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Dieting 101

How to get lean AND stay lean for good!



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Before going any further, I suggest you first read "[Jim's Muscle-Building Nutrition Rules](#)."

When we talk about dropping body fat, we still want to maintain, if not build, lean muscle mass and strength. So your first goal is to make sure you have your diet and supplement plan in place to maximize muscle growth. Study the 9 rules I break down in that article. They're still critical, even as your goal shifts to fat loss.

If you've followed any of my training and diet programs to maximize fat loss, you know that they work very well. Consider my very popular "Shortcut To Shred" diet as well as "1-2-3 Lean." Millions of people have gotten lean with this training, diet and supplement plan. You may very well be one of the millions who actually witnessed those benefits on your own body. Yet I have to admit the 1-2-3 Lean and Shortcut To Shred diets aren't ideal for everyone because every body responds differently to diets.

The thing is, when I create a program that's meant to be helpful for millions of people, it needs to be easy to follow. Many people don't even understand the difference between protein and carbs and just want to be told what to do. So I create diets that I feel will be effective for most people.

To Shred or Not to Shred?

As effective as Shortcut To Shred is, it may not be the best way for you to lose body fat while maintaining or building muscle. In that meal plan, you start with carbs at 1.5 grams per pound of body weight for one week. This is designed to help your body get used to the intense training and to keep your metabolic rate up before you start dropping carbs and calories. However, if your diet is already low-carb, then starting off at 1.5 grams of carbs may be too high for you.

In the second week of the diet, you drop carbs down to 1 gram per pound of body weight, and then in weeks 4-6, you drop carbs again, down to 0.5 grams per pound. This is a very effective strategy for continuing to drop body fat without hitting a plateau -- for most people, that is. It just may not be the ideal diet for you.

Your Best Diet

A better diet is one that considers what you're currently eating and how your body responds throughout the diet and adjusts accordingly. Since I can't be there to monitor your progress, it will require a bit more work from you than just following the plan meal by meal. But that's why you're a member of my site; you want to learn more and figure out how to apply the information to your own body for better results. This is what this article will teach you: How to figure out where to start on a fat-loss diet and how to progress based on *your* body's response.



Let's Begin!

This article breaks down the nutrition information to maximize fat loss into steps. The reason for this is, fat loss is a continual process and your diet must change gradually over time. The worst thing you can do is immediately jump down to a very low amount of calories and carbohydrates.

For example, many people ask me if going on a Keto diet, where almost all carbs are removed from the diet, is a smart plan. The answer is no. Yes, this can result in very rapid fat loss at the beginning, but after a few months, when fat loss stops and hits a plateau, there's little wiggle room to remove more calories and continue losing body fat.

"Starvation Mode"

When you diet, your body responds by going into "starvation mode." This means your body slows down its metabolic rate, the number of calories you burn just sitting around. The reason for this is to conserve energy stores, namely your body fat. Your body prefers not to be lean, since body fat is stored energy that it can use when food is scarce. The more you reduce your caloric intake, the bigger the drop in your metabolic rate and the quicker this will happen.

To prevent a massive slowing of your metabolic rate, you need to gradually reduce your calorie intake little by little.

Exercise will help keep your metabolic rate higher, but it can't prevent the gradual lowering of it as you drop calories. You want to start a diet for fat loss by eating as many calories as you can while still losing weight. This way, you have ample room to keep lowering calories as your metabolic rate drops and fat loss hits a plateau. How do you figure out how many calories to start your diet with?

Step 1: Analyze Your Diet

To get the best estimate of where you should start for calories, you need to take an honest look at your current diet. I recommend recording everything you eat for one full week. But if that seems daunting, do at least two weekdays and one weekend day. If you have a scale, weigh food such as chicken, beef, fish, etc. For liquids and grains (rice, cereal), use measuring cups and spoons. If you have a good take on how much is one cup of something, or how much is 8 ounces of chicken breast, then estimate as best you can. The calories and macros for most foods will be covered in my "[Food/Nutrient Database](#)." For packaged foods, use the nutrition facts label on the box.

Keeping a food journal is a trick I like to use to keep people from straying from their diets. When they have a weak moment and crave a donut, knowing that they have to record that in their food log helps them avoid eating the donut. But during this week, don't avoid eating any of the foods that you normally do. The point is to access your true current diet so that you know where to start your new one. If you alter it, it can actually work against your fat-loss efforts.

Calculate the amount of calories, grams of protein, grams of carbs and grams of total fat for each food that you eat. Then, add these up for all the foods that you eat each day. Using an Excel spreadsheet can help make this easier and better allow you to keep track of your diet. You can take the numbers from my database and enter them into Excel, then copy and paste into your current diet as you go.

Once you have the total amount of calories, grams of protein, carbs and fat for each day, you need to get an average of all the days. If you record seven days of food intake, add the calories up for all seven days and divide that number by seven to get the average calorie intake for the seven days. If you did just three days, add up the total calories and divide by three. Do this also for grams of protein, grams of carbs and grams of fat.

The critical factor here is your average calorie intake. Take this number and divide it by your body weight in pounds to calculate your average calories relative to your body weight. For example, if you weigh 200 pounds and you consumed an average of 4,000 calories per day, you currently consume an average of 20 calories per pound of body weight.

Step 2: Focus on Protein and Fat

Create your initial diet by using the muscle-building guidelines in my "[Muscle-Building Nutrition Rules](#)." Focus on Rules 1 and 3, which deal with protein and fat.

Start by making sure that you consume close to 1.5 grams of protein per pound of body weight per day, and about 0.5 grams of fat per pound. Since there are four calories per gram of protein, that means you'll consume six calories from protein per pound of body weight. Fat has about nine calories per gram, so you will be consuming 4.5 calories from fat per pound. Adding the calories from protein and fat equals 10.5 calories per pound of body weight. Subtract 10.5 from the number of calories per pound of bodyweight you currently eat based on your food record. For the sample 200-pound person consuming 20 calories per pound of body weight, that equals 9.5 calories.

This is the amount of calories you can consume from carbs per pound of body weight. Since there are four calories per gram of carbs, that equals about 2.5 grams of carbs per pound. Round that number down to 2 grams.

Your new diet will consist of about 1.5 grams of protein, 2 grams of carbs, 0.5 grams of fat, and 18.5 calories per pound of body weight. For the 200-pound person that equates to 3,700 calories, 300 grams of protein, 400 grams of carbs, and 100 grams of fat per day. (See the sample diet for a 200-pound person following these guidelines.)

Please note that the sample meal plans in this section are very similar to one another for the purpose of illustrating how to change the diet when you move through the different steps. This doesn't mean that you should eat the same foods every day and in each step of the diet. You should have as much variety in your diet as possible. For food alternatives, refer to my [Food Alternatives List](#).

Follow this diet for as long as you continue seeing fat-loss results. Many of you will gain muscle mass even as you're dropping fat, so don't use the scale as your major indicator of fat loss. Use the mirror, your waist size, or how you fit into your pants. An even better option is to have your body fat measured by a professional using either a site skinfold caliper, underwater weighing, or DEXA scan. Do not use bioelectrical impedance, which calculates percent body fat based on how fast it takes a current to travel through your body. This method is not accurate at all!

The sample meals below are for workout days. On off days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out in the morning:

Pre-workout (as soon as you wake/30-45 minutes before workouts)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple
- 1 scoop [Pro JYM](#)

(Pre JYM Contains ALL of the following ingredients at specific doses)

- 6 grams BCAAs (at a 2:1:1 ratio of leucine:isoleucine:valine)
- 2 grams creatine HCL
- 2 grams beta-alanine
- 1.5 grams betaine
- 1 gram Taurine





- 600 mg NAC (N-Acetyl L-Cysteine)
- 150 mg Alpha-Glycerol Phosphoryl Choline (Alpha GPC)
- 6 grams Citrulline malate
- 500 mg beet extract
- 1.5g L-Tyrosine
- 300 mg Caffeine
- 50 mcg Huperzine A
- 5 mg Bioperine (for enhanced absorption of active ingredients)

Post-workout (within 30 minutes after workouts)

- 20-40 g protein from a protein powder blend like [Pro JYM](#)
- 1 scoop [Post JYM Active Matrix](#)
- 1 scoop [Post JYM Carbs](#)

(Post JYM Active Matrix + Post JYM Fast Carbs/Dextrose contain all of the below recommended ingredients at the specific doses)

- 30 grams dextrose
- 6 grams BCAAs (at a 3:1:1 ratio of leucine:isoleucine:valine)
- 3 grams glutamine
- 2 grams creatine HCL
- 2 grams beta-alanine
- 2 grams L-carnitine L-tartrate
- 1.5 grams betaine
- 1 gram taurine
- 5 mg BioPerine (to enhance absorption of the active ingredients)

Breakfast (30-60 minutes after post-workout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Fat-burner supplements (take between breakfast and late-morning snack)

- 1 dose [Shred JYM](#)

(Product Contains ALL of the following ingredients at specific doses)

- 200 mg Caffeine
- 500 mg Green Tea Extract (50% EGCG)
- 1.5 g Acetyl-L-Carnitine
- 20 mg Synephrine
- 50 mg Cayenne pepper extract
- 500 mg L-Tyrosine

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose [Shred JYM](#)

Afternoon snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 tbsp peanut butter
- 1 tbsp jam
- 2 slices whole-wheat (or Ezekiel) bread

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans or pinto beans
- 2 cups mixed green salad
- 2 tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)





Before-Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 tbsp peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose [Shred JYM](#)

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tbsp olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after post-workout meal)

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 tbsp peanut butter
- 1 tbsp jam
- 2 slices whole-wheat (or Ezekiel) bread

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 tbsp salad dressing (olive oil and vinegar)

Before-Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [PRO JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tbsp olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil





Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

Fat-burner supplements (take between late morning snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter
- 1 Tbsp jam
- 2 slices whole-wheat (or Ezekiel) bread

Pre-workout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)

Fat-burner supplements (take between late-morning snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)





- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separate)

Step 3: Reduce Carbs

Your next step is to adjust your diet by reducing carbs by 0.25 grams per pound. As I mentioned above, as you reduce calories, your body responds by lowering your metabolic rate to burn fewer calories throughout the day. The only way to continue losing body fat is to reduce your calories.

Since you want to keep protein and fat where they are to maximize muscle growth and strength gains, your best bet is to whittle away your carb intake. Each time you hit a plateau in your diet and it seems like you haven't made any fat loss progress for at least a week, it's time to drop carbs. You'll reduce carbs by 0.25 grams per pound of body weight each time you need to cut again, which will reduce your total calorie intake by about 1 calorie per pound of body weight. For the 200-pound person, that equates to about a 200-calorie cut.

Since our sample 200-pounder is currently consuming 2 grams of carbs per pound of body weight, his first cut will be bringing him down to 1.75 grams per pound. Where you start reducing your carbs depends on when you train. Regardless, you will cut post-workout carbs ABSOLUTELY LAST.

For those who train in the morning, start reducing carbs from the end of the day and work up as you continue to drop. For those who train at night, start reducing your carbs from the start of the day and work down as you continue to cut. It gets a little trickier if you train at lunch or before dinner. See the sample diets below for examples of how to drop carbs from your diet with each 0.25 gram per pound cut.

You'll progressively cut carbs each time fat loss hits a plateau until you're down to around just 0.25 grams of carbs per pound. That is, if you ever have to get that low. Many people won't have to get anywhere close to that. It just depends on where you're starting from, what your training consists of and how your body responds to the training and diet.

The sample meals below are for those making their first cut in carbs from 2.0 grams to 1.75 grams per pound of body weight (or 350 grams of carbs total for the 200-pounder). This drops calories to 17 per pound of body weight or about 3,400 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after post-workout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Fat-burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)





Lunch



- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter
- 1 Tbsp jam
- 2 slices whole-wheat (or Ezekiel) bread

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans or pinto beans
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after post-workout meal)

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter
- 1 Tbsp jam
- 2 slices whole-wheat (or Ezekiel) bread





Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp olive oil (scrambled eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

Fat-burner supplements (take between late morning snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter
- 1 Tbsp jam
- 2 slices whole-wheat (or Ezekiel) bread

Pre-workout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM





Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp olive oil (scrambled eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)

Fat-burner supplements (take between late-morning snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)

The sample meals below are for those making the next cut in carbs from 1.75 grams to 1.5 grams per pound of body weight (or 300 grams of carbs total for the 200-pounder). This drops calories to 16 per pound of body weight or about 3,200 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Pre-workout (as soon as you wake/30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after post-workout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil



Fat-burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM



Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with a shake)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scrambled eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple

(mix pineapple in cottage cheese)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after post-workout meal)

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM





Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with a shake)

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil
- 4 capsules [Omega JYM](#) fish oil

(scramble eggs in olive oil)

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple (mix pineapple in cottage cheese)

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with a shake)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)





- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scrambled eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple (mix pineapple in cottage cheese)

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with a shake)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

The sample meals below are for those making the next cut in carbs from 1.5 grams to 1.25 grams per pound of body weight (or 250 grams of carbs total for the 200-pounder). This drops calories to 15 per pound of body weight or about 3,000 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Pre-workout (as soon as you wake/30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after post-workout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs





- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Fat-burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late-morning snack

- 1 cup low-fat cottage cheese
- 1 cup sliced pineapple
- 5 Triscuit whole-wheat crackers

(mix pineapple in cottage cheese and eat with crackers)

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans or pinto beans
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after post-workout meal)

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM





Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with a shake)

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in Olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with a shake)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)





Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with a shake)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs.](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

The sample meals below are for those making the next cut in carbs from 1.25 grams to 1 gram per pound of body weight (or 200 grams of carbs total for the 200-pounder). This drops calories to 14 per pound of body weight or about 2800 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Pre-workout (as soon as you wake/30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after post-workout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil





Fat-burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after post-workout meal)

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with a shake)

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1/2 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)





Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in Olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to the salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separately)

Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese





Lunch



- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 2 slices whole-wheat (or Ezekiel) bread

(make peanut butter sandwich to eat with shake)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separate)

The sample meals below are for those making the next cut in carbs from 1 gram to 0.75 grams per pound of body weight (or 150 grams of carbs total for the 200-pounder). This drops calories to 13 per pound of body weight or about 2,500 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Pre-workout (as soon as you wake/30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after post-workout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 2 cups cooked oatmeal (1 cup dry oats before cooking)
- 1 Tbsp honey (mix honey in oatmeal)
- 4 capsules [Omega JYM](#) fish oil

Fat-burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM





Afternoon snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after post-workout meal)

- 6 oz. can albacore tuna
- 2 slices whole-wheat (or Ezekiel) bread
- 1 Tbsp light mayonnaise
- 1 large piece of fruit (apple, orange, banana, etc.)
- 1 dose [Vita JYM](#) multivitamin

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 1 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites





- 1 Tbsp Olive oil (scramble eggs in Olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Pre-workout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1/2 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin (add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter (make peanut butter sandwich to eat with shake)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1/2 cup of cooked brown rice
- 1/2 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)





Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separate)

The sample meals below are for those making the next cut in carbs from 0.75 grams to 0.5 grams per pound of body weight (or 100 grams of carbs total for the 200-pounder). This drops calories to about 11 per pound of body weight or about 2,300 for the 200-pound person. Remember that these meal plans are based on workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Pre-workout (as soon as you wake/30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after post-workout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 1 cups cooked oatmeal (1/2 cup dry oats before cooking)
- 4 capsules [Omega JYM](#) fish oil

Fat-burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 1 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin (add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp peanut butter

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt with 1 teaspoon honey
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)





- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after post-workout meal)

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 1 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin (add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter
- 1 Tbsp Jam
- 1 slices whole-wheat (or Ezekiel) bread (make peanut butter sandwich to eat with shake)

Dinner

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)





Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after post-workout meal)

- 8 oz. steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1/2 cup of cooked brown rice
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp Peanut butter (can add to shake or Greek yogurt or eat separate)

Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter (make peanut butter sandwich to eat with shake)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 1/2 cup of cooked brown rice
- 1/2 cup of cooked black beans (or pinto beans)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Pre-workout (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Post-workout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- Or 1 cup cottage cheese or 1 cup Greek yogurt (with 1 teaspoon honey)
- 1 Tbsp peanut butter (can add to shake or Greek yogurt or eat separate)

Step 4: Add a High-Carb Day

This step will be a favorite for most of you, as it gives you the opportunity to eat some of the foods you may have been craving on a low-carb diet. Once carbs drop to 0.5 grams per pound of body weight or lower, it's advisable to include a higher carb day every week or so. This can help to keep your metabolic rate higher even though your carbs and calorie intake is so low.



Plus, it works well as an incentive to get through the week. Most people find that they better police themselves when they know they have a high-carb day in the near future. When that day comes, they can feel like they earned it. And once you've enjoyed the high-carb day, it's easier to go back to the low-carb diet.



It doesn't matter what day of the week your high-carb day falls on, but you don't want to go any more frequent than once every seven days. A weekend day works best for most people. Protein and fat should stay about the same, but you can drop them somewhat on your higher-carb day. Just don't allow protein to drop much lower than 1 gram per pound of body weight and fat to go any lower than 0.25 gram per pound. You should shoot for about 2 grams of carbs per pound of body weight on high-carb day. That's about 400 grams for the 200-pounder.

When it comes to the high-carb foods to choose, your best options are low-glycemic or slow-digesting carbs, such as oatmeal, whole-wheat breads, pastas and sweet potatoes. However, if you train on your high-carb day, you should still consume high-glycemic carbs immediately after the workout. While the majority of your carbs should come from low-GI carbs, you can enjoy some high-GI carbs throughout the day.

Having a boost in insulin will help keep your metabolism high and will allow you to enjoy some of the sweets you may have been craving. When it comes to fruit, you should consume it just through the first half of the day.

Foods on the high-carb days should not be high-carb, high-fat foods like donuts, ice cream, or pizza. But if you're really craving these foods, have a reasonable portion to keep cravings at bay and stay on track.

The sample meals below are for workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Preworkout 1 (As soon as you wake/30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Postworkout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after postworkout meal)

- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs cook in olive oil)
- 3 four-inch pancakes
- 2 Tbsp maple syrup
- ½ cantaloupe
- 4 capsules [Omega JYM](#) fish oil

Fat burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late morning snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- ¼ whole-wheat Boboli crust
- ¼ cup light mozzarella cheese
- ¼ cup marinara sauce

(add sauce to crust and top with cheese; cook at 400 °F for 10-15 min or until cheese is browned)

Lunch

- 6 inch Subway Turkey and Ham (double meat) on 9-grain wheat bread
- 1 bag baked Lays potato chips
- Regular diet soda
- 1 dose [Vita JYM](#) multivitamin

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 3 sticks light string cheese
- 6 cups air popped popcorn (or bag of low-fat microwave popcorn)

Dinner

- 6 oz, chicken breast (or fish, or lean beef or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 1 cup chopped broccoli

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 1 cup reduced fat Greek yogurt
- 1 Tbsp honey
- 7 walnut halves (crushed)

(Add honey and walnuts to yogurt and eat)





Sample meal plan for those working out at lunchtime:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 1 Tbsp Olive oil (scramble eggs cook in olive oil)
- 3 four-inch pancakes
- 2 Tbsp maple syrup
- ½ cantaloupe
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- ¼ whole-wheat Boboli crust
- ¼ cup light mozzarella cheese
- ¼ cup marinara sauce

(add sauce to crust and top with cheese; cook at 400 °F for 10-15 min or until cheese is browned)

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Postworkout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after postworkout meal)

- 6 inch Subway Turkey and Ham (double meat) on 9-grain wheat bread
- 1 bag baked Lays potato chips
- Regular diet soda
- 1 dose [Vita JYM](#) multivitamin

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 3 sticks light string cheese
- 6 cups air popped popcorn (or bag of low-fat microwave popcorn)

Dinner

- 6 oz. chicken breast (or fish, or lean beef or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 1 cup chopped broccoli

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 1 cup reduced fat Greek yogurt
- 1 Tbsp honey
- 7 walnut halves (crushed)

Sample meal plan for those working out after work/before dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 1 Tbsp Olive oil (scramble eggs cook in olive oil)
- 3 four-inch pancakes
- 2 Tbsp maple syrup
- ½ cantaloupe
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- ¼ whole-wheat Boboli crust
- ¼ cup light mozzarella cheese
- ¼ cup marinara sauce

(add sauce to crust and top with cheese; cook at 400 °F for 10-15 min or until cheese is browned)





Lunch



- 6 inch Subway Turkey and Ham (double meat) on 9-grain wheat bread
- 1 bag baked Lays potato chips
- Regular diet soda
- 1 dose [Vita JYM](#) multivitamin

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 3 sticks light string cheese
- 6 cups air popped popcorn (or bag of low-fat microwave popcorn)

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Postworkout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after postworkout meal)

- 6 oz. chicken breast (or fish, or lean beef or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 1 cup chopped broccoli

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 1 cup reduced fat Greek yogurt
- 1 Tbsp honey
- 7 walnut halves (crushed)

(Add honey and walnuts to yogurt and eat)

Sample meal plan for those working out at night after dinner:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 1 Tbsp Olive oil (scramble eggs cook in olive oil)
- 3 four-inch pancakes
- 2 Tbsp maple syrup
- ½ cantaloupe
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- ¼ whole-wheat Boboli crust
- ¼ cup light mozzarella cheese
- ¼ cup marinara sauce

(add sauce to crust and top with cheese; cook at 400 Å°F for 10-15 min or until cheese is browned)

Lunch

- 6 inch Subway Turkey and Ham (double meat) on 9-grain wheat bread
- 1 bag baked Lays potato chips
- Regular diet soda
- 1 dose [Vita JYM](#) multivitamin

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 3 sticks light string cheese
- 6 cups air popped popcorn (or bag of low-fat microwave popcorn)

Dinner

- 6 oz. chicken breast (or fish, or lean beef or other poultry, or pork)
- 1 cup of cooked brown rice
- 1 cup of cooked black beans (or pinto beans)
- 1 cup chopped broccoli





Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Postworkout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 1 cup reduced fat Greek yogurt
- 1 Tbsp honey
- 7 walnut halves (crushed)

(Add honey and walnuts to yogurt and eat)

Step 5: Cut Carbs by 0.25 grams One Final Time

You can slash carbs once more before you hit the lowest you can go. After all, you still need vegetables, and although they provide a good deal of fiber, they also provide real net carbs. Some experts recommend not counting carbs from vegetables as part of your daily total of carbs due to their high fiber content. Yet the carb content of most vegetables is less than 50% fiber. If you're eating a lot of vegetables, this can add up.

Instead, I prefer to count even fiber as part of daily carb intake, but realizing that at the lowest point carb intake will still be a good 30-60 grams depending on the diet, or roughly about 0.25 grams per pound of body weight. There are also small amounts of carbs in most protein shakes. Since you need them to maximize your results in the gym, you'll need to leave room in your diet. The bottom line is that even at the lowest point, you can never truly get to zero grams of carbs.

During this phase of the diet, you should definitely include one high-carb day each week. Having this day to look forward to will make a real difference in your ability to tolerate such extremes in dieting.

The sample meals below are for those making the final cut in carbs from 0.5 grams to 0.25 grams per pound of body weight (or 50 grams of carbs total for the 200-pounder). This drops calories to about 10 per pound of body weight or about 2,000 for the 200-pound person. Protein and fat stay steady, as they have throughout. Remember that these meal plans are based on workout days. On rest days from the gym, skip the post-workout meal and have the pre-workout meal as a snack.

Sample meal plan for those working out first thing in the morning:

Preworkout 1 (As soon as you wake/30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#),
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after postworkout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Late morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil n vinegar)





Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Sample meal plan for those working out at lunchtime:

Fat-burner supplements (as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 1 cup low-fat cottage cheese

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Lunch (30-60 minutes after postworkout meal)

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)
- (add tuna to salad)
- 1 dose [Vita JYM](#) multivitamin

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil n vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Sample meal plan for those working out after work/before dinner:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)





Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after postworkout meal)

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil n vinegar)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Sample meal plan for those working out at night after dinner:

Fat-burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil(scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late-morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat-burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

(make peanut butter sandwich to eat with shake)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green salad
- 2 Tbsp salad dressing (olive oil and vinegar)

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 large apple

Postworkout (within 30 minutes after workouts)

- 1 scoop each [Post JYM Active Matrix and Carbs](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)





Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Step 6: Switch to Intermittent Fasting

Once you get down to 0.25 g carbs per pound of body weight, it's next to impossible to go any lower in carbs. This small amount of carbs is coming from protein sources and vegetables. If you get down this low in carbs and hit a plateau, there's a very good chance that it's because you're down at extremely low levels of body fat but want to get even lower. For men, this would be somewhere around 5% and women somewhere around 12%. To keep losing body fat, you could continue by dropping protein and fat, but that could compromise muscle mass. So an alternative to try first is intermittent fasting (IF).

[For more on IF, check out this article](#)

Sample IF meal plan for those working out first thing in the morning:

During workout (drink during workouts)

- 1 scoop [Pre JYM](#)

Postworkout (within 30 minutes after workouts – this starts your 8-hour eating window)

- 1 scoop each [Post JYM Active Matrix](#)
- 40-60 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30 minutes after postworkout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs cook in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Fat burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1Tbsp Peanut butter

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)

Snack (within 8 hours from when you consumed postworkout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Sample IF meal plan for those working out at lunchtime:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Preworkout 1 (30 minutes before workouts; this starts your 8-hour feeding window)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after postworkout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites



- 1 Tbsp Olive oil
- 4 capsules [Omega JYM](#) fish oil



Fat burner supplements (take between breakfast and snack)

- 1 dose Shred JYM

Late morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)

Snack (within 8 hours from preworkout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Sample IF meal plan for those working out after work/before dinner:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast (This starts your 8-hour feeding window so have this 8 hours before you plan on having your last meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 1 cup low-fat cottage cheese

Fat burner supplements (take between snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1 Tbsp Peanut butter

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after postworkout meal)

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)

Snack (within 8 hours of breakfast)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)



- or 1 cup cottage cheese



Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Sample IF meal plan for those working out at night after dinner:

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Breakfast (This starts your 8-hour feeding window so have this 8 hours before you plan on having your last meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 1 cup low-fat cottage cheese

Fat burner supplements (take between snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- 1Tbsp Peanut butter

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements(1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Step 7: Lower Fat and Protein

The low-carb IF should get you down to as low in body fat as you ever need to go. However, everybody reacts differently. So if you've hit a fat loss plateau with a low-carb IF diet, you'll need to adjust your diet yet again. As I've mentioned, once you are down to 0.25 g carbs per pound of body weight, it's fairly impossible to go any lower in carbs without removing vegetables and protein shakes, which you really don't want to do. The only thing left to do now is lower the other macronutrients – fat and protein. This will bring calories down again and allow you to burn up more body fat.

So you'll cut out some protein shakes, such as with breakfast, and will cut out some fat from peanut butter and by reducing the amount of salad dressing you use. This will bring protein intake down to about 1.25 grams per pound of body weight and fat to about 0.25 grams per pound of body. And calories will now be down to just nine per pound of body weight, or about 1800 calories total for the 200-pound person.

Of course, you will also continue to employ IF to help with fat loss, as you are lowering calories through less protein and fat consumption. Be sure to add a high-carb day, but keep it within the 8-hour feeding window with IF.

Sample IF meal plan for those working out first thing in the morning:

During workout (drink during workouts)

- 1 scoop [Pre JYM](#)

Postworkout (within 30 minutes after workouts – this starts your 8-hour eating window)

- 1 scoop [Post JYM Active Matrix](#)
- 40-60 g protein from a protein powder blend like [Pro JYM](#)

Breakfast (30-60 minutes after postworkout meal)

- 3 whole eggs





- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Fat burner supplements (take between breakfast and late-morning snack)

- 1 dose Shred JYM

Late morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- Tbsp salad dressing (olive oil n vinegar)

Snack (within 8 hours from when you consumed postworkout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Sample IF meal plan for those working out at lunchtime:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Preworkout 1 (30 minutes before workouts; this starts your 8-hour feeding window)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#).
- 20-40 g protein from a protein powder blend like [Pro JY](#)

Breakfast (30-60 minutes after postworkout meal)

- 3 whole eggs
- 3 egg whites
- 1 tsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Fat burner supplements (take between lunch and afternoon snack)

- 1 dose Shred JYM

Late morning snack

- 1 cup low-fat cottage cheese

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Dinner

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)





Snack (within 8 hours from preworkout meal)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Sample meal plan for those working out after work/before dinner:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast (This starts your 8-hour feeding window so have this 8 hours before you plan on having your last meal)

- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 1 cup low-fat cottage cheese

Fat burner supplements (take between snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)

Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Dinner (30-60 minutes after postworkout meal)

- 8 oz. Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)

Snack (within 8 hours of breakfast)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Sample meal plan for those working out at night after dinner:

Fat burner supplements (take as soon as you wake up)

- 1 dose Shred JYM

Breakfast (This starts your 8-hour feeding window so have this 8 hours before you plan on having your last meal)

- 3 whole eggs
- 3 egg whites
- 1 Tbsp Olive oil (scramble eggs in olive oil)
- 4 capsules [Omega JYM](#) fish oil

Late morning snack

- 1 cup low-fat cottage cheese

Fat burner supplements (take between snack and lunch)

- 1 dose Shred JYM

Lunch

- 6 oz. can albacore tuna
- 2 cups mixed green Salad
- 2 Tbsp salad dressing (olive oil n vinegar)
- 1 dose [Vita JYM](#) multivitamin

(add tuna to salad)





Afternoon Snack

- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Dinner

- 8 oz, Steak (or salmon or other fish, or chicken or other poultry, or pork)
- 2 cups mixed green Salad
- 1 Tbsp salad dressing (olive oil n vinegar)

Preworkout 1 (30-45 minutes before workouts)

- 1 scoop [Pre JYM](#)
- 20-30 g protein from a protein powder blend like [Pro JYM](#)

Postworkout (within 30 minutes after workouts)

- 1 scoop [Post JYM Active Matrix](#)
- 20-40 g protein from a protein powder blend like [Pro JYM](#)

Before Bed Supplements (1 hour before bed)

- 1 dose [ZMA JYM](#) (females take 2/3 dose)

Before Bed Snack (have immediately before bed - at least 1 hour after ZMA JYM)

- 20-30 g protein from a protein powder blend like [Pro JYM](#)
- or 1 cup cottage cheese

Step 8: Drop Protein and Fat Again, if needed

Step 7 should be the last step that anyone would need to make to reach their goal, even if it was getting down to low levels of body fat for a fitness or bodybuilding competition or photo shoot. But as I've said, everybody is different and there's always at least one person who's an outlier and doesn't respond as you'd expect them to.

If you've hit a plateau in fat loss and have some more body fat to strip away, you would simply continue making small reductions in your calories by dropping more fat and protein. You could cut out olive oil completely and use non-caloric cooking spray to cook with and use just vinegar for salad dressing. And you could reduce your protein meals by about 10% of the serving size. These small changes will allow you to keep calories slowly dropping and fat loss sustained.

Maintaining Your New Lean Body

A common question I get from those dieting down to low levels of body fat is how to maintain that lean body without gaining body fat while trying to build more muscle. It's quite possible to do so if you're very careful and detailed with your diet. You simply can't go back to the way you were eating before you started to get serious about your fat loss. Going back to your old ways will lead to rapid fat gain as your metabolism is a bit slower at this time. Simply put, you'll reverse the steps that brought you to where you now are. Just like dieting down in carbs and calories was a slow, progressive process, so too should be your return to a higher carb, higher calorie diet.

Your strategy to gain muscle but not fat will be to slowly move to the step prior to your current step in the diet process. So if you left off at Step 7, you'll move into Step 6 of the diet. How long you stay there depends on how your body reacts. I would suggest staying with a diet step no less than two weeks before moving up to the next step. Your body will need time to adjust to the higher carb and calorie intake. It will respond by increasing your metabolic rate, which will allow you to consume those higher carb and calorie intakes without adding body fat, or at least not adding much body fat. You likely won't be able to maintain the exact body fat level as when reached your final stages of the diet, but if you do it slowly enough, there will be very minimal amounts of fat added.

If you find you're gaining fat readily when you move up a step, I suggest you do some diet cycling. For example, if you're currently at 0.5 grams of carbs per pound of body weight and find that moving up to 0.75 grams of carbs per pound is putting some fat on your physique, try sticking with the 0.5 grams for two days then doing a day of 0.75 grams before repeating this cycle. Eventually move to alternating 0.5 grams and 0.75 grams every other day, then go to consuming 0.75 grams of carbs every day.

The nice thing about maintaining your lean physique by slowly increasing carbs and calories is that many people can afford to include a real cheat day once a week. So instead of having a "clean" high-carb day once a week where fat is relatively low and you're focusing on low-fat carbs like rice, oatmeal, popcorn, etc., you can also include some "dirty" foods like ice cream, donuts and pizza. That's your reward for eating clean up to this point!

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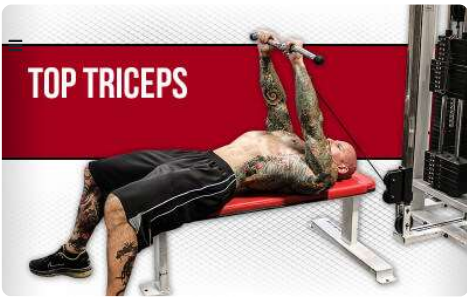
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