

# TAW Nutrition Special Report:

## The Easiest and Most Enjoyable Way to Eat For Fat Loss and Performance



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## **First...Calories Matter!**

### **Total Calories**

The guidance you are about to receive is simple and straight forward. It is not fancy, but when it comes to nutrition, fancy doesn't bring home the bacon...probably not the best idiom to use, but I love bacon!

When it comes to achieving your body composition goals (less fat and more muscle is the typical goal), the overarching factor is total caloric intake vs output.

While it is true that calories are not everything when it comes to nutrition, calories are the main determinant when it comes to quality weight gain (building muscle) and fat loss.

Calories are simply a measurement of energy, and when the body has more energy than it uses it will store that energy, or use it to build structures (the most notable is muscle!).

When you train and place a physical demand on the body (like you will at TAW), the body will build muscle with some of the extra calories. And also when you train and are in a caloric deficit, your body will tap into your fat stores and use that for energy, effectively helping you to reduce your body fat.

The key though is to not have too much excess calorie if you are trying to build muscle as it will be stored as fat. And at the same time, you don't want to go too low in your calories even if your goal is to lose fat, as your body will also break down muscle if there is not enough energy available...losing muscle is never a good thing!

With this in mind, the first thing to do is to establish your caloric needs.

There are numerous, detailed equations that you can use to figure this number out, or you can go with a simple equation that has been shown time and again to be fairly accurate...I say we go with the latter!

**For weight loss, take your IDEAL bodyweight in pounds and multiply by 10 and 13**

This will be the equation to use, but it is good to see the others as well...

**For weight maintenance, multiply your bodyweight by 14 and 17.**

**And for weight gain, multiply your IDEAL bodyweight by 17 and 20.**



Let's look at a quick example using these numbers.

If you weigh 200 pounds and you are looking to achieve a weight of 180 pounds (lose 20 pounds, of mainly fat!), you would multiply 180 by 10 and 13. This would give you a range of 1800-2340 calories per day.

Because this is a range, you can manipulate it up and down between those numbers. If you notice that you are consistently hungry, lacking energy and having subpar training sessions, you should bump your calories up a little, but stay within the top number. And vice versa...if you are consuming near the top of the range and not noticing any changes after a week or so as far as fat loss goes, you would want to decrease the calories slightly.

And overall, these numbers are starting points. There will never be the exact perfect equation for caloric calculation as every individual is vastly different, but these ranges have been shown to work the majority of the time.

With that, below you will find a few example meal plans with different total calories. You will find a couple options for 1500, 2000 and 2500 calories. The best thing is that you can see where all of the calories are coming from and either slash a little more out if you need, or add some more by increasing the quantity of items. Go for the meal plan that is closest to your caloric needs to start! From there I would suggest cutting carbs (bread, rice, potatoes) if you need less calories, and if you need more calories you can add a bit more carbs, or even better, protein (chicken, beef, fish, etc.)...check out the section below on *carb cycling*.

\*\*\*Lastly, and most importantly, these meals plans are not meant to address any medical conditions, and if you are allergic to any of the food items, PLEASE DON'T EAT THEM...just had to say that!!!

## Calorie Based Meal Plans

### 1500 Calories (Option 1)

Breakfast (omelet or scramble)

2 large eggs can be any style (140 calories) 1/4 medium onion chopped (15 calories)  
1/4 medium bell pepper chopped (10 calories) 1/2 cup mushrooms (15 calories)

1 tsp olive oil (40 calories)

2 tbsp salsa (10 calories)

1 piece 7 grain Ezekiel bread (toast) (80)

=310 calories



### Snack

1/4 cup almonds (160 calories)  
1 medium apple, banana or orange (100 calories)

=260 calories

### Lunch (spinach and tomato salad with chicken)

3 cups spinach (30 calories)  
1 medium tomato chopped (25 calories)  
2 tbsp sunflower seed kernels (65 calories) 2 tbsp yogurt dressing (45 calories)  
4oz chicken breast (170 calories)

=335 calories

### Snack (post training)

1 Scoop MyProtein Impact Whey Isolate powder chocolate/vanilla (120 calories) 8oz  
unsweetened vanilla almond milk (30 calories)  
1 medium apple, banana or orange (100 calories)

=250 calories

### Dinner

2 cups broccoli (70 calories)  
1 medium sweet potato (115 calories)  
4 oz salmon or 90/10 ground beef (165 calories)

=350 calories

Total=1505 Calories

## **1500 Calories (Option 2)**

### Breakfast (Greek yogurt bowl)

3/4 cup plain Greek yogurt (100 calories)  
1/2 scoop MyProtein Impact Whey Isolate chocolate/vanilla (60 calories) 1 tbsp flaxseed  
(55 calories)  
cinnamon to taste (0 calories)  
1/2 medium banana (50 calories)  
1/2 cup mixed berries (40 calories)

=305 calories



### Snack

1/4 cup almonds (160 calories)  
1 medium apple, banana or orange (100 calories)

=260 calories

### Lunch (steak, peppers, onions and mushrooms saute)

4 oz lean steak (225 calories)  
1/2 medium onion chopped (30 calories)  
1/2 medium bell pepper chopped (20 calories) 1/2 cup mushrooms (15 calories)  
1 tsp olive oil (40 calories)

=330 calories

### Snack (post training)

1 Scoop MyProtein Impact Whey Isolate powder chocolate/vanilla (120 calories) 8oz  
unsweetened vanilla almond milk (30 calories)  
1 medium apple, banana or orange (100 calories)

=250 calories

### Dinner

1 chicken thigh without skin (210 calories) 1 cup green beans (45 calories)  
1/2 cup cooked brown rice (110 calories)

=375 calories

Total=1510 calories

## **2000 Calories (Option 1)**

### Breakfast (omelet or scramble)

3 large eggs can be any style (210 calories) 1/4 medium onion chopped (15 calories)  
1/4 medium bell pepper chopped (10 calories) 1/2 cup mushrooms (15 calories)

1 oz cheddar cheese (110 calories)  
1 tsp olive oil (40 calories)  
2 tbsp salsa (10 calories)  
1 piece 7 grain Ezekiel bread (toast) (80)

=490 calories



### Snack

1/4 cup almonds (160 calories)  
1 medium apple, banana or orange (100 calories)

=260 calories

### Lunch (spinach and tomato salad with chicken)

3 cups spinach (30 calories)  
1 medium tomato chopped (25 calories)  
2 tbsp sunflower seed kernels (65 calories) 2 tbsp yogurt dressing (45 calories)  
1 oz cheddar cheese (110 calories)  
8 oz chicken breast (340 calories)

=530 calories

### Snack (post training)

1 Scoop MyProtein Impact Whey Isolate powder chocolate/vanilla (120 calories) 8oz  
unsweetened vanilla almond milk (30 calories)  
1 medium apple, banana or orange (100 calories)

=250 calories

### Dinner

2 cups broccoli (70 calories)  
1 medium sweet potato (115 calories)  
8 oz salmon or 90/10 ground beef (330 calories)

=515 calories

Total=2045 calories

## **2000 Calories (Option 2)**

### Breakfast (oatmeal bowl, cook oats, mix all together)

3/4 cup old fashion oats (225 calories)  
1 scoop MyProtein Impact Whey Isolate chocolate/vanilla (120 calories) cinnamon to  
taste (0 calories)  
1/8 cup almonds (80 calories)  
1/2 medium banana (50 calories)  
1/2 cup mixed berries (40 calories)



=515 calories

### Snack

2 oz mozzarella cheese (160 calories) 12 baby carrots (50 calories)

=210 calories

### Lunch (spinach and tomato salad with chicken)

3 cups spinach (30 calories)

1 medium tomato chopped (25 calories)

2 tbsp sunflower seed kernels (65 calories) 2 tbsp yogurt dressing (45 calories)

1 oz cheddar cheese (110 calories)

8 oz chicken breast (340 calories)

=530 calories

### Snack (post training)

1 Scoop MyProtein Impact Whey Isolate powder chocolate/vanilla (120 calories) 8oz unsweetened vanilla almond milk (30 calories)

1 medium apple, banana or orange (100 calories)

=250 calories

### Dinner

1 cup mixed veggies (120 calories)

1/2 cup cooked brown rice (110 calories)

8 oz salmon or 90/10 ground beef (330 calories)

=560 calories

Total=2065 calories

## **2500 Calories (Option 1)**

### Breakfast (omelet or scramble)

3 large eggs can be any style (210 calories) 1/4 medium onion chopped (15 calories)

1/4 medium bell pepper chopped (10 calories) 1/2 cup mushrooms (15 calories)

1 oz cheddar cheese (110 calories)

1 tsp olive oil (40 calories)



2 tbsp salsa (10 calories)  
 1 piece 7 grain Ezekiel bread (toast) (80) 1 medium banana (100 calories)

=590 calories

### Snack

2 oz mozzarella cheese (160 calories) 12 baby carrots (50 calories)  
 4 tbsp hummus (140 calories)

=350 calories

### Lunch (stir-fry)

8 oz chicken breast (340 calories)  
 1/2 cup cooked white rice (100)  
 2 cups oriental stir-fry veggies (broccoli, carrots, pea pods, peppers, water chestnuts, etc.) (120 calories) 1/2 cup orange juice (60 calories)  
 1 tbsp soy sauce (15 calories)

=640 calories

### Snack (post training)

1 Scoop MyProtein Impact Whey Isolate powder chocolate/vanilla (120 calories) 8oz  
 unsweetened vanilla almond milk (30 calories)  
 1 medium apple, banana or orange (100 calories)

=250 calories

### Dinner

6 oz lean steak (340 calories)  
 1 medium red potato (150 calories)  
 2 cups green beans (90 calories)  
 1 tbsp olive oil for green beans (120 calories)

=700 calories

Total=2530 calories

## **2500 Calories (Option 2)**

### Breakfast (oatmeal bowl, cook oats, mix all together)

1 cup old fashion oats (300 calories)  
 1 scoop MyProtein Impact Whey Isolate chocolate/vanilla (120 calories) cinnamon to



taste (0 calories)  
 1/8 cup almonds (80 calories)  
 1/2 medium banana (50 calories)  
 1/2 cup mixed berries (40 calories)

=590 calories

### Snack

2 oz mozzarella cheese (160 calories) 12 baby carrots (50 calories)  
 4 tbsp hummus (140 calories)

=350 calories

### Lunch (turkey sandwich)

2 slices Ezekiel bread (160 calories) 2 tsp mustard (5 calories)  
 8oz turkey breast (240 calories)  
 1 oz cheddar cheese (110)

1/2 medium tomato (15 calories) handful spinach (5 calories)  
 2-3 pickle slices (5 calories)  
 1 cup broccoli (35 calories)

=575 calories

### Snack (post training)

1 Scoop MyProtein Impact Whey Isolate powder chocolate/vanilla (120 calories) 8oz  
 unsweetened vanilla almond milk (30 calories)  
 1 medium apple, banana or orange (100 calories)

=250 calories

### Dinner (bunless cheeseburger w/ sautéed vegetables and potatoes)

8oz 90/10 ground beef (330 calories)  
 1oz american cheese (105)  
 1/2 medium onion chopped (30 calories)  
 1/2 medium bell pepper chopped (20 calories) 1/2 cup mushrooms (15 calories)

1 tbsp olive oil (120 calories)  
 1 medium sweet potato (115 calories)

=735 calories

Total=2500 calories



## **Carbohydrate (Carb) Cycling...This is Money \$\$\$!!!**

Carbohydrates have received a lot of attention over the past decade, and for good reason.

Carbohydrates, especially those that are refined and overly processed, have become a staple in the American diet. And hell, why not?

They taste good, are easily accessible and they make you feel good when you eat them (at least initially).

The problem becomes when your nutritional intake is heavily biased towards these carbohydrates.

When this happens you have a greater chance of becoming insulin resistant, you flirt with diabetes, you are likely to gain excess body insulation (fat!), and your overall health and performance is likely going to plummet.

So of course the solution is to remove these from your diet...right?

Well, if you told me that I could not have pasta, rice, cereal, bread, cookies, hamburger buns or the occasional extra frosted, gooey glazed, cavity causing donut, I would politely ask you to take your suggestion and shove it between your left and right gluteus maximus.

I, as anyone else who is human and enjoys life, like to eat carbohydrates.

Not only that, but carbs are used as energy to support high intensity outputs, like training!

But, I also know that the negative consequences of eating these on the regular is going to destroy my health and performance goals, and make me look more like the Pillsbury dough boy than King Leonidas (300 reference...one of my favorite movies).

So, I say no to them...

**JUST KIDDING!**

Restricting yourself from these pleasures in life is not only a terrible way to walk around on this earth, but it will likely lead to the occasional binge, which is a vicious cycle.

You restrict, you binge and then you feel defeated.



You restrict again, binge again, tell yourself you are a loser once again, rinse and repeat.

This not only leads to a miserable psychological state, but it will lead to the same negative physical, and overall health consequences as when you are eating them in excess.

So what can you do??

Use carbohydrate cycling.

### **What is carbohydrate cycling?**

Carbohydrate cycling (carb cycling) is most easily defined as cycling through days that have a higher carb intake and a lower carb intake.

What this does is it allows you to have some of those carbs that you want and love, while giving you days without them to help increase insulin sensitivity, and keep your health and performance on the right track, and your waistline going in the right direction.

I have found the best way to do so is to match your higher carb days with your higher physically demanding days (when you train, have a competition, etc.).

Your body is in a physiological state where it is more primed to use the carbohydrates for energy and restoration. The body is ready to “soak them up” which prevents you from more readily storing them as fat.

Then on the days when you are not training or exerting at an intense level, back off on the carbs as your body does not need them as much for energy and recuperation. This also helps prevent you from becoming desensitized to the insulin response, which happens when blood sugar is constantly elevated from consistent carbohydrate consumption (no good!).

Lastly, lower carb days ultimately lead to lower calorie days as you are decreasing the amount of carbs you are eating while keeping protein and fat intake relatively the same.

### **A Few Examples**

1) Breakfast



*High Carb Day Option 1:* 1 cup oatmeal, 1/2 banana, 1/4 cup berries, 1 scoop protein powder, cinnamon and nutmeg to taste (cook oatmeal and stir in the other ingredients to it).

*High Carb Day Option 2:* 2-3 eggs, 1-2 slices of Ezekiel bread, 1 slice cheese, 1 banana (make an egg sandwich, or open faced sandwich and have a banana on the side).

*Low carb day Option 1:* Shake: Add 8oz of almond milk, 1 handful spinach, 1 cup frozen berries, 1 tbsp peanut butter, 1 scoop protein, cinnamon and nutmeg to taste to blender and blend to desired thickness.

*\*Low Carb Day Option 2:* 1 cup chopped veggies (whatever you want), 1 thin slice ham, 2-3 eggs, small amount of cheese, 10 baby carrots (make an omelet and have carrots on the side).

\*To make this a higher carb option you could also have a side of potatoes or slice of Ezekiel bread for example

## 2) Lunch

*High Carb Day Option 1:* Turkey Sandwich / Wrap and Apple with a little desert: construct a turkey sandwich or wrap and have an apple as a side and have a small amount of desert (this is where I usually have a small cookie, piece of a muffin of anything else I want...but it is small!)

*High Carb Day Option 2:* Stir Fry with Rice with a little desert: Cook your your favorite veggies and fruit with a protein of choice (chicken, steak, shrimp, etc.), add 1 cup of rice and some soy sauce and enjoy with a small desert.

*Low Carb Day Option 1:* Protein and salad: Construct a salad with your favorite veggies, a little dressing, a sprinkle of cheese and top with a protein of choice.

*Low Carb Day Option 2:* Grilled/Baked Protein with a vegetable side: Grill or bake a protein of choice and enjoy with a side of broccoli, green beans, carrots, etc.

## 3) Dinner

*High Carb Day Option 1:* Pasta, Veggies and Protein: Similar to the stir fry, cook up your favorite veggies and protein, add a small amount of sauce of choice (try to stay away from the processed, fatty cream sauces) and place it on top of a bed of pasta. The best pasta options are those from high protein sources like black beans, lentils, etc.



*High Carb Day Option 2:* Grilled/Baked Protein with a baked potato and veggie side: Grill or bake your favorite protein and enjoy it with a baked potato and a side of veggies!

*Low Carb Day Option 1:* Grilled/Baked Protein with a veggie side: A piece of fish with asparagus for example.

*Low Carb Day Option 2:* Bunless cheeseburger with a side of mixed veggies.

Really the options are endless when it comes to constructing your high and low carb days. The thing to remember is that a low carb meal eliminates the bread, rice, grains, pasta, etc. and replaces them with low carb options such as veggies.

### **Will this approach work for everyone with every goal??**

I would never say that something will work for everyone, especially with every goal.

What I will say though is that carb cycling can be tailored to better achieve certain goals, and in my experience it works very well for the majority of people.

With various goals there are slightly different modifications with carb cycling that can maximize results.

#### 1) Fat Loss

If you are looking for fat loss, during your high carb days, only your meal following intense physical exertion should be higher carb.

When you place an intense physical demand on the body, muscle glycogen (muscle sugar) is used for energy. Carbohydrates help restore muscle glycogen, and immediately following intense exertion your body is more primed to soak up these nutrients and store them as muscle glycogen.

With this, timing your higher carbohydrate meal after this exertion helps guarantee that more of the carbohydrates go towards muscle glycogen replenishment, rather than fat.

So I would encourage those seeking fat loss to have one higher carb meal during their high carb day, and this meal should be following the intense physical exertion. The rest of your meals should follow the lower carb template (protein and veggies without starchy carbs).

#### 2) Maintenance

If you are seeking to maintain the amount of muscle to fat ratio you currently have, I suggest having two meals with a higher carbohydrate count during high carb days.



Again here I would suggest those meals being the two meals following intense physical exertion.

For the rest of your meals follow the low carb day template.

This helps to ensure that you are consuming enough carbs to maintain muscle mass, but not so much that you are going to accrue fat mass.

### 3) Mass Gain

If you are looking to gain weight (mainly muscle mass) you need to create a caloric surplus in order for your muscles to grow optimally.

Because of this goal I suggest having three meals per high carb day that have a higher carb count.

This helps to ensure that you are consuming enough carbohydrates and calories to continue muscle growth.

Of course if you start to notice too much fat accumulation you will want to dial back the amount of carbs during each meal.

### **Portion Size Still Matters!**

While carb cycling is awesome as it allows you to consume some of your favorite foods throughout the week, this doesn't mean that you can go buck wild on high carb days / meals and expect an optimal result.

Portion size still matters, and when it comes to starchy carbs sticking to one to two cupped hand size portions for men and one cupped hand size portion for women is key.

A cupped hand size portion means how much of that carbohydrate could you fit into your hand if you were holding your hand out palm facing up, and creating a "cup" with your hand.

Sticking with these portion suggestions helps to maximize glycogen replenishment without going overboard and switching to fat accumulation.



## **Recap...Get to Cycling**

-Consume your higher carb days on the days your train or physically exert at a high level.

-Lower your carb intake on days you are not exerting physically by removing starchy carbs (rice, pasta, bread, etc.) and replace them with veggies.

-Keep your protein and fat consumption relatively constant each day.

-Stick to the portion control parameters of 1-2 cupped hand size servings and 1 cupped hand size serving of carbs during your high carb meals.

Lastly, I thought it would be helpful to give you a look how this may fit into a weekly schedule. It is very straight forward, but a visual can help.

**Monday:** Higher Carb and Training Day; Lower carb breakfast, higher carb lunch (post training), lower carb dinner

**Tuesday:** Lower Carb and Moderate Training Day; Lower carb breakfast, lower carb lunch, lower carb dinner

**Wednesday:** Higher Carb and Training Day; Lower carb breakfast, higher carb lunch (post training), lower carb dinner

**Thursday:** Lower Carb and Moderate Training Day; Lower carb breakfast, lower carb lunch, lower carb dinner

**Friday:** Higher Carb and Training Day; Lower carb breakfast, higher carb lunch (post training), lower carb dinner

**Saturday:** Higher Carb and Training Day; Lower carb breakfast, higher carb lunch (post training), lower carb dinner

**Sunday:** Lower Carb and Off Day; Lower carb breakfast, lower carb lunch, lower carb dinner