

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 1	25g	45g	10g
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 Teas

1 cup + 1 cup

Meal #	Time	Meals/Meals	Protein	Carb	Fat	Notes
Meal 1						
		Protein	25	45	10	
Breakfast to fit into macros, protein powder, almond milk, fruit, oil						
		1 whole egg	6g	1g	5g	
		1 egg white	3g	1g	0g	
		1 whole chicken breast (pounded) in egg	1g	1g	1g	
		Cheese	1g	1g	1g	
		Almond milk in coffee	1g	1g	1g	
		Workout				
		Post-workout meal				
		Post-workout meal				
Meal 2						
		Protein	25	45	10	
Protein powder + water 30 minutes post workout						
		Post-workout meal				
		Post-workout meal				
		Post-workout meal				
Meal 3						
		Protein	25	45	10	
Chicken, white rice						
		Chicken	1g	1g	1g	
		White rice	1g	1g	1g	
		White or coconut oil or butter/ghee	1g	1g	1g	
		Vegetables	1g	1g	1g	
Meal 4						
		Protein	25	45	10	
Chicken, white rice						
		Chicken	1g	1g	1g	
		White rice	1g	1g	1g	
		White or coconut oil or butter/ghee	1g	1g	1g	
		Vegetables	1g	1g	1g	
Meal 5						
		Protein	25	45	10	
Chicken, white rice						
		Chicken	1g	1g	1g	
		White rice	1g	1g	1g	
		White or coconut oil or butter/ghee	1g	1g	1g	
		Vegetables	1g	1g	1g	
Meal 6						
		Protein	25	45	10	
Chicken, white rice						
		Chicken	1g	1g	1g	
		White rice	1g	1g	1g	
		White or coconut oil or butter/ghee	1g	1g	1g	
		Vegetables	1g	1g	1g	

Figure Competition Prep Guide

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