

# NUTRITION & RECOVERY

# 101

- FREE 2500 calorie Sample Diet Plan.
- Bulking/ Cutting Guidelines.
- Do Supplements Help?
- Why Nutrition and Rest is Important.

S H A U M I K   S A H A

<https://lift-fit.blogspot.ae>

## Nutrition & Recovery 101:

I don't mean to play the devil, but I'm afraid I have to break it to you. Spending two hours at the gym is no excuse for binging on a pack of cookies for dinner. *"But it's okay to eat junk if you do an hour of cardio, right?"* No! Who ever said that? Let me get this straight. Training does have its place, but without the right nutrition and rest, you are not getting anywhere. Now, I am not telling you to eat like a patient for the rest of your life. What I'm going to throw light upon via this eBook is the importance of adequate rest and proper nutrition as a part of your fitness lifestyle.



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### 1. WHY IS NUTRITION AND REST SO IMPORTANT?

If our body were a car, good nutrition would be the equivalent high octane fuel and a good night's rest would be that of a pit stop. I'm sure all you car fanatics could relate to that. Take away good fuel and you end up with a fuc\*d up engine in a few years. Take away pit stops and you're eventually going to see smoke rising out of your car bonnet. Bottom line is, it's essential.

#### 1.1: So, how exactly does eating right help us make better gains?

We have to first understand what happens to our bodies when we lift. Here's a brief explanation. When performing any type of physically taxing exercise, your muscle fibers undergo micro tears due to the

load applied on them. The moment you're done with your workout and walk out the gym, your body begins to recover- muscle protein synthesis increases, depleted muscle glycogen is replenished, hormones such as testosterone and GH are secreted to aid the recovery and building process. This is where nutrition and rest comes in. The amino acids from the protein you eat help repair and grow muscle tissue. The glucose from the carbs you eat helps replenish lost muscle glycogen. Other nutrients such as fats, vitamins, minerals play a crucial part in regulating hormone levels and carrying out other necessary processes in the body. This is in fact just a small part of what nutrients do in your body.

### 1.2: Nutrients: Basic Functions & Sources:

I'm sorry if this reminds you of your middle school science classes, but trust me this basic information will definitely help you step up your fitness game.

Nutrient:	Function:	Healthy Primary Source:
Carbohydrates	Breaks down to glucose and provides energy to the body.	Fruit, Whole-wheat Bread, Oatmeal, Brown Rice
Proteins	Main structural component of cells. Responsible for building and repair of muscle tissue.	Lean Meats, Fish, Egg Whites, Low Fat Milks, Casein, Whey
Fats	Increases the absorption of fat soluble vitamins. Essential for healthy testosterone levels.	Nuts, Seeds, Avocados, Olive Oil, Coconut Oil
Micronutrients (Vitamins and Minerals)	Perform a wide range of functions, ranging from maintaining immunity to calcium homeostasis. Often overlooked, but very essential.	A good Multivitamin should do the job. Nevertheless, Consume fruits and greens daily.
Water	Essential for life. Associated with plenty of intercellular functions. Maintains homeostasis and helps in bowel movement.	Mineral Drinking Water.

### 1.3: Good Carbs vs. Bad Carbs: Does the source matter?

This is a topic which often causes a lot of confusion. I thought it would only be beneficial to you, if I let you know. So, the question often arises that if sugar and wholegrain oats are both sources of carbs, isn't it okay to get in your daily carbohydrate intake from sugars alone?

So, before I give you the 'yes' or 'no' answer, I'd like you to think a bit deeper. Although sugar and oats are both primary sources of carbs there is one nutrient however, that is found in significant amounts in one and barely detectable in the other. This ingredient which causes all the difference is 'fiber'. Oatmeal contains significantly more fiber than sugar, which means that it releases glucose into the bloodstream much more slowly than sugar. Sugar is just plain glucose molecules. The moment our body starts to digest it, our insulin and blood sugar levels spike, a reaction completely different from the slow digestion of oats. This continuous insulin spike is what results in diseases like diabetes down the road.

The answer to this rather stupid question is no, you cannot get in all your carbs from sugary sources. As a conclusion, it can be said that the source of your nutrients does matter!

### 1.4: How many calories do you need?

If you're looking for a more or less exact and accurate answer (though I doubt there's one, due to the vast majority of factors that one has to consider to come to a conclusion), I'd highly recommend you to get an appointment with a sports nutritionist, dietician or maybe just have a word with your trainer and set up a good diet plan. If you're looking for a rough estimate, however, there are tons of online calculators that will help you out.

Here's a great one: <https://www.bodybuilding.com/fun/macronutcal.htm>

(THIS IS NOT AN AFFILIATE LINK! It is my honest preference)

If you're looking for some general non-medical advice, feel free to DM me on my Instagram/ Snapchat and I'll be glad to help.

Instagram: <https://www.instagram.com/shaumiks>

Snapchat: <https://www.snapchat.com/add/youaldreadyknow>

Your daily caloric requirement depends on number of factors; some of which are:

- Your BMR (Basal Metabolic Rate): It is the amount of energy your body would burn at rest, in a normal environment, without any significant internal process (such as digestion) taking place. People with a higher metabolism tend to burn more calories, even at rest and thus require a higher intake to sustain their bodies. People with a lower metabolism, however, burn lesser calories at rest than their energy burning counterparts.
- Your Age: your body changes with age and you're not always going to be like the frolicking boy you were at six, being able to eat candies and ice creams and still feel active all day long.
- Your Activity Level: A physical laborer will obviously burn more calories than say a 9-5 office worker.

As a rule of thumb, for a healthy active male, try keeping your macro nutrient ratio as follows. I don't too much experience engaging or working with female athletes, so I would prefer not to accidentally give out wrong advice.

**Protein : Carbs : Fats :: 25 : 30 : 45**

### **1.5: How Much Sleep?**

Even the most qualified of doctors might not be able to give you a 'to the point' answer to this. And to be honest, I don't think there is one. However, as a rule of thumb, I'd recommend anywhere between 6-8 hours of undisturbed sleep.

### **1.6: Here's why it's important:**

Let's just put it this way: less sleep = less human. No, literally! Late nights, Netflix and chill sure may be a good idea to spend your weekend alone, but staying awake in front of the screen till 3 AM everyday will do more harm than good in the long run.

Lack of sleep affects everything from proper homeostasis functioning to release of neurotransmitters, amongst many other issues. In simple words, it's bad for you.

### **1.7: Tips for a good night's sleep:**

- Avoid too much screen time before bed. Staying in the presence of bright light before bed affects melatonin production, a hormone essential for a good night's rest. Put away your phone and dim the room light well before bed time.
- Go to bed feeling clean. Back from that late evening workout and straight in bed? Eeew no! Who likes to sleep amidst a stinky sweaty mess? Take a warm shower and put on clean clothes before bed.
- Keep your bedroom cool. I don't know if science explains this, but there seems to be some relation between a cool air conditioned room, a cozy blanket and good sleep.
- Avoid taking coffee, pre-workouts, caffeine pills or any other stimulant even a few hours before bed. Keep those for morning workouts and afternoon meetings- that's where they belong. The last thing you would want is trying to get to sleep with two scoops of N.O. Xplode in you.
- Get sh\*t done during the day. You can't get to sleep thinking about all the work you didn't do today. Accomplish your tasks for the day and go to bed feeling great.
- Try and refrain from resorting to pornography, anti-depressants, sleeping pills, recreational drugs, etc. to make you feel relaxed before bed. Over time, your body will just want more and more of it until you just cannot get enough.



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### **1.8: Hormone Secretion While Sleeping:**

Talking specifically about muscle growth, a study showed that Growth Hormone Secretion peaked during the deepest part of your night's sleep and continued to stay elevated throughout the time you were at rest. Growth Hormone is the major hormone responsible for cellular reproduction and cell



growth in your body. This just goes to show that a lot of your bodies recovering and building processes take place when you're at rest. I hope this convinces you to get off your phone and get in bed on time. C'mon at least do it for those gains!

### 1.9: Dealing with sore muscle:

So, you've been eating right and sleeping 10 hours a day, but you still wake up with sore, cramped muscles the day after your workout. What did you do wrong? Nothing.

What you're experiencing is nothing but Delayed Onset Muscle Soreness (DOMS) also known as 'Muscle Fever'. According to Wikipedia, it is 'the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise.' Compiling various online sources and personal experience the soreness kicks in anywhere between 18-72 hours post workout.

It is mainly caused due to eccentric contractions of the muscles during a workout and the excess buildup of lactic acid which has a temporary toxic effect of the muscles. *"OMG isn't that bad then?"* Oh, Hell no! It's just your body responding to a good progressive workout routine. I personally like experiencing sore muscles every now and then because it assures me that I trained hard enough.

However, know your body. If you feel a nagging pain in your joints, visible bruising under your skin, etc. chances are you're experiencing something a bit more severe and only a medical professional will have the right help for you.



(Images sourced from Muscle and Strength)

Methods like cryotherapy, hot tub chambers and electric stimulation are effective options. But unlike top level athletes most of us don't have such options at our disposal. Neither are they very friendly with your budget. Some simple tips would be to drink plenty of water and sufficient nutrients for your body to recover. Supplements like Glutamine and Citrulline Malate have shown to have a slight but noticeable effect.

I am now going to advertise my FREE training plans. Trust me, it's worth checking out. And it's FREE.

(If you're not interested at all, no issues. 😊 Skip the next paragraph or so and continue reading.)

I honestly don't think it's necessary for you to purchase any fancy training plans off the Internet, especially if you're just starting out. If you don't know where to start from or do not have any idea of what exercises to perform, check out some of my training plans that I've used myself and have gained

pounds of lean muscle over the course of a couple of years. I'm not promising you magical results. I'm not going to lie to you, like a lot of other fitness personalities out there- there's no magical training plan or program that will transform you overnight. What these programs will do is give you a good idea of what you should do at the gym and help you make the most out of every training session.

#### **CHECK OUT MY FREE TRAINING PLANS:**

##### **THE ULTIMATE BEGINNERS FULL BODY SPLIT: CRAZY GAINS IN YOUR FIRST 6 WEEKS!**

<https://lift-fit.blogspot.ae/2017/04/the-ultimate-beginners-workout-routine.html>

##### **ADVANCED BEGINNER AND INTERMEDIATE LIFTERS: PUSH/ PULL/ LEGS SPLIT:**

<https://lift-fit.blogspot.ae/2017/04/push-pull-legs-split-for-intermediate.html>

## **2. BULKING NUTRITION:**

So you're in high school, skinny as can be and all your 'homies' call you a f-boy? Is your size holding you back from being confident? Don't worry, I got you covered! Who doesn't want to get muscular and assert his or her presence?

Unlike what you might think it to be, bulking is not simply "getting 'fatter'" or 'eating more' or any other BS your buddy Sam told you about. Hang on a little longer. I've got some real effective tips laid out for you.

So, before I get into it, I would like you to ask yourself if getting on a bulk is really for you. I totally agree to the fact that any effective training plan must consist of bulking, cutting, maintenance and rest phases. However, if you're someone weighing 200 pounds and have a 43-inch waist and you just want to bulk coz that's what your buddies at the gym are doing this winter, I'd say rethink your decision.

The main purpose of bulking is to add on considerable amounts of muscle mass, strength and of course a bit of bodyweight. As a rule of thumb, it is ideal for ectomorphic (skinny and low bodyfat), skinny-fat and metamorphic (ordinarily muscular physique with a regular bodyfat percentage) individuals.

### **2.1: How does it work?**

The two main factors you would want to increase while being on a bulk is your workout volume and caloric intake. So at a very basic level, bulking is about higher volume workouts and being in a Caloric Surplus (eating more than your body needs for Maintenance).

### **2.2: General Bulking guidelines:**

- Consume 200-500 more calories than your maintenance calories. Start off with a small caloric surplus in your first week and progressively increase it by a hundred or so calories every week, throughout your bulk.
- *"Eat more fats to get fat."* If that's what your buddy Sam told you, unfriend him right away. Make new friends. Hit me up on Instagram if you want. Increasing any specific macronutrient alone will not have any major effect on your bulking goals. For ex. If you triple your carbs and don't eat enough proteins, you might end up with a big bloated belly and basically look like sh\*t.

- You must consume a good proportion of all three macronutrients, get in your micronutrients and drink plenty of water.
- Foods like oatmeal, mass gainer shakes, milk, nuts, meats and other calorically dense foods will help hit those high caloric intake goals.
- Make sure to put in the hard work at the gym. Trying to get big is not an excuse for skipping cardio sessions and not training hard.



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### 2.3: “Dirty Bulking”:

Regardless of whether you have heard of this before or not, I’m sure the thought of having to eat more makes you crave a meal at Wendy’s and your favorite BR ice cream. The concept of getting in a majority of your calories from junk food while bulking is known as a ‘dirty bulk’.

While this may sound like a practical approach, I’m afraid I’m gonna have to burst your bubble- Dirty bulking will NOT yield the same results as a clean bulk. When you eat out everyday, you’re filling yourself up with tons of empty sugar calories, saturated fats, sugary carb sources and a lot of other bad stuff. Acne, pimples, belly fat, exhaustion and weak performance at the gym could be a few of the side effects of eating oily, sugary sh\*t daily.

This being said, dirty bulking definitely has its place in my heart. I was 119 pounds when I started out. Skinny as can be. There was no way I was able to get in enough calories to grow. Dirty bulking for a couple of months did help me gain a decent number of pounds on the scale. However, I had some terrible acne issues, my belly sagged out and I didn’t feel healthy.



### 3. CUTTING NUTRITION:

Just like many other fitness and nutrition techniques, cutting has its own bunch of misconceptions around it. So, I'm going to briefly address some of them. No, cutting is not going to miraculously bring out your six pack. No, cutting is not just 'losing weight' or 'getting thinner'. And hell no, cutting is not about 'starving yourself so you can loose fat'.

#### 3.1: So, what it 'cutting' and how does it work?

'Cutting' refers to the process of trying to cut down on bodyfat while trying to retain as much muscle mass and strength as possible. As opposed to bulking, cutting involves being in a 'caloric deficit'; i.e., consuming lesser calories than your body requires.

#### 3.2: General Cutting Guidelines:

- Cut down roughly 200-500 calories less than your body requires. Start off with a small caloric deficit and then reduce it progressively over the course of your cut.
- Keep your protein intake slightly higher than usual, in order to maintain as much muscle mass as possible, despite being in a caloric deficit. If you have had liver issues in the past or are prone to have them, try taking some liver support medications to assist your liver to stay intact while consuming such a high amount of protein.
- Try and avoid sugary foods as much as possible and rely on fibrous sources of carbs as much as possible.
- If you are preparing for a contest or are just generally very keen about tracking your loss in bodyfat and how much lean muscle mass you're able to retain, try an occasional DEXA scan.
- Nutrient timing is extremely important when trying to lose fat and retain muscle mass. Timing your carbs at the right time for an insulin response at the right time is extremely important. To know more about nutrient timing stay tuned for a future article on my blog, or just hit me up on Instagram for some FREE advice.  
My Instagram: <https://www.instagram.com/shaumiks>  
My Blog: <https://lift-fit.blogspot.ae>
- As far as your workout is concerned, try to focus on maintaining a hypertrophic rep range to maintain your toned muscle mass. Keep your workout normally intense and keep power style training at a minimum, especially in the last few weeks of your bulk, when your body is severely depleted of bodyfat and glycogen stores.

### 4. DIETARY SUPPLEMENTS:

Unless you're completely new to the fitness world, I'm sure you might have heard about the never ending 'are supplements effective?' debate. So just to make things absolutely crystal clear, in this section of this eBook, I am going to be addressing 'Dietary Supplements', which are meant to provide nutrients present in regular foods, which may otherwise be not consumed in sufficient quantities. I am not addressing any other synthetic products, drugs, steroids, hormones, or anything of that sort.

So, here's my take on the whole dietary supplements debate. I would like to prove my point with some real facts and examples.

Here are the daily recommendations (for optimal results) for three commonly used supplements:

- Creatine: 5g/ Day
- Omega 3's: 1.8g/ Day
- Protein: 1g/ lb. of bodyweight (Let's consider you weigh 180 lbs.- you'll need 180 g of protein in that case)

Now let's take a look at their concentration in whole foods, from significant sources.

- Beef: contains 2g of creatine per lb.
- Tuna/ Salmon: contains 0.27g of EPA-DHA (Active Omega 3 ingredient) per can
- Chicken: 30g per 3.5 ounces.

Let's look at creatine first. If you were to consume 5g of creatine a day from whole foods, simple math shows us that you'll need to consume 2.5lbs. of beef. Head to the butchers' right now and take a look at how much 2.5lbs. really is and take a moment to consider how you'll manage to fit it in you.

Next up, Omega 3's. Again, simple math tells us that, in order to get in 1.8g of Omega 3's, you'll need to consume nearly six cans of tuna. SIX CANS!

So we've just looked at two ingredients and we're already at 2.5lbs. of beef and six cans of tuna. Imagine how much saturated fats 2.5lbs. of beef might have.

Considering 180lbs. as the bodyweight, to get the required proteins from chicken, you'll need to consume roughly 21 ounces of chicken breasts a day, which is about 1.3 pounds. Putting together the beef and chicken, we'll have nearly 4 pounds of meat in a day- even if you manage to fit it in you, it definitely cannot be good. Meat has tons of purine which results in high uric acid content, which may ultimately result in bone diseases. 4 pounds of it? Doesn't sound good to me.

These are just a few of the commonly used supplements. So theoretically, yes, it is possible to find all these ingredients in food. Practically, I doubt many of us will be able to fit all of it in our bellies.

Does everyone need these supplements? No. It depends entirely on your goals and preferences. In fact I strongly believe that a lot of newbies are wasting their time and money trying to find the right supplements for them, instead of putting in the work at the gym.

However, do supplements help? Tons of researches and studies point out the benefit of these ingredients on athletic performance. I'd prefer to stick with science, so yes, they do help.

Bottom line: Can you get the benefits of supplements without taking them? No.

#### **4.1: Supplements for the Beginner/ Intermediate Lifter:**

Dietary supplements are NOT a short cut in any way. It will not transform you overnight. As a matter of fact, I doubt there's even any drug that can transform you overnight and keep you alive at the same time. You are going to have to work for it! Supplements do make it more convenient for you to get the added benefits of certain nutrients.

Here is a list of supplements that you might want to consider adding in your diet:

1. **Protein Powders:** To be honest, I really don't know why protein powders are looked upon as 'medical supplements' and sold in pharmacies. Most proteins powders are sourced from dairy milks, eggs, and other natural food sources. I just feel that adding in a couple of scoops a day in water is way more convenient than cooking up chicken every now and then. I'm not saying you can get away drinking protein all day long, but adding a scoop or two will just make it easier to hit those daily protein goals.

**What I Use:** Optimum Nutrition Gold Standard Whey Isolate, Muscle Pharm Combat Protein Powder.

2. **Multivitamins:** This is something I think every healthy individual should be taking. Most of us pick up our fruits and veggies from local supermarkets and let's be honest who likes eating bowl after bowl of salad. Most fruits and vegetables sold at ordinary supermarkets are not organic, which means that not only are they grown with tons of fertilizers and pesticides but also lack the richness of their primary nutrients. Most fruits nowadays are nothing but a few hundred calories of sugar. Thus, a multivitamin is a good way to get in all those essential nutrients and minerals.

**What I Use:** Optimum Nutrition Opti-Men. (Also available for women.)

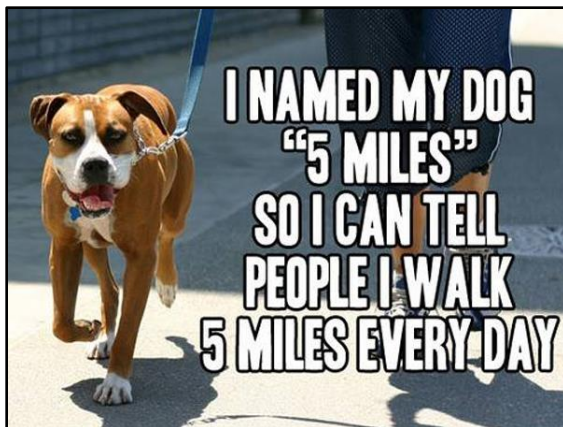
3. **Omega 3:** Healthy fatty acids are essential for proper cognitive and cardiac functioning amongst having many other functions. It definitely has a number of benefits. However, if you're on a very strict budget or just don't want to fill yourself up with supplements, try resorting to food sources such as avocados, certain oils and fish. A good meal of pan-fried salmon does the job!

**What I Use:** I have pan fried salmon on a regular basis and so don't take one daily.

4. **BCAAS:** Now this is something you might not need as a complete newbie. Branch Chain Amino Acids are the 3 most essential amino acids for muscle maintenance. They keep your insulin levels elevated and prevent muscle breakdown. Sipping some between your cardio sessions is a good way to prevent muscle breakdown during an intense session.

**What I Use:** Scivation XTEND BCAAS, Muscle Pharm BCAAS Capsules.

The ones I've used/ recommended aren't necessarily the best ones out there. It's just the brands I prefer to use. Feel free to choose something that suites your requirements, budget, taste, etc.



## 5. FREE SAMPLE DIET PLAN:

I would like to emphasize that this is just a sample diet plan and it's NOT something I'm asking you to follow. The reason I've put this in is so that you can get a rough idea of how exactly you should space out your macros throughout the day.

However, if you have no idea about how you should plan your meals and your required caloric intake happens to be 2500 calories, feel free to use this plan. I'm sure it'll be effective and I hope it helps you smash your fitness goals.

In case you're allergic to any specific ingredient, go ahead and replace it with another food with a similar nutrient make-up. For ex. If you're lactose intolerant, you may want to avoid dairy milk and use almond milk instead. However, if that's your problem I'd recommend you to have a word with your doctor and get some medical advice on what to and not to eat.

### Meal 1:

- Homemade Mass Gainer Protein Shake (478 calories, 40g Protein, 10g Fats, 57g Carbs)
  - 300 ml. 1% Milk (Low Fat)
  - 10 Tablespoons Oats
  - 1 Tablespoon Cacao Powder
  - 1 Teaspoon Sugar
  - 1 scoop Vanilla Flavored Whey Protein
- 1 Medium Banana (105 calories, 1g Protein, 0.5 g Fats, 27g Carbs)

### Meal 2:

- Peanut Butter Sandwich (366 calories, 14g Protein, 18g Fats, 36g Carbs)
  - 32g peanut Butter
  - 2 slices Wholegrain bread

### Meal 3:

- 2 cups of Rice (430 calories, 8.6g Protein, 0.5g Fats, 89g Carbs)
- 0.5 Chicken Breast (27g Protein, 3.1g Fats, 0g Carbs)
- 20 gm of 85% Cacao Dark Chocolate
- 1 cup Green Tea

### Meal 4: (Immediately Post Workout)

- Whey Protein Shake (1 scoop: 24g Protein, 1g Fats, 3g Carbs)
- 1 Medium Banana (105 calories, 1g Protein, 0.5 g Fats, 27g Carbs)

### Meal 5:

- 2 cups of Rice (430 calories, 8.6g Protein, 0.5g Fats, 89g Carbs)
- 0.5 Chicken Breast (27g Protein, 3.1g Fats, 0g Carbs)

**Before Bed:** 300ml of warm Milk (129 calories, 9g Protein, 3.6g Fats, 15g Carbs)

**Daily Total Macros:**

- **Calories: 2,450 calories** (Leave that small margin of 50 calories for seasoning, sauces, spices)
- **Protein: 161 grams.**
- **Fats: 41 grams.**
- **Carbs: 340 grams.**



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## 6. FLEXIBLE DIETING: ALCOHOL, BURGERS AND ABS?

I wasn't planning to put this in the book, but since you signed up to my blog, got hold of this eBook and read this far, I want to give you some bonus information. Let's talk about 'flexible dieting'.

Flexible dieting, AKA 'if it fits your macros' is a method of dieting where you can eat pretty much anything you want, as long as your daily macronutrients add up to the desired number. This is a practice that has been gaining a lot of traction lately, with several online fitness celebrities promoting it and I think you should know what exactly it is. Again, I am not asking you to implement this into your lifestyle. I'm going to lay out a few facts, the benefits and the drawbacks so you can make an educated decision of whether this suits you or not.

### 6.1: Flexible Dieting Guidelines:

- Flexible dieting does not mean you can have absolutely ANYTHING you want. No, 2 tubs of ice cream daily don't go well with a six pack. Flexible dieting is about fitting in your favorite foods in moderation, so you can satisfy your palate.
- I personally feel flexible dieting requires you to count your calories with more precision than healthier foods. For example, one spoon less or extra of brown rice wouldn't make a very big difference in your daily carb intake, but one scoop of ice cream would. This is due to the simple fact that junk foods are much more calorically dense than regular foods.



- If you remember reading Section 1.3 about this book, you already know why the source of certain foods is important. So how does 'flexible dieting' work? Most people who follow and promote flexible dieting, believe that your macronutrient consumption is the only factor that effects body composition. In other words, they believe that as long as you get the desired amounts of carbohydrates, proteins and fats, you'll look just fine. However, I disagree with this. Science shows that our body reacts differently to different foods depending on how dense they are and at what pace they are assimilated. Taking the example I had previously given, Insulin, a major metabolic hormone in our body is secreted differently depending on the foods we consume- it spikes like crazy when we have high sugary foods and increases slowly when we have say a slice of whole-wheat bread, although both are sources of carbs. So, how do people make it work for themselves? Most people who stay in decent shape while dieting flexibly get their macros from their favorite foods but rely on supplements for most other nutrients like fiber, vitamins, minerals, etc. As a result of all the bad saturated fats, cholesterol and suars they get from such foods, many of them rely on drugs to get and stay lean.
- As a conclusion, while flexible dieting is a viable option for someone who just want to look decent, chances are it's not something that will get you in the best shape of your life. Also, talking from a cardiovascular health perspective, consuming high sodium, saturated fats and trans-fats laden foods very frequently is not the best option for health and longevity.
- Alcohol: In my country of residence, I'm a year or so short of the legal age to drink. (Not that I've never tried it) I don't know what it feels like to drink on a regular basis and then workout the next day. But let's see what science says:
  - i) Drinking alcohol slows protein synthesis for a while roughly 24 hours after being ingested. This is where smart flexible dieting comes in. Having a shot or two after your Friday workout is a better idea than having it one a Saturday evening when your body is recovering.
  - ii) Certain alcohols are estrogenic and almost all reduce testosterone. In fact, the hops in beer are so estrogenic that they are being studied as cure for women with menopausal issues due to low estrogen levels.
  - iii) Alcohol has roughly seven calories per gram, nearly twice that of carbohydrates and sugar. Alcohol is full of calories with no nutritional value.
  - iv) So how to implement it into your 'flexi diet' routine? Here's what you can do, if you know you're heading out for a party tonight. Cut down on all sugars and carbs during the day. Eat a lot of veggies to keep you full, instead of having rice or breads. What this will help you do is save all those carb calories for the evening. Ultimately, if it fits in yoru macros, it okay. At least that's what flexible dieting says!

So, that's about it, about flexible dieting. If you think it suits your lifestyle and goals, go ahead.



\*takes a shot

"Exercise. Alcohol. Same thing, right?"

### A FINAL WORD:

I've spent quite a few late-nighters to get this out and If it helped you, please forward it to a friend or acquaintance, so I can help as many people as possible. There are a lot of misconceptions and myths out there and I hope I was able to provide you with enough information to make an educated decision on what you think is right for you. Remember that not everybody is wired the same way. What works for someone else might not necessarily work for you, and vice versa.

Here's a bit about my self. My fitness journey started when I was 12, doing pushups in my bedroom, flaunting 10 inch arms and only weighing about 110 pounds. Four years and several pounds later, a single day without training feels incomplete. I have spent hours researching and trying different training and dieting techniques. I am no way close to the ultimate goal, but I'm on my way and I strive to get better at it every day. Follow me on my social media to learn from me and follow my journey.

I would like to acknowledge my friends and family who have supported me along the way. A special word of thanks to my friend Erick, who helped me proof read the book and my buddy, Raaz, who helped me add the final touch to this book and has constantly supported me throughout my fitness journey.

Last but not the least, remember to love yourself and be happy about the way you are. Strive to be a better version of yourself and not compare yourself to him or her, because it doesn't matter. Good luck to you on your fitness journey, and Happy Lifting!

- **Shaumik Saha**

(Teenage Gym Trainee, Fitness Enthusiast and Aspiring Entrepreneur)

**Instagram:** <https://www.instagram.com/shaumiks>

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**FITNESS EAGLES: YOUR REGULAR DOSE OF FITNESS MOTIVATION:**

<http://www.fitness eagles.us>

Click on the video below to watch!

