

Smart Eating Nutritional Program

Please check with your Doctor before starting any new meal plan. The following information is compiled from the Tim Ferris blog AND the groundbreaking book *Protein Power*, by Drs. Michael R., & Mary Dan Eades.

This eating plan is based on medical fact that elevated (spiked) insulin is the major cause of storing away fat and bad cholesterol...the only macro nutrient (includes: Carbohydrates, Proteins, and Fats) responsible for raising insulin levels? Carbohydrates. By minimizing Carbs, we sidestep all the horrible debilitating diseases such as Heart Disease, Type II Diabetes, High Blood Pressure, Obesity, etc.

Good changes are a marathon and not a sprint, so start small and build gradually. Start with overhauling just breakfast for a month, then build to the mid-morning snack and lunch in the 2nd month, then late snack and dinner in the 3rd month until your whole day's eating has changed. Or, take a month for each change, but you should be eating between 4-6 meals a day, which includes the in between snacks...it helps to keep your metabolism regulated, which works for you in burning fat.

Pick one food from each category for each meal and eat as much as you want...choose from the following:

PROTEINS

Eggs
Chicken Breast
Grass fed organic beef
Pork

LEGUMES (Beans – getting some carbohydrates, fiber, and protein)

Black Beans
Pinto Beans
Lentils

VEGETABLES (the greener the better)

Spinach
Broccoli
Asparagus
Mixed Vegetables

Here's a sample day...so for:

Breakfast: have Eggs, Black Beans, and Spinach salad (hold the croutons)

Snack: have Beef, Lentils, and Mixed vegetables

Lunch: Chicken breast, Pinto beans, and Asparagus

Late Snack: Protein shake (mix with water and NOT milk)

Dinner: have BBQ Pork, Black beans, and Broccoli

You're looking for efficiency here, NOT variety...the less options you have, the more likely you'll stick to the plan. Use good low Carb marinades, spices, whatever to change the taste up a bit.

You can and should supplement

- Protein shakes/bars, best times are after workouts, try not to mix with milk
- Multi vitamin (Acceptable products include Twinlab Dual Tab Sustained-Release Mega Vitamin and Mineral Formula or KAL—High-Potency Soft Multiple Vitamin)*
- Omega-3 fatty acids (Acceptable products include: any Krill or cold water Salmon Oil)*
- BerryBoost (<http://www.berryboost.com/joeymyers>) – a really good antioxidant, anti-inflammatory whole food concentrate capsule*

*These are only recommendations, you should check with your Doctor before starting any new supplements

Other Tips:

- You're allowed one "cheat" day per week, and you're allowed "white" carbs, although NOT recommended, within the 1.5 hour window period following a workout.
- Carbohydrates to avoid are: breads, pasta, anything with high amounts of sugar, croutons, Gatorade, Vitamin Water, and Soda. And, keep fruit to a minimum also because it's Carbs.
- Water, unsweetened tea, and coffee are OK to drink.
- Beer and wine are fine as long as they're NOT fruity. Dry red/white wines are good, and Miller Light & Michelob Ultra are low carb beers that work...do NOT drink Rum's because they're made from sugar cane.
- Keep carbohydrates to a minimum per day, between 40-60 grams a day.
- The best oils to cook with (contains high elements of Monounsaturated fats, and/or SUPER-powered eicosanoids): Olive, Sunflower, Safflower, and Hazelnut. Notice there was no mention of Flaxseed oil? It contains high elements of bad eicosanoids.

What Factors STIMULATE the Body's Natural Release of Growth Hormone?

1. Decreased blood glucose levels (minimize Carbs)
2. Increased blood protein levels
3. Carbohydrate-restricted diet

4. Fasting
5. Increased protein diet
6. Free fatty acid decrease
7. PGE (a good eicosanoid)
8. State IV of REM sleep
9. Exercise (Resistance training)

The above diet takes care of numbers 1, 2, 3, 5, 6, and 7. To maximize HGH release, you need to get deep, sound sleep every night to stages, 3 & 4 of REM sleep (dreaming). Exercise (resistance training) stimulates the release of HGH because it has to repair minuscule tears in muscle fibers, a residue from lifting.

What Factors INHIBIT the Body's Natural Release of HGH?

1. Increased blood glucose levels
2. Increased blood free fatty acids
3. Obesity
4. Pregnancy

Avoid sweet, starchy, or otherwise Carbohydrate laden foods before we go to bed (all elevate blood glucose levels). In respect to the gym, the pulse of HGH hits circulation generally toward the end of the workout and immediately after, so if you want to disrupt this, then eat a Carbohydrate loaded candy/power bar or fruit juice drink (i.e. Gatorade, Vitamin Water, etc.) right before, during, or after the workout (this goes off the mistaken notion of giving you explosive, high carb energy).

Always workout on an empty stomach, only consume water, and don't eat until an hour or so after...and when you do, eat a high in protein meal. Now, don't go a whole day without eating and then workout because you'll most likely "bonk." Make sure you've put something in your system at least 3-5 hours before the workout.

Maximal release of HGH after resistance training is contingent upon reps to muscle failure.