

Eating, based on the time of day you workout

Very early morning workout 6.00 - 7.00pm

If you are going to workout at this time of the day, then make sure that you have eaten one of the late night meals from the meal plans provided (Casein, fish oil, left over chicken/fish from your dinner meal).

As you awake, you can consume fibrous carbs such as vegetables (How much isn't important as they are not calorie dense. The complete opposite in fact) or fruits. Fruits wouldn't usually be a good food source to consume due to their sugary nature.

However, this is ideal for a pre workout meal and especially a morning meal. The reason for this is because you have just slept for several hours and have put your body through a 'starvation period'. Starvation periods are what you want to avoid as they can lead to fat gain over time.

It is at this time of day where your insulin levels will be craving to be spiked and this time of day along with any other pre-workout time period is the ONLY time of day where you should purposely spike your insulin levels. This is because your body will require the extra energy for the depletion that will occur during your intense workout.

If you are going to workout this early in the morning, then avoid the slow digesting A rated carb meals, such as Oatmeal or Potatoes. These carbs can take anywhere between 8 -10 hours to completely digest. So it's clearly not ideal in this scenario.

In general, you'll want to fill your body with a minimum of 10

grams of fast digesting carbs (Vegetables, fruits) before you workout.

In regards to protein, avoid the slow digesting proteins such as chicken, turkey and meats. Opt for fast digesting proteins such as almond milk, whey protein powder and semi-skimmed milk (If you want to reduce calories even further you can avoid semi-skimmed milk and combine Almond milk and whey protein together, to avoid the fat). Again, around 10 grams.

What ever your calorie in take goal is, just simply reduce the meal plan content e.g

Early morning workout 10.00pm - 12.00pm

If you decide to workout at this time of the day, then you can follow the above scenario. However, if you decide to wake up much earlier, then it would be in your favor to consume one of the slow digesting carb/protein meals provided, such as Oatmeal with flaxseeds. Then ensure that you consume fruits, whey protein or vegetables 1 hour before and after you workout.

Early evening workout 5.00pm - 7.00pm

The meal plans provided contain meals to be eaten between 2.00pm - 5.00pm. As long as you have eaten a full lunch as provided (And required) then again you only need to ensure that you consume fruits, whey protein or vegetables 1 hour before and after you workout.

This will of course be followed up with a slow digesting dinner meal 2 hours after this period. The reason for the consumption of fast digesting food sources is so that your body can fully absorb the nutrients that it very much requires following an intense workout session. Consuming any other

food sources during these periods will only slow down digestion.

Late evening workout 7.00pm - 10.00pm

After a full lunch and an afternoon snack., simply consume one more afternoon snack after 5.00pm. Another heavy slow digesting meal may not be needed. This is because it takes at least 8-10 hours for a heavy slow digesting meal to completely digest. Eating one more snack will ensure that you are not putting your body through a starvation period and to ensure that you keep your energy levels up throughout the day.

Consume fruits, whey protein or vegetables 1 hour before and after you workout, followed by the dinner meal provided. Unless you decide to go to bed shortly after your workout, in which case, a late night snack will suffice. You can also taper your carbs, since you don't want to be eating too many heavy carbs before bed. But you don't need to do that eternally as carbs are not the enemy. You'll need them for energy. Especially if you perform early morning workouts.