

HOW TO USE YOUR TEMPLATE

NON TRAINING DAY: Hiking with family, yoga, dog walking activities DO NOT count as training. You may actively be burning calories, but unless it's high intensity, for the sake of carb cycling and seeing results quickly, we will stick to these guidelines.

STANDARD TRAINING DAY: This is how most of us train: 1 hour of running or lifting and HIIT training such as Crossfit for an hour. Cycling and running for an hour will also fall into this category: they may not feel 'light', but for the sake of clearly defining the training volumes we are going to stick with this.

DEMANDING TRAINING DAY: To put into perspective what would be classed as moderate, a good example is something like a round of the Crossfit workout 'Murph', followed by another hour of heavy lifting at a minimum of 80% of their 1 rep max. An individual would have to be consistently sweating for 1.5 – 2 hours of training to qualify for this level of classification.

ENDURANCE TRAINING DAY: Refers to days when you are actively training for a minimum of 3 hours or more. A minimum of 3 hours of running (endurance training) or heavy lifting at a minimum of 80% of max effort with 50 sets or more. Again, to put into perspective, a hard day could be classed as two Murph workouts back-to-back, followed by more heavy lifting. Most people stay within the light and moderate category – it is very rare to ascend into this highest category unless you are an endurance athlete.

It does not matter which category you pick, as long as you are consistent with your definition. For example, if you considered yourself to be training 'Demanding' level every day, but you were to gain unwanted weight after 2 weeks, you are probably eating more than you need to. If, however, you are eating to a 'Standard' level, but are losing when you wanted to maintain weight, you are probably not eating enough.

Once you have established how much volume you train and need to eat, stick with it and follow the plan according to your goals. If you want to lose, simply move down the template; if you want to gain, simply move up the template.

As a rule, you should look to lose and gain approximately **0.5lb to 1lb per week of weight**.

If you are hitting this rate of weight loss/gain, then there is no need to adjust the macros. I will be with you every step of the way to make any adjustments so don't worry about changing the numbers. In theory, you may never need to move beyond phase 1 of the cycle if that phase helps you achieve your weight loss/gain or performance goals.

TRACKING YOUR MACROS

When tracking your measuring your food, use USDA <https://fdc.nal.usda.gov/index.html> or Cronometer <https://cronometer.com> to find out what the macros are for each food type.

NOTES:

- When cooking with herbs and soy sauce do not bother tracking those
- Eat 1 – 2 fistfuls of vegetables in the list below with meals 1, 2, 3 and 4 WITHOUT FAIL. These will keep you full,.
- Workout carbs should be in liquid form: Dextrose powder in water, fruit juices, electrolyte drinks are all ok. Just remember to track those as carbs.

Ancillary Macros

There will always be ancillary protein, fats and carb crossovers in each macro group, but the recommended foods have been listed on the basis that they carry the least amount of crossover (ancillary) macros.

For example, when using chicken breast as a source of protein, a small amount of ‘ancillary’ fats will be brought along, as they are contained within the chicken. However, these levels are so low that they can be disregarded in the calculation of fat for that category. They are effectively a ‘fats freebie’ (woohoo!).

Simple Rules:

- When tracking protein, ignore fats and carbs from the foods contained **within the protein list.**
- When tracking fats, ignore protein and carbs from the foods contained **within the fats list.**
- When tracking carbs, ignore protein and fats from the foods contained **within the carbs list.**
- The only exception to these rules is when you are consuming dairy, as dairy is likely to contain high amounts of ancillary macros depending on the dairy source.
- If you choose to consume anything outside of the recommended food list, just track across all macros. For example if you decide to enjoy the odd pizza, track all fats, carbs and protein. This way you can stay accountable.

Example

You consume 100g of cooked chicken breast that has the following macros:

24g Protein

2g Fats

Chicken is within the recommended food groups, so only allocate the protein to your meal allowance, the 2g of fats can be disregarded - your fats allowance for that meal has not been affected by this and you still have a full allowance.

When and how to count ancillary macros

You should calculate ancillary macros when consuming food sources:

1. Outside the recommended list,
2. Anything from a dairy food source.

Example

You consume two rashers of bacon that has the following macros:

5g Protein
7g Fats

Bacon is outside the recommended food sources, so you count both the protein and the fats against your allowance for that particular meal.

SAMPLE RECOMMENDED MACROS TO CONSUME

Protein:

Chicken breast
Any seafood
Any lean protein such as lean beef or leaner cuts of steak

Fats:

Any nuts
Avocados
Butter

Carbs:

Rice
Oats
Potatoes
Quinoa
Any fruit

Vegetables:

Remember you do not have to track these. I have chosen these vegetables due to their low calorie nature and pretty much won't have much impact on your macros if you stay within the recommended 2 handful size portions.

Broccoli

Spinach

Kale

PLEASE NOTE: There will be an extensive list of recommended foods in Module 1, the foods listed above are just samples. I have done this on purpose so that you only spend the first few days getting to know your macro plan and can start tracking on the first Monday of the programme.