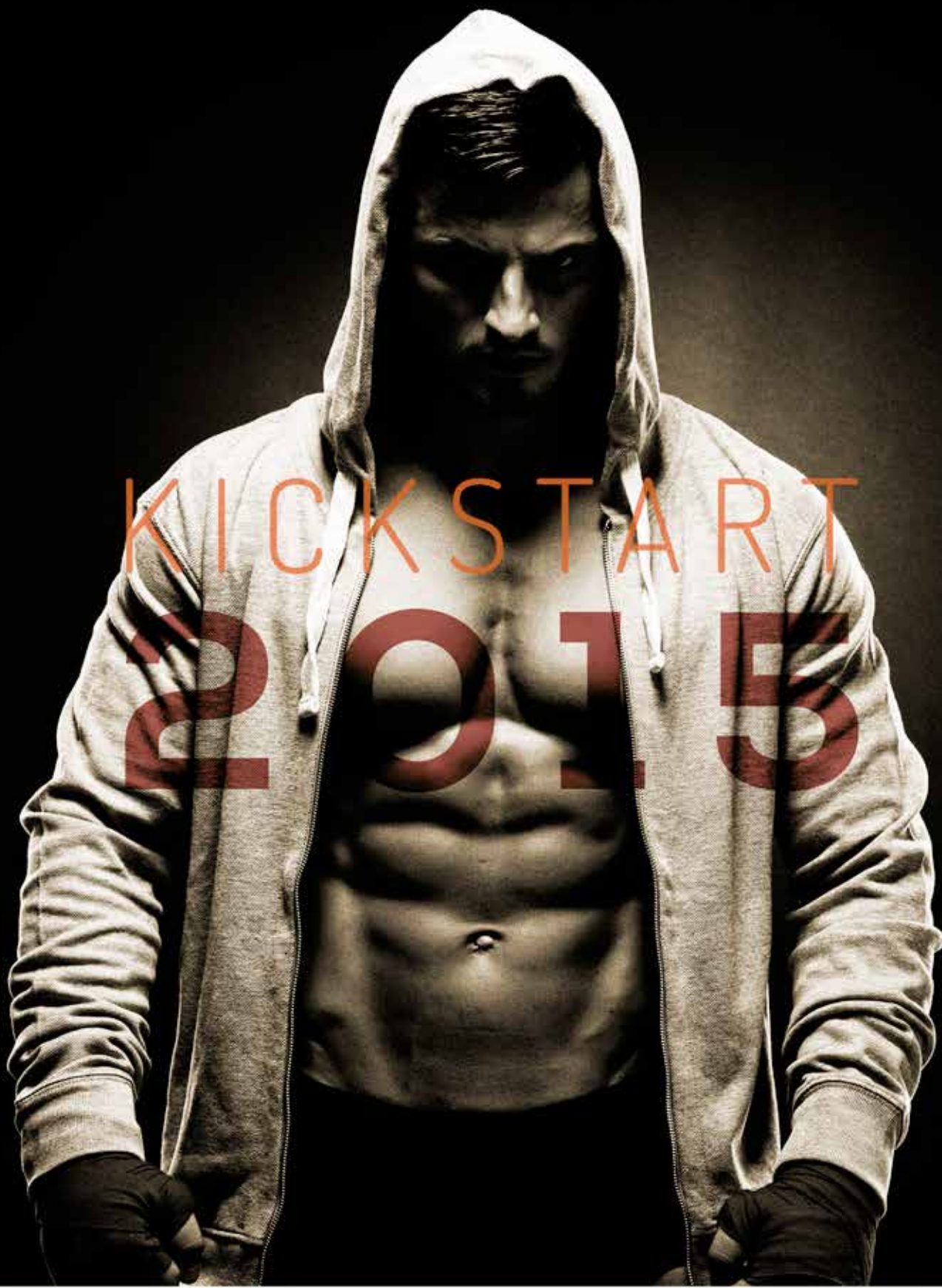


**MONSTERSUPPLEMENTS.COM**



KICKSTART  
2015

TAKE **FULL CONTROL** OF YOUR NEW YEAR

# CONTENTS

Page 1 – Cover

Page 2 – Contents

Page 3 – Introduction

Page 4 – Goals

Page 5 – Cardio V Weights

Page 6 – Introduction to Supplements

Page 7 – Healthy Christmas Eating by Menno Henselmans

Page 10 – FAQ

Page 12 – Fitness Tips

Page 13 – Exercises to Avoid

Page 12 – Exercise Techniques

Page 17 – 7 Day Kick Start

Page 18 – Diet Plan and Training Programme

Page 26 – Recipes

Page 35 – Case Study

Page 40 – Bios

# MONSTER KICKSTART 2015



It has become somewhat of a cliché, but January is without doubt the best time to start a new fitness regime, with “starting back at the gym” among the most common New Year’s resolutions. Packed full of motivational tips, fitness advice and delicious healthy recipes, we hope that this book will help you to commit to a fitness regime by providing you with a clear plan of action.

When trying to get fit and achieve an athletic physique, it’s easy to find yourself feeling confused by all the different fitness programmes, DVDs, diets and theories out there. While there are many different ways to get into shape and build muscle size and tone, we have simplified and nullified the ‘paradox of choice’ by outlining 1 resistance training programme and 1 home-based training programme. We have also included case studies to give real-life examples of how people have transformed their physiques.

The training and diet templates that are provided in our 7 day Monster Kickstart are free for you to tweak and change as you see fit. The programme can be followed for up to 6 consecutive weeks, after which some changes should be made to avoid plateauing.

We hope you have a fantastic festive period – but don’t wait around to smash the gym in the New Year.

Remember the hardest part is getting started. Once your endorphins are flowing and your muscles are pumping, we’re sure you will be hooked.

This book has been written by top fitness, nutrition and personal training experts from around the UK. We would like to thank them for their contributions, and for taking the time to make the completion of this book possible. Please see the author section at the end of the book for more details.

# FITNESS GOALS 2015

This is your chance to commit yourself to a fitness regime. Print this page off and attach it to your fridge to serve as a reminder and motivator.

## Why do you want to get fit?

*e.g. "To feel healthy & have more energy"*

1.
2.
3.

## Specific goals – what exactly do you hope to achieve?

*e.g. "A 34 inch waist by Feb 15th" "Bench press 80kg by March 1st"*

1.
2.
3.

## Process goals – how are you going to achieve this?

*e.g. "By committing to working out 3 times a week" or "Cut out sugar completely (except for 1 cheat day a week!)"*

1.
2.
3.



“...the truth is: you really don't need motivation. You need to think about training like brushing your teeth: a task that gets done, because you know it will drastically improve your quality of life, now and in the future”

Joel Snape





## CARDIO v WEIGHTS



Traditionally, cardiovascular (CV) exercise has been associated with fat loss, while resistance training has been associated with building muscle mass. Despite the proven health benefits, many people have tended to shun weight training in favour of a CV-based exercise regime.

However, many studies have shown that resistance training is actually superior to CV exercise when it comes to reducing body fat. Resistance training also has numerous other health benefits, such as increasing insulin sensitivity and bone density.

That said, running, cycling, boxing and other CV-based exercises are still effective ways of getting into shape, and if your aim is to develop all aspects of fitness, or become 'functionally-fit' for a sport that involves a lot of endurance-work, then CV exercise should certainly form a big part of your training.

It is recommended that men and women who are aiming to build muscle tone and reduce body fat should focus on resistance training and high intensity exercise. High Intensity Intermittent Training (HIIT), such as doing 10 60 metre sprints at 100% intensity with 60 seconds rest between each sprint, is very effective at aiding both fat loss and muscle gain.

However, for the 7 day plan we have kept the sessions relatively simple and focused on compound weight-lifting exercises. To burn more calories, a very short amount of HIIT can be added to one or more of the workouts. Bear in mind it is important not to overtrain, and we recommend keeping any HIIT to less than 10 minutes if you are adding this to an existing workout plan/programme.

# INTRODUCTION TO SUPPLEMENTS

## PROTEIN POWDER



### Fat loss, muscle gain, health

Protein powder provides an extremely convenient source of protein and amino acids. Whey powder is easily digested in comparison with other sources of protein, and is lighter on the stomach. Because of its rapid digestion rate, whey is usually consumed first thing in the morning and immediately after a workout. Casein protein is considered superior at bedtime as it digests slowly, providing a constant supply of amino acids throughout the night.

## CREATINE



### Fat loss, muscle gain

There is a plethora of evidence to support the use of creatine when undertaking high intensity exercise. High intensity exercise uses a specific energy system, and creatine is the fuel for this. Creatine supplements enable an individual to workout at a higher intensity for longer periods and they accelerate recovery between workouts.

## CLA



### Fat loss

CLA stands for conjugated linoleic acid and it is found in dairy products and meat. Evidence suggests that CLA can help maintain lean muscle, while reducing body fat.

## PRE WORKOUT



### Fat loss, muscle gain

Scientific research shows that caffeine, green tea and other ingredients, such as taurine, can enhance strength and endurance significantly. Training longer and harder will lead to greater gains in muscle mass, and more impressive results in terms of fat loss.

## INTRA WORKOUT



### Muscle gain, health

Scientific research shows that if you are training for longer than an hour, your immune system function becomes depressed. Sipping on a carbohydrate drink that contains electrolytes and/or branched-chain amino acid (BCAA) has been proven to enhance endurance performance and prevent a drop in immune function.

## POST WORKOUT



### Muscle gain, fat loss

For optimal recovery and muscle gains, drink a post-workout shake containing carbohydrate, whey protein and creatine. You can either make this drink yourself using individual ingredients or buy an all-in-one product.

## 6 Tips on how to enjoy a healthy Christmas

Fitness expert, Menno Henselmans, tells us how to enjoy the festive season without gaining weight.

by **Menno Henselmans**  
<http://bayesianbodybuilding.com>

# HOW TO ENJOY A MORE HEALTHY CHRISTMAS

**The average person gains a pound of fat over Christmas. If you want to enjoy the festive period but don't want to spend a week or longer dieting afterwards, read on.**

## 1. It starts with your mindset

"The meal isn't over when I'm full, the meal is over when I hate myself."

Those are the words of famous comedian Louis C. K. to exemplify the effect of your mindset on how much you eat. Many people either eat super 'clean' and restrained or they completely let go of the brakes and try to stuff as much food into themselves as they can.

I'm not saying you shouldn't have an occasional cheat meal, just think about what the goal of your cheat meal is. Assuming it's to enjoy food, it's important to realise there's a difference between being satiated and "I'm so stuffed I can't walk anymore without stomach pain". Is force feeding yourself that last plate of dessert really going to make you happier?

## 2. Protein and fiber first, treats second

Protein and fibre are highly thermogenic. This means your body expends a lot of energy during their digestion. You can make your body burn up to 20% more calories by eating a meal that is high in fibre and protein.

Protein is also anabolic. If you don't consume enough protein with a highly caloric meal, you can be assured that most of the energy will be stored as fat. With protein in the meal, you will stimulate muscle growth.

Moreover, protein and fibre are very satiating and extremely important for your health. Fibre will also help aid with the digestion of the large amount of food you're likely to consume over Christmas.

With this in mind, eat whole-food animal products, vegetables and fruits first. Then enjoy your cheat foods.

## 3. Focus on your food

The difference between pigging out and enjoying a cheat meal is mindfulness. During social occasions, people can eat over 75% more than when alone. A primary reason for this is that they're distracted. They don't even enjoy their food. They're barely aware they're eating. What's the point of a cheat meal if you're not enjoying the food?

So if you find yourself eating and talking at the same time, you're doing it wrong. You should enjoy the company and the food, just not at the same time.



## HOW TO ENJOY A MORE HEALTHY CHRISTMAS

### 4. Eat only your favorite foods

Your brain regulates your appetite by estimating food availability. Your brain also has a sensory-specific appetite suppression after food intake. This means that if you introduce a new taste during a meal, this 'resets' the appetite suppression and thus effectively increases your appetite. Even the illusion of a high variety of food can make you eat 43% more than normal. These evolutionary survival mechanisms are to ensure that you eat a high variety of food when food is scarce. During Christmas dinner, however, it makes it easy to overeat.

So, if you determine beforehand which foods you really like and want to eat, you won't overeat as much as when you simply eat everything you can get your hands on.

This improved nutrient partitioning can have a major effect if you're going to overeat a lot. If you're going to gain fat, you may as well gain some muscle too.

Consider doing some exercise beforehand if you're going to set an all-you-can-eat record. Lack of equipment is a lame excuse. You can always do push-ups, pull-ups, sprints, one-legged squats, hip thrusts, calf raises, planks, straight-legged bridges, handstand push-ups, and more.

### 5. Save up calories

Energy balance determines whether you gain or lose weight. So if you keep most of your meals low in calories – again, think lean protein, vegetables and fruit – you can save up a lot of calories to eat during Christmas dinner.

### 6. Eat small portion sizes

Food availability is not the only cue your brain uses to regulate your appetite. It also estimates how much you've eaten based on contextual cues. These include the size of your plate and cutlery and the amount of food per serving. By eating with smaller cutlery and eating reduced servings on small plates, people subconsciously eat less, but they feel just as satiated and satisfied. Research shows that more food does not necessarily result in greater satisfaction.

Eating smaller portions also prevents you from having to finish a large plate when you're already full.

**Be mindful of how and what you eat, follow the tips from this article and employ subtle self-trickery to enjoy Christmas without getting fat. 0% guilt, 100% satisfaction. Happy holidays!**

## FAQ

### What are micronutrients?

Micronutrients are vitamins and minerals that are required in smaller (micro) amounts for optimal health.

### What are macronutrients?

Macronutrients are proteins, fats and carbohydrates. These are the basic food groups and are required in larger quantities. Proteins are needed for increasing muscle size and tone. Fats are essential for a variety of functions, including metabolism and hormone production. Carbohydrates are important for energy production and recovery from exercise.

### How much protein should I eat?

If you are focusing on weight training and building muscle, 1g of protein per lb of bodyweight per day is optimal.

### How do I calculate calories?

Calculating calories can be tricky. A good place to start is by paying attention to food labels. Remember that protein and carbohydrates are 4 calories per gram, fat is 9 calories per gram and alcohol is 7 calories per ml or gram. Sugary foods are usually very calorie dense. To help you estimate calories, there are several online resources you can use.

### Which diet plan is best?

In short, the answer is the one you will stick to! There is no 'best' diet other than one aimed at general health rather than short-term weight loss. Eating fresh and wholesome foods and cutting out sugary and deep fried foods is a good base for any diet.

### Should I do full-body training?

Research suggests that for beginners, full-body workouts are best. This includes routines that work the whole of the upper and lower body. After about 2 or 3 routines, if muscle gain is your goal, look to train different body parts on different days. However, it is also recommended that training programmes are periodised and, that every 3 months, a bodybuilder should switch back to a full-body workout routine for several weeks.

### Should I do cardio and weights?

For optimal health and all-round fitness, it is recommended that you do cardiovascular exercise as well as resistance training. However, there is much debate over whether lots of long-distance cardio training reduces muscle mass and hinders recovery. When starting training, it is recommended that cardio is either very low intensity, such as walking, or very high intensity, such as hill sprints. Exercise periods should also be less than forty minutes.

Bursts of high intensity training, such as sprint or interval training, for 5-10 minutes could also be added at the end of each workouts in the 7 day plan.

### What type of cardio is best?

High intensity intermittent training (HIIT) is regarded as the best form of cardio for losing fat while maintaining muscle mass. This includes sprint training and tabata interval training. This is not included in the 7 day plan workouts, but could be done on a rest day or added to the workouts outlined for a short duration.

## FAQ

### What weights should I use to get toned?

The same weights you would use if you want to look 'bulky'. Diet, exercise and testosterone levels are what make the body become muscular. Toning is really a misconception. You either increase muscle size or you don't. If you are worried about building too much muscle, keep repetitions above 12 in each set. This incorporates slow-twitch muscle fibres, which have a limited ability to increase in size.

### How long should I rest between sets?

It depends on your goals. If you are training for muscle size (hypertrophy), then it is usually recommended that you rest for around 45 to 90 seconds between sets. For strength training, rest for around 2 to 5 minutes between sets. In a periodised programme that has been set for a 12 month period, try to vary rest periods, regardless of your goal.

### Machines vs free weights?

Machines are attractive to beginners because they are easier to use, and progression in terms of weights lifted can be experienced sooner. Machines can be useful for bodybuilding, but less effective for acquiring sport-specific strength. It is therefore usually recommended to use both, or just free weights.

### Will sit-ups give me a toned stomach?

No, reducing total body fat levels will. Doing squats is generally considered more effective than sit-ups. Sit-ups can also place a lot of pressure on the lower back.

### How do I stay motivated?

Training with friends is one of the best ways to stay motivated while training. These can be people that you already know or online friends that you make on exercise-related interactive forums. Joining a class is also a great way to meet people who have similar interests and fitness goals.

Setting goals is also crucial. Ignore the scales whenever possible and focus more on measurements of your waist, thighs and arms.

## FITNESS TIPS

### Top 5 diet tips for weight loss

1. Cut out sugar and reduce your intake of 'white' refined carbs.
2. Eat several high protein meals per day.
3. Be mindful – appreciate and savour food.
4. Write out your goals and stick them on the fridge.
5. Eat food that helps to fight off hunger, such as protein and healthy fats, such as nut oil, fish oil and plant extracts.

### Top 5 diet tips for muscle building

1. Eat at least 30g of protein every 3 hours.
2. Eat at least 35g of protein immediately after a workout.
3. Supplement your diet with creatine and whey protein.
4. Eat adequate calories; this should be based off your recommended calorie consumption.
5. Have a casein-based meal or drink before bed.

### Top 5 diet tips for health

1. Cook with fresh ingredients.
2. Fry with fats that are solid at room temperature.
3. Reduce sugar intake.
4. Avoid e-numbers, sugars and additives.
5. Try to eat organic and grass-fed meat.

### Top 5 training tips for weight loss

1. Focus on full-body training routines.
2. Avoid isolation exercises, such as thigh adductor and abductor machines.
3. Lift weights and train with high intensity for an increased metabolism.
4. Forget the 'fat burning zone'. You burn more calories and experience a much greater increase in metabolism with high intensity exercise.
5. To increase your metabolism and achieve a favourable hormonal response, train your legs with weights, or with high intensity intervals.

### Top 5 training tips for muscle building

1. Focus on compound movements – squats, deadlifts, bench presses, shoulder presses, barbell rows and chin-ups.
2. Keep rest periods short. Rest periods should be 45 to 90 seconds.
3. Don't skip leg training. For increases in growth hormones and testosterone, be sure to train your legs at least once a week.
4. Periodise your routine. Switch the exercises, the number of sets and the rest periods at least every 6 weeks. If you are looking to build muscle mass, you can include HIIT into any one of your training routines.
5. Don't overtrain. Keep workouts short but intense and rest at least 3 days per week.



## EXERCISES TO AVOID

Contributed by **Roy Summers**

### SIT-UPS



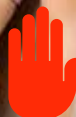
Sit-ups will not give you a flat stomach, and it is not possible to 'spot reduce' body fat. Doing lots of sit-ups will not reduce the fat on your stomach. A healthy diet is more effective at combating fat around the stomach, and pilates and exercises such as front squats or goblet squats are better for building a strong core. Sit-ups should almost always be avoided due to the undue stress they place on the lower back.

### BEHIND THE NECK PRESSES



This exercise places a large amount of strain on the 'rotator cuff' muscle in the shoulders and is likely to result in injury. Instead, consider doing military presses and/or dumbbell shoulder presses. Doing lat pulldowns behind the neck is also problematic and should always be pulled down to the top of the chest.

### SEATED INNER/OUTER THIGH MACHINES



Because this exercise only incorporates a very small muscle group, and a very small overall volume of muscle mass, it is highly ineffective at 'toning' the thighs. For leg exercises, it is generally better to stick to the 'compound movements', such as squats, lunges and deadlifts.

### SMITH MACHINE



The Smith machine has its place in some training programmes, but it has many drawbacks when compared with free weights. The machine guides the weight through an 'unnatural' plane of movement and can place undue pressure on some joints due to the linear path it follows. It also switches off all involvement of the core and stabilising muscles, meaning it can't be transferred to any form of 'real-life' or sports-specific strength.

## EXERCISE TECHNIQUE TIPS

### Training guidance

Unless otherwise specified, take 3 seconds to lower a weight and 2/3 seconds to push/pull a weight.

For example, when doing a bench press, take 3 seconds to lower the weight to your chest, and 2/3 seconds to press the weight and extend your arms. Move only your arms, keep the rest of your body still.

Do not explosively lock out your elbow or knee joints.

**Remember to breathe!**



Contributed by  
the team at [Lomax PT](#)

### SQUATS

- To achieve a deeper squat, initiate the movement by pushing your hips back over your heels.
- Keep your line of sight straight ahead.
- Keep your chest up and torso upright.
- Do **NOT** round your back, as this could result in serious injury.
- Beginners should consider using a higher rep range while mastering the technique.
- If you struggle with barbell squats, consider starting with dumbbell squats. If you are still struggling with technique, try free-standing squats for higher repetitions.



### DEADLIFTS

- Deadlifts are arguably the best exercise for quads, glutes, lower back and shoulders.
- Keep your line of sight straight.
- Keep your chest up and torso upright.
- Avoid rounding your back to prevent serious injury.
- Start off with a light weight and higher repetitions until your technique is perfect.
- Ask someone to supervise your technique and/or film yourself.
- Consider wearing tracksuit bottoms and/or long socks, as the bar can scrape your shins.
- If you struggle with this exercise, consider using a squat rack and completing partial deadlifts from just below the knee.



## EXERCISE TECHNIQUE TIPS

### BENCH PRESS

- Do not round or arch your back, unless competing in powerlifting contests.
- Be cautious if you have any shoulder injuries.
- To create more tension, imagine trying to pull the bar apart with your hands.
- Focus on a spot on the roof and imagine pushing the bar upwards and your body down through the bench.



### MILITARY PRESS

- Do not attempt any 'over head' pressing or pulling movements if you suffer from high blood pressure.
- Activate your core by drawing your stomach inwards.
- Ideally, this exercise is done with a barbell and you should start with a light weight.
- Lean your head back slightly and bring the bar down to the top of your chest.
- Stand with one foot behind the other with your heel raised. This helps to protect your lower back.
- Focus on pulling your rib cage down towards your hips to prevent excessive arching.



### CHIN UPS

- Squeeze your shoulders together when performing a pull/chin-up or lat pull down to prevent rotator cuff injury.
- Activate your core to help with balance.
- Squeeze for 1 second at the top of the movement.
- Do NOT drop down from the top of the movement. Take 3 seconds to lower yourself back down.



### BICEP CURLS

- Be careful not to arch your back when performing any curls.
- Activate your core and focus on pulling your rib cage down towards your hips.
- Keep your elbows tight into your sides and pointed downwards.
- Move only your arms - do not sway with your body or head.





## EXERCISE TECHNIQUE TIPS

### LUNGES

- When you are in the lunge position, make sure that your front knee does not go beyond your toes.
- Keep your back leg as straight as possible.
- Your back knee should be well behind your hips.



ALL IN A DAY'S  
WORKOUT



## 7 DAY KICK START

This diet and exercise programme has been designed with the first week of January in mind, although it can be undertaken at any time of the year. If you can't get to the gym, we have also included an alternative home workout routine.

For the home workout you will need a few pieces of equipment:

### KETTLEBELL



This can be used to perform dozens of exercises at home. For squats, we recommend up to 10kg for beginners, up to 20kg for intermediates and up to 30kg for experienced kettlebell users.

### STRENGTH BANDS OR DUMBBELLS



If you want to increase their resistance, widen the stance of your feet over them as you perform an exercise. You can also buy strength bands that provide less resistance, if required.

### DOOR FRAME CHIN-UP BAR



If you don't want to screw these items into your door frames, you can opt for 'hook-on' versions with rubber ends that will grip to frames without special mounts and without causing damage.

Supplements included in the diet plan include:

### Whey protein powder



### Carbohydrate, creatine and protein powder



### Casein protein



### Carbohydrate drink



If required, pre-workout supplements can be consumed 30 minutes before each workout.

Always warm up thoroughly with 5 to 10 minutes of steady-state cardio. Your muscles are stronger and more powerful when warmed up, and you are a lot less likely to incur an injury.

The programme can be repeated for up to 6 weeks. After 6 weeks, it should be altered slightly to simulate further muscle growth and strength. Those who are at a more advanced level may wish to add an extra set to each exercise outlined in the programme.

As with any new exercise and diet regime, you should consult your GP before undertaking this programme.



KICKSTART  
**2015**

DIET  
&  
TRAINING  
PROGRAMME

The following diet and workout plan is a great way for anyone, from a beginner to an advanced athlete, male or female, to get back into training after Christmas. The programme can be followed exactly, or modified to suit individual needs. Remember that before starting a new diet and training programme, you should always consult your doctor.

Drink 2 litres of water on rest days and 2 to 3 litres on training days. This guideline diet contains approximately 2,000 calories per day.

## Diet Modifications

### For weight loss -

If greater weight loss is required, try removing the toast and the handful of almonds. You may also want to consider drinking green tea to increase your metabolism.

### For muscle gain -

For extra calories, consider replacing protein shakes with a mass building shake. For extra calories and creatine, consume a mass building shake on the rest day in addition to the meals in the diet plan. You can also snack on peanut or almond butter and rice cakes, or eat the coconut truffles described in the recipes section.

## TRAINING DAY - MONDAY

|        |  |
|--------|--|
| 7am    | 30g whey protein with 300ml water  |
| 7.30am | <b>Scrambled eggs on toast</b><br>2 scrambled eggs<br>2 pieces of wheat-free toast<br>Handful of spinach   |
| 9am    | <b>High protein porridge</b><br>1 cup of oats<br>20g ground almonds<br>200ml coconut milk<br>20g whey protein  |
| 12pm   | <b>Chicken and vegetables</b><br>8oz chicken breast<br>3 sweet potatoes or 80g whole grain rice<br>Handful of asparagus                              |
| 3pm    | <b>Handful of almonds</b><br>40g whey protein  |
| 5.30pm | During your workout, consume a carbohydrate and branched-chain amino acid (BCAA) drink. Immediately after the workout, consume a post workout shake. |
| 7pm    | <b>Sweet potato chips, white fish and asparagus</b>  |
| 9.30pm | 50g cottage cheese<br>30g casein protein   |

## WEIGHT TRAINING WORKOUT



- Complete a 5-10 min steady-state cardio warm up.
- Engage in dynamic stretching – shoulder rolls, leg and arm swings, sumo squats.
- Include at least 1 warm-up set with a low weight before each exercise.
- Rest approximately 1 minute between sets.

### Modifications

More advanced bodybuilders may wish to reduce the rep-range.

| EXERCISE                    | SETS | REPS          |  |
|-----------------------------|------|---------------|--|
| Barbell bench press         | 3    | 10 to 15      |  |
| Chin-ups or lat pull down   | 3    | 8 to 12       |  |
| Front squats                | 3    | 12 to 15      |  |
| Alternating dumbbell lunges | 3    | 8 on each leg |  |
| Crunches                    | 2    | 20 to 30      |  |
| Dorsal raises               | 2    | 10 to 15      |  |
| Plank                       | 2    | 1 minute hold |  |
| Stretching                  |      |               |  |

## HOME WORKOUT



**Equipment** – press-up bars, chin-up bar, kettlebell, strength bands

### Modifications

- Press-ups can be done on knees if 10 reps can't be completed.
- For extra difficulty, use press-up bars and/or do 'Spiderman press-ups'.
- Under supervision, it is possible to place your feet on a chair in front of you to make chin-ups easier.
- Beginners may wish to exclude lunges from the workout.

| EXERCISE                          | SETS | REPS          |  |
|-----------------------------------|------|---------------|--|
| Press-ups or spider-man press-ups | 3    | 10 to 15      |  |
| Chin-ups                          | 3    | 8 to 12       |  |
| Kettlebell/ goblet squats         | 3    | 12 to 15      |  |
| Alternating lunges                | 3    | 8 on each leg |  |
| Strength band bicep curl          | 2    | 20 to 30      |  |
| Dorsal raises                     | 2    | 10 to 15      |  |
| Plank                             | 2    | 1 minute hold |  |
| Stretching                        |      |               |  |



GET  
SOME  
YOU  
TIME

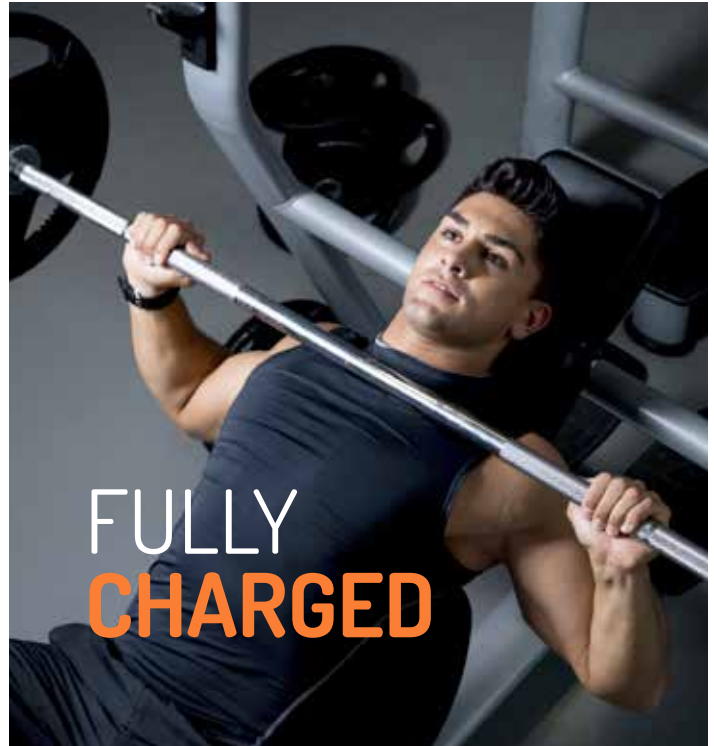
REST DAY - TUESDAY

|        |   |
|--------|---|
| 7am    | 30g whey protein with 300ml water   |
| 7.30am | <b>Eggy mess</b><br>2 scrambled eggs<br>Red onions<br>Tomatoes and green beans  |
| 9am    | <b>Super shake</b><br>Vanilla protein powder<br>1 tbsp flaxseed oil<br>1 tbsp cashew or almond butter<br>250ml water                                  |
| 12pm   | <b>12pm</b><br><b>Homemade burgers</b><br>2 burgers (using lean meats, such as chicken, turkey or a mixture with beef)<br>Broccoli, avocado, tomatoes |
| 3pm    | <b>Bilitong</b><br>Handful of biltong<br>Handful of blueberries   |
| 5.30pm | <b>Steamed salmon</b><br>Ginger<br>Stir-fried vegetables  |
| 7pm    | 30g whey protein  |
| 9.30pm | 40g casein protein  |



## TRAINING DAY - WEDNESDAY

|        |  |
|--------|--|
| 7am    | 30g whey protein with 300ml water  |
| 7.30am | <b>High protein porridge</b><br>25g ground almonds<br>Half a cup of oats<br>200ml coconut milk                           |
| 9am    | <b>4 pieces of dark chocolate or cacao</b><br><br>Handful of nuts  |
| 12pm   | <b>Chunky chicken soup</b>   |
| 3pm    | <b>Handful of nuts or biltong</b><br>40g whey protein shake  |
| 5.30pm | During your workout, consume a carbohydrate and BCAA drink. After the workout, have a <a href="#">Post Workout Shake</a> |
| 7pm    | <b>Hungarian cabbage rolls</b> *see recipes  |
| 9.30pm | 50g cottage cheese<br>30g casein protein   |



## WEIGHT TRAINING WORKOUT



- Complete a 5-10 min steady-state cardio warm up.
- Perform some dynamic stretches – shoulder rolls, leg and arm swings, sumo squats.
- Include at least 1 warm-up set with a low weight before each exercise.
- Rest for approximately 1 minute between sets.

### Modifications

- More advanced bodybuilders may wish to reduce the rep-range and replace lying leg raises with hanging leg raises.
- For extra fat-burning, add 5 15-second treadmill sprints at the end of the workout.

| EXERCISE         | SETS | REPS          |  |
|------------------|------|---------------|--|
| Deadlifts        | 3    | 5             |  |
| Barbell row      | 3    | 8 to 12       |  |
| Leg press        | 3    | 12 to 15      |  |
| Reverse fly      | 3    | 12 to 15      |  |
| Lying leg raises | 2    | 20 to 30      |  |
| Plank            | 2    | 1 minute hold |  |
| Stretching       |      |               |  |

## HOME WORKOUT



**Equipment** – press-up bars, chin-up bar, strength bands

### Modifications

- Advanced bodybuilders can replace strength band shoulder presses with handstand presses and replace lying leg raises with hanging leg raises.
- Jumping squats should be done explosively. However, if you have any joint problems or you are overweight, these should be left out of the workout.
- To make chin-ups easier, try placing your feet on a chair in front of you.

**Chin-ups** - Under supervision, it is possible to place your feet on a chair in front of you, to make them easier workout

| EXERCISE                     | SETS | REPS          |  |
|------------------------------|------|---------------|--|
| Strength band shoulder press | 3    | 8 to 12       |  |
| Strength band lateral raise  | 3    | 8 to 12       |  |
| Lying leg raises             | 3    | 12 to 15      |  |
| Chin ups                     | 3    | 12 to 15      |  |
| Free standing squats         | 2    | 20 to 30      |  |
| Jumping squats               | 2    | 10            |  |
| Plank                        |      | 1 minute hold |  |
| Stretching                   |      |               |  |

# NEED A RE- CHARGE

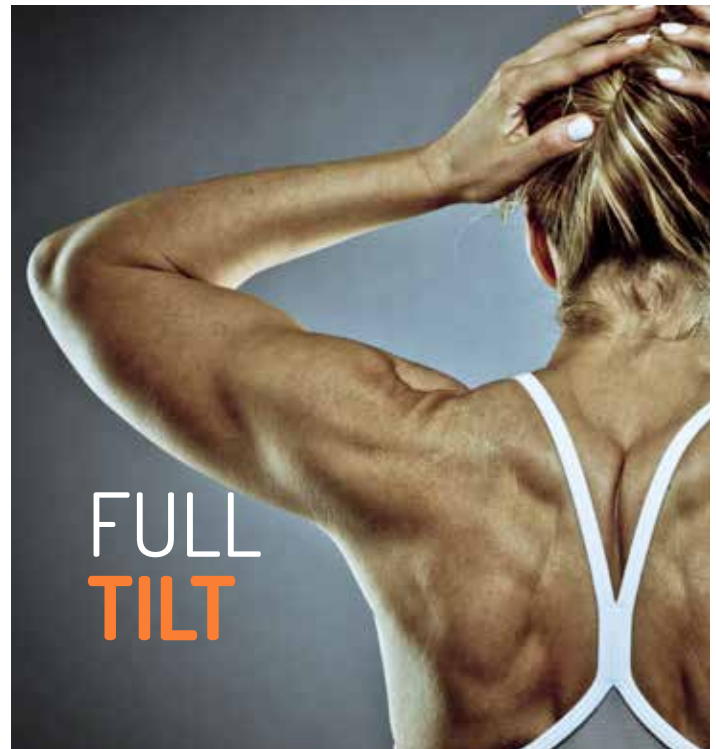


## REST DAY - THURSDAY

|        |   |
|--------|---|
| 7am    | 30g whey protein with 300ml water   |
| 7.30am | <b>Smoothie</b><br>30g whey protein<br>150ml almond milk<br>1 tbsp flax seed powder<br>1 tbsp almond butter |
| 9am    | <b>1 Protein pancake</b> *see recipes<br>Handful of nuts  |
| 12pm   | <b>Chicken salad</b>  |
| 3pm    | <b>Biltong</b><br>Handful of blueberries  |
| 5.30pm | <b>Christmas couscous</b> *see recipes  |
| 7pm    | 30g whey protein  |
| 9.30pm | 40g casein protein  |

## TRAINING DAY - FRIDAY

|        |   |
|--------|---|
| 7am    | 30g whey protein with 300ml water   |
| 7.30am | Cocunut oil omelette *see recipes   |
| 9am    | <b>Smoothie</b><br>10g chia seeds<br>30g whey protein<br>1 tbsp flax seed   |
| 12pm   | <b>Chicken or prawn salad</b>   |
| 3pm    | <b>Handful of nuts and 3 pieces of dark chocolate or cocoa</b><br><br>40g whey protein shake                                  |
| 5.30pm | During your workout, consume a carbohydrate and BCAA drink.<br>After the workout, have a <a href="#">Post Workout Shake</a> . |
| 7pm    | <b>Wholegrain rice chicken curry</b>  |
| 9.30pm | 50g cottage cheese<br>30g casein protein  |



## WEIGHT TRAINING WORKOUT



- Complete a 5-10 min steady-state cardio warm up.
- Carry out some dynamic stretches – shoulder rolls, leg and arm swings, sumo squats.
- Include at least 1 warm-up set with a low weight before each exercise.
- Rest for approximately 1 minute between sets.

### Modifications

- More advanced bodybuilders may wish to reduce the rep-range.
- To burn more fat, add 5 25-second treadmill sprints at the end of the workout.

| EXERCISE                        | SETS | REPS           |  |
|---------------------------------|------|----------------|--|
| Barbell military press          | 2    | 8 to 12        |  |
| Seated dumbbell shoulder press  | 3    | 10 to 15       |  |
| Bulgarian split squat or lunges | 3    | 12 on each leg |  |
| One arm row                     | 3    | 12 on each arm |  |
| Ez bar bicep curl               | 2    | 8 to 12        |  |
| Close grip ez bar bench press   | 2    | 8 to 12        |  |
| Plank                           | 2    | 1 minute hold  |  |
| Stretching                      |      |                |  |

## HOME WORKOUT



**Equipment** – press-up bars, chin-up bar, strength bands

### Modifications

- Advanced bodybuilders can replace kettlebell squat and presses with clean and press. Press-ups can also be replaced with plyometric 'clap' press-ups.
- If you have any joint problems or you are overweight, lunges should be left out of the workout.
- To make chin-ups easier, place your feet on a chair in front of you.

| EXERCISE                       | SETS | REPS          |  |
|--------------------------------|------|---------------|--|
| Chin-ups                       | 3    | 6 to 12       |  |
| Strength band lateral raises   | 3    | 10 to 15      |  |
| Kettlebell squat & press       | 3    | 15 to 20      |  |
| Press ups – slow down, fast up | 3    | 8             |  |
| Free standing squats           | 2    | 20 to 30      |  |
| Lunges                         | 2    | 5 on each leg |  |
| Plank                          |      | 1 minute hold |  |
| Stretching                     |      |               |  |



# TIME TO CHILL OUT

## REST DAY - SATURDAY

|        |  |
|--------|--|
| 7am    | 30g whey protein with 300ml water  |
| 7.30am | <b>Smoothie</b><br>30g whey protein<br>150ml coconut milk<br>1 tbsp chia seeds<br>1 tbsp almond butter           |
| 9am    | <b>3 pieces of dark chocolate or cacao</b><br>Handful of nuts<br>Banana  |
| 12pm   | <b>Chicken wraps</b><br>1 chicken breast<br>2 wheat-free wraps<br>Olive oil<br>Black pepper<br>1 clove of garlic |
| 3pm    | <b>Biltong</b><br>Handful of nuts  |
| 5.30pm | <b>Hungarian cabbage rolls</b> *see recipes  |
| 7pm    | 30g whey protein   |
| 9.30pm | 40g casein protein   |



# YOU TIME

Start again tomorrow

## REST DAY - SUNDAY

|        |  |
|--------|--|
| 7am    | 30g whey protein with 300ml water  |
| 7.30am | <b>High protein porridge</b><br>1 cup of oats<br>20g ground almonds<br>Coconut milk<br>20g whey protein powder |
| 9am    | <b>2 high protein pancakes</b><br>Handful of nuts<br>Banana  |
| 12pm   | <b>Chunky bean or chicken soup</b>   |
| 3pm    | <b>Protein bar</b><br>Handful of nuts  |
| 5pm    | <b>Sunday dinner</b><br>Desserts <i>*see recipes</i>   |
| 7pm    | 30g whey protein   |
| 9.30pm | 40g casein protein   |



A photograph of fresh ingredients including salmon, lemons, asparagus, and basil on a dark surface. The salmon is the central focus, with one piece showing a pattern of black peppercorns and another showing red peppercorns. A lemon wedge is at the top, and asparagus spears are in the middle. A single basil leaf is at the bottom right. The background is a dark, textured surface with scattered salt and pepper.

KICKSTART  
**2015**

TRAINING  
**&**  
RECIPES



# MONSTER RECIPES 2015

## Oriental Truffles Healthy Christmas Treat



By Sanne Leenman  
[managemymealplan.com](http://managemymealplan.com)

### INGREDIENTS

**60g coconut, dried and shredded**  
**90g dates, pitted**  
**3 tbsp raw honey**  
**60g cashew nuts**

*Preparation time – 25 minutes*  
*Makes 6 truffles*

### DIRECTIONS

- Place the dates, cashew nuts, honey and 45g of the coconut in a food processor.
- Blend the mixture into small pieces.
- Put 3 tbsp of shredded coconut onto a plate.
- To prevent sticking, make your hands a little wet and shape the original mixture into small, even balls (roughly 2.5cm in diameter).
- Next, roll the balls into the coconut on the plate until coated.
- Place them in the freezer for exactly 20 minutes. This allows the honey to create a soft-crunchy texture.

*You can eat the truffles straight away or keep them in the fridge for up to a week.*

# MONSTER RECIPES 2015

## Cherry Bakewell Protein Smoothie

Quick protein hit



By Nikki Mitchell  
[www.theroadtolesscake.com](http://www.theroadtolesscake.com)

### INGREDIENTS

- 200g frozen cherries**
- 1 banana**
- 1 tbsp almond butter**
- 200-250ml almond or coconut milk**
- 1 tbsp chia seeds**
- 1 tbsp flaxseed powder**
- 10g strawberry whey protein powder**

*Preparation time - 2 minutes*  
*Serves 1*

### DIRECTIONS

In any order, add all the ingredients listed to a blender and mix until smooth.



# MONSTER RECIPES 2015

## Plum and Apple Eggy Oats

Easy high protein meal



By Nikki Mitchell  
[www.theroadtolesscake.com](http://www.theroadtolesscake.com)

### INGREDIENTS

- 15g vanilla whey protein powder**
- 40g rolled oats**
- 1 egg**
- 2 ripe plums**
- 175-200ml unsweetened almond milk**
- 80g unsweetened apple sauce (optional)**

*Preparation time – 2 minutes*  
*Cooking time -15 minutes*  
*Serves 1*

### DIRECTIONS

- Put the grill and hob on a medium heat.
- Take out the plums' stones and cut them in half.
- Put the plums under the grill for 7 to 8 minutes.
- During this time, pour the almond milk into a pan on the hob and stir in the oats.
- After 2 minutes, crack the egg and stir it into the milk and oats for 4 minutes.
- Stir in the protein powder and cook for another minute.
- At the same time as you add the protein powder, you can also add apple sauce if desired to give it some extra flavour.
- Pour the mixture into a bowl and, finally, add the grilled plums.

# MONSTER RECIPES 2015

## High Protein Cheese Cake Tasty Christmas dessert



By Sanne Leenman  
managemymealplan.com



### INGREDIENTS

- 4 Eggs
- 250g cranberries (frozen)
- 185g cream cheese
- 3 tbsp cinnamon
- 1 kg fat-free quark
- 112g whey protein powder – preferably vanilla
- 5 tbsp xanthan gum
- 5 tbsp liquid sweetener

Preparation time – 8 minutes

Cooking time – 45 Minutes

Ready in 3 hours

Serves 5-6

### DIRECTIONS

- Preheat the oven to a high temperature - around 220°C.
- Crack the eggs into a bowl.
- Add the cream cheese, quark, protein powder, 2 tbsp of cinnamon and 3 tbsp of sweetener to the bowl. Mix together thoroughly - use a blender if required.
- Line a baking dish with baking parchment paper.
- Pour the mixture into the baking dish and cover with tin foil.
- Bake the mixture in the oven for approximately 45 minutes.

*While the mixture is in the oven:*

- Add the cranberries, 1 tbsp of cinnamon, 200ml water and 2 tbsp of sweetener to a pan over the hob.
- Bring the mixture to the boil and allow it simmer for 60 seconds until fully thawed.
- A sprinkle at a time, add the xanthan gum evenly to the pan.
- Stir each time after a portion of gum is added.
- Stir the sauce until it thickens – this should take approximately 30 seconds.
- Take the pan off the heat.

*Go back to the cheesecake mixture in the oven.*

- After 30 minutes, keep a close eye on the mixture as cooking times will vary.
- When the cheesecake is ready, the middle will be solid and will not stick to a skewer or knife.
- Let it cool for approximately 15 minutes in the oven.
- Remove the tinfoil.
- Ideally, you should place the cheesecake in the fridge for around 2-3 hours, as this will allow the cake to swell.
- After 2-3 hours, add the cranberry topping to the cake.
- For optimal results, leave the cake overnight before eating it. This will allow it to thicken and give it an extra crunchy texture.

# MONSTER RECIPES 2015

## Healthy Omelette

High protein breakfast



By Drew Griffiths  
<http://blackbeltwhitehat.com>

### INGREDIENTS

- 3 eggs**
- 1 tbsp coconut oil**
- 10-20g chopped onion**
- 10-20g chopped ham**
- Handful of spinach leaves**

*Preparation Time – 5 minutes*

*Cooking Time – 10-15 mins*

*Serves 1*

### DIRECTIONS

- Chop the onion into small pieces.
- Crack the eggs into a bowl and whisk/beat them for 60 seconds.
- Add coconut oil to a pan and place on a low heat.
- Pour the egg mixture into the pan.
- Cook the eggs for 3 minutes.
- Once the eggs have started to solidify, carefully fold the corners and add the ham and onion.
- Gently fold in the mixture to encase the onions and ham in the centre.
- Move the mixture around the pan to prevent burning.
- Cook for a further 5-10 minutes.
- Once the omelette is fully cooked, add spinach before serving.

# MONSTER RECIPES 2015

## Christmas Couscous Festive veggie meal



By Laura  
Wholeheartedlyhealthy.com

### INGREDIENTS

**100g green or brown lentils**  
**100g wholegrain couscous**  
**100g vegetable stock (in the example I used hot water with vegan vegetable bouillon)**  
**1 carrot, grated**  
**15g pistachio nuts (shelled)**  
**15g dried cranberries**  
**Juice from half an orange or 1 satsuma**  
**1 tbsp olive oil**  
**Spices – ginger, cinnamon, cumin, coriander to taste.**

*Preparation time – 10 mins*  
*Cooking time – 10-30 minutes*  
*Serves 2*

### DIRECTIONS

- \*Skip cooking lentils if you are using tinned ones.
- Turn the hob onto a medium heat.
- Add lentils to a pan with just enough water to cover them.
- Bring to a rapid simmer so that you only see a few bubbles.
- Add more water if needed and cook for 20 minutes.
- Drain lentils and put to one side.
- Take a bowl and mix together couscous, cranberries and spices.
- Pour over hot vegetable stock and leave for 5 minutes to allow the couscous to absorb it.
- Grate the carrot into a bowl.
- Juice the orange into a cup and chop the parsley.
- Fluff up the couscous with a fork and after the 5 minutes is up, add the juice, carrot, parsley and nuts.
- Serve on top of some green salad leaves, such as cavolo nero kale, and drizzle with lemon juice.



# MONSTER RECIPES 2015

## High Protein Pancakes

Sweet protein snack



By Keeley Watts  
[www.phatcupcake.com](http://www.phatcupcake.com)

### INGREDIENTS

- 1 large egg**
- 2 large egg whites**
- 30g whey protein powder**
- 1 banana – just ripened/turned yellow**
- 1 teaspoon of coconut or olive oil**

*Preparation time – 10 minutes*

*Cooking time - 1-2 minutes*

*Makes 8 small pancakes*

*Serves 2/3*

### DIRECTIONS

- Turn the hob to a medium heat.
- Add coconut or olive oil to a frying pan.
- Crack the eggs into a bowl or blender.
- Add the egg whites (you can use 2 to 3 whole eggs if preferred).
- Add all other ingredients into the bowl.
- Blend until the mixture is smooth.
- Add 2 spoonfuls of the mixture into the pan.
- Cook until small bubbles begin to form on the surface of the mixture.
- Using a spatula, turn the mixture over and cook on the opposite side until golden brown.

# MONSTER RECIPES 2015

## Töltött Káposzta

Stuffed Hungarian Cabbage Rolls



### INGREDIENTS

- 1 medium sized cabbage head
- 450g beef, minced
- 450g marinara sauce
- 150g cooked rice (60g uncooked rice)
- 6 garlic cloves
- 1 medium onion
- 2 carrots
- 1 egg
- 2 tbsp olive oil or butter
- Salt and pepper
- 50g grated cheese (optional)
- 2 tbsp sour cream (optional)

*Preparation time – 20 minutes*

*Cooking time – 30 mins*

*Serves 4*

By Sanne Leenman  
managemymealplan.com



### DIRECTIONS

- Preheat your oven to 200°C.
- Cook the rice according to the instructions on the packaging.
- Heat a skillet with 1 tbsp of olive oil over a high heat.
- Add the minced beef, generously season it with salt and pepper and cook until it's no longer pink. This should take around 5 to 8 minutes.
- While the beef is cooking, mince the onions, carrots and garlic.
- Once the beef is cooked through, transfer it to a bowl and set aside.
- Heat a tbsp of olive oil in the same skillet that you just used to cook your beef in.
- Reduce the heat to medium. Add the onions and garlic and sauté them for 2 to 3 minutes until soft.
- Add the carrots and cook for another 2 minutes.
- Take the skillet off the heat and add the onions, garlic, carrots and drained rice to the bowl of beef.
- Add the egg and salt and pepper and mix well.
- Place the head of the cabbage into a pot of boiling water and hold it down with a wooden spoon for 5 minutes, until it softens.
- Remove the cabbage from the boiling water and use tongs to carefully peel off the leaves until you have about 14 (with a few extra in case you tear one).
- Add a spoonful of the beef mixture into a softened leaf and roll it half way up. Then, fold the left and right sides of the leaf towards the centre to form an envelope. Watch this video (2:24-2:52) to see how it's done.
- Continue until you run out of filling.
- Place the rolls in a large casserole dish and spread the marinara sauce over them. Put the dish in the oven and cook for 10-15 minutes.
- Serve with grated cheese and/or sour cream on top.

# CASE STUDY

## Tamsyn Smith



### A bit about me.

Tamsyn Smith is a Learning Designer who lives in Southampton with her husband and their five bikes. She transformed her life from being an overweight couch potato to competing in international karate tournaments through healthy eating and exercise. Since April 2012, Tamsyn has run five marathons and is now training to be a running coach.

<http://fatgirltoironman.co.uk/>

### What motivated you to get fit?

I'm a fifth of the way through a five year personal challenge. In 2013, when I reached the age of 35, I realised that I was tired of being unfit and overweight, so I decided to set myself a huge challenge that would take me outside of my comfort zone. I decided that I would meet my health and fitness goals by completing an Ironman triathlon by the age of 40 – that is a 3.8k/2.4 mile swim, followed by a 180k/112 mile bike ride and a 42.2k/26.2 mile run. I did my first two triathlons in September 2013 and found the experience exhilarating. Just one year later I completed my first half iron distance in Weymouth, so I'm definitely on target to meet my goal.

### What has been the biggest challenge?

Of the three triathlon disciplines, running is my strongest. I run several times a week and have completed three marathons since I embarked on my challenge. I am not a good runner - I'm just enthusiastic.

Swimming is the biggest challenge for me. Before December 2012, I had never put my face in the water when swimming ("old lady breaststroke" was my preferred technique) and I didn't start learning to swim properly until February 2013. By May I was open water swimming and, in June, I completed my first aquathlon.

### What does your training routine look like?

I have been cycling to work every day since September 2012. I've now got the cycling bug, so I bought a road bike (and my first clipless pedals) in July 2013. I'm not the most confident cyclist (especially when going downhill in the rain), but I'm willing to persevere.

I'm great at sticking to an exercise plan, but I find diets difficult, so I've been learning more about nutrition in the hope that I can eat healthily and not feel deprived. I'm a lifelong vegetarian and I try to eat whole foods, but I also have a sweet tooth!



# CASE STUDY

## Tamsyn Smith

### Here's my training schedule:

**Monday:** 1 hour CrossFit; 1 hour running; 1 hour swimming; 1 hour cycle commuting

**Tuesday:** 1 hour spinning; 1 hour cycle commuting

**Wednesday:** Rest day - 1 hour cycle commuting

**Thursday:** 1 hour track running; 1 hour cycle commuting

**Friday:** 1 hour cycle commuting; 1 hour swimming

**Saturday:** 5km run

**Sunday:** Long run or bike ride



### Could you please tell us a bit about your diet?

I have porridge or protein pancakes every day for breakfast. For lunch, I tend to have a salad with some protein (cheese/tofu/chickpeas/hummus) or frittata with spinach. In the evening, I make protein packed meals with lots of vegetables. If I need snacks, I have a few nuts, a yoghurt or a piece of fruit. If I'm exercising a lot, I may have a protein shake or a smoothie with spirulina. Since increasing the amount of protein in my diet, I'm rarely hungry, so I don't need to snack as often. I haven't lost a huge amount of weight, but I have toned up significantly.



# CASE STUDY

Lee Davies



## A bit about me.

Lee Davies lectures 'Brickwork' in a vocational college based in North Wales. Having worked on a building site for over 15 years, Lee slowly started to put on weight when he began his lecturing job 10 years ago. Lee finally decided to make a determined effort to get fit when he was unable to fit into jeans with a waist size of 40. Having attended the gym consistently for the last 3 years, Lee has managed to lose over 4 stone, and is now able to wear waist size 32 jeans.

<http://smashandboom.weebly.com/>

## What was your weight when you started training?

In 2009, I weighed 16 stone. I had gradually gained weight since I moved from working on a building site to lecturing in 'brickwork' in a vocational college. As of December 2014, I am exactly 13 stone. I have managed to lose enough body fat to fit into 32 inch trousers. In 2009, I was a 38 inch waist.

## What training have you done to lose weight and get into shape?

Mainly weight training. I currently train with weights twice a week and go to a Thai boxing class once a week.

I started off training in a hotel gym and used mainly machines. After I had built some confidence and strength, I moved to a different gym and started to use free weights more. My body started changing quite dramatically when I began using free weights.

My current training programme involves 10 minutes of pad work to warm up – we start off really light and build up the intensity. I then do 10-12 sets of weights, working the whole body in each workout. I include some functional medicine ball and sledge-hammer exercises to help with my Thai boxing. For legs and core exercises, I stick to higher reps, usually 12 or more. For upper body I tend to hit the 6-10 rep range.

In the summer, I also like to go for long rides in the Welsh countryside on my bike, weather permitting.



# CASE STUDY

## Lee Davies

### What changes have you made to your diet?

Nothing spectacular, I have just cut out all the sugar and takeaways. I see food as fuel for training and fuel to help me recover from workouts, whereas previously, I would eat mainly for enjoyment. I have a whey protein shake first thing in the morning and after training. I think it is important to eat a high protein diet if you are trying to lose weight. Plus, it is proven to be the most satiating food - meaning it fills you up! However, you need to avoid losing muscle mass along with the fat.

If I get hungry, I will now reach for a cup of coffee or green tea instead of biscuits. I have also made lots of friends at my new gym who are always offering tips and advice on my diet too - which is extremely helpful.



### What tips and advice would you give someone trying to lose weight?

If I had to start again, I think I would get as much advice from friends as possible. If you know someone who has lots of training knowledge, then ask them for help. Maybe you'll have to pay or return the favour, but it will be well worth it. Alternatively, it helps if you have a friend who also wants to get into shape. If you commit to a programme together, it helps a lot with motivation.

In terms of your training, try and find a type of exercise that you enjoy, whether it be yoga, boxercise or pilates. I also found that doing Thai boxing motivated me to get stronger, fitter and more powerful. The friendly but competitive sparring and the pad work are a great test of all around fitness, and it feels great when I see an improvement. I do the weight training to fit around and benefit the Thai boxing.

The other thing that I would say is don't complicate things. With so much information out there, it can get very confusing. In terms of your diet, just start off doing what I did – cut out the sugar and the takeaways. Try not to be lazy with your diet – if you can try and enjoy cooking and make it an interest, this helps immensely.

## DIET PRINCIPLES

### Core principles for a muscle building and fat burning diet

#### Eat protein at regular intervals throughout the day

In order to repair and build muscle tissue, the body needs protein. Protein is full of amino acids, which are the building blocks for muscle tissue. While training provides the stimulus for muscle growth, it is within the 48-hour period after a workout that muscle repairs itself and grows. In order for optimal growth to occur, protein-rich foods should be consumed every three hours.



#### Drink a shake immediately after a workout

The post-workout period is a crucial time for building muscle. This is because the most anabolic hormone of all, insulin, is at its highest level. Within 10 minutes of finishing your workout, you should consume a whey protein, carbohydrate and creatine drink. You can either make your own shake or use an all-in-one supplement like PhD Nutrition Growth Factor Mass.



#### Whey protein in the morning, casein at night

Whey protein is digested and assimilated very quickly, making it an ideal source of protein after workouts or as part of breakfast. Casein, on the other hand, is slower to digest and will provide a slow-release of amino acids. It is therefore an ideal source of protein last thing before bed as it helps to rebuild muscle while the body rests.



#### Eat oily fish

Fish is an ideal source of protein and omega 3 fatty acids, which both play an important role in muscle growth. Omega 3 also helps to reduce muscle inflammation, which will help you to recover faster after exercise.





## DIET PRINCIPLES

### Eat vegetables

If you want to improve your overall health and recover quickly following your workouts, be careful not to overlook the micronutrients provided in a wholesome diet. Try to include as many fresh, and preferably organic, vegetables into your diet as possible. You may also want to include 'green powders' to add important fibre and antioxidants into your diet.



### Calorie surplus

If you have a naturally slender physique or you eat very 'clean', it can be difficult to get enough calories into your diet. To add muscle to the body at the most optimal rate, a bodybuilder should create a calorie surplus by eating 200-300 calories more than he/she burns off per day. This can be achieved by snacking on nuts, eating food that contains peanut and almond butter and, if required, using a weight gain supplement.



### Calorie deficit

If you want to lose body fat, you should eat an almost identical diet to someone who is looking to build muscle. However, to produce a calorie deficit, you will need to reduce your portion sizes and the number of meals that you eat on a daily basis. There are a number of different equations that you can use to work out your calorie needs per day, but a simple approach is to multiply your bodyweight in pounds by 11.



The Kick Start meal plans contain around 2000 calories per day.

# BIO's



## Nikki Mitchell

Nikki is a journalist and blogger from the UK. Through losing weight herself, she developed a love of healthy food, especially clean desserts that taste naughty. Nikki is a big fan of yoga and horse riding, she also enjoys working out at the gym. She cooks the majority of her meals from scratch and believes that healthy cooking and eating doesn't need to cost the earth or take a long time to make. She believes in living by the 80/20 rule, eating clean and healthy foods 80 per cent of the time and the rest having a little bit of what she fancies.

<http://www.theroadtolesscake.com/>  
<https://www.facebook.com/RoadToLessCake>  
<https://twitter.com/roadtolesscake>  
<http://www.pinterest.com/roadtolesscake>



## Sanne Leenman, Bsc, NASM PT.

From outsourcing your meal planning based on your customized macros to seamless lifestyle change, Sanne Leenman helps health and fitness enthusiasts simplify their nutrition. Check out [www.ManageMyMealplan.com](http://www.ManageMyMealplan.com) for more information and an example of a meal plan.

<http://managemymealplan.com/>  
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<https://www.facebook.com/pages/Manage-My-Mealplan/1570423403187814>



## Steve Hoyles

Steve Hoyles is an author and owner of Hoyles Fitness. Hoyles Fitness is a personal training business which helps people from all walks of life become fit and healthy. Steve also works in corporate wellness providing health, fitness and nutrition services and has successfully helped thousands of people lose weight, get fitter and stronger using his methods. He has also appeared on BBC Radio 5 and Sky TV and in fitness publications such as Men's Fitness and Ultra Fit.

[www.hoylesfitness.com](http://www.hoylesfitness.com)  
<https://twitter.com/HoylesFitness>  
<https://www.facebook.com/TheHandyPlanDietAndWellnessClub>

# BIO's



## Laura Agar Wilson

Laura is a holistic health coach, writer and blogger. She is passionate about living a wholeheartedly healthy life and enjoys going to the gym and cooking nutritious recipes - with the occasional treat on the side! Founder of Uniquely Healthy Limited, Laura offers personal coaching services and online support programmes to help promote healthy living.

<http://wholeheartedlyhealthy.com/>  
<https://www.facebook.com/wholeheartedlyhealthyblog>  
<https://twitter.com/lauraagarwilson>



## Menno Henselmans

Online physique coach, fitness model and scientific author, Menno Henselmans helps serious trainees attain their ideal physique using his Bayesian Bodybuilding methods.

<http://bayesianbodybuilding.com/>  
<https://www.facebook.com/BayesianBodybuilding>  
<https://twitter.com/@MennoHenselmans>



## Roy Summers

Roy Summers is a highly qualified Personal Trainer with over 14 years of experience. Working from his own personal training studio in Ealing, West London, he works alongside a team of ten personal trainers, an Osteopath and two Deep Tissue Massage Therapists. Together, Roy and his professional workforce draw on their collective experience and diverse skill set to help their clients meet their fitness goals.

<http://bodylinestudios.co.uk/>  
<https://twitter.com/BodylineStudios>  
<https://www.facebook.com/bodylinestudios>



# BIO's



## Keeley Watts

Keeley is a food/drink, health and beauty blogger with a travel bug from Manchester. When she is not visiting restaurants trying to find their cleanest meals, she can be found trying to add her own spin on recipes in her kitchen, or learning how to focus on strength training in the gym

<http://phatcupcake.com/>  
<https://www.facebook.com/Phatcupcake>  
[https://twitter.com/phat\\_cupcake](https://twitter.com/phat_cupcake)



## Jonathan Lomax

Jonathan Lomax is the founder and CEO of Lomax Bespoke Health Ltd. He has been working hard to build a team of professionals that ensures excellence throughout the company. Its success to date is thanks to a stellar squad of health experts and trainers that resonate Jonathan's ambition and commitment to delivering an integration of fitness, nutrition and wellbeing services to a varied client base from all walks of life.

<http://www.lomaxpt.com/>  
<https://www.facebook.com/thelomaxway>  
<https://twitter.com/thelomaxway>



## Joel Snape

Joel is a fitness blogger and fighting enthusiast. When he's not editing Men's Fitness magazine - or its new spinoff, EatFit - he's probably doing Brazilian jiu-jitsu or bouldering, or eating a steak somewhere. He's written five books, and only one of them was about zombies.

<http://livehard.co.uk/>  
<https://twitter.com/joelsnape>

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## Drew Griffiths

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Drew has a first class Degree in Sport & Exercise Science from Loughborough University, and a Masters' Degree in Exercise & Nutrition Science from the University of Liverpool. He is also a martial arts enthusiast, having competed in 8 MMA fights and 1 kickboxing fight over the last 8 years.

<http://blackbeltwhitehat.com/>