to be wary of supplements. Don’t put all of your faith into what they claim to be. Seriously, until somebody dies, it’s a



free-for-all in terms of the claims that some of these manufacturers make. I could write volumes on the ridiculous claims I've seen but suffice to say that if you read the fine print you'll inevitably see, "These results are not typical nor have they been verified by the FDA," or something to that effect.

It's not just the claims you have to be wary of though—often times, you don't even know what you're taking. The manufacturers have become very adept at skirting the FDA regulations regarding the fine line between "dietary supplements" and drugs. Another trick they pull is to rename certain ingredients that get a bad rap for being potentially dangerous or harmful in the hopes that no one will notice. There are literally billions to be made in the supplement industry—believe me, some manufacturers will stop at almost nothing to get their mitts on your cash, regardless of what it means for your health and well-being.

Look at our ancestors and, in particular, the warrior cultures like the Spartans, the Vikings or the African Zulu. Thousands of years ago, our ancestors did not take supplements yet they built powerful, muscular physiques. How did they do it? First, their daily lives centered around intense physical activities—what we would today refer to as hybrid muscle training. And second, they ate natural, whole foods that provided all the nutrition they needed. Honestly, that really is the best way to give your body the vitamins and nutrients it needs. For the modern guy though, this can be easier said than done.

That's where supplements do come into the picture. So now let's talk about some of the supplements that you can be taking—so long as you've got a solid dietary foundation built or underway:

■ **Protein:** This is the staple of the muscle mass-building diet and is the only source of nutrition that has the building blocks—amino acids—to actually build muscle. The more intensely you train, and the more you weigh, the more protein you'll need to maintain your muscle mass or add to it.



If you've done your research and have a brand of protein you like you, should stick with it. We're not here to push anything on you.

You did read the earlier section earlier on artificial sweeteners, right? Good. You already know you should avoid protein powders with artificial sweeteners.

You can use the ProGrade coupon we gave you earlier 'HYBRID15' to pick up some pharmaceutical quality whey protein from this link. Remember it's a one time use coupon so stock up.

This protein is naturally sweetened with Stevia!

At this time we can NOT recommend the ProGrade MRP or Meal Replacement powder called LEAN. This product does contain artificial sweeteners. We have suggested they make the change and believe they will be doing so shortly. Until then stick with the ProGrade protein instead of the MRP.

■ **Branch Chained Amino Acids:** We devoted an entire chapter to these and highly recommend them for your warrior day. Here's the link:  
<http://leanhybridmuscle.getprograde.com/branched-chain-amino-acids.html>

■ **Multi-vitamins:** If you're eating properly you should be getting everything you need from the foods you eat. However, a multi-vitamin can make sure that your body gets the minimum recommended daily allowance (RDA) of vitamins, dietary minerals, and other nutritional elements.

Not all vitamins are created equal. Don't go cheap here. If you do, you'll piss your money right down the toilet. As an athlete you need something with a little more kick than the Centrum vitamin your grandma takes.





## These are our top picks for you to consider:

VitalForce by Empowered Nutrition  
VGF 25 for Men by ProGrade  
VGF 25 for Women by ProGrade  
Athletic Multi Vite by AS Research

■ **Kre-Alkalyn creatine:** Creatine can help increase muscle mass and improve overall athletic performance by playing an important role in converting food into energy—it's great stuff. The problem is that when you take creatine, nearly all of it gets flushed out of your body, so it hardly does you any good. **Kre-Alkalyn creatine** It has been manufactured to remain stable in the body, meaning that it doesn't get flushed out but rather gets delivered to the muscle fibers where it's needed.

This brand rocks: [www.hypergaincreatine.com](http://www.hypergaincreatine.com)

■ **Digestive enzymes:** These enzymes aid in the digestion of the foods we eat. Taking digestive enzymes can reduce digestive troubles that can be common among physically active guys and help keep your body in balance.

After reading the following study we were hooked on digestive enzymes!

*"The critical role of enzymes in the maintenance of health and well-being was dramatically demonstrated in an experiment now known as "The Pottenger Cat Studies," which was performed by Francis Pottenger, M.D., in 1946.*

*For ten years, Dr. Pottenger studied two groups of cats who lived in outdoor pens which were placed side by side. At the beginning of the experiment, the two groups were as identical in health and characteristics as possible. During the course of the entire experiment, one group was fed exclusively cooked food; the other group was fed only raw food. Although the foods given the two groups were identical in kind and amount, the cooked food*



*was devoid of enzymes (enzymes are totally destroyed at 220 degrees). Throughout the entire experiment, the group fed the raw food remained healthy and normal in all respects. The group fed the enzyme-deficient cooked food was a different story altogether. They developed all manner of degenerative conditions which affected their physiologies as well as their behavior. Their coats lost their luster; their bone structures developed deformities; their behavior became hyperactive, aggressive and wild. And by the 7th generation, they had lost the capacity to reproduce.*

*As an interesting sidelight, the vegetation which grew in the pen of the raw food-fed cats was healthy and profuse. The vegetation in the pen of the cooked food-fed cats was sparse and unhealthy in appearance. This was due to the lack of enzymes in their feces which failed to fertilize the soil, unlike that of the enzyme-rich feces of the other group who existed on the enzyme-rich raw food diet.”*

Our preference is Full Spectrum Digestive Support produced by AS Research. You can find these by [Clicking Here](#).

It's not sexy but—this covers nearly everything that you need to know about nutritional supplements. The most important thing to remember is that without a solid dietary foundation, supplements are worthless.

Now that you know about nutrition let's get into the nitty gritty of how you'll actually eat. Below is a formula for figuring out your exact caloric needs for the Lean Hybrid Muscle-Reloaded system. This will help you establish a good diet that will fuel you for your workouts and help you reach your goals. Just follow each step as listed below.



## HOW TO SELECT YOUR CALORIE PLAN

### Critical Step 1: Write Down Your Total Weight (TW)

Take your Total Weight. Do this naked, first thing in the morning, after getting rid of the waste products and toxins in your body (go pee, take a poop, whatever you do). Once you've weighed, write it down.

**Example:** Total weight is 206 lbs first thing in the morning. **TW** = 206 lbs

### Critical Step 2: Write Down Your Body Fat (BF)

Next get your body fat percentage. There are several ways to do this, but remember most methods of measuring body fat percentage are not completely accurate. As long as you use the same method to measure your results you can track your improvement.

The only way to really get a very accurate body fat percentage reading is to find a facility that has access to a Bod Pod or hydrostatic (underwater) testing. Both methods are very expensive and not necessary to follow these meal plans. I recommend get your body fat percentage using one of the methods listed below.

**Option 1:** If you have access to one you can use a body fat analyzer as pictured below. Make sure you chose "athletic" in the settings if you use this tool.



**Option 2:** We have an online calculator for you on the Web site. All you have to do is enter your current weight and your waist size. Here is the page to get your body fat percentage using our online calculator:

<http://www.criticalbench.com/calcs.htm>

**Option 3:** Hire someone to take your body fat percentage. A personal trainer from the gym should be able to do it for you using a set of calipers.



**Option 4:** Using a pair of cheap body fat calipers you can take your own 9-Point Body Fat Test.

**Here is a video that shows you exactly how to take your measurements:**

<http://www.viddler.com/explore/FitnessAtlantic/videos/59/>

**And a FREE PDF Chart to record your measurements:**

[http://www.fitnessatlantic.com/compete-in-show/BODYFAT\\_CHART.pdf](http://www.fitnessatlantic.com/compete-in-show/BODYFAT_CHART.pdf)

**Buy a pair of calipers for \$14 here:**

<http://www.bodybuilding.com/store/acc/accu.html>

Once you have your bodyfat percentage, write it down. We'll use it to calculate lean body mass in the next step.

**Example:** Using the online calculator let's say your body fat percentage came out to 15%.

### **Critical Step 3: Get Your Lean Body Mass (LBM)**

Let's figure out how much of your body is lean body mass (i.e. muscle, bones, skin and organs) using the previous example. Total Weight or (TW) was 206 pounds and the Body Fat Percentage (BF) was 15%.

Multiply your weight times your body fat percentage as a decimal:

**TW x .BF = pounds of fat**

**Example:**  $206 \times .15 = 31$  pounds of fat.

Lean body mass is calculated by subtracting pounds of fat from total weight.

**TW – BF pounds = LBM**

**Example:**  $206 \text{ lbs} - 31 \text{ lbs} = 175 \text{ lbs}$  of Lean Body Mass





Your LBM is your starting point, where you are today. This will be the basis for leaning out or growing or building insane power and muscle.

## **Critical Step 4: Classify Your Macro-Goal**

As your physique transforms you will add new muscle while decreasing body fat. Choose which sentence describes you best and note the number [xx] next to it.

**I want to build lots of muscle and burn some fat: [16]**

**I want to burn lots of fat and build some muscle: [13]**

## **Critical Step 5: Choose Your Meal Plan**

Multiply Your Lean Body Mass by the number [xx] from above.  
 $LBM \times [xx] = XXXX$

**Example:** 175 lbs x 16 = 2800 calories

This is your total daily calories for meal plan selection. Using this information, open your Meal Plan folder on your computer, find the nearest total calories plan for you and select that plan by opening the PDF with a simple CLICK. This is one of the few times I suggest that you round up instead of down, but only to the next closest caloric meal plan, not above and beyond that.



## CONCLUSION

You've just completed the hardest part of the entire muscle building process. Yeah, it really is that easy with the Hybrid Diet and Lean Hybrid Muscle-Reloaded. We imagine that for most of you, you live to train. Motivation is not the problem. Hard work has never been your stumbling block. What has held you back is figuring out the right combination of diet and exercise to help you meet your goals. Here my friends, is where it just got easy. The Lean Hybrid Muscle-Reloaded system along with the Hybrid Diet is designed to show you the way

Now don't get me wrong, growth is NOT easy and MASSIVE growth while keeping lean is NOT easy. But it's important to know, exercise alone is NOT the answer. The problem is that most people eat too much and to make things worse they eat all the wrong things at the wrong times in the wrong ratios and wrong food combinations.

Don't worry, we've got you covered. We have taken care of all the problems, headaches, and hassles of nutrition for you.

Enjoy the process,



## The Next Step for the Super Dedicated Personalized Nutrition Programs

Once you have completed these Done-For-Your Meal Plans I recommend you get in contact with Patrick McGuire directly at <http://www.empowerednutrition.net> to set up a personalized nutrition program.

If your goals change and you want to add mass without losing body fat or you are just concerned with reducing body fat and don't care about building muscle Patrick can design a meal plan and nutrition program that's just right for you.

The best part is, Patrick will customize the entire program around your goals and the foods you enjoy.

Usually these programs are pretty expensive, but I was able to wrestle him into submission and he has agreed to give all LeanHybridMuscle.com customers a massive discount on his personalized services.

To learn more about Patrick's personalized nutrition programs and transformation coaching visit this page: <http://www.empowerednutrition.net>

This is a nutrition program that is tailored to your goals. It's your information, your goals, your schedule and your foods. The only outcome is powerful proven results... Your Results.

<http://www.empowerednutrition.net>





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