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Cutting phase diet plan pdf templates

EMORY DOMESTIC VIOLENCE CENTER
 Emory University's Center for the Study of Domestic Violence provides support and resources for survivors of domestic violence. For more information, visit www.emory.edu/dvcenter.

During an emergency, I can call the following friends, family members, or organizations day or night:

Name _____
 Phone _____

Name _____
 Phone _____

Name _____
 Phone _____

Emory Police Department
 404.727.6111, 24 hours

DeKalb Rape Crisis Center
 404.377.1428, 24 hours

Georgia Domestic Violence Hotline
 800.334.2836, 24 hours

RAINN Hotline
 800.656.HOPE or chat online, 24 hours
<https://ohr.rainn.org/online>

National Dating Abuse Hotline, 24 hours
 866.331.9474 or chat online 5pm-3am
<http://www.loveisrespect.org>

If I live with or near my partner, I will have a bag ready with the following items to help ensure my safety if I must leave quickly (check all that apply):

- Cell phone and charger
- Spare cash
- Keys
- Passport, driver's license, Emory Card
- Birth certificate, social security card, immigration papers, and other important documents
- Change of clothes
- Medications
- Special and irreplaceable items
- _____

If I feel confused, depressed, scared, or alone, I can call the following people in my support system:

Name _____
 Phone _____

Name _____
 Phone _____

Name _____
 Phone _____

Safety and My Emotional Health

My partner often makes me feel bad when s/he says or does _____

When s/he does this, I can think of these reasons why I know my s/he is wrong and I am worthy of love _____

I can remind myself daily of my best qualities including _____

I can do the things that I enjoy or that relax me like _____

WEIGHT TRAINING AFTER 2 MEALS

Activity	Level	Intensity	Time	Calories	Weight
1. Running	20g	12.00	12.00	12.00	12.00
2. 3.5 hours sleep 3 hours before workout	20g	12.00	12.00	12.00	12.00
3. Drink 12 oz during 12 after workout	10g	12.00	12.00	12.00	12.00
4. 40 minutes after workout is over	20g	12.00	12.00	12.00	12.00
5. 2.4 hours later	20g	12.00	12.00	12.00	12.00
6. Bedtime 7.5 hours later	20g	12.00	12.00	12.00	12.00

WEIGHT TRAINING AFTER 3 MEALS

Activity	Level	Intensity	Time	Calories	Weight
1. Running	20g	12.00	12.00	12.00	12.00
2. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
3. 3.5 hours sleep 3 hours before workout	20g	12.00	12.00	12.00	12.00
4. Drink 12 oz during 12 after workout	10g	12.00	12.00	12.00	12.00
5. 40 minutes after workout is over	20g	12.00	12.00	12.00	12.00
6. Bedtime 7.5 hours later	20g	12.00	12.00	12.00	12.00

WEIGHT TRAINING AFTER 4 MEALS

Activity	Level	Intensity	Time	Calories	Weight
1. Running	20g	12.00	12.00	12.00	12.00
2. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
3. 3.5 hours sleep 3 hours before workout	20g	12.00	12.00	12.00	12.00
4. Drink 12 oz during 12 after workout	10g	12.00	12.00	12.00	12.00
5. 40 minutes after workout is over	20g	12.00	12.00	12.00	12.00
6. Bedtime longer than 1 hr post training	20g	12.00	12.00	12.00	12.00

REST DAY OR LIGHT CARDIO DAY**

Activity	Level	Intensity	Time	Calories	Weight
1. Running	20g	12.00	12.00	12.00	12.00
2. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
3. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
4. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
5. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
6. Bedtime 7.5 hours later	20g	12.00	12.00	12.00	12.00

Activity	Level	Intensity	Time	Calories	Weight
1. Running	20g	12.00	12.00	12.00	12.00
2. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
3. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
4. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
5. 3.5 hours sleep	20g	12.00	12.00	12.00	12.00
6. Bedtime 7.5 hours later	20g	12.00	12.00	12.00	12.00

2 DAY FIX!

~1,200 calories/day

- 4 proteins
- 3 veggies
- 2 fruits
- 2 cups
- 2 carbs
- fish/shrimp
- 1 week/roll
- 60 oz water

Day 1

BREAKFAST: _____

SNACK: _____

LUNCH: _____

SNACK: _____

DINNER: _____

SNACK: _____

TODAY'S WATER: _____

Day 2

BREAKFAST: _____

SNACK: _____

LUNCH: _____

SNACK: _____

DINNER: _____

SNACK: _____

TODAY'S WATER: _____

Day 3

BREAKFAST: _____

SNACK: _____

LUNCH: _____

SNACK: _____

DINNER: _____

SNACK: _____

TODAY'S WATER: _____

It's also important to keep in mind that while a larger calorie deficit could help you lose weight faster, research shows that dropping weight too quickly could result in muscle loss. A slow, even rate of weight loss often works best for cutting. Resistance training prevents muscle loss induced by caloric restriction in obese elderly individuals: A

systematic review and meta-analysis. DOI: 10.1093/ajcn/87.5.1558SPan A, et al. A cutting diet often involves getting a certain amount of calories from fat versus carbs, which is versus counting macros comes into play. Motivation for eating tasty foods associated with binge-eating. (2018). Health benefits of exercise. The technique is popular with bodybuilders and fitness enthusiasts who are looking to get as lean as possible without losing muscle mass. The diet tends to be low in calories, with most of the calories coming from carbs and protein, and it always involves weightlifting. (After all, you still have a life outside the gym and the kitchen.) But if you have difficulty with moderation, these special meals may sabotage your weight loss efforts or promote unhealthy eating habits.Refeed days, on the other hand, are meant to boost your carb intake (usually once or twice a week). The role of protein in weight loss and maintenance. To determine your ideal macronutrient breakdown, you must first figure out your caloric needs.Do the math!Fat loss occurs when you consistently eat fewer calories than you burn. (2017). This can last from 12 to 26 weeks.Competitive bodybuilders are judged purely on their physical appearance, but there are a few health benefits associated with the lifestyle.For one thing, they often practice resistance and aerobic training, which can help reduce the risk of dying from cancer, heart disease, kidney disease, and other critical illnesses. DOI: 10.2165/00007256-200434050-00004Leidy HJ, et al. Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. DOI: 10.3945/ajcn.114.084038Manzel A, et al. Water-induced thermogenesis. Luckily, studies have found that a high protein diet can reduce appetite, boost metabolism, and even help preserve lean muscle mass.FatToo much fat will obviously hinder your ability to lose weight. AK, et al. A systematic review of dietary protein during caloric restriction in resistance trained lean athletes: A case for higher intakes. They also tend to consume lots of nutrient-dense foods from all different food groups, which may also help reduce the risk of chronic disease.Macros for Bodybuilders: 101Calculating macros for bodybuilding requires a little more precision than, say, calculating macros for regular weight loss. DOI: 10.1123/ijnsnem.21.2.97Gentil P, et al. (2011). (2019). This increase in carbs can help restore your body's glucose stores, improve performance, and balance your hormones.Weight gain is possible after cheat meals or refeeding, but don't sweat it too much. American College of Sports Medicine position stand. Once they reach their muscle mass goal, they often transition to the cutting phase. Nutrition guidelines for strength sports: Sprinting, weightlifting, throwing events, and bodybuilding. Calories. ncbi.nlm.nih.gov/pmc/articles/PMC4934518Mitchell L, et al. Counting macros doesn't have to involve eating bland, boring food.In fact, bodybuilders should focus on eating a variety of foods and food groups throughout the day to ensure their nutritional needs are being met.Here's some #inspo for your meals:Breakfastscrambled eggs with mushrooms and a side of oatmealground turkey, egg, cheese, and salsa in a whole-grain tortillaprotein pancakes with light syrup, peanut butter, and raspberrieschicken sausage with egg and roasted potatoesblueberries, strawberries, and vanilla Greek yogurt on overnight oatsground turkey and egg with corn, bell peppers, cheese, and salsaeggs sunny-side up with avocado toastLunchvenison burger, white rice, and broccolichicken breast, baked potato, sour cream, and broccolisirloin steak, sweet potato, and spinach salad with vinaigretteurkey breast, basmati rice, and mushroomtilapia fillets with lime juice, black and pinto beans, and seasonal veggiestilapia fillet, potato wedges, and bell pepperspork tenderloin with roasted garlic potatoes and green beansDinnersalmon, quinoa, and asparagusground turkey and marinara sauce over pastastir-fry with chicken, egg, brown rice, broccoli, peas, and carrotsmackerel, brown rice, and salad with vinaigretteground beef with corn, brown rice, green peas, and green beansdiced beef with rice, black beans, bell peppers, cheese, and pico de galloturkey meatballs, marinara sauce, and Parmesan cheese over pastaSnacksprotein shake and strawberrieslow fat cottage cheese with blueberriesprotein shake and a bananaGreek yogurt and almondsprotein shake and walnutshard-boiled eggs and an appleprotein shake and grapesyogurt with granolaprotein shake and mixed berriesjerky and mixed nutsprotein shake and watermelonprotein shake and pearcan of tuna with crackersprotein balls and almond butterEating the right foods, watching your macros, and working out consistently are most important to a successful cutting diet, but the following tips will help support your weight loss:Time your meals: Although it isn't required for cutting, meal-timing can help boost your performance and recovery time.Eat plenty of fiber-rich foods: Non-starchy veggies and other fiber-rich carb sources tend to have more nutrients and can help you feel full longer.Drink plenty of water: Staying hydrated can help curb your appetite and even temporarily speed up your metabolism.Meal-prep: Planning and preparing meals in advance not only saves time but also can help you stay on track (and avoid tempting foods).Look out for liquid carbs: Sports drinks, soft drinks, and sugary beverages aren't as filling as whole foods and may even make you feel more hungry.Go for a run: Incorporating aerobic exercise (like high intensity cardio) into your workout regimen may improve your fat loss.The goal of cutting is to maximize fat loss without losing muscle mass. The extra pounds tend to be water weight that's lost after a few days of cutting.Cutting is just one element of a bodybuilder's in-season eating plan. Macronutrient considerations for the sport of bodybuilding. (2009). Causes of emotional eating and matched treatment of obesity. (2014). DOI: 10.1186/1550-2783-11-72015-2020 dietary guidelines for Americans. (2003). Don't worry — you already know what they are!Macronutrients — aka macros — include protein, fat, and carbohydrates. DOI: 10.1080/02640414.2011.574722Tarnopolsky MA, et al. ncbi.nlm.nih.gov/pmc/articles/PMC6024762Kreitzman SN, et al. International society of sports nutrition position stand: nutrient timing. Nutrition and athletic performance. DOI: 10.1123/ijnsnem.2013-0054Helms ER, et al. Glycogen storage: Illusions of easy weight loss, excessive weight regain, and distortions in estimates of body composition. Results from a student and a wight-loss seeking population.ncbi.nlm.nih.gov/pmc/articles/PMC4962333/Boschmann M, et al. DOI: 10.1093/ajcn/56.1.292SLambert CP, et al. If you incorporate either into your diet, be sure to plan them carefully.Cheat meals, which are occasional deviations from your plan, are meant to ease the strictness of cutting. You should also follow an exercise regimen that emphasizes weightlifting.The diet is based on reducing caloric intake and following certain macronutrient ratios, which depend on your weight and lifestyle. Enter: the cutting diet. The objective of a cutting diet is to "cut" body fat while maintaining your musculature. Metabolic adaptation to weight loss: Implications for the athlete. Medically reviewed by Grant Tinsley, PhD, Nutrition — Written by Bekah Stallworth on February 4, 2020Share on PinterestWhether you live at the gym or on a YouTube fitness channel, you've probably heard "abs are made in the kitchen" at some point. ncbi.nlm.nih.gov/pmc/articles/PMC5969027/Mitchell L, et al. It's a phase meant to last only a few months, typically before an occasion when you want to look lean and mean. A high-protein diet for reducing body fat: Mechanisms and possible caveats. DOI: 10.1007/s11892-018-1000-xVlakkis KA, et al. If you're an athlete or bodybuilder, consider talking to a trainer or medical professional to see if cutting is the right weight loss method for you. Consuming the right foods in the right amounts will give your muscles what they need to recover and grow stronger post-workout.Similarly, consuming the wrong foods (or not eating enough of the correct ones) will negatively affect your results.FYI: You don't need to change the kinds of foods you eat depending on whether you're bulking or cutting, but the amounts will vary.The following foods are great for both phases:Meat, poultry, and fish: Sirloin steak, ground beef, pork tenderloin, venison, chicken breast, salmon, tilapia, and codDairy: Yogurt, cottage cheese, low fat milk, and cheeseGrains: Bread, cereal, crackers, oatmeal, quinoa, popcorn, and riceFruits: Oranges, apples, bananas, grapes, pears, peaches, watermelon, and berriesStarchy veggies: Potatoes, corn, peas, lima beans, and cassavaRegular veggies: Broccoli, spinach, leafy greens, tomatoes, green beans, cucumber, zucchini, asparagus, peppers, and mushroomsSeeds and nuts: Almonds, walnuts, sunflower seeds, chia seeds, and flaxseedsBeans and legumes: Chickpeas, lentils, kidney beans, black beans, and pinto beansHealthy oils: Olive oil, flaxseed oil, and avocado oil...while it's best to limit or avoid the following foods:Alcohol, especially if consumed in excess, can negatively affect your ability to build muscle and lose fat.Added sugars: Foods and beverages with high amounts of added sugar pack plenty of calories but few nutrients (think candy, cookies, doughnuts, ice cream, cake, soft drinks, and sports drinks).Deep-fried foods: Dishes like fried fish, french fries, onion rings, chicken strips, and cheese curds may cause inflammation and, if consumed in excess, disease.Certain foods can slow digestion or upset your stomach if you eat them before a workout. Recommendations for natural bodybuilding contest preparation: Resistance and cardiovascular training. The important role of carbohydrates in the flavor, function, and formulation of oral nutritional supplements. (2013). Last medically reviewed on February 4, 2020Areta JL, et al. But a cutting diet isn't just about reducing your caloric intake. The source of your calories matters too.The number of calories you should consume each day depends on your height, weight, lifestyle, gender, and activity level. DOI: 10.1155/2019/4983657Ismacael A, et al. DOI: 10.1186/s12970-017-0189-4Kokkikaidou S, et al. Effect of two different weight-loss rates on body composition and strength and power-related performance in elite athletes. Evidence-based recommendations for natural bodybuilding contest preparation: Nutrition and supplementation. (2015). DOI: 10.1371/journal.pone.0088384Pesta DH, et al. DOI: 10.1123/ijnsnem.2017-0323Kerksick CM, et al. DOI: 10.1101/cshperspect.a029694Sardeli AV, et al. Protein, weight management, and satiety. ncbi.nlm.nih.gov/pubmed/19225360Rueggsegger GN, et al. But not consuming enough can impact your body's ability to produce hormones like testosterone and IGF-1, which help preserve muscle mass.If your workouts tend to be intense, stay on the lower end of the fat range — this will allow you to get more of your calories from carbs.CarbsLove 'em or hate 'em, carbs may help preserve muscle mass while cutting. The first step: Find out your maintenance calories.CaloriesThe simplest way to determine your maintenance calories is to:Weigh yourself at least three times over the course of a week.Use a calorie tracking app to record everything you eat.If, by the end of the week, your weight has stayed the same, the number of calories you've consumed per day is your maintenance calories (it's helping you maintain your weight, not gain or lose).During the bulking phase, you should aim to increase your maintenance calories by at least 15 percent. (If you need a refresher, macros are your protein, carb, and fat intake.) Luckily, your macronutrient ratio won't change based on the phase you're in.The following ratios are general guidelines for a bodybuilder's needs, but it's best to consult a registered dietitian to ensure your goals (and nutritional needs) are being met:30 to 35 percent of calories from protein55 to 60 percent of calories from carbs15 to 20 percent of calories from fatFor the general population, the Acceptable Macronutrient Distribution Range (AMDR) according to the Institute of Medicine suggests:10 to 35 percent of calories from protein45 to 65 percent of calories from carbs20 to 35 percent of calories from fatHere's a breakdown of the macro ratios for both bulking and cutting if your maintenance calorie total is 3,000:The carb and fat ratios are a bit flexible if these exact numbers don't fit into your lifestyle.To eat or not to eat:What you eat — and don't eat — is just as important as your training. DOI: 10.1211/0j.c.2003-030780Frayn M, et al. If you want a bod like Gal Gadot's or Kumail Nanjiani's (like, WHAT?), you'll need to be as dedicated to your diet as you are to your squats. A comparison of the nutrient intakes of macronutrient-based dieting and strict dieting bodybuilders. (Hello, carbo-loading.)There are pros and cons to cheat meals and refeed days, which are totally optional. The trope may be overused, but it's also very true. (2018). Also, carbs help fuel your performance. DOI: 10.1080/17461390500076741Trexler ET, et al. Weightlifting is key: It helps prevent muscle loss when you begin to cut calories.Is the term "macros" unfamiliar? DOI: 10.1097/MCO.0b013e328346df36Parr EB, et al. Role of "Western diet" in inflammatory autoimmune diseases. (2004). This is because your body actually prefers to use carbs, not protein, for energy. Try to avoid the following foods before hitting the gym:high fat foods like fatty meats, buttery dishes, and heavy sauces or creamshigh fiber foods like beans and cruciferous vegetables (such as broccoli and cauliflower)carbonated beverages, including sparkling water and diet soft drinksThe makeup of your meals can stay the same during each phase, but portions will obviously change depending on whether you're bulking or cutting.If the thought of eating chicken and broccoli for months on end makes you want to throw a barbell out a window, take a moment. DOI: 10.1016/j.ejim.2015.04.013 Studies have found that losing 1 pound (or 0.5 to 1 percent of your body weight) per week may be most effective.ProteinSince you're consuming fewer calories and exercising routinely while cutting, your protein needs will increase. (1992). It'll help ensure you don't gain too much body fat or lose too much muscle.Get it right, get it tightTime for more math!Now that you've calculated your calories, you need to determine your macronutrient ratio. DOI: 10.1186/1550-2783-11-20Helms ER, et al. DOI: 10.1113/jphysiol.2012.244897Boggiano MM, et al. Emotional eating and weight regulation: A qualitative study of compensatory behaviors and concerns. DOI: 10.1186/s40337-018-0210-6Garthe I, et al. health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdfvan Strien T. (2005). DOI: 10.4081/ejim.2017.6247Heart disease facts. cdc.gov/heartdisease/ Before they start cutting fat, they go through a bulking phase that can last for months (or even years — whoa!).During the bulking phase, bodybuilders follow a high calorie, protein-rich diet and an intense weightlifting regimen to build as much muscle as possible. ncbi.nlm.nih.gov/pmc/articles/PMC5946208/Slater G, et al. ncbi.nlm.nih.gov/books/NBK499909/Paddon-Jones D, et al. DOI: 10.1080/17461391.2018.1444095Osilla EV, et al. Muscular strength as a strong predictor of mortality: A narrative review. Nutrition, pharmacological and training strategies adopted by six bodybuilders: Case report and critical review. Physiological implications of preparing for a natural male bodybuilding competition. The role of fiber in energy balance. Nutritional needs of elite endurance athletes. Effects of carbohydrates on satiety: Differences between liquid and solid food. DOI: 10.1186/1743-7075-11-53Rodriguez NR, et al. (2008). This means that if your maintenance number is 3,000 calories a day, you should try to consume 3,450 calories a day.As you gain weight, continue to evaluate and increase your caloric intake (preferably on a monthly basis).Once you've met your muscle mass goal and your weight is stable, the next step is to reduce your caloric intake by 15 percent of the amount you've been eating while your weight has been stable.You should also continue to adjust your calories as you lose weight, like you did in the bulking phase.During both phases, try not to lose or gain more than 0.5 to 1 percent of your body weight each week. Alcohol ingestion impairs maximal post-exercise rates of myofibrillar protein synthesis following a single bout of concurrent training. Do bodybuilders use evidence-based nutrition strategies to manipulate physique? Part I: Carbohydrate and fluid requirements.

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