

# Pre-Contest Dieting

If you have a contest, or even a special day that you want to be 100% at your best for, then the following plan is designed for you. It is very specific, very military, and you are going to be bored of oats, eggs, chicken and potatoes. But, you using this pro's style diet plan, you can keep as much muscle as possible, whilst burning off the fat that covers it up.

Some notes to consider...

## **Personalise your plan to suit you.**

The notes in this document are a basic framework from which to work. Food choices for example, you may have an intolerance to oats, or to potato, but be fine with brown rice. You may do far better on red meat than white, or better on heavy fish and not lighter cuts. You may do better using protein powders above real food. That is where detailed journaling of what you eat, and the reactions to it, come into play. So you can start to listen to your body and see what is working best. And of course, until you try things, you don't really know how you will react.

## **Number of meals**

It is true to say that eating smaller and often is important for getting leaner. However, if that means eating a lot of food on the run, it can be detrimental to your chances. It is not what you eat, but what you digest and absorb. In some cases you may be better eating just 4 real meals per day, staying away from shakes, so that you give your body time and digest and use the food, rather than running around and trying to stuff down a meal on the go. Protein powders are great, but they don't work for everyone in terms of digestive health. So be sensible with your number of meals and timing.

## **Eat only the carbohydrates listed**

The type of carbohydrates is more important than even the amount. The choices and combinations of foods put forward here insure that at no point do you create large amounts of insulin. As you probably know, the control of insulin is critical to keeping body-fat away. So things like fruit juice, or sweets are not an option.

## **Quality of food**

As ever, get the best quality foods you can, organic where possible. Organic foods have a much higher bioavailability, meaning they can be much easier digested and utilised.

## **Natural Trainers V Steroid Assisted**

This plan works for anyone, but it is designed with a natural trainer in mind. The principals don't change, but as someone with absolutely no knowledge of steroids, or any wish to have, I cannot give expert advice to those of you reading this that are using them. Many steroids will increase your oestrogen levels and the amount of water you hold, so get expert advice if you have chosen the steroid route. I am not the right man to speak to.

## **Health first, Lean second**

Remember, if you are not healthy, you are not going to find it easy getting lean. You have to make sure you don't get ill, so follow your supplement and rest plan to the letter. A day off means a day off, and 8 hours sleep plus nap means just that. If you are getting ready for a show, that has to take priority in your life, no late night TV, just sleep.

## **Change don't shock**

When you are dieting, the weekly changes need to be minimal, so your body doesn't shut down what it is doing. The moment it feels too much trauma, it will stop burning fat, so you need to take things brick by brick, as the plan will show you.

## **Starting Point from 16 weeks**

The following plan is worked on 16 weeks countdown to the contest. Ideally, before you start those 16 weeks, you will have already built your MCT oil up to the desired rate, and you will have established the calorie level that maintains your weight. From that point, you can start to make minor changes each week to lose around 1lb bodyweight per week. Anything faster may mean your calories have been cut too quickly, and you may be losing muscle.

## **Starting Plan (calculations based on 200lb man)**

Aim for 40-45g protein per meal, with 55-60g carbohydrates per meal.

MCT oil to be built from 1 teaspoon x 3 per day, to 2 tablespoons x 4 per day over course of 2-4 weeks. Moving too fast will result in body rejecting the MCT oil. Read about MCT oil in supplements section of the forums on [www.seriouspt.com](http://www.seriouspt.com).

### ***Meal 1***

Egg white omelette and oats

### ***Meal 2***

Protein shake and oats with MCT oil

### ***Meal 3***

Chicken/turkey/beef/fish with boiled potatoes/brown rice/sweet potato and green vegetables

### ***Meal 4***

As meal 2

### ***Meal 5***

As per meal 3

### ***Meal 6***

As per meal 2 and 4

Use this plan to find your starting level for dieting. So when you find a point that your body stabilises its weight, you have now found the point to cut back your calories from, and increase your cardio.

### **Week 1 – Changes**

Half the carbohydrates in meals 5 and 6.

Complete 4 x 45 minute cardio training per week.

### **Week 2 – Changes**

Half the carbohydrates in meals 4, 5 and 6.

Complete 5 x 45 minutes cardio training per week.

### **Week 3 – Changes**

Half the carbohydrates in meals 3, 4, 5 and 6

Complete 5 x 50 minutes cardio training per week.

### **Week 4 – Changes**

Half the carbohydrates in meals 2, 3, 4, 5 and 6.

Complete 6 x 40 minutes cardio training per week.

### **Week 5 – Changes**

Half the carbohydrates in all meals. Every 5-7 days, take the carbohydrate level back to your starting level in meals 1, 3 and 5 to spike glycogen levels.

Complete 6 x 45 minutes cardio training per week

NOTE – If you are completing your cardio training on an empty stomach, then eat around 100 calories worth (approximately 20g) of fat free yoghurt before you go to bed to ensure you have the glycogen to convert to pyruvic acid and enter the Krebs cycle. Without sufficient glucose, your body will break down amino acids (glucogenesis) to convert to glucose. That is a big error in pre-contest dieting.

### **Week 6 – Changes**

Food as previous.

Cardio is 5 x 30am, 5 x 30pm

Start fat burning supplement and L-carnitine this week.

### **Week 7 – Changes**

Food as above.

Cardio is 5 x 40am, 5 x 30pm

### **Week 8 – Changes**

Food as above

Cardio is 5 x 45am, 5 x 40pm

## **Week 9 – Changes**

Food as above

Cardio is 6 x 40am, 6 x 40pm

## **Week 10 – Changes**

Food as above

Cardio is 6 x 45am, 6 x 45pm

## **Week 11 – Changes**

Food as above

Cardio is 6 x 60am, 6 x 45pm

## **Week 12 – Changes**

Food as above

Cardio is 6 x 60, 5 x 50

## **Week 13 – Changes**

Food as above

Cardio is 6 x 60am, 6 x 60 pm

## **Week 14 – Changes**

Food as above until 10 days out from show. Then pre-contest final stage preparation begins.

## **Supplement Plan**

**BCAA's** – Use around 10g pre and post workout throughout the duration of this plan. BCAA's are essential at all times, even more so when dieting, to help preserve and build muscle tissue.

**Glutamine** – Technically a non-essential amino acid, but in bodybuilding terms, an essential.

Glutamine should be taken pre and post workout, again around 5-10g, plus from around week 7 of this plan, add a further 5-10g serving with meal 3 and 5. Glutamine not only helps prevent muscle breakdown, but also helps support the immune system and the digestive system.

**Vitamin C** – Not only an immune system support, but high level of vitamin C can support healthy bowel function and avoid constipation, common with extreme diets. If constipation should occur, use the herb cascara sagrada to help with bowel function.

**MCT Oil** – Information on this is available at the forums part of seriouspt.com. You may find that as you get closer to show time, you may want to start reducing slightly the amount of MCT oil that you are using. If you find you are not as lean as you want, it may be sensible to take this option, if you are lean and worried about losing too much size, then increasing slightly the amount of oil you take would be a better idea.

## **Summary**

Enjoy seeing your best ever abdominals, they are only a few short months away. And we both know it is worth it.