



METABOLIC

METHOD

Meal Manual

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Meal Structure

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You must get your physician's approval before beginning this program. Ask your physician for a complete physical examination, especially if you have high cholesterol, high blood pressure, are overweight, or have diabetes.

Discuss all dietary changes with your physician or a registered dietician. This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional. These recommendations are not medical guidelines to treat, diagnose, or cure any illness or condition.

This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like. Do not take risks beyond your level of experience and abilities.

Metabolic Method

The scariest thing to so many people is the idea of weight loss.

THIS IS WRONG.

The scariest thing is not knowing.

Have you ever been at that point when you are scared to pay the bills so you avoid looking at your bank account? What does this actually achieve? Does it fix things or contribute to a part of the pain?

How do you get passed this pain? You open the bank statement, evaluate where you are at and

put together a strategy to get ahead. Get a second job, slash spending, employ someone to manage your finance habits.

Your food and movement habits are exactly the same.

The reason you fear food, or feel guilty is because you don't know what your metabolism will allow you to do.

So what we are going to do is establish where your metabolism is at and come up with strategies to get ahead so you can eat what you want, you can eat guilt-free and get the results you want.

Part 1

Establish a base

Fat lose law of thermodynamics

Estimate you metabolism

The 200 rule

Part 2

What is in your favourite foods?

Part 3

Eating strategies to get results.

-Graphs of fasting

-Calorie cycling

-Training

How To Calculate Your Macros

BW =	kg		
		Calories 27 x BW	
Protein 1.8 x BW		grams	multiply 4 = cals
Fats 1 x BW		grams	multiply 9 = cals
Carbs		Calories - Protein (cals) - Fats (cals)	divide 4 = grams

Protein	Fats	Carbs
grams	grams	grams

Example:

BW =	80 kg		
		Calories 27 x BW	27 x 80 = 2,160
Protein 1.8 x BW		1.8 x 80 = 144 grams	x 4 = 144 x 4 = 576 cals
Fats 1 x BW		1 x 80 = 80 grams	x 9 = 80 x 9 = 720 cals
Carbs		Calories - Protein (cals) - Fats (cals) 2160 - 576 - 720 = 864	/ 4 = 864 / 4 = 216 grams

Protein	Fats	Carbs
144 grams	80 grams	216 grams

The 200 method. Adjusting Your Calories

Regardless of what plan you follow or what coach you work with it is important to monitor and adjust your diet based on the body's feedback and results (strength / measurements / photos).

There's never a perfect diet and you'll never get it right the first time, even the world's best coach will have to tweak and adjust your diet. If you take one thing away from this program I hope it is the importance of adjusting your regime.

Far too many people carry on for weeks getting slow or minimal results. If you're trying to drop fat, you should be seeing noticeable results every 1-2 weeks. If not, something is wrong and you must change it.

For this reason the stated calories / macros will need adjusting at some point, in some cases you need to increase them and others you may need to decrease them. Although this can be a complicated process, there are some simple or obvious signs that changes are needed and I'm going to help you keep it simple. Here are some key signs:

When you may need less calories

- You have a low active job and lifestyle, i.e. outside the gym you sit at a desk then go home to the couch.
- You have never really eaten much food and don't find yourself hungry.
- You're struggling to eat all the food in your plan.
- You're not losing fat.
- There's no change in your measurements after 2 weeks.

If any of these apply to you attempt to reduce 200 calories, adjust your macros and monitor for 2 weeks.

Cheat Meals & Refeeds

For a 90 Day Challenge I am not a fan of refeeds or cheat meals. While they are a nice psychological break they do not provide any physical benefit over a short duration.

Also chances are you'll encounter plenty of temptation between weekend socials, public holidays, festive seasons, birthdays, weddings, and comfort food when times are tough.

The occasional indulgence that comes from partaking in these occasions will provide you with enough of a diet break than needing to include cheat meals and refeeds.

Although the part I do enjoy with Cheat days and Refeeds are that they are planned.

With cheat days we can allocate one per week.

Whereas trusting your gut instinct on social occasions can let you down and hinder the likelihood that we can instinctually fix calories in your meal plan to get weight loss results.

Meal Timings and Frequency

A common question I receive is around meal timings. A widespread rumour is around the frequency of eating and it's affects on metabolism, in this it is said eating up to 5-6 times per day can increase your metabolism. This unfortunately is a myth.

The only truth in weight loss is calories in vs calories out.

There are no quick tricks that will significantly alter how many calories you burn.

That being said, there is no trick around when to eat.

In this program it is recommended to keep carbs low until post workout, sticking to low carb before a workout and including carb meals following a workout. All of the meals must adhere to the daily calorie limit.

Here are some examples outlining meal timings around workouts.

Morning Training	Afternoon Training
5am-8am 30 mins before training Pre Workout Meal	Breakfast Meal 1
7am-10am 30 mins after training Post Workout Meal	Lunch Meal 2
1pm Meal 1	30 mins before training Pre Workout Meal
5pm Meal 2	30 mins after training Post Workout Meal
8/9pm Meal 3	Evening Meal 3