

# BIRMINGHAMFITSTART™

## Nutrition Basics

By Richard Rigor

Following along the lines of simplicity, I'm going to give you a sample meal plan you can follow.

Just remember, you should consume protein **and** carbs at each meal. Oftentimes, when I first consult clients, they tell me something like they eat a piece of toast and have some orange juice for breakfast... Don't ever do that! It's just pure carbs.

### One Thing You Must Know

I'm sure you have heard of insulin. "What is it?" you ask. Well insulin is a hormone that is produced in your body by the pancreas. Insulin has a very important role, and that is to maintain your blood glucose (sugar) levels.

After you eat a meal containing carbohydrates, the carbohydrates are broken down to glucose and enter your bloodstream. Then your blood glucose levels rise. In an effort to bring blood glucose levels back to normal, insulin is released from the pancreas.

Insulin's job is to bring blood glucose levels back down to normal by "pushing" glucose (and other nutrients) into your muscles to be used up or stored.

One thing you must know is that insulin is the mediator of fat loss. Think of it like this: Insulin is a storage hormone. It "pushes" nutrients into muscles (and fat), but it doesn't allow any to be released. That means, when high amounts of insulin are present in the bloodstream, body fat cannot be released and used for energy.

**In other words, fat burning comes to a halt whenever you have high amounts of insulin circulating in your blood!**

Remember, insulin is released in response to higher blood sugar levels. Blood sugar levels are dependent on carbohydrate consumption. **The more**

**carbohydrates you eat, the more insulin is released.**

*One thing you must know...*  
**High circulating levels of insulin **stop fat loss.****

"Go ahead and eat that huge piece of [insert favorite hi sugar food here]...just realize that it'll shut down your body's ability to burn its own stored body fat for a couple of hours".

This is the primary reason I reduce the carbohydrate intake for my clients and increase protein and fat intake **when their goal is to lose fat.** I don't feel there is a need for a non-athlete to consume more than 50-60% of their Calories from carbohydrate, especially when their goal is to lose fat.

On the following pages, I've included 2 **basic** sample meal plans you can follow.

One is at the 1200 Calorie level and the other is at the 1700 Calorie level.

If you currently weigh 170lbs or above, choose the 1700 Calorie level meal plan. If you weigh less, choose the 1200 Calorie plan.

If your goal is fat loss and you "feel" you need more Calories than these levels (your probably don't), simply have a larger protein serving at each meal. Don't increase your your carb or fat intake.

Without consulting personally with you, I cannot possibly provide a customized plan beyond this. These two exact meal plans have worked and provided the "blueprint" to literally hundreds of clients and readers over the years. (The two meal plans and this section is an excerpt of my ebook, [The Ideal Body Fat Loss Guide: Inside Secrets of a Personal Trainer.](#))

If you want or need a customized and complete nutrition plan, I offer that at <http://RigorousNutrition.com/promo>

For now, go ahead and look over the plans on the next page.

<b>Macronutrient Breakdown</b>			
<b>Calories</b>	<b>40%Protein</b>	<b>30 %Carbs</b>	<b>30%Fat</b>
<b>1200</b>	<b>120 grams</b>	<b>90 grams</b>	<b>40 grams</b>

With 4 meals per day you should average the following amounts **per meal**:

**Protein - 30 grams**  
**Carbohydrates - 23 grams**  
**Fat - 10 grams**

(It's basic math folks. If you plan to eat 5 meals per day, divide the grams of each macronutrient by 5.)

**(Approximately) 1200 Calorie Sample Menu**

**Meal #1**

3 egg whites  
3 oz turkey  
1 small apple

**Meal #2**

4 oz lean meat  
1 cup rice  
12 almonds

**Meal #3**

4 oz lean meat  
1/2 cup rice  
1 1/2 cup green salad  
1 tbsp safflower oil  
1 tbsp vinegar

**Meal #4**

4 oz lean meat  
1 cup non starchy vegetables  
12 almonds

If you consume more than (or less than) your allotted gram amounts in any meal, just compensate for it in the next meal by consuming less (or more) of that particular macronutrient. Just make sure you've reached the parameters I've set for each of the macronutrients (protein, carbs, and fat) by the end of the day.

<b>Macronutrient Breakdown</b>			
<b>Calories</b>	<b>40% Protein</b>	<b>30% Carbs</b>	<b>20% Fat</b>
<b>1700</b>	<b>170 grams</b>	<b>128 grams</b>	<b>56 grams</b>

With **5** meals per day you should average the following amounts **per meal**:

**Protein - 34 grams**  
**Carbohydrates - 25 grams**  
**Fat - 11 grams**

**(Approximately) 1700 Calorie sample Menu**

**Meal #1**

4 egg whites 1 yolk  
3 oz lean meat  
1 cup cooked oatmeal

**Meal #2**

5 oz lean meat  
4 oz baked potato  
1 tsp butter

**Meal #3**

5 oz lean meat  
2 cups green salad  
1 tbsp safflower oil  
1 tbsp vinegar  
1 cup rice

**Meal #4**

5 oz lean meat  
1/2 cup rice  
1 cup non starchy vegetables  
6 almonds

**Meal #5**

5 oz lean meat  
1 cup non starchy vegetables  
6 almonds

If you consume more than (or less than) your allotted gram amounts in any meal, just compensate for it in the next meal by consuming less (or more) of that particular macronutrient. Just make sure you've reached the parameters I've set for each of the macronutrients (protein, carbs, and fat) by the end of the day.