

# 4 WEEK JUMP START COACHING PROGRAM



## Week 2

# *Mastering Your Meal Plans*

With Your Empowered Coaches,  
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# Jump Start Coaching Week 2

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# Nutrition Principles

## Meal Timing

All of the meals in each of your meal plans are spaced relatively evenly throughout the day. We have determined that most people are going to be eating or snacking approximately 4-5 times per day on average so we simply built meal plans that mimic the eating patterns most people tend to follow.

Eating in this pattern also helps avoid hunger cravings that might tempt you to stray from your meal plan. It is much easier to stay on track if you know your next meal is never more than 3-4 hours away. If on the other hand you know your next meal isn't coming for 8-10 hours you may very well be tempted to cheat and end up sabotaging your results.

Once you start eating in this pattern you will most likely find that you don't end up with energy highs and lows.

Energy lows usually come from overeating as a large meal tends to make your body want to go to sleep.

Meal timing is another way of controlling meal size. The less often you eat the higher the tendency you will want to over eat. Smaller evenly spaced out meals help prevent overeating at any of your meals and help keep you satisfied and your energy levels consistent throughout your day.

The spacing of your meals sets a tone of balance for your daily energy levels.

## Salty/Sweet Mix

Mixing meals that have a salt based taste such as vegetables and meats, with meals that have a sweet based taste such as fruit, cereals, and smoothies.

### Meal Composition

Each of your meals is designed to balance carbohydrates, fats and proteins in a ratio that will keep you satisfied, healthy and promote fat burning.

The protein content of each meal is important for its thermic effect as well as its effect on hunger and satiety. Research shows that it takes more calories to digest and assimilate protein than either carbs or fat. Protein has also been shown scientifically to satisfy hunger better than either carbohydrates or fats. This is why there is protein included in every meal at a higher content than the average north American diet.



## **Snacking**

If you are going to grab a snack because you will be on the road or simply just forgot to prep a meal or for any reason what you should do is try to match the calorie count of whatever snack you buy to the calorie count your meal plan had outlined for that snack.

For example if your meal plan called for a 300 calorie snack today at around 12pm but you forgot to make that snack, then you know you can get a 300 calorie snack at the store or café. Try to find places that indicate the amount of calories in their food. It won't take long for you to get used to places that indicate calorie counts so you know exactly how much you are consuming.

## **Dining out**

If you're going out for dinner you may not be able to find out the calorie count of your dinner as most non-fast food restaurants simply don't keep track of the calorie content of their meals. In this case you will need to draw on your experience from eating on the meal plan.

It will only take you a few weeks to get used to what the calorie count is in the meals you prepare using your plan. You will become pretty good at eyeballing a meal and guessing how many calories are in it.

The catch 22 to this is that you will realize how huge the meals are that get served in restaurants! If you know you're going out for a big dinner then I suggest cutting at least one meal and one snack out of your day before your dinner out. This will free up some space so you can eat dinner and not over do your calories too far.

## **Case #2: Combining Meals**

In some cases you may not have the opportunity to stop and eat each meal during the day as it is outlined in your plan. For example your plan has 5 meals outlined for you today but if you can only find the time to stop and eat 3 times you can simply combine your second and third meal together and then your fourth and fifth meal together.

As long as you're following the meal composition and total calories outlined for each meal you will still be on track and losing fat.

Each of your meals and snacks is built to be in balance, therefore combining any two of your meals will still produce a balanced meal that fits into the macro nutrient pattern outlined in your meal plan.

Feel free to experiment with meal combinations and varying numbers of meals per day.

In some cases you can even put all of your meals into two or even one big meal for the day if for some reason you really can only find time to eat once or twice that day.

Although I don't recommend doing this every day it is perfectly fine to do this as often as once or twice a week if you simply cannot find the time to eat more frequently on some specific days of your week.

# Advanced Technique - 12 Week 3-Phase Progression

If you would like to prepare for a competition, or a transformation contest, or have a specific date that you want to look your best on (such as a wedding) then we recommend a 12 week progression through all three phases of our meal plan system.

## **Phase 1 – 4 weeks**

Start with phase 1 for four weeks. This will help your body get adjusted to this new style of eating and get your primed to move to the more calculated food choices in phase 2 and phase 3.

After four weeks on phase 1, take all of your measurements again and use the body fat calculator to determine what calorie level of phase 2 plan you should use. In some cases it will be the same calories and in other cases it will drop slightly.

## **Phase 2 – 4 Weeks**

Moving from phase 1 to phase 2 after four weeks should be a smooth transition. Food choices will change and macro nutrient levels will also change. Total calorie may or may not change depending on your starting weight and body fat % and your goal weight and body fat %.

After four weeks on phase 2 take your measurements again and use the body fat calculator to select the appropriate calorie level for your phase 3 meal plan.

## **Phase 3 – 4 Weeks**

You should be starting phase 3 approximately four weeks out from the date of your show or the event you are getting in shape for. These are the four strictest weeks of your diet and will produce dramatic changes in the look of your body.

You will notice the water content of your body decreasing, skin tone and tightness improving and muscle definition and firmness improving.

# Weekly Compliance Tracking

In order to calculate weekly compliance simply add all seven daily % totals from one week together and divide them by 700. The answer you get is your weekly compliance. Put your weekly compliance % into the chart below.

For example: For your first week let's suppose your daily compliance totals were as follows:

Day 1 - 80%

Day 2 - 100%

Day 3- 40%

Day 4- 80%

Day 5- 100%

Day 6- 100%

Day 7- 60%

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Total =  $80+100+40+80+100+100+60 = 560$

Calculate Weekly Compliance: Total  $\div 700$

Weekly Compliance:  $560 / 700 = 80\%$

Print the weekly compliance charts found on the next page to fill in your weekly percentage compliance.

## DAILY COMPLIANCE TRACKING

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1	Meal 1
Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2	Meal 2
Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3	Meal 3
Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4	Meal 4
Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5	Meal 5
* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6	* Meal 6
%	%	%	%	%	%	%

\*- Meal 6 only appears in limited diet plans, most meal plans have 5 meals only in which case disregard meal 6 row and work with 5 meals = 100%.

## WEEKLY COMPLIANCE

Week 1:	% and notes:
Week 2:	% and notes:
Week 3:	% and notes:
Week 4:	% and notes:
Week 5:	% and notes:
Week 6:	% and notes:
Week 7:	% and notes:
Week 8:	% and notes:
Week 9:	% and notes:
Week 10:	% and notes:
Week 11:	% and notes:
Week 12:	% and notes:

