

FAT BURNING MEAL and MUSCLE BUILDING MEAL

Eating a Fat burning diet

If you know about the 3 classic bodybuilding nutrition food lists - lean proteins, starchy carbs, and fibrous carbs - and you understand the distinctions between those types of carbs, then putting together meals and entire daily meal plans for fat-loss is a snap.

These food lists are NOT a personal prescription for you - they are simply what have been observed as the most popular foods eaten by bodybuilders and other physique athletes - the leanest and most muscular people in the world.

We'll start with protein:

List of Recommended Foods:

LEAN PROTEIN:

- Egg Whites
- Eggs Whole
- Liquid Egg Whites (carton)
- Chicken Breast
- Turkey Breast
- Top Round Steak (very lean red meat)
- Leanest Cuts of Bison/Buffalo
- Lean Game Meat (elk, venison, etc)
- Salmon (fish with high omega-3 fat content)
- Tilapia and Other White Fish (lean fish)
- Shellfish
- Lowfat Cottage Cheese or High Protein Dairy Products
- Protein Powders /Protein Shakes (whey, casein, or mixes)

Obviously vegetarians have to use high protein plant sources, but the principle and objective is the same for everyone: Have a lean protein source with every meal. Simple. Part 1 of the 3-part meal DONE!

Next is the fibrous carbs. These include vegetables which are usually high in fiber and always low in caloric density. Think greens and think non starchy veggies.

FIBROUS CARBS:

- Broccoli
- Asparagus
- Green Beans
- Onions
- Bell Peppers (green or red)
- Onions
- Tomatoes (yes, i know, technically it's a fruit)
- Cauliflower
- Spinach
- Lettuce / Leafy Salad Greens
- Cucumbers
- Celery
- Squash
- Carrots (technically starchy but low cal)
- Mushrooms
- Brussels Sprouts

Fat Burning Meal

This of course, is only a partial list, but these are the fibrous carbs that I see appear on **fat burning meal** plans of "the lean people" more often than any others.

Put a **lean protein and a fibrous carb together** and $1 + 2 = \text{BANG!}$

There you have a maximum fat burning meal (meaning, its high protein content is thermogenic and the meal is hard to overeat due to the low calorie density and the food form). This could actually create automatic fat loss.

Last but not least: poor, misunderstood starchy carbs.

Yes, you'll eat more lean protein and more fibrous carbs for maximum fat loss, but if you want to gain muscle or provide fuel to an athletic lifestyle, its very misguided to demonize and or exclude all the starchy carbs.

These carbs make up an important part of the year-round diet of the leanest most muscular physique athletes. The key is to pick the right ones, and then manipulate the starchy carbs based on goals and body type.

That's why I call starchy carbs the X factor. X is a variable. Lean protein and fibrous carbs are a constant. The amount of X (starchy carbs) can vary a LOT from person to person.

Eat more of them for muscle gain and fueling endurance work, and yes even eat them for fat loss, but less of them and use nutrient timing (load them after your workouts - before and after if you've got calories to spare).

STARCHY CARBS

- Old Fashioned Rolled or Steel Cut Oatmeal (unsweetened) - Porridge
- Yams or Sweet Potatoes
- White Baked Potatoes
- Brown Rice
- Beans, Peas and Legumes
- Quinoa (and other less common grains - spelt, amaranth, etc)
- 100% Whole Grains and Whole Grain Products (pastas, breads, tortillas, etc) (Limited quantities)

By far the first four - oats, yams, potatoes and rice are the most popular starchy carbs in the physique world - staples. These are the natural starches. Beans and legumes are also popular and grains like quinoa are rising in popularity (can be served like rice or as a morning porridge).

Grains have really been beaten up lately (diet scapegoat of the year), even the whole grains, but for people without problems with wheat or gluten, whole grain pasta and whole grain breads do show up on physique athlete meal plans, and we see lean and muscular athletes eating them all the time - mostly however, in the muscle building phase and or at post-workout meals.

...

Muscle Building Meal

Now, putting it all together you can see that a traditional **muscle building meal is 1 + 2 + 3: (lean + starchy + fibrous)**

- eggs + oatmeal + omelet veggies
- tilapia + rice + broccoli
- chicken breast + sweet potato + asparagus

What about fruit? That's a separate topic, but yes, plug your favourite fruit into any meal instead of some of the starchy and fibrous carb calories - example:

- eggs + smaller portion of oats + mixed fruit cup.