



AGR Nutrition Guide

Category 2 - Primary Goal Fat Loss

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ADONIS GOLDEN RATIO NUTRITION GUIDE

**Category 3 – Primary Goal
Muscle Building & Fat Loss**

By John Barban

Muscle Building & Fat Loss

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INTRODUCTION

The time you spend in the gym is really only half of the story for getting to your Adonis Golden Ratio. The other half is your nutrition. In this manual, you'll learn how to eat to get ripped, lose body fat, and build maximum muscle mass. With this system, your current Adonis Index Ratio will determine your nutritional requirements.

Your Adonis Golden Ratio is a specific ratio of your shoulder circumference to your waist circumference. It best predicts your "ideal" body, complete with an ideal male hormonal profile. In short, it's our best guess at your best body.

As your ratio and body measurements change so will your nutritional needs. Just as your workout is specific to your current measurements so are your nutritional needs. The shape, size, and proportion of your body is an accurate indication of the growth potential of your muscles and of your fat loss potential. Your outward shape and proportions tell us what is going on inside your body from a hormonal, metabolic, and functional point of view.

Your current measurements tell us that your goal should be category 3- a combination of fat loss and muscle building. Some people call this "recomposition" as total bodyweight may not change much but amount of muscle mass and fat mass will drastically change to a leaner more muscular physique. (If you think this is incorrect, re-enter your current waist, weight, and height in the selection calculator to make sure you're



“Your current measurements tell us that your goal should be a combination of fat loss and muscle building...”

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reading the correct manual.)

It's important to match your nutritional intake with the current state of your body to maximize your results and get you to your Adonis Golden Ratio as quickly as possible.

You'll learn what foods to choose from for your current body measurements, how many calories to eat, how much protein to eat, and how much you should expect your body to change on a week to week and month to month basis.

No matter where you are starting from, the final goal is always to achieve maximum muscle mass with low enough body fat levels have impressive muscle definition.

The program selection calculator will choose the appropriate workout for you based on your measurements. To be clear the ultimate goal is always to build muscle and reduce body fat until you have impressive muscle size and definition. The next step is to learn how to effectively strip away body fat.

THE THEORY OF FAT AVAILABILITY

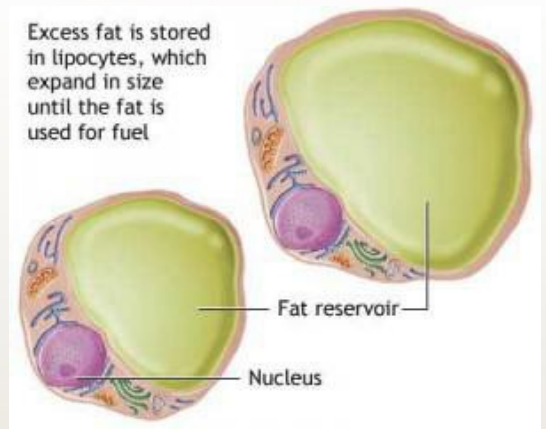
To explain the theory of fat availability we have to start with a little bit of basic physiology. Specifically, we have to look at how our body fat actually works.

The main purpose of our body fat is to serve as an “energy reservoir” for our bodies.

In times of caloric excess (overeating) our body fat expands to store energy by one of two processes:

1. **Hypertrophy**- Each fat cell can grow larger like inflating a balloon, or
2. **Hyperplasia**- Your body can create more fat cells, more balloons.

Excess fat is stored in lipocytes, which expand in size until the fat is used for fuel



They expand and multiply in order to store energy in the form of triglycerides, to be used later as energy. This energy supplies our body’s metabolic demands when calories from food are limited (caloric restriction or dieting).

In other words, our body fat has the unique ability to rapidly expand or contract depending on nutritional status (calorie surplus or calorie deficit).

Free fatty acids (FFAs for short) are what is released from adipose tissue when we need energy. This is happening throughout the day even if you’re not dieting, but it’s elevated when we are fasting, exercising, or in a caloric deficit (dieting). This is a very good thing since most of us who are dieting and exercising are doing so because we want to decrease the amount of our body fat!

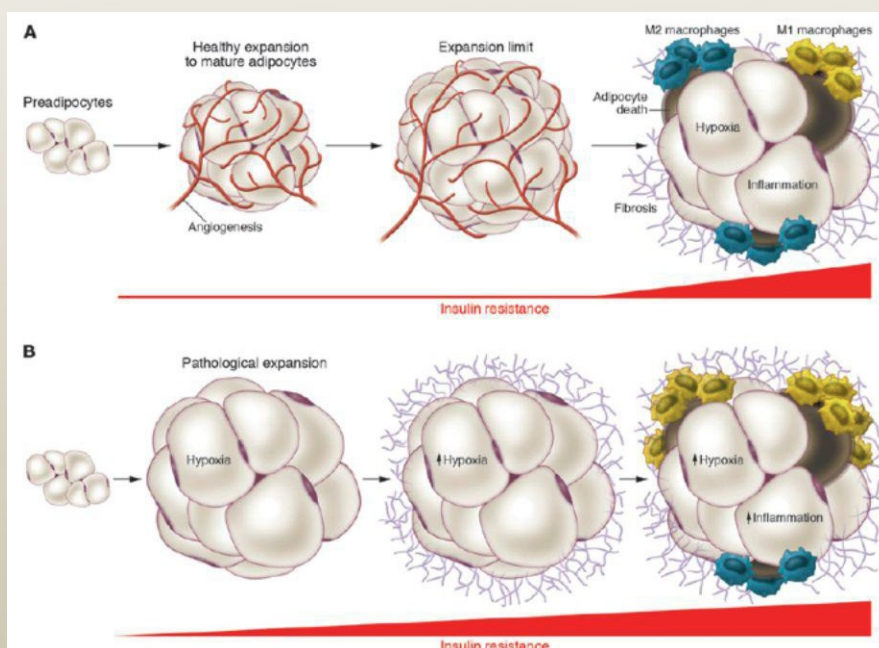
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When the fat is released from your body fat stores it can end up in a few different places:


1. It can go to the liver and gets stored there
2. It gets burned for fuel by other organs (heart, liver, kidneys, etc.)
3. It simply gets recycled back into your body fat cells to be re-stored

The reality is that all three of these processes are happening on a daily basis. The difference is the percentage of fat that is being recycled back into fat tissue versus the amount that is being burned as a fuel by your organs.

The movement of fat in and out of your fat cells is an extremely important process that needs to be tightly regulated. The FFAs that are not burned as fuel must quickly be taken up by the liver or recycled and stored back in your fat tissue. If there is an overabundance of fats that are not either burned or stored they can cause an inflammatory response, which chronically can lead to a whole host of health issues and chronic diseases [Sun K J clin invest 2011].



As fat cells increase in size they become unhealthy and start releasing inflammation molecules that cause insulin and leptin resistance.



This is how excess fat and an inability to effectively burn the fat contributes to things like lowered testosterone, leptin resistance, diabetes and heart disease.

If this extra fat remains circulating for too long it can also cause ectopic fat storage, which is basically fat being stored in places it shouldn't be stored (like your heart and liver). This can also lead to severe health consequences in the long-term.

It is extremely important that the body regulates the amount of fat that is entering your blood stream because having a high amount of fat circulating in your blood is linked to diseases. You can't simply have every single one of your fat cells empty out all at once into your blood--the results would be catastrophic!

Each of your fat cells can release fats into your blood stream at a pre-determined rate, and the rate at which a fat cell can do this is relatively fixed. It can increase to match the needs created by dieting and exercise; but even during exercise, higher energy needs simply cannot be met by fat (which is why we rely primarily on carbohydrate during high intensity exercise).

The amount of energy your fat can provide when you are dieting is dependent on how much body fat you have. The more body fat you have, the larger the calorie deficit you are able to “fill” with the energy stored in your fat.

The word “fill” is actually a good way of describing what your body fat does when you're dieting. When you diet, you create a calorie deficit -- essentially a gap between the amount of calories you eat, and the amount of calories you're burning on a daily basis. In an ideal world, this gap is filled by the energy that is stored in your body fat.

As you lose body fat, the amount of fat that can be released also decreases. This means most people do dieting wrong, and specifically they do it backwards. In other words, the more fat you have, the lower

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and longer you can go in a caloric deficit without experiencing any ill effects. But towards the end of a diet, when body fat levels can be extremely low, the deficit needs to be shorter and smaller.

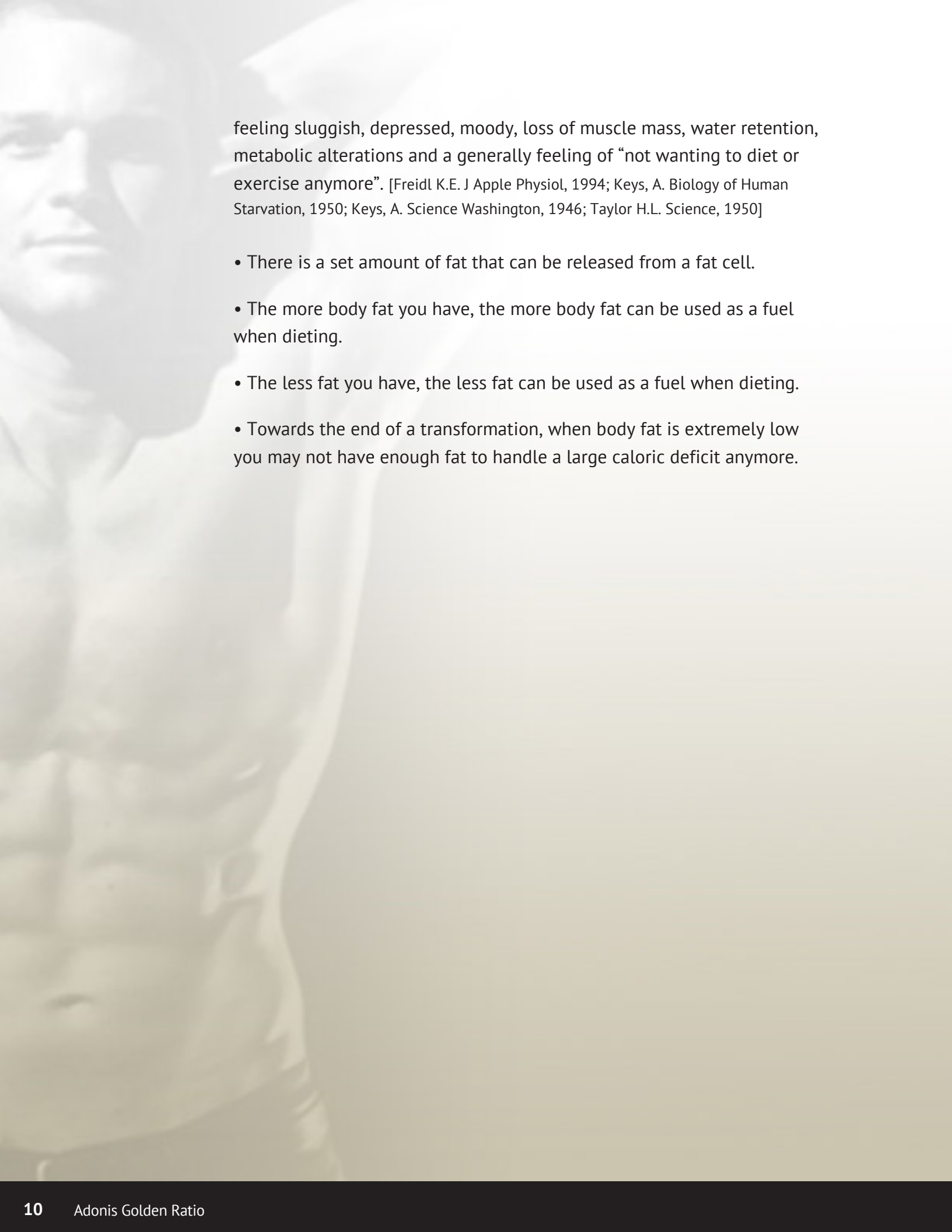
When you are carrying excess body fat you can eat less for longer because your body has plenty of fat to burn as a fuel to fill in your calorie deficit. This is the time for rapid fat loss. One way to imagine it is like having a full tank of reserve energy. As your body fat levels decrease you can no longer handle as large a deficit for as long a period of time. Thus, it makes sense that the less fat you have to lose, the slower it comes off.

At the extreme low end, when your body fat cannot keep up with the deficit the calories MUST come from SOMEWHERE. This is when you are at risk of losing lean body mass during dieting (commonly referred to as “starvation mode”). This happens at extremely low levels of body fat, under 6% in men and 12% in women [Friedl K.E. J Appl Physiol, 1994].

Oddly enough, it seems as though some obese people have an large amount of fat available as a fuel, but a lower ability to burn that fat; whereas as they get leaner, they have less and less fat available as a fuel, but a greater and greater ability to burn the fat they do have. So, at extreme levels of leanness, it is the fat availability that limits a person’s ability to lose fat.

When a large calorie deficit is maintained while there is limited body fat available that metabolic disturbances such as altered testosterone, thyroid, and cortisol levels begin to take place and negatively affect both your muscle mass, and overall muscle strength [Nindl B.C. Med Sci Sports Exerc, 2007; Freidl K.E. J Appl Physiol 2000].

This is the theory of fat availability: as body fat levels decrease so does your ability to handle a large calorie deficit. Most people forget about the theory of fat availability when they design a diet, so they decrease the amount of calories a person consumes as they get leaner. This leads to a whole host of problems, including decreased testosterone levels,



feeling sluggish, depressed, moody, loss of muscle mass, water retention, metabolic alterations and a generally feeling of “not wanting to diet or exercise anymore”. [Freidl K.E. J Appl Physiol, 1994; Keys, A. Biology of Human Starvation, 1950; Keys, A. Science Washington, 1946; Taylor H.L. Science, 1950]

- There is a set amount of fat that can be released from a fat cell.
- The more body fat you have, the more body fat can be used as a fuel when dieting.
- The less fat you have, the less fat can be used as a fuel when dieting.
- Towards the end of a transformation, when body fat is extremely low you may not have enough fat to handle a large caloric deficit anymore.

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THE REVERSE TAPER DIET PROTOCOL

Calories could be the most confusing part of all health and nutrition. After all, if each of us knew how many calories we should be eating, the health and fitness industry would look a lot different.


But this is where the confusion comes in. We DON'T really know how many calories we should be eating. We don't know what is optimal and what amount is potentially dangerous. In fact, many of us don't even really know what a calorie is.

So to start– a calorie is the amount of energy required to warm one gram of air free water from 3.5 °C to 4.5 °C at standard atmospheric pressure. In other words, it's just a way to measure energy. You can't touch or pick up a calorie and you can't see them.

They are a form of measurement, like an inch or a degree. Therefore, a CALORIE IS A CALORIE. Saying all calories are not equal is like saying an inch of string is longer than an inch of yarn! It's a measurement; it has to be the same by definition.

So, what we are dealing with when we talk about calories is really energy. Or more accurately, the energy provided through the diet. Since your body's total energy needs are made up of the calories (energy) provided by your diet and the calories (energy) provided by your body from its stores (hopefully your body fat). A diet is simply a way to lower the energy being provided from your food, in a way that forces the deficit to be filled in by the energy you have stored in your body.

Based on this premise, it does not take a PhD to realize that someone with 5% body fat (dangerously low internal energy stores) should not be eating an extremely low calorie diet for an extended period of time, if at all. Someone with 5% body fat really shouldn't even be dieting at all (after all, the goal isn't to have zero percent body fat).



In order for a diet to be effective, you should match your degree of deficit with the degree of fat you have to lose. The more body fat you have to lose, the less calories you need to consume.

As you start to lose weight you can start to eat more calories until you've normalized at the end to the amount of calories you need to sustain your new bodyweight. In other words you do the EXACT opposite of any other diet. You start low and end at maintenance.

This is the main benefit of reverse taper dieting – not only do you match your calorie deficit to your body fat, but you also slowly increase to the number of calories needed to maintain your new lean body. This is what we call “calorie optimization”. We do NOT want you to be on a diet for the rest of your life. We want you to learn how to eat at a level that is “optimized” for your new body.

Now, here is the real kicker, and the reason that the reverse taper diet is so important – weight loss will always follow a calorie deficit. There is no way around this physiological fact. The less you eat the more weight you will lose. Unfortunately this is even true if the total deficit is more than your body fat can supply.

Our goal is to achieve and then maintain the maximum rate of FAT LOSS while we lose body fat, and not to go over this rate in the false assumption that more WEIGHT LOSS somehow means more fat loss. This is an important distinction to make. You can still have a deficit larger than what your body fat can fill in, however this is not desirable since the energy must come from somewhere else. Often times, this means blood sugar and protein sources such as your internal organs. And when energy starts to come from more important areas like your protein stores, your body reacts by decreasing your testosterone levels, exactly the opposite effect that you want while you are trying to lose weight.

Based on these facts, it is obvious that the rate that your body fat can meet your deficit is also the optimum rate of weight loss. You can exceed it, but doing so will only be due to a combination of transient

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water loss, lean mass loss, and possibly metabolic disturbances. This is the result of “crash” dieting and losing too much size, shape, energy, and mass along the way.

You can't just force fat loss to happen faster than your body can handle. Your goal should be to optimize it and match your calorie deficit with your maximum rate of potential FAT LOSS at any given body fat percentage. This maximum rate changes as your body fat percentage changes, for this reason we suggest a weekly assessment to see what your projected fat loss will be based on your available fat.

In most cases you will never be able to eat below your fat availability level until you get noticeably lean. At the higher levels of body fat it would be near impossible to create a calorie deficit that exceeds your fat availability – it would take multiple days of fasting. However, this doesn't mean eating extremely low for long periods of time is advised, you still need to taper up, or even completely eat up to normal levels from time to time.

If you've ever done a transformation contest or know someone who has, then you know how difficult eating in a large deficit can be, not only psychologically but also physically.

With the reverse taper diet you start with your lowest calorie intake when you have the highest body fat percentage. As your body fat percentage decreases you slowly taper up your calories to the point where you end your diet in contest shape AND eating a “maintenance” level of calories. In other words, with the reverse taper you slowly progress from calorie restriction to calorie optimization and learn how to maintain your new lower level of body fat all while losing the maximum amount of body fat possible. This is your major defense against rebound weight gain.

The bottom line is the leaner you get, the slower you will lose fat. This is extremely important since any crash dieting when you are already extremely lean can result in decreases in testosterone levels, other

metabolic disturbances, and muscle loss (all the things you don't want). The lower your body fat percentage is the more precise you must be with your calorie intake to avoid lean mass loss.

In fact, many bodybuilders and fitness competitors I have worked with will report their bodyweight hardly budges at all in the final 2-4 weeks of dieting for a competition even though they are still getting visibly leaner. These people have managed to get such a low body fat level that they're now experiencing the slowest rate that body fat can be lost regardless of how hard they try to diet.

When fitness competitors and bodybuilders try to continue dieting hard at these lower body fat levels they start feeling weak, depleted, and exhausted. This is when competitors are also at risk of a rebound binge if they try to push their diet too hard at such low body fat levels. At this time they could correct the problem with an increased calorie intake (sometimes called cheat days) or by cycling their calories or carbohydrates. However, this still doesn't prevent the problem from happening again. It's just a temporary fix.

Dieting too hard and trying to force fat loss to happen faster than what is possible is what leads people to believe that all of these "fixes" such as cheat days and carb cycling are necessary and play some sort of metabolic trick on your system. In reality, they were simply pushing harder than their body could go at the time and created a need to recover from over dieting.

This is also why the reverse taper is the pattern of eating I have learned to be the most effective and stripping off body fat while teaching people of all shapes and sizes how to maintain their fat loss once it's over.

By following the reverse taper pattern you will be starting low and ending high at your maintenance calorie needs for your new body. This way you end up slowly learning how to eat for your new size. This is the exact opposite of most diets which start you at a higher calorie level when you have the most body fat to lose and then continually drop your

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calories until you meet your goal weight goal; the problem with this approach is that it doesn't teach you how to maintain your new weight.

This is also why many other diet systems eventually fail.

By following the theory of fat availability and using a reverse taper for your diet, you slowly eat up to your new calorie requirement. Instead of crashing at the end of the diet, you will eat your way back up to a healthy normal calorie level for your new leaner lighter body.

REVERSE TAPER DIETING GUIDELINES:

- Match the size of your calorie deficit to the size of your body fat stores, *i.e., the more fat you have to lose, the less calories you need to eat.*
- Eliminates the tired and lethargic feelings that normally come with crash dieting.
- Eliminates the risk of bingeing and out of control cheat days.
- Ensures that all the weight lost is fat and not muscle.
- Teaches you how to eat to maintain your new, lean body.

HOW TO REVERSE TAPER

The Adonis Golden Ratio shape specific nutrition calculator uses your body shape specific measurements to help personalize your reverse taper dieting strategy to set your daily and weekly calorie and protein totals to maximize your ability to lose fat without losing muscle. We partially calculate this using the difference between your current waist measurement and your ideal golden waist for your height.

The circumference of your waist is the best predictor of overall body fat percentage and your testosterone levels. It's scalable to height (so it works for all people) and your waist can't be tricked by being overly muscular the way the BMI can. For example, if you're 5'10" with a 40 inch waist, it doesn't matter how much muscle mass you have. A 40-inch waist on a 5'10" guy is just too big. In other words, that indicates too

much fat and possibly sub-optimal testosterone levels. [Heymsfeild B.S. 2008; Heymsfeild B.S. 2011].

“The circumference of your waist is the best predictor of overall body fat percentage.”

Keep in mind these numbers are best estimates based on all the scientific data we've collected and the measurements you are taking of yourself. There is always going to be some wiggle room and each person is going to be slightly different than the next guy over;

however, I will say that the leaner you get the more important these numbers become.

You will track your weekly measurements and use them to determine your specific:

1. Weekly fat loss goal
2. Daily calorie intake goal
3. Daily protein intake goal

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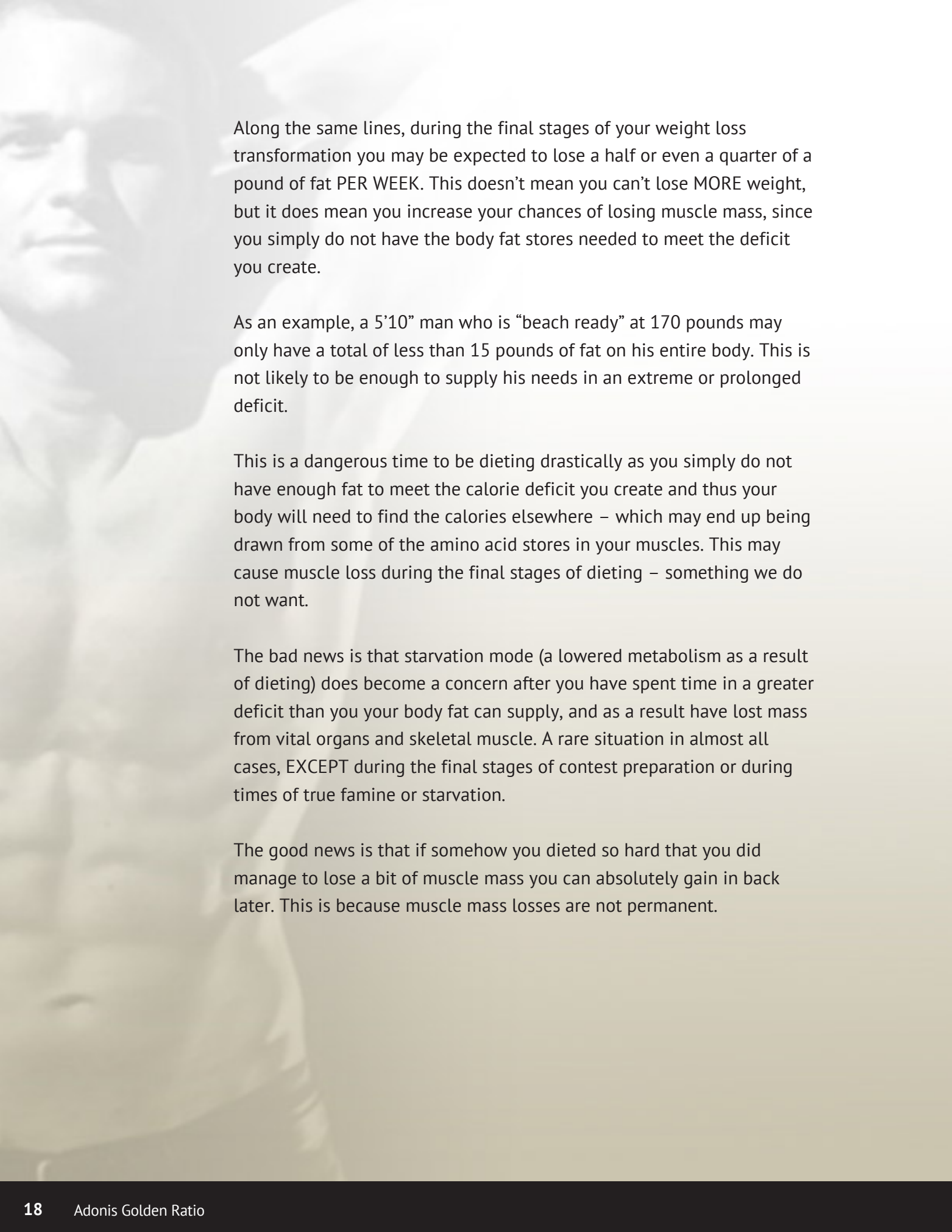
These numbers should serve as your weekly goal for weight loss and/or muscle gain, and as a best estimate guide for how many calories you should be eating to reach that goal. Unless we actually put you through a DEXA scanner and a costly metabolic chamber test, we can never know with 100% accuracy exactly how many calories you should be eating to gain muscle or burn fat at the maximum rate. The calculator will give you a number that is likely 90% accurate for you, and in many cases it ends up being right on the button. I used the numbers this calculator gave me for my transformation and I've used it to coach 1000's of clients and all of our previous contest winners have followed the numbers the calculator has given them.

So they will be very close if not right on for you too. I suggest testing the accuracy by eating at exactly the numbers the calculator gives you for 10-14 days. If you don't see the expected fat loss the calculator is predicting then you can adjust your calories by approximately 200 lower. Then test again for another 10-14 days. This will be the only adjustment and test you'll ever need to do.

Depending on how much weight you have to lose, there may be periods in the beginning of your diet where it is highly doubtful that you would reach the maximum weight loss goal. This doesn't mean you are doing it wrong, but rather that the amount of calories your body fat can provide exceeds and reasonable calorie deficit you can create. Remember this number is my guess at your MAXIMAL rate, not necessarily the best rate for you.

As an example, a 300 pound 5'10" male may have enough body fat to easily handle a 10,000 calorie deficit for weeks on end. Yet, it would be highly unrealistic to expect a 300 pound male to CREATE a 10,000 calorie deficit every single day. This would require eating zero calories and working out intensely for approximately 10 hours.

Clearly, this is not realistic.



Along the same lines, during the final stages of your weight loss transformation you may be expected to lose a half or even a quarter of a pound of fat PER WEEK. This doesn't mean you can't lose MORE weight, but it does mean you increase your chances of losing muscle mass, since you simply do not have the body fat stores needed to meet the deficit you create.

As an example, a 5'10" man who is "beach ready" at 170 pounds may only have a total of less than 15 pounds of fat on his entire body. This is not likely to be enough to supply his needs in an extreme or prolonged deficit.

This is a dangerous time to be dieting drastically as you simply do not have enough fat to meet the calorie deficit you create and thus your body will need to find the calories elsewhere – which may end up being drawn from some of the amino acid stores in your muscles. This may cause muscle loss during the final stages of dieting – something we do not want.

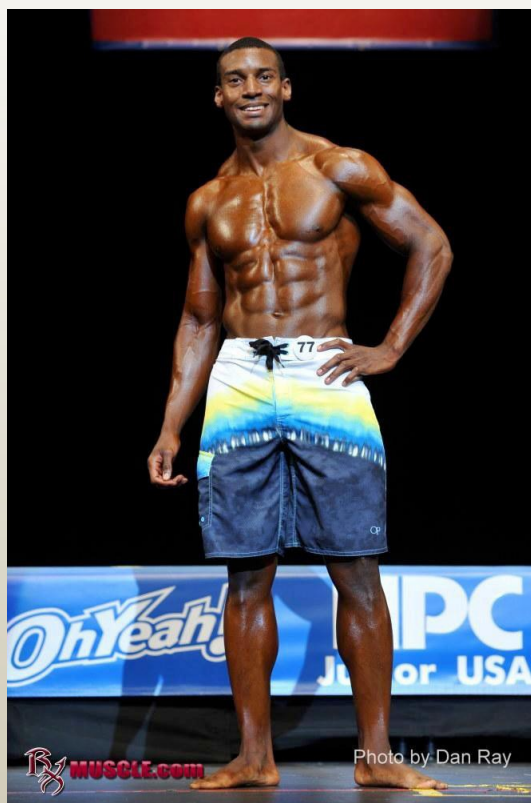
The bad news is that starvation mode (a lowered metabolism as a result of dieting) does become a concern after you have spent time in a greater deficit than you your body fat can supply, and as a result have lost mass from vital organs and skeletal muscle. A rare situation in almost all cases, EXCEPT during the final stages of contest preparation or during times of true famine or starvation.

The good news is that if somehow you dieted so hard that you did manage to lose a bit of muscle mass you can absolutely gain it back later. This is because muscle mass losses are not permanent.

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REVERSE TAPER RECOMMENDATIONS:

1. Track your body measurements and you them to guide your overall calorie intake and fat loss expectations.
2. Depending on the amount of extra fat you are carrying you may not be able to hit the maximal amounts of fat loss available at the beginning stages of your transformation.
3. Towards the end of your transformation the fat loss levels may seem very low, but remember this is all in the name of preserving muscle, mood, and sanity. This has nothing to do with starvation mode, and everything to do with fat availability.



EATING FOR MUSCLE GROWTH: GETTING THE ANABOLIC ADVANTAGE

Eating for muscle growth has been made to seem overly complicated by muscle magazines and the ever-growing number of blogs, message boards, forums, and websites on the internet. The process however is not as complicated as it may seem. I'll try to keep it very simple here.

First and foremost, you need to be eating both enough calories and enough protein to allow your muscles to grow at their maximum rate and reach their maximum size. This does not mean you must eat as much as possible (this would actually be counterproductive), but you do need to be eating enough. If you're missing either of these you will be leaving some muscle growth on the table and not achieving your best result.

“...This ability to gain muscle without gaining fat is the anabolic advantage you are looking for...”

The Adonis Golden Ratio nutrition software is designed to optimize your calorie intake for maximum muscle growth without causing you to gain body fat. This ability to gain muscle without gaining fat is the anabolic advantage you are looking for that many people are missing when they attempt to overeat to gain muscle.

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The old-school bodybuilder way of eating for muscle growth was to “eat big”. This meant stuffing yourself with thousands of excess calories every day until you became fat and bloated. This was known as “bulking”. Bulking, however, is a backwards move as excess body fat actually blunts your ability to build muscle by causing insulin resistance, amino acid resistance, chronic inflammation, and even potentially testosterone resistance. But that isn’t the worst of it, excess body fat itself can convert some of your natural testosterone into estrogen, a female hormone that actually causes you to store even more fat! As you can see gaining even an ounce of excess fat is not a good idea if your goal is building muscle.

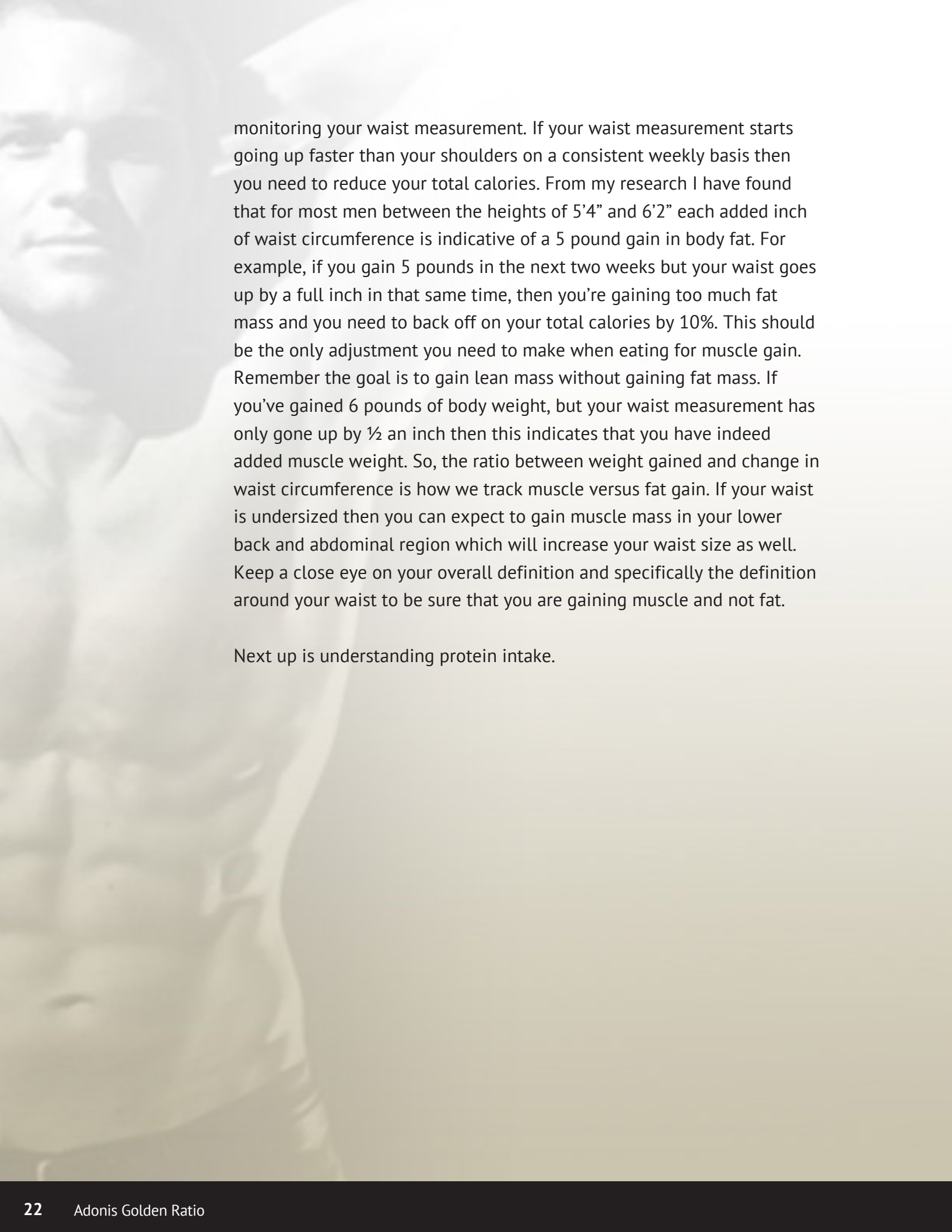
The only reason bulking with excessive calorie intake might seem to work for bodybuilders is because they take excessive amounts of drugs. These drugs offset all of the negative side effects associated with eating excessive calories and gaining massive amounts of weight. But even with all of the drug use by bodybuilders there is still an upper limit to the amount of calories even they can eat until they also start to gain fat and lose their ability to gain muscle.

The bottom line is you do not have to gain any excess body fat in order to gain muscle mass. Again, gaining body fat will only hold you back from gaining muscle.

The Adonis Golden Ratio nutrition calculator is designed to give you a calorie total that will optimize your ability to gain muscle WITHOUT GAINING FAT. This is a key distinction as the myth we have been told is to eat more and more to force our muscles to grow faster than they really can.

This system is designed for lean mass gaining without gaining fat mass.

The way you can be sure that you’re not gaining fat mass is by



monitoring your waist measurement. If your waist measurement starts going up faster than your shoulders on a consistent weekly basis then you need to reduce your total calories. From my research I have found that for most men between the heights of 5'4" and 6'2" each added inch of waist circumference is indicative of a 5 pound gain in body fat. For example, if you gain 5 pounds in the next two weeks but your waist goes up by a full inch in that same time, then you're gaining too much fat mass and you need to back off on your total calories by 10%. This should be the only adjustment you need to make when eating for muscle gain. Remember the goal is to gain lean mass without gaining fat mass. If you've gained 6 pounds of body weight, but your waist measurement has only gone up by ½ an inch then this indicates that you have indeed added muscle weight. So, the ratio between weight gained and change in waist circumference is how we track muscle versus fat gain. If your waist is undersized then you can expect to gain muscle mass in your lower back and abdominal region which will increase your waist size as well. Keep a close eye on your overall definition and specifically the definition around your waist to be sure that you are gaining muscle and not fat.

Next up is understanding protein intake.

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PROTEIN INTAKE

One of the main concerns people have when both eating for muscle gain or fat burning is figuring out the amount of protein they should be eating. You'll often hear that 1 gram of protein per pound of body weight is a good guideline for muscle gain and fat loss. However, this guideline is overly simplistic. For example why would a 300 pound obese person need 100 grams more protein per day than a ripped 200 pound athlete?



Protein provides amino acids for the building blocks of muscle growth. Protein recommendations for the purpose of muscle gain will vary depending on the source you're reading. Bodybuilding magazines will put the daily total as high as 300 grams. If you've ever tried eating 300

“Protein provides amino acids for the building blocks of muscle growth.”

grams of protein per day on a consistent basis you'll realize how ridiculous of a number this is. Other less extreme recommendations will come in around 100 grams per day, and some so called “experts” might even suggest that you don't need to go any higher than the RDI of approximately 60 grams per day for an adult man.

Based on all the protein research I have read, I think the real answer is somewhere in the middle between the bodybuilders recommendation and what mainstream fitness media thinks. I've used all of the latest research on protein and muscle gaining to build the Adonis Golden Ratio nutrition calculator's protein recommendation formula.

Contrary to popular belief you don't always need to mega dose protein to gain muscle mass and burn body fat. In fact, the optimal amount of protein you will need changes based on your measurements as well as the volume and intensity of your workout. Your daily and weekly protein intake will be calculated for you each time you use the nutrition calculator software. You should take your measurements weekly, enter them into the software, and follow its recommendation. The software automatically takes into account the Adonis Golden Ratio workout you will be following since it's also based on your measurements. As your body changes over time so will your protein recommendation. Follow this recommendation as close as possible as a daily average. If you miss hitting your protein totals today, you don't have to "make up for it" by eating extra protein tomorrow, simply get back on track and hit your recommended number.



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MINIMUM MACROS

There are two main categories of nutrients: micronutrients and macronutrients. Micronutrients are vitamins, minerals, and some of the other trace elements that are found in your food. A good multivitamin supplement can ensure you're getting all of these no matter what foods you choose to eat. Of course eating a mix of whole foods will always provide a wider variety of micronutrients that simply cannot be found in any one supplement or one food. I suggest taking a multivitamin to ensure you're getting all of your micronutrients if you have trouble eating a really diverse mix of fruits, vegetables, and grains. That is the short story on micronutrients as they are not the focus of this section. Getting your minimum level of macronutrients is the main focus of this section.

THE MAJOR MACRONUTRIENTS ARE AS FOLLOWS:

- Protein
- Carbohydrates
- Fats

Note: Alcohol is technically considered the 4th macronutrient but we will not be discussing it here as there is no requirement for alcohol consumption and as result there is no "minimum" amount to hit on a daily basis.

PROTEIN

Our daily minimum = 60 grams

I have already given protein its own section in this book and the nutrition calculator software will give your specific daily protein intake requirement to optimize your muscle growth potential (regardless if your primary goal is muscle building or fat loss or a mix).

CARBOHYDRATES

Our daily minimum = 130 grams

Carbohydrates AKA “carbs” are the next macronutrient to consider. The minimum requirement of carbs to have optimal functioning of both your body and your mind is estimated to be approximately 130 grams per day. As you can see this is a rather low number and only adds up to 520 calories from carbs per day. The types of carbs that will work best for your body will be determined by your current measurements. The main consideration when choosing carbohydrate sources are the sugar content and the fiber content. Most vegetable or grain sources of carbs will have some fiber and minimal sugar content. Fruit sources can have fiber but will also have more simple sugars. Processed refined carbohydrate products will have the highest content of refined or added sugar with little or no fiber unless fiber is added specifically.



THE GENERAL CARBOHYDRATE CATEGORIES TO CHOOSE FROM ARE AS FOLLOWS:

1. Vegetables - All forms
2. Grains – Example: whole grain breads, pasta, or rice
3. Fruits - All forms
4. Refined Processed Carbs – Examples: cakes, cookies and sweets

For category 3, choose mostly from sources 1-3, in that order of preference. Fill in the remaining calories from 4 in moderation.



MUSCLE BUILDING & FAT LOSS

A NOTE ABOUT FIBER:

All of the fiber in your diet will be coming from the carbohydrates you eat. You can choose to eat whatever carbs you wish, but you should also be shooting to hit your fiber content throughout the day through your carb choices as well. The highest fiber carbohydrate choices will be vegetables, fruits, and specific grains that have a higher fiber content such as whole grains and bran. Don't try to eat too much fiber at one meal as this will upset your stomach. Instead try to spread it throughout the day.

The reason fiber is useful is that it can slow down the absorption of the food you're eating, reduce cholesterol, and maintain your gut health.

Once you've hit your minimum level of carbs and fiber you can fill in the rest of your carbohydrate recommendation with whatever carb choices you wish, including refined processed carbs.

FATS

There are multiple forms of fat that you can find in regular food including saturated, trans, monounsaturated and polyunsaturated. Saturated and trans fats are commonly understood to be the "bad" fats, however there are some forms of each that are actually healthy to consume. For example, some cholesterol lowering margarines are technically trans fats, and some forms of saturated fat can actually be heart healthy. This even goes for animal fats found in meat. There is currently no lower necessary limit for overall fat content in the diet. This just means that people can be taken completely off of fat and not really experience any ill effects.

There is however an "adequate intake" for fats, specifically for omega-3 and omega-6 fats. There is some controversy over the exact ratio of omega-3 versus omega-6 fat you should have in your diet, but the main

point is that almost all of us have too much omega-6 and not enough omega-3.

The issue with fat is actually quite simple. All you have to do is work towards a higher omega-3 content, and a lower omega-6 content. Omega-6 fats are found in most vegetable oils and used in many forms of cooking and baking. It's not hard to find omega-6 fats in the food supply, in fact it's rather hard to avoid them.



Omega-3 fats are fish oils and typically can only be found in either a quality omega-3 fish oil supplement or by eating fatty fish such as salmon or halibut. If you're not a big fish eater, then the easiest and most practical way to get omega-3 fats into your diet is through a supplement. These will help with joint function, reduce inflammation, promote healing after your workouts, and even have some noticeable benefits on your skin and metabolism. There is even some research to suggest that essential fatty acids can improve muscle gain. There is one more distinction with omega-3 fats you must be aware of. There are two fatty acids that are providing much of the benefit of omega-3 fats. They are called EPA (eicosapentanoic acid) and DHA (docosahexanoic acid). You never need to attempt to pronounce these words out loud as any good fish oil supplement will list the EPA and DHA content on the label. In general you will be looking for a fish oil supplement that can deliver a high content of both of these fatty acids in as few capsules as possible.

In the next section you will find your specific EPA and DHA recommendations based on your category.

Fat is going to be present in many of the food choices you make on a daily basis regardless if you go looking for it. I don't see any need to seek out specific fat choices except to take a fish oil supplement for the specific purpose of getting omega-3 fats into your diet. Alternatively, you can eat 2-3 servings of fatty fish per week to get your omega-3 content, or you can combine a mix of fish oil supplements and eating fish.

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Personally, I like the latter option of eating some fish on a regular basis and taking an omega-3 fish oil supplement.

The main sources of saturated fat in your diet will come from animal meats, dairy products, and any baked goods or sweets that you choose to consume.

The main source of omega-6 fats will come from nuts, avocados, and many of the seed oils. But as I mentioned before, you don't actually have to look for these fats and purposefully include them in your diet, they will find their way into many foods as part of the cooking, baking and preparation process. Just focus on increasing omega-3.



ADONIS GOLDEN RATIO NUTRITION PRINCIPLES

These principles are the main focus of the nutrition philosophy within this program. This is the fundamental basis of what we think about nutrition: **it doesn't have to be as strict as you've been led to believe.** Structure can work for some people but you don't have to live the bodybuilder lifestyle with Tupperware containers and cooking the standard chicken breast/sweet potato/steamed broccoli meals every day. Our clients have had great success following these principles without making it any more complicated. In this manual, I give loose recommendations about carbohydrates and achieving your minimum macronutrients for the day. Some of the recommendations may fit for

you, some may feel too cumbersome and you can certainly take them or leave them.

“One of the biggest problems people face with getting in shape is over-complicating the process...”

These following 7 principles should guide you through every decision you make with food and dieting. Follow these principles first and foremost. Once you've mastered these, then and only then should you attempt to incorporate the recommendations you will find later in this manual in the “macronutrient

recommendations” section. One of the biggest problems people face with getting in shape is over-complicating the process and specifically overcomplicating nutrition.

In many cases you'll never actually need to go beyond these principles at all. I suggest you read these principles and let them sink in, especially numbers 1-3. These may very well be all you ever need to get to your desired goal.

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1. TOTAL WEEKLY CALORIES – Follow the Adonis Golden Ratio Nutrition calculator daily and weekly calorie recommendations. Your primary focus should always be on this number. The calories 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 protein recommendations. You don't need to hit it 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. 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. Get back to your diet the following day.

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 event (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 day when you know you'll go over your calories. 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



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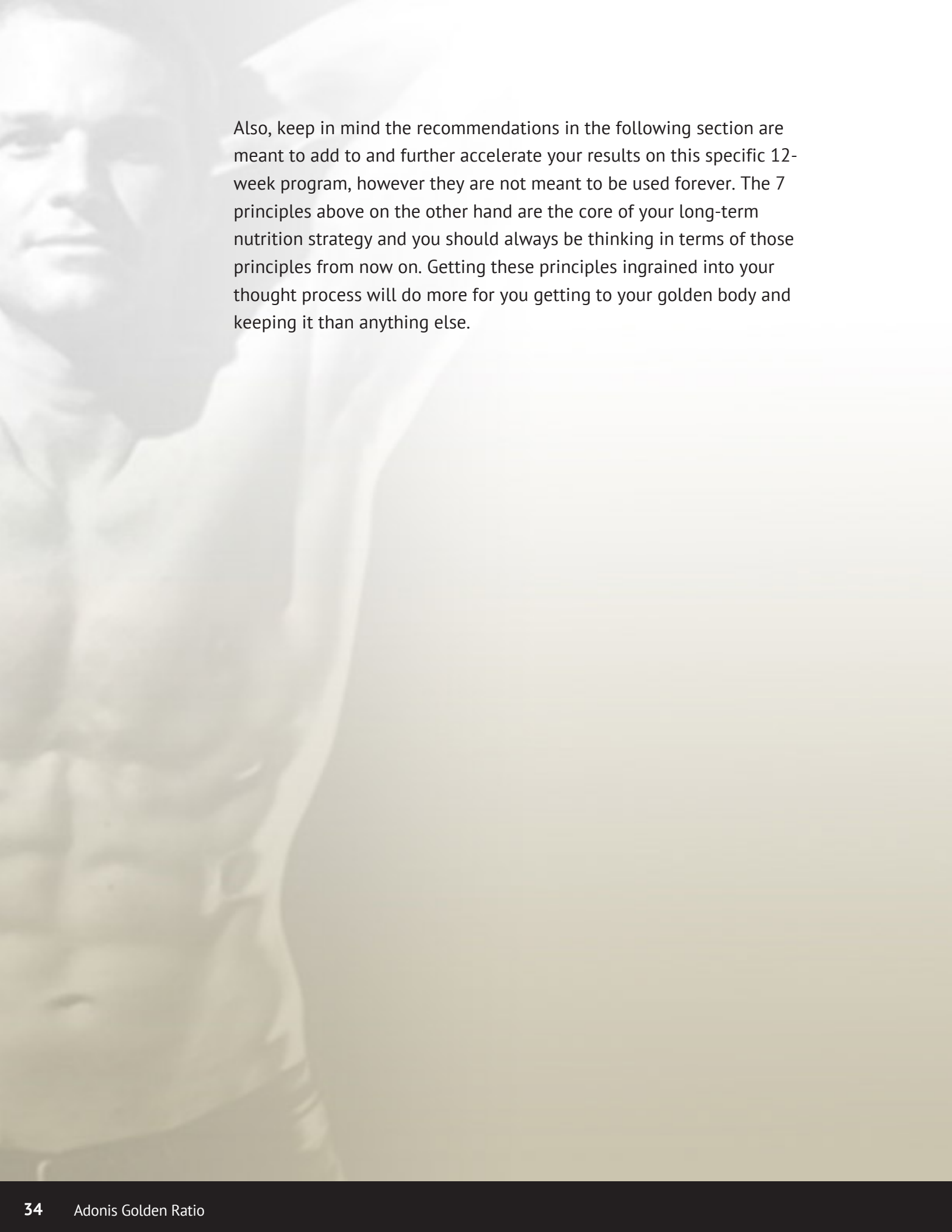
labeling any food as “bad”, but I think you should identify that one hot button food that seems to have control over you and limit your exposure.



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 2,000-3,000 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. 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.

The following section includes macronutrient recommendations you can test out once you’ve mastered the principles written above. Some of these recommendations will work well for you, and some may feel too difficult. You can test each one a week at a time. After a week if it seems doable and you can work with a given recommendation, then keep it in your nutrition strategy for the remainder of the 12-week program. If on the other hand, it’s feeling too difficult to keep up with discard that recommendation and move on to the next one to test. BUT, and this is a big BUT-- they’re only useful if you’re following the 7 principles above first.



Also, keep in mind the recommendations in the following section are meant to add to and further accelerate your results on this specific 12-week program, however they are not meant to be used forever. The 7 principles above on the other hand are the core of your long-term nutrition strategy and you should always be thinking in terms of those principles from now on. Getting these principles ingrained into your thought process will do more for you getting to your golden body and keeping it than anything else.

Muscle Building & Fat Loss

MACRONUTRIENT RECOMMENDATIONS

The following macronutrient recommendations are strategies you can test out while you are following this specific 12-week program. Add them in for a week at a time. At the end of the week decide if it fits into your schedule or not. If it does not fit, discard it. As I've stated before as long as you're hitting the weekly calorie and protein totals the nutrition software gives you then these recommendations are simply an added level of structure that can move you along faster.

CATEGORY 3 - PRIMARY GOAL = MUSCLE BUILDING and FAT LOSS

PROTEIN INTAKE:

Your daily protein intake will be calculated for you with the nutrition software. In this category, you have the flexibility to eat your protein in 2 larger meals per day, in multiple small meals spread throughout the day, or a mix of one large protein meal with smaller protein meals.



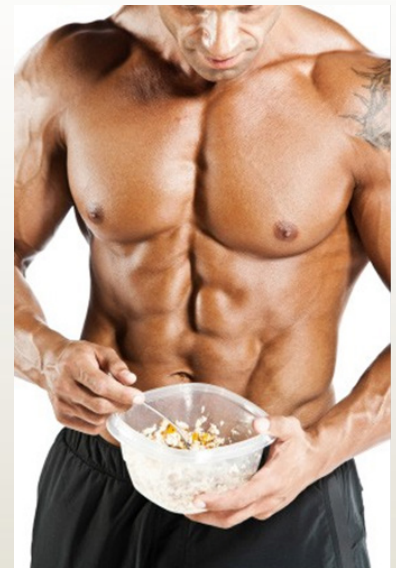
PROTEIN RECOMMENDATION:

- Consume at least one of your larger protein meals within 3-4 hours post workout. This meal can contain as much as 75 grams of protein.
- Consume 1-2 servings of protein in the form of a protein supplement shake.

A serving can be between 30-50 grams of protein.

CARBOHYDRATE INTAKE:

In this category your body can use a mix of carbohydrate sources throughout the day. You can effectively eat a higher refined sugar content than people carrying more fat mass, but you still must monitor your total sugar consumption and when you consume it. You can consume a mix of vegetables, grains, fruits, and processed refined carbohydrate products.



CARBOHYDRATE RECOMMENDATIONS:

- Eat a minimum of 200 grams of carbohydrates per day.
- Limit refined sugar consumption to 75 grams or less per day.
- Refined sugar can be consumed starting at mid-day. For example if you wake at 7am your first meal containing refined sugar can happen at approximately noon.
- Eat the majority of your carbohydrates in the latter 3rd of your day.
- Consume a minimum of 25 grams of fiber per day.

Refined sugar exception: You can have a limited amount of sugar in a morning coffee if you choose.



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FAT INTAKE:

There is no need to consciously look for fat as it will be present in many of the foods you will be eating. Focus on getting enough omega-3 fats in your diet through an omega-3 fish oil supplement or eating fish, or a combination of the two.

FAT RECOMMENDATIONS:

- Consume approximately 2 grams of fish oil per day that will provide approximately 0.5 grams of DHA and 0.5 grams of EPA. <-
- Most supplements will contain more EPA so you will want to adjust your dose to get enough DHA and will automatically have more than enough EPA.
- Consume approximately 20% of your total calories in fat, don't worry about hitting this number exactly, it really is just a rough guideline.

USING THE ADONIS GOLDEN RATIO NUTRITION SOFTWARE

INPUTS

At the beginning of the process you will have to choose your units, imperial or metric.

Height:

No explanation needed here, simply select your height from the drop down list of heights. If your exact height is in between two selections on the menu, then choose the closest option that is lower than your actual height. For example, if you know you're 5'10.5" then you should choose 5'10" on the calculator.

Weight:

As you know your bodyweight can fluctuate throughout the day. I suggest taking your weight in the morning right after you wake up. Each time you weigh yourself do it at this same time of day. This is the best way to get an accurate measurement of your weight that you can compare to your previous measurement. Only take your weight once per week and do it on the same morning of the same day of the week.

Waist:

This is your waist circumference. Refer to the instructional video on how to take this measurement. Do not pinch the measuring tape tighter than it should be but don't leave it dangling loose either. The tape should be "snug" but not pinching in. It is also important that you take this measurement while standing in good posture with your abdomen in a neutral position. This means you're neither actively sucking your abdomen in, nor are you forcefully pushing it out.

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Shoulders:

Shoulder circumference is meant to be taken around the widest part of your shoulders while standing in good posture- chest out, shoulder back, and head up. [Watch this instructional video](#) to learn how to take the shoulder measurement correctly.

OUTPUTS**Ideal Waist:**

The first output is our ideal or “golden” waist circumference for your height. Most men under 6’2” and over 5’6” should fit very closely with this ideal golden waist calculation. Some taller men may find that when they’re in their best shape they’ll arrive at a slightly smaller waist than our calculator suggests. Some shorter men who are very muscular might end up slightly above our number, but in general this number holds for just about everyone.

Ideal Shoulders:

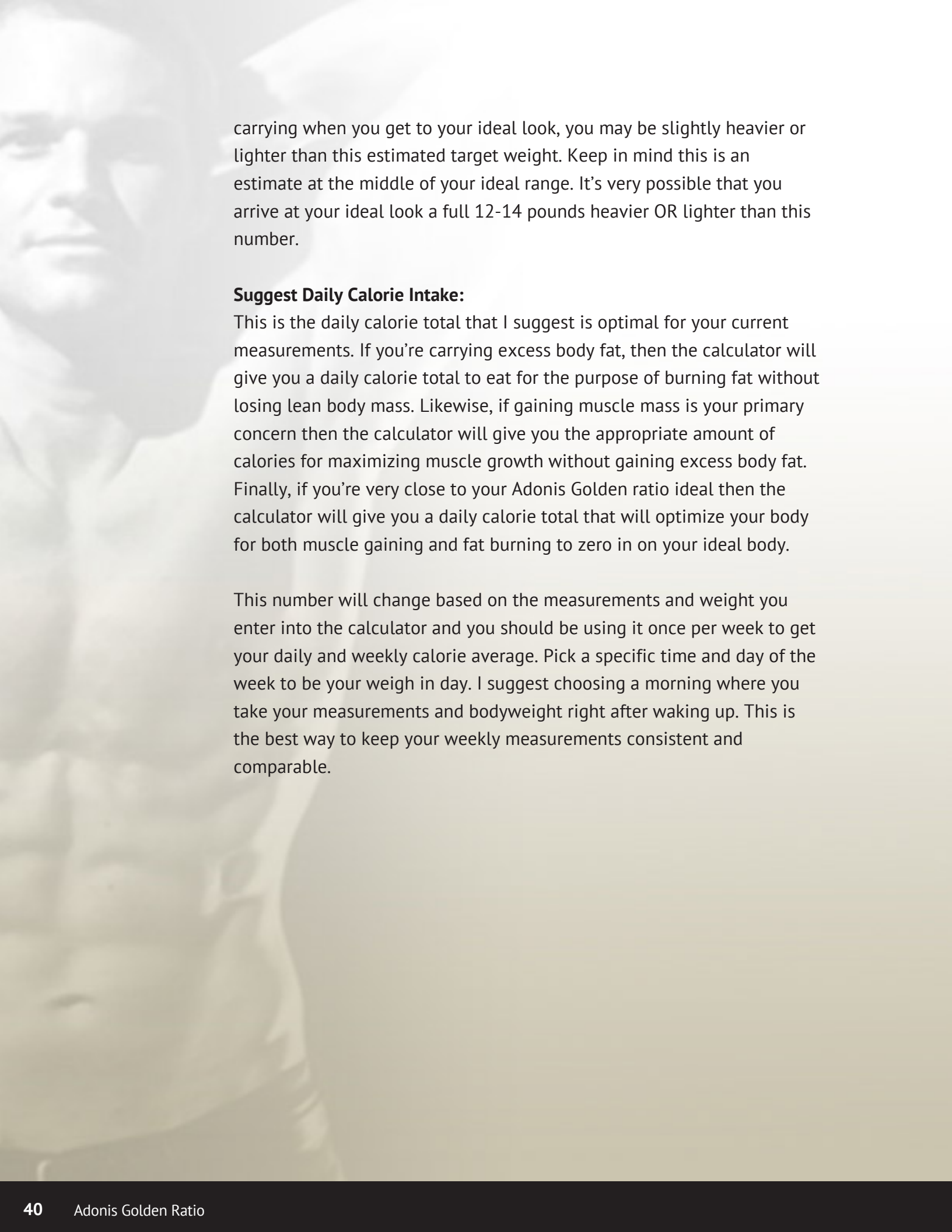
The ideal or “golden” shoulder measurement is a calculation based off of our ideal waist. This number is accurate for most men. Some very tall men might find themselves to be slightly under this and short men might also find they could come in above this number.

Ideal Weight Range:

The ideal weight range output approximates 98% of the population at their golden numbers. This means that almost all men will fall within this ideal weight range when they hit their golden numbers on waist and shoulders at an assumed body fat of approximately 10%. Your genetic predisposition for being bigger, average, or thinner will determine where you fall within this range.

Best Estimated Target Weight:

This output is simply the mid-point of your ideal weight range. For many men they will arrive very close to this number when they’re at their ideal Adonis Golden Ratio body. Depending on the amount of body fat you are



carrying when you get to your ideal look, you may be slightly heavier or lighter than this estimated target weight. Keep in mind this is an estimate at the middle of your ideal range. It's very possible that you arrive at your ideal look a full 12-14 pounds heavier OR lighter than this number.

Suggest Daily Calorie Intake:

This is the daily calorie total that I suggest is optimal for your current measurements. If you're carrying excess body fat, then the calculator will give you a daily calorie total to eat for the purpose of burning fat without losing lean body mass. Likewise, if gaining muscle mass is your primary concern then the calculator will give you the appropriate amount of calories for maximizing muscle growth without gaining excess body fat. Finally, if you're very close to your Adonis Golden ratio ideal then the calculator will give you a daily calorie total that will optimize your body for both muscle gaining and fat burning to zero in on your ideal body.

This number will change based on the measurements and weight you enter into the calculator and you should be using it once per week to get your daily and weekly calorie average. Pick a specific time and day of the week to be your weigh in day. I suggest choosing a morning where you take your measurements and bodyweight right after waking up. This is the best way to keep your weekly measurements consistent and comparable.

MUSCLE BUILDING & FAT LOSS

A note about fat loss:

It's worth noting that there is a minimum number of calories that the calculator will not go below. This doesn't mean that you cannot eat below this number on a given day, but rather this total is meant to be viewed as a daily rolling average for the week. In other words, you can go below this number today if you want and go above it tomorrow. As long as you are averaging the daily number the calculator gives you for the week, then you will be optimizing your fat loss without losing lean body mass.

For example: If the calculator gives you a suggestion of 1500 calories per day for this week, then you can view this as the average of 1500 calories x 7 days for the week or 10,500 for the week. Some days you may eat only 1200 calories, and other days you may eat 1800 calories. As long as you hit approximately 1500 calories per day on average for the week you will be moving towards your goal.

Maximum Possible Weekly Fat Loss:

This is your projected maximum possible weekly FAT loss that you can achieve without losing lean body mass or affecting other body tissues. It's important to note the distinction between FAT loss and WEIGHT loss. You can easily lose more WEIGHT than FAT in a given week, and when you have a significant amount of fat to lose (in excess of 30 pounds) you can expect to lose significantly more WEIGHT per week than the projected amount of FAT this output suggests. This is because as we lose excess fat mass we'll also lose excess water. Once you start approaching your ideal weight you will have less excess water to lose and your total weekly WEIGHT loss will start coming close to and in some cases will match your suggested weekly FAT loss exactly.

For example, if you have 50 pounds of excess fat to lose, the calculator may say that you can lose up to 4-5 pounds of FAT per week, but you may find that you actually lose 7-8 pounds of total body WEIGHT in the first week that you start your diet. As long as you have followed the

calorie totals that the calculator has given you, the total weight loss you are experiencing will be a mix of body fat and excess water, but it will not be a loss of muscle mass.

As you get leaner and close in on your ideal numbers, the total amount of weight lost per week will approach the projected fat loss amount. It is also worth noting that this output is your suggested MAXIMUM POSSIBLE weekly fat loss. This does not mean you are guaranteed to hit this number every week. Rather it means that if you followed everything properly this is the maximum fat loss you should expect without affecting your lean body mass or your energy in the gym, and without having other adverse reactions that come with crash dieting.

Always remember that the purpose of this calculator is to do either of the following two things:

1. Optimize the process of fat loss without losing muscle mass
2. Optimize muscle gaining without gaining fat mass

Possible Daily Water Weight Fluctuations:

This output will change based on how much body fat you are carrying. The simplest way to think about this is the more fat you have the more water you have, and thus the greater your daily water fluctuations will be. If you are already lean then you're water fluctuation will be as low as it can possibly be. If on the other hand you have some body fat to get rid of you will notice that as you get leaner your water fluctuations will be less. This is all part of what to expect as you tighten up and lean down your body.

[CLICK HERE TO ACCESS THE](#)
[ADONIS GOLDEN RATIO NUTRITION](#)
[CALCULATOR](#)