

Contest Prep Guide

Mind, Figure, Physique



100

Setting Up the Meal Plan

To start, split all macros among the number of meals/snacks you will eat in a day (usually 3-6 meals/snacks). I find it best to eat every 3-4 hours. If you go longer, you may be extremely hungry by your next meal and eat things you didn't plan on. Spreading meals out also helps to keep metabolic hormone levels more constant. For this example, let's split macros into 6 meals.

Example macro distribution:

Meal/Snack	Protein (g)	Carb (g)	Fat (g)
Meal 1 Breakfast	25g	45g	10g
Snack	10g	15g	5g
Meal 2	25g	45g	10g
Post-workout meal	25g	45g	10g
Meal 3 Lunch	25g	45g	10g
Meal 4	25g	45g	10g
Meal 5 Dinner	25g	45g	10g
Meal 6	25g	45g	10g

I split protein, carbs and fat fairly evenly among the 6 meals so the numbers worked to whole numbers so they will be easier to portion and measure. I want to note here that drinking 30-50 grams of dextrose (or a mix of dextrose and maltodextrin) with your BCAAs during your workout can really help give you energy while lifting, especially while in a calorie deficit. I highly recommend doing this. (Diabetics must use extreme caution). Redistribute the above macros so that the grand total is accurate. If you do not want to drink dextrose, make sure you have a meal at least 1-2 hours prior to working out. See Supplements on pg 25.

Early morning lifters: If you can't get a meal in 1-2 hours before an early AM workout, drink a protein shake on the way to the gym and then start to drink dextrose (30-50 grams) right when you get to the gym. Avoid fasted lifting.

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Example Meal Plan

30 grams + 1 cup + 2 Tbsp

1 cup + 1 cup

MEAL #1	1-2 PM	Pre-workout meal	Carbs	Protein	Carbs	Protein
Snack			25	45	10	
[optional to fit macros, protein powder, almond milk, fruit, etc]						
1 whole egg			egg 1/2 cup	4		5
1 egg white			egg 1/2 cup	10		
small portion of oil packed in egg					5	
Dextrose			30g / 1 cup water	5	25	5
almond milk in dextrose			egg 1/2 cup	5		5
Workout						
Dextrose 30g + during lifting protein (see supplements on pg 25)						
MEAL #2	3-5 PM	Post-workout meal	Carbs	Protein	Carbs	Protein
Snack			25	45	10	
Protein powder + within 30 minutes post workout			30	10	10	
Small portion			30g / 1/2 cup	4	45	5
granted water for small portion			egg 1/2 cup			5
MEAL #3	6-8 PM		Carbs	Protein	Carbs	Protein
Snack			25	45	10	
Chicken, whitefish			egg 1/2 cup	20	5	5
Brown rice			egg 1/2 cup + 1/2 cup water	5	25	4
Milk or coconut oil or butter/ghee butter			egg 1/2 cup			20
Vegetables (see recipe for macros)			egg 1/2 cup	5	5	5
MEAL #4	8-9 PM		Carbs	Protein	Carbs	Protein
Snack			25	45	10	
Chicken, whitefish			egg 1/2 cup	20	5	5
White potatoes, cut into fries and roasted, use spray oil or per			30g / 1 cup	4	45	5
Milk or coconut oil or butter/ghee butter			egg 1/2 cup			5
MEAL #5	9-10 PM		Carbs	Protein	Carbs	Protein
Snack			25	45	10	
Chicken, whitefish			egg 1/2 cup	20		5
Brown rice			egg 1/2 cup + 1/2 cup water	5	25	4
Avocado			egg 1/2 cup	5	5	5
High fiber veggie, asparagus			egg 1/2 cup	5	4	5
MEAL #6	10-11 PM		Carbs	Protein	Carbs	Protein
Snack			25	45	10	
Protein shake			30	10	10	
Vegetable chicken soup			egg	20		4
Vegetable butter			1/2 cup			5

Figure Competition Preparation Guide

M Lipman



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