

Adonis Golden Ratio Final Phase Nutrition Program



BY JOHN BARBAN₁

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INTRODUCTION TO FINAL PHASE NUTRITION

In the main program you learned the essentials of nutrition for fat loss, muscle building and a combination of both. In this program we will be expanding on the combination of fat loss and muscle building (sometimes called 'recomposition'). The goal now is to loosen your approach to nutrition and make it a sustainable lifestyle.

In the initial program there are some stricter guidelines and that is by design, but as you get closer to your ideal you'll nutrition guidelines should become looser and you should be able to eat just about anything you want and still continue to move towards your best ideal form.

This is the principle of 'never let them see you sweat'.

The idea is to build the body you want *without* having to do unnecessary work to get it. This doesn't mean that you sit back and do nothing and just wish for it, but it means only do what is necessary and don't overdo it with useless things. At this stage we're talking about further gains in muscle mass and incremental losses in bodyfat that will constantly refine your look.

Basic vs Advanced Nutrition

Refining the look and shape of your body is an ongoing process and certain nutrition techniques are not necessary when you're just starting out. For example if you started out with 50lbs of excess fat your nutrition strategy is pretty simple and very focused on fat loss. In this case your goal is to reduce calories. I wouldn't even want

you spending too much time paying attention to the type of carbs you're eating, or keeping your sugar intake low – both of these things are important, but are best saved for AFTER you have your calories under control.

If you started off really skinny with no excess fat to lose, but with very little muscle, then your nutrition strategy was also pretty basic; eat lots of protein and enough calories to allow your muscles to grow. However, in this case you wouldn't have had to worry too much about the mix of carbohydrates you were eating as you simply needed the proper amount of calories and protein to build more muscle mass. In this situation you're not concerning yourself with specific nutrition for muscle definition as your main goal simply is overall mass.



As you move closer to your ideal body some of your nutrition techniques are going to become a bit more precise simply because you'll have enough muscle built and low enough bodyfat to actually notice how different foods affect the look of your body.

For example, when you don't have much muscle, you simply can't see or feel how different carbohydrates affect your muscles or your 'look'. As you increase your muscle mass and the quality of that muscle and continue to reduce bodyfat you'll start to notice that certain foods really do change the look and feel of your muscles.

You may start to notice that you get a better muscle pump on certain forms of carbs but not on others. You may also start to notice the foods that bloat or that can 'smooth out' your look. This heightened awareness of the influence that your food choices have on your body will typically only arise as you're closing in on your ideal form.

TESTING CARB SENSITIVITY

Vegetables

Most vegetables will not cause a major change in the way your muscles look or feel however they can make a big difference on how your stomach and gut feel. The main thing that can happen if you eat too many veggies, and especially too many raw uncooked veggies is that you will experience some gastrointestinal discomfort, cramps, and bloating.



Interestingly, the healthier someone considers a vegetable, typically the harder it is on your stomach. As an example, while most people can handle a large amount of say, cooked carrots, broccoli (even when steamed) can cause a tremendous amount of bloating and gas. This is because you simply have too much raw fiber in your system at one time.

For vegetables you're mainly testing to see how much of them you can eat at one sitting without getting this bloating and discomfort, and remember – it will depend on the type of vegetable (some are worse than others). You will find that you can handle more veggies in one sitting if they're cooked. You'll only have to do this test once or twice before you have a good idea of what your upper limit of veggies is at one sitting...trust me, the pain will be enough to make sure you don't overdo it on veggies again!



Grains

This includes wheat, rice, oats, granola, quinoa, barley, millet and some other less common ones. Within each category there are different types such as whole wheat vs refined white flour. There is long grain brown rice and refined enriched white rice, there are multiple forms of oats, and granola as well. Each one will differ in the amount of fiber it provides which is likely going to determine how well you tolerate. Even though you don't think of grains as providing protein each one of them also have at least some protein in them, and in some cases it's these proteins that people react to. For example some people cannot eat wheat at all because of a specific protein in wheat called "Wheat Gluten". People who have a severe allergy to wheat gluten have what's called Celiac disease. These people have a severe reaction to eating wheat almost immediately and they truly can never eat wheat. But these people represent a small portion of the population. The rest of us can eat at least some amount of wheat with no problems at all. Some people find they have a slight sensitivity to wheat and can only eat a limited amount until they start noticing signs of reaction. For example some clients I've worked with can handle about 2 bagels per day worth of wheat but anything more than that starts to give them gastrointestinal problems and starts making them feel lethargic and 'dull'.



As you can guess having a stomach ache and feeling tired is about the worst thing you can do to yourself if you expect to get a good workout in at the gym...and we haven't even mentioned what this particular grain might do to this persons muscle definition.

You can test your sensitivity to wheat and all of these grains by selectively including them into your diet one week at a time. Make note of how your muscles feel during

your workouts, how you look after eating each grain, and how your stomach and gut feel. You'll quickly find out which grains 'work' best for your body. You should also be testing how much of each you can handle both in one day and in one sitting.

I've done this sort of testing and I've found that I can handle wheat at a higher amount than rice, and I can handle more rice than oats. Quinoa is about the same as rice for me, and I don't normally eat barely at all, although when I do it seems to be fine. The most important thing I've learned from this process is to mix my grain choices throughout the day and never eat the too much of any one grain in the same day. I do ok with wheat or oats in the morning and choose to have things like rice, or quinoa later in the day, and this brings us to nutrient timing.





NUTRIENT TIMING

At advanced stages of development you'll also notice that the time of day you eat certain nutrients will affect how you look and how your workouts feel. This will become more of a learning experience for you as you determine when you can best handle certain foods and how much of those foods you wish to consume at a given meal. There isn't a specific rule about when you should or what you should eat that applies to everyone. If there was, everyone would already be doing it. You will have to discover what works best for you.

For example once I achieved my Golden Adonis Index ratio I found that I could handle a bit more processed sugars earlier in the day without it affecting my look or energy levels. In fact if I don't overdo it I can coast all day with a very smooth energy balance on some simple wheat products and a bit of sugar in my coffee. Then I hit my workouts around 5pm and have the bulk of my veggies, fruit, other grains, and almost all of my protein after my workout. This is just what has worked for me since I've reached my Adonis Golden Ratio. However when I was heavier I had to limit my exposure to sugar in the early part of the day otherwise it affected both my performance at work and in the gym and also my overall energy levels. As I was cutting down I needed to eat less total sugar and have a bit more of a balance of carbs, fat and protein throughout the day.

Now I can also handle larger social eating events on the weekends without it adversely affecting the look and condition of my body. I can more efficiently transition from high to lower calorie from day to day without gaining excess bodyfat. This is all part of being at my ideal size and shape.

My current nutrition structure consists of a mix of a whole grain such as 12-grain bread or bagel or oatmeal in the morning with a high quality protein source around noon. I start eating the bulk of the rest of my carbohydrate calories in the form of vegetables, fruit and even some sweets at the end of the day post workout along with a large serving of food based protein in the form of either chicken, beef, or fish. This is a pretty standard day for me during the week. I've evolved to this pattern over time as my body has changed to my current shape. On the weekends I loosen up and eat a bit more simple sugars and higher total calories and these can be spread throughout the day.



The simple way to think of it is 'back loading' more of my calories towards the end of the day after my workout (I workout around 5-6pm each day).

This pattern works for many of our clients however it's not written in stone, it's simply what works for me. You need to determine what is the best pattern that fits with your daily and weekly routine that allows you to continue to build muscle and sharpen your look while at the same time enjoying the food you eat and not missing out on any social events or anything that life throws at you.

The long term nutrition strategy here should be to appear to others that you don't 'diet' at all but simply have an amazing physique without having to diet to get it. Of course you still do have to pay attention to your calories and protein, but I want you to feel as free as possible to eat as many different foods as possible so you don't feel like eating is a chore or a job. If you want to have sushi, or chicken wings, or a burger, or some booze then you should go ahead and have it. But make sure you're still hitting your weekly calories and protein. If you go over on your calories today, then you have to go under tomorrow. This simple 'over/under' philosophy is what will keep you lean and gaining muscle without gaining fat.



RELAXED APPROACH TO NUTRITION

I firmly believe that in order to make this sustainable you have to practice a relaxed approach to nutrition. Your body metrics (shoulders, waist and ideal weight range) are always your target, they're strictly defined for your height and they don't change. I guarantee if you hit your golden shoulder and waist measurements and you're somewhere within the ideal bodyweight range you'll look amazing!

Your goal measurements are strictly defined, but the way you arrive at that goal from a nutrition standpoint can be much looser and free flowing. Your main guidelines are your daily and weekly calories to hit as well as your daily protein totals.

In the initial 12-week program I laid out stricter guidelines for nutrition because at that stage it's required to make a big change. Also 12-weeks isn't too long of time to commit to a stricter style of eating. But now after those 12-weeks have past it's time to learn to continue progressing with looser nutrition guidelines.

The final goal with nutrition should be that you essentially forget about exactly what type carbs you're eating, and forget that you used to have a plan as to when exactly you had to eat carbs, or protein and come up with a pattern that fits with your current life while keeping you close to your ideal metrics. All of that will become second nature to the point that you've got it mastered at a subconscious level like muscle memory. Once you've done some testing and figured out what carbs work best for you, you should never have to think about it again. Also once you've determined how you want your daily eating pattern to flow you should never have to think of it again. You want to put as much of this into your subconscious as possible

so it's not taking up any mental space. The goal now is to do less thinking about nutrition with fewer rules but still get amazing results. This is the relaxed approach to nutrition.

I'll lay out the principles of relaxed nutrition you should be following from here on out in priority sequence. In other words principle #1 is THE MOST important, followed by the second most important etc. These have all proved invaluable for many of our past clients and after extensive discussion and dozens of interviews these are the principles that have come up time after time as the most important for achieving long term success.



ADONIS GOLDEN RAITO FINAL PHASE NUTRITION PRINCIPLES

1. Total Weekly Calories – Follow the Adonis Nutrition Calculator daily and weekly calorie recommendations. Your primary focus should always be on this number. The amount you eat will far outweigh what you eat when it comes to maintaining a lean physique and building lean muscle. If all else fails, sticking to this one principle will still get you most of your results.
2. Total Weekly Protein – Hit your daily/weekly protein recommendations. You don't need to hit these exactly every day, but as an average throughout the week. If your protein recommendation is 130 grams today and you only eat 100, you can make up for it by eating 145 grams on the following 2 days. Don't stress too much about it if you have a few under days, as you can always make up for them at another time.
3. Think Weekly – Think of hitting your calorie and protein goals on a weekly basis. You're going to have some higher and lower calorie and protein days throughout the week and that's fine. Your goal should always be to arrive at your recommended calorie and protein total at the end of the week instead of specifically each day. Thinking in terms of having a 'winning week' is far less stressful than judging your success on a daily basis. Even the most disciplined people have bad days, in fact they have bad days almost every week. Instead of feeling stressed and disappointed that you didn't have a perfect eating day every day, shift your focus to winning the week. This takes the pressure off of having to be perfect every day and ironically it makes it easier to stick to your plan each day!



4. Never Skip Social Eating Events because you're "Dieting" – Identify the social eating events you want to attend and work the rest of your week around these. For example a client of mine is routinely on the road and has to eat lunch with clients. He cannot skip this meal and he cannot appear to be obsessive compulsive about his diet at this meal either. So he eats a sensible mix of food at these business lunches and adjusts the rest of the day/week to fit around this lunch event. This is important because social eating is a bonding experience and if your job depends on landing the sale or winning the client over you don't want to appear to be an obsessive bodybuilder at a business lunch. It could even be the make or break point for landing the deal or not. Even if you don't have a job that requires you to be taking clients out for lunch or dinner this same principle of bonding with others over food applies. You never want to be missing out on a social experience because of your diet. If you start skipping social events because you think you need to eat a certain way then you're simply becoming anti-social...and what is the point of having a great body if you never go out? Choose the events you want to attend and work the rest of your weekly diet around them.

5. Over/Under – This simply means if you overeat today you must under eat tomorrow or for the next few days to compensate for today. You could also prepare for a bit overeating (such as thanksgiving) by under eating for a day or two leading up to the big day. This is as simple as looking at your daily and weekly calorie total the nutrition calculator gives you and adjusting down on the 2-3 days leading up to the big eating day when you know you'll go over. Of course you will be guessing at how much over you will be going on the overeating day but taking action on this is better than simply letting the day pass without having some under eating days to compensate.

6. Hot Button Foods – There are some hot button foods that you likely cannot control yourself around and you know you will overeat them. For me it’s chicken wings, I know if there is a social event with chicken wings I’ll eat a lot of them. This is the one food that I must be aware of because I know if they’re around I’ll be powerless to control myself around them. For other people it’s things like peanut butter, or cereal, or cookies.

Whatever your ‘hot button food’ is make a conscious effort to only expose yourself to this food on a limited basis. I don’t believe in labeling any food as ‘bad’, but I think you should identify that one hot button food that seems to have control over you and limit your exposure.



7. Account For Booze – If you’re going to drink alcohol you have to account for it in your total calorie count for the week. On a big drinking night some people can put back 2000-3000 calories just in booze! This has to be accounted for in your weekly calories. If you want to stay on track with your ideal body goals you’re setting yourself up for a few hard dieting days to make up for this. I encourage you to find lower calorie booze options if you must drink alcohol. Also pay attention to the extra calories that end up getting consumed when we get the munchies at the end of a night of drinking. You can certainly



have alcohol, but be smart about your choices and how many calories you consume and how much food you end up eating on a night of drinking. I’ll bet you’ll be surprised at how fast it adds up. As crazy as this sounds the easiest way to keep a lid on over consuming calories on a night of drinking is to eat less food during the day before you go out. You’ll end up needing far less booze to catch a buzz so if you can control yourself you’ll actually end up drinking less and it still leaves room for food afterwards.



Keep in mind this technique only works for people who can actually control how much booze they're drinking once they get started. If you're an all or nothing kind of drinker then just eat as you normally would and plan on having a few diet days afterwards.

These seven principles along with the guidelines you've learned from the main Adonis Golden Ratio nutrition manuals should be all that you need to sustain an amazing physique and continue the muscle building process for the long term.

EVENT SPECIFIC NUTRITION

Now that you've learned the relaxed approach to nutrition and the principles of a long term strategy we will learn techniques for even specific nutrition. This is what you can do on a short term basis to change the look of your body for an event such as a photoshoot, a sporting competition or vacation where you want to look good around the pool.

Water Loading

Water loading is one of the simplest and most effective ways to make your muscles look more defined and fuller at the same time IF your body fat is low enough. From my experience water loading can work miracles if you are around 10% body fat or under, however any higher than that and it will depend on your individual way that your body handles water. Keep in mind that this technique can be a bit of a pain in the butt because you have to drink a lot of water each day and you have to go to the bathroom a lot!

Increase your water intake to approximately 4 liters of water every day starting 5 days before the day of your expected event. This is IN ADDITION to the typical amount of liquid you consume on a regular day. Also, be sure to be done drinking your 4 liters of water no later than 4 PM, otherwise you will be up all night going to the bathroom!

In the final 24 hours before the event you can cut the water consumption in half to 2 liters, or in a more extreme example you can cut it to 1 liter for the first half of the final day, and then down to zero for the final 12 hours. This should create a diuretic

effect where your body is still used to consuming and expelling 4 liters of whatever, so when you dramatically reduce the total water content you'll temporarily 'dry out' and produce a harder, sharper more defined look to your muscles.

Not everyone has to cut their water down to zero, as many get a very sharp look just by doing down to 2 liters, so be sure to experiment and figure out what works best for you.

Short Term Carb Loading

Some people find that dieting down for a photoshoot seems to make their muscles look smaller and drawn instead of full and pumped. Typically this is a result of too much exercise or dieting too strictly before a contest (part of why I recommend a Reverse Taper Diet as part of the Adonis Golden Ratio System).



If you do feel 'flat' or 'depleted' close to your photoshoot or event, carb loading at the end of a diet and just before an event/photoshoot can bring up the fullness and look of your muscles. The key here is to do 2 full body exhaustive workouts on the 3rd and 2nd last days before your photoshoot. The workouts should consist of high rep sets that pump up every muscle group around your body. I suggest between 15-25 reps and 10-12 sets for each muscle group including, chest, back, shoulders, quads, hamstrings, calves, biceps, triceps. If that sounds like a lot, then you're right, it is a lot of work, but remember the weight is light and you're only doing it for two days. The goal isn't to develop muscle soreness, but rather muscle exhaustion.

After these workouts increase your carbohydrate consumption to 500-600 grams of carbs per day, along with regular protein and whatever fat content is part of your regular foods for these final two days. The combination of the extra carbs and the exhaustive whole body workouts will cause your muscle to hyper absorb the carbs and give them a full round pumped looked. This fullness should last a couple of days.

Just remember to do this on the 3rd and 2nd day before your shoot and not the day immediately before or on the day of the shoot as you are going to need those days to balance everything out. Ideally, your muscles will be full of glycogen, but you've also had a full 24-48 hours for the rest of your body to rid itself of the possible bloat or distention that comes from eating that much carbohydrate in such a short period of time.

Moderate Term Carb Loading

This is similar to the short term carb loading in that you will do the same exhaustive whole body exercises at the same time leading up to the event. However you start with a carb depletion 6 days before you start the two day exhaustive whole body workouts. For the 6 day carb depletion you will attempt to eat no more than 50 grams of carbs per day, while keeping protein content high (around 150-200 grams per day) and moderate to low fat. This is tough, but many people have experienced good results from this pattern. Then once you're 3 days out from your target date you do your first whole body exhaustive workout, and then again the following day. Do the same carb loading protocol as in the short term carb loading technique.



Fat Loading

Some people actually experience better results with a fat load instead of a carb load. For the fat loading protocol you would following the same carb depletion strategy as mentioned above for “moderate term carb loading”. Then you do the same exhaustive whole body exercises and bring your calories back up however when you re-introduce more calories you will be putting back equal parts carbohydrate and fat by calories. Keep in mind fat is 9 calories per gram and carbs are 4, so you’re adding back carbs and fat in a 2-1 ratio. In the carb loading pattern I suggested between 500-600 grams of carbs for the two loading days. In the case of fat loading you would add back approximately 200-250 grams of carbs and 100-125 grams of fat.



Event specific nutrition techniques are meant just for that, a specific event and not to be used as a long term regular strategy. This becomes obvious after you try one. They’re simply not a sustainable way to eat, but they can produce interesting and dramatic results within a short time period.

In summary the 7 Adonis Golden Ratio Final Phase principles are meant to teach you how to have a relaxed approach to nutrition that allows you to eat almost any foods you choose to keep your moving forward without obsessing over your diet. This relaxed approach to nutrition is going to be a major factor in maintaining your body and achieving long term success.

The event specific nutrition is meant as a guide to show you how to dial up the intensity whenever you need to for a specific event to look you best. You could say that event specific nutrition is the exact opposite of relaxed nutrition, but it's meant to be that way as it's for a short term effect.

You should consider the principles and techniques in this manual as new tools that you can use to manipulate and control the look and condition of your body. These tools are now at your disposal whenever you need them and you can be assured that you now have everything you need to succeed long term.

