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DIET PLANNING MADE SIMPLE

Here are the rules:

1. Water, minimum 128 oz per day. Preferably between 128-256 (one to two gallons). Protein drinks count, but not coffee or energy drinks...
2. Eat minimum 5x per day, if not 6; but they don't have to be full meals.
3. Eat at least 5-6 fruits and veggies, minimum per day.

Here is how...

Meal 1

AM. wake up. Drink a quart of water (32oz). It is easier than you think. protein drink (RTD or protein in water) plus a fruit (any fruit). You can do this while driving if you need to. This also gives you 16 oz of water.

Repeat meal 1 as meal 2

Protein drinks for women need to have between 100-150 calories. Men can go higher.

Meal 3

Healthy Choice Steamers, Lean Cuisine meals (the larger size). Southbeach diet wraps. Add at least 2 veggies with this, whether a salad, some baby carrots, whatever you like. Diet drinks or coffee is fine as well. These will keep fine in a cooler. They have many varieties and are VERY filling.

Meal 4

same as meal 1 and 2

meal 5

Whatever you normally have at home.

You can add another meal if you want to and you can mix these around to meet your schedule. RTDs are easiest, and you don't have to get the expensive kind. Protein powder is the cheapest, mix it in a shaker. Fruits, pick any. Bananas store easy, raisins are great too.

ALSO, PLEASE NOTE THAT AT THIS CALORIE RANGE, YOU ARE STILL IN A SLIGHTLY NEGATIVE CALORIC STATE, SO YOU WILL LOSE WEIGHT AND GET LEANER, ONLY SAFER, SMARTER WHILE MAINTAINING ATHLETIC PERFORMANCE.

Try to get 24-32 oz of water 30 min before you train. That would be another 16 oz added to mini meal if you do it that way. Also, the protein drink and fruit will be out of your stomach within 30 min or so; so you can roll shortly thereafter.

Drink at least 24-32 oz of water after training to help recovery.

Vitamins and minerals. Take one. I don't care if it is a Flintstones vitamin or whatever. If you want to get even more anti-inflammatory in your diet, add 2-3g of Fish oil (very cheap) and some liquid glucosamine (I have this at the office) or get it at Costco> Also Costco has vitamin packs around \$15 for 100 packs, very good and cheap.

If you eat the liquid mini-meals, this will bring you around 200 calories each times 3=600calories.

Meal 3 will be around 400-450 calories.

This will give you 1000-1050 calories and can be done out of a soft side cooler in your car and they can be done while driving if needed.

Even if you pig out for meal 5, you won't go over 2100k calories per day. This will really help you and lean you out. Also, take one to two days during your rest or off days and eat whatever you want (eat out, pig out). This will keep your metabolism strong. Also, alcohol use on these days is better than the diet days. If you need to drop weight fast, AYCE (ALL YOU CAN EAT) day would only be one day. You can go overboard safely on this day, ALL DAY.

Let me know what you think. This is the basic diet I follow and it is very healthy, very easy and varied.

Other things, Weight Control Oatmeal, can be microwaved in one min in a throw away bowl. It has whey protein and high in fiber. Great carbs for performance.

Southbeach also has Pizzas that are really good, microwaveable. They have other meals too, depending on your situation.