

Quick-Results Program

2. nutrition for Quick-Results

Balanced nutrition is the key to Quick-Results. Feed your body a combination of protein and carbohydrates every 2-3 hours to ensure proper recovery from workouts, optimal energy levels throughout the day and best of all to increase your metabolism and burn up a ton of calories. For best results, eat six small meals each day.

HAVE YOU EVER TOLD YOURSELF that because you exercise regularly, you can eat whatever you want? Well, as you probably now know the reverse is actually true. If you exercise regularly, proper nutrition is more important than ever.

Fortunately, a great nutrition program isn't hard to adopt.

By following these 10 basic guide-lines, you'll not only get great muscle-building and fat-burning results from your training, but you'll enjoy a higher level of energy throughout the day.



TOP 10 Nutritional Guidelines

one **EAT SIX MEALS A DAY**

If you've been following the typical nutritional advice of cutting back on calories and consuming no more than "three square meals" a day in the hope of shifting your fat-burning efforts into high gear, you may actually be throwing the whole process into reverse. According to scientists at Georgia State University, active people who skimp on calories and eat infrequently (only three times a day) may be training their bodies to get by on less energy and therefore more readily storing unburned calories as bodyfat. Instead, these researchers and many others advise active people to eat frequently (about every 2-3 hours) to accelerate metabolism and maintain steady energy levels throughout the day.

two **COMBINE CARBOHYDRATES AND PROTEIN AT EVERY MEAL**

The simple fact is, our bodies work better with a balance of carbohydrates and protein. Not only is protein essential for building healthy muscle and maintaining a strong immune system, it stabilises insulin levels, which leads to steady energy throughout the day. One more benefit: Eating protein has been shown to reduce your appetite. So avoid high-carbohydrate nutrition plans, and instead balance your protein and carbohydrate intake.

three **CHOOSE "APPROPRIATE" PORTION SIZES**

Australian stats show that because of increased portion sizes, the average total daily calorie intake has risen from 1,854 calories to 2,002 calories over the last 20 years. That increase – 148 calories per day – theoretically works out to an extra 7 kilos every year. Portion size is important to weight management. Employ a common sense approach; start using the palm of your hand or your clenched fist for gauging the portion sizes of your carbs and your proteins.

four PLAN MEALS AHEAD OF TIME

Realise that if this eating style is new to you, then it going to take some time to get used to it, used to preparing it, adapting to new tastes and maybe getting the family involved. Be patient with yourself and experiment with different seasonings, try a variety of vegetables and find which microwave settings work best for reheating food. By the time you're ready to start, you must have the supplies you need and know what you will be doing. Fix your meals in advance and freeze them. It's important to shop at least once a week. If you forget, you'll run out of good food and be tempted to cheat on your plan.

five GET CONTAINERS TO STORE YOUR FOOD

Purchase tupperware containers, protein shakers, a water jug and a cooler to store and carry your food. Having nutritious meals within reach during a hectic day can keep you on track.

six DRINK 10 GLASSES OF WATER EVERY DAY

It's especially important to stay well hydrated when following a comprehensive training, nutrition and supplementation program. Drink at least one glass of water with each of your six meals and four more throughout the day. If you have an occasional diet soda, coffee or tea you'll need to drink an additional glass to compensate for the diuretic effect of these beverages.



seven DON'T EAT IMMEDIATELY BEFORE OR AFTER YOU TRAIN

If you can, work out first thing in the morning on an empty stomach for maximum fat burning. Waiting an hour to eat after a workout is an effective strategy for increasing the residual fat-burning effects of exercise. This strategy has also been shown to stimulate muscle-protein synthesis and muscle growth.

eight USE HIGH-QUALITY SUPPLEMENTS

Supplements can help make up for any nutritional deficiencies and enhance performance. Supplements really have two roles:

- 1) treated as meal replacement they make eating 6 meals a day easy, and
- 2) they ensure that your body is getting all the nutrients and amino acids they need to repair itself after exercise and prepare for the next one.

nine FIND YOUR "EMOTIONAL REASON" FOR STAYING ON TRACK

Researchers at George Washington University discovered that people who successfully transform their bodies are set in action by some sort of "emotional trigger" that helps to clarify their reasons for deciding to make a change. In the study, researchers found that any event that elicited strong emotions such as alarm, embarrassment, shame and/or fear actually inspired people to transform their bodies for the better. Take a moment to consider your "emotional trigger" and use it to stay committed to your nutrition program.

ten STRIVE FOR CONSISTENCY, NOT PERFECTION

You can be sure there will be the occasional meal or snack that you shouldn't be eating. When you get off track in this way, don't allow it to slow you down. Recommit to your goal and get back on track with your next meal.

1 Protein

Choose a portion of lean protein, such as chicken breast, protein powder, fish or steak.

2 Carbohydrates

Choose a portion of complex carbohydrates, such as a small baked potato, sweet potato a 1/2 cup of brown rice or a slice of whole-wheat bread.

3 Vegetables

Add a portion of vegetables to at least two meals each day.

4 Essential fats

Consume one tablespoon of unsaturated oil daily or three portions of fish per week.

5 Water

Drink at least 10 glasses of water each day.

Optimal Nutrition for the Body you want

To build your best body ever, you have to eat small amounts often, to regularly fuel your body with high-quality nutrients. At Renouf we recommend feeding your body six times throughout the day for best results - this way, food is absorbed and processed more efficiently. Studies show eating often helps to accelerate your metabolism. By eating six nutritious meals a day, you're never hungry and you're less susceptible to poor food choices. Renouf has proven that a nutrition plan of 40% protein, 40% carbohydrates, and 20% unsaturated fats is most beneficial to muscular development, bodyfat loss and overall health.

This section details how you can design a personalised nutrition program - one exactly right for your personal fitness goal.



The Right Daily Calorie Consumption for Your Personal fitness Goal

Let's begin with a basic formula for determining how many calories you should consume each day, according to your Personal Fitness Goal. These calculations are recommended for those pursuing an active lifestyle.

To calculate Kilojoules multiply 1 calorie by 4.2.

The simplest way to do this is to take your bodyweight and multiply it by:

- **18 to 22 if you're interested in losing bodyfat**
- **26 if you want to gain muscle and lose bodyfat**
- **34 if your goal is to gain muscle**

For example, if you weigh 75 kg and want to gain muscle and lose bodyfat, multiply your bodyweight by 26. Therefore, you should consume 1,950 (75 x 26) calories a day. You may have to adjust your number up or down, depending on your metabolism and activity level. If you're finding it hard to make progress using these equations, increase or decrease your calorie level by 100-200 per day(not per meal) and see how this benefits you. If you're like most people who consume 22 times their bodyweight or less, you'll want 40% of those calories from protein, 40% from carbohydrates, and 20% from unsaturated fat sources.

Here's the math for the above examples:

- **1,950 x 0.40 = 780 calories from protein**
- **1,950 x 0.40 = 780 calories from carbohydrates**
- **1,950 x 0.20 = 390 calories from fat**

If size and strength are what you're after, you need to consume 34 times your bodyweight in calories and the recommended percentages change to 30% protein, 50% carbohydrates and 20% unsaturated fats.

Here's the math for the above examples:

- **2,550 x 0.30 = 765 calories from protein**
- **2,550 x 0.50 = 1,275 calories from carbohydrates**
- **2,550 x 0.20 = 510 calorie from fat**

So, now you know how many calories of protein, carbohydrates and fat to eat throughout the day.

Next, you'll need to know how these calories convert to grams.

Here's an example if you consume 26 times your bodyweight or less:

- **780 protein calories divided by 4 calories per gram (780/4)
= 195 grams of protein**
- **780 carbohydrates calories divided by 4 calories per gram (780/4)
= 195 grams of carbohydrates**
- **390 fat calories divided by 9 calories per gram (390/9) = 43.3 grams of fat**

Make sure you're eating six small meals a day, spread evenly throughout the day. By eating frequently you keep your blood-sugar levels stable, increase your metabolic rate and increase nutrient absorption. To determine how many grams of protein, carbohydrates, and fat to eat each meal, just divide your daily intake by the 6 or 7 meals you eat per day.

Here's an example if you consume 26 times your bodyweight or less:

- **195 grams of protein divided by 6 meals a day**
= **32.5 grams of protein per meal**
- **195 grams of carbohydrates divided by 6 meals a day**
= **32.5 grams of carbohydrates per meal**
- **43.3 grams of fat divided by 6 meals a day**
= **7.2 grams of fat per meal**

After all these calculations, it's the perfect time to remind you that your meals don't have to match up exactly. At the same time, now that you know your targets, try to make each meal as close to the predetermined amount of protein, carbohydrates and fat as possible.

An easy way to do this is to imagine your plate divided into thirds. One third will be a protein source (chicken, fish, turkey, egg whites), another third will be a carbohydrate source (a potato, brown rice or whole wheat pasta), and for at least two of your six meals, the last third will be a fibrous vegetable such as broccoli or salad.

For many people, preparing and consuming six meals a day is a challenge. You can use two to three nutrition shakes each day, or try a meal replacement bar for a meal.

Eating to Build a Better Body

Once you get the hang of it, following the Quick-Results nutrition program will be easy and you'll be motivated to stay on track because of the progress you'll be making in your waistline and towards your fitness goals.

Remember: you are striving for consistency, not perfection. Be sure to reward yourself with your favourite food every once in a while. At Renouf, we have found that it is beneficial to reward yourself once a week, and enjoy a "treat-day" and eat what you crave or desire!

*Take care of your body and your
body will take care of you.*

ANONYMOUS



SMART_{shopping} tips

While following your Quick-Results Program, your best bet is to plan all your meals for the week and do all your shopping at once.

Produce

- **Stock up** – the more the better. Aim for a variety of colours in your cart to ensure a variety of nutrients.
- **Try pre-washed, pre-cut veggies** and pre-bagged salads for quick snacks and side dishes.
- **Buy walnuts, almonds and other nuts** for a high-protein addition to a meal or snack.



Dairy

- **Skim milk and yoghurt:** choose low-fat (1-2 percent) or a non-fat product
- **Cheese:** choose the 2 percent type (usually part-skim), which contains 5 grams of fat or fewer per serve.
- **Cottage cheese:** choose low-fat or non-fat (1 percent or lower).
- **Margarine:** choose the lowest-fat soft versions or liquid or spray varieties.
- **Fresh pastas:** choose the lower fat filled pastas like ravioli and tortellini for a quick dinner, you can also find these in the freezer section.

Meat/Deli

- **Beef:** choose lean cuts like eye of round, top round or loin cuts. Look for 90 or 95 percent lean labels.
- **Chicken:** buy skinless or remove the skin at home. Boneless, skinless chicken breasts are fast and easy to prepare and many deli sections offer pre-roasted chicken as well.
- **Turkey:** remove the skin before eating. Check the label on ground turkey before buying – it's usually high in fat.
- **Pork:** choose tenderloin or other loin cuts
- **Luncheon meats:** choose meats that have 2 grams of fat or fewer per serving and are low in sodium. Read the labels on hot dogs – most are high in fat.
- **Fresh fish:** most is low in fat.
- **Salads, pre-packaged sandwiches and other convenience foods:** you can pick up a quick meal at the store's deli, but look for lower fat versions and avoid mayonnaise heavy dressings.





Grocery

- **Bread:** choose whole-grain type, with a whole grain as the first ingredient and 2 or more grams of fibre per slice. Avoid higher fat bread products like muffins, croissants and pastries.
- **Cereals:** choose whole-grain types with at least 4-5 grams of fibre and fewer than ten grams of sugar per serving.
- **Crackers:** choose low fat crackers and whole grain varieties.
- **Pastas and rice:** look for whole grain or whole wheat versions.
- **Canned soup:** bean based soups are often good choices. Choose broth based soups like minestrone, chicken noodle or chicken/rice and vegetable, which are lower in fat than cream based soups. Look for lower sodium types.
- **Fruit and vegetable juices:** choose 100 percent fruit juices. Select lower sodium vegetable juices. Look for canned fruits packed in their own juice for less sugar and fewer calories and lower sodium versions of canned vegetables.
- **Canned chicken and tuna:** choose packed in water, not oil.
- **Canned Italian tomatoes, tomato paste, tomato sauce:** these low fat sauces make whipping up a meal of pasta a cinch.
- **Peanut butter:** choose a lower fat or natural style brand (pour off the oil to lower the fat content).
- **Dried fruit:** a great portable snack.

Frozen Foods

- **Skillet meals and frozen entrees:** choose those that are low in sodium and fat.
- **Frozen soups:** look for broth and bean based versions.
- **Frozen rice bowls:** a healthy choice, but salt content should not exceed 800 milligrams.
- **Low fat frozen breakfast items:** double-check the labels for fat content.
- **Frozen mashed potatoes and frozen vegetables:** check the salt content.
- **Frozen fruit like strawberries, raspberries and blueberries:** look for fruit only versions – they are great for quick shake/smoothies.
- **Frozen stir-fry rice or pasta and veggies:** look for low sodium varieties.
- **Frozen desserts:** look for fruit-juice bars, frozen fruit, sorbet, frozen yoghurt and low fat ice creams with fewer than 5 grams of fat per serving.



*You don't get to choose when
you're going to die. Or when.
You can only decide how
you're going to live. Now.*

JOAN BAEZ