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**THE**  
***HIGH INTENSITY***  
**MUSCLE**  
**BUILDING**  
***NUTRITION GUIDE***



***PROPER NUTRITION MADE SIMPLE***

# High Intensity Muscle Building

## Nutrition Guide

Proper Nutrition Made Simple

By Dave Durell, MS, CCS, PTA

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# Demystifying Nutrition

## Introduction

There seems to be just as much, if not more, confusion about how to eat to build muscle as there is about training. It seems everywhere you turn, you see an article or advertisement for different diets and nutritional supplements. The problem is that much of the information is contradictory, confusing, or outright lies designed to separate you from your hard-earned money.

Proper nutrition, like strength training, is based on the science of human physiology, which is universal-meaning it applies to the entire human race. This means that the nutritional principles that support muscle growth are the same for you as they are for me, your best friend, my wife, your next door neighbor, and everybody else in the world.

Once you become familiar with the principles of proper nutrition, gain an understanding of them, and learn to apply them practically in your own life, you will discover just how simple the whole subject really is. You will know what to eat, when to eat and how much to eat to achieve your training goals.

One important concept you need to internalize is that eating is part of your training program. Your body relies on the food you eat to supply the building materials it needs for the increased muscle mass you desire. If you don't supply what it needs, the job won't get done.

The purpose of this book is to cut through all the hype, misinformation, and false claims about nutrition, and provide you with the basic facts you need to know and apply to get the most out of your high intensity muscle building program.

## Proper nutrition for muscle building-an overview

After you have worked hard in the gym, it makes sense to do one of the easiest things you can do: EAT! You have just overloaded your muscles; now you must feed them. Every single day you must eat nourishing foods and drink plenty of water. **Food must be consumed 4 to 6 times every day, at regular intervals, in order to maximize your progress.** This is important because:

- **Your body must replenish the energy used during the workout before your muscles can become bigger and stronger.** A high carbohydrate snack should be consumed within an hour of completing the workout to help replace this energy and get the recovery process started.
- **Remember, progress does not happen during the workout, but over the next several days.** Your body must first compensate for the energy used up during the workout; then, and only then, can it overcompensate in the form of new muscle growth. You need to supply your body with a steady stream of essential nutrients, in the proper amounts, for this to occur.
- **Many smaller meals per day are preferable to a couple of large meals per day.** It is unwise to go for long stretches during the day without eating (such as skipping breakfast). If you do not provide your body with the building blocks it needs when it needs them, your progress will be limited. Stuffing yourself with 1-2 large meals per day has also been shown to result in increased body fat.

**Example:**

1. Breakfast 8:00 AM
  2. Lunch 12:00 PM
  3. Mid-afternoon snack 3 PM
  4. Dinner 6 PM
  5. Evening snack 9 PM
- **It is very important to drink lots of water every day**-1/2 to 1gallon, every day. Your muscles are about 70% water, so you need to stay well hydrated to promote increases in muscular strength. Doing so will also help keep you from getting muscle cramps, colds and other problems that come from dehydration. **Drink water as often as you can, not just with meals.**
  - **Your meals should be properly balanced with the right amounts of the essential nutrients.** In the next section, we will discuss what the essential nutrients are, what they do (and don't do), and how much of each you need.

# What To Eat

## The essential nutrients

There are six essential nutrients-carbohydrates, protein, fats, vitamins, minerals and water-which must be consumed every day, in the right amounts, for optimum health and fitness.

**Carbohydrates** should be your primary emphasis. Carbohydrates fuel your strength training efforts and give you the energy to work at your maximum potential.

All carbohydrates are eventually broken down into the simple sugar glucose, which is transported through your bloodstream to your muscles, where it is stored in the form of glycogen for future use. This stored energy is utilized during high intensity muscular contractions. If you short-change yourself on carbohydrates, you will not have the fuel necessary to generate maximum intensity during your workouts.

Carbohydrate-rich foods also provide many essential vitamins and minerals, as well as other disease-preventing compounds known as phytochemicals. Strive to get approximately 50-60% of your total daily calorie intake from carbohydrate sources, such as:

1. Whole grain bread products
2. Fresh fruits and vegetables
3. Pasta
4. High fiber Cereal products
5. Rice
6. Beans
7. Fruit juices

For many years, dietary carbohydrates have been under attack by many so-called experts, leading to a panic-driven proliferation of low carbohydrate diet plans hitting the market. Diet books by these so-called experts have blamed everything from obesity to schizophrenia on carbohydrates.

The truth is that carbohydrates are an essential nutrient, and play a vital role in human life. Carbohydrates are the primary source of fuel for your muscles, your

central nervous system, and especially your brain. This is why people on extremely low carbohydrate diets are often irritable and forgetful.

The fact is that carbohydrates can be harmful, but only when consumed in excess. This is also true, however, of proteins and fats. In fact, excessive protein and fat intake has been implicated in the onset of certain cancers, kidney disorders, cardiovascular diseases and other problems. Remember, a low carbohydrate diet is necessarily a high protein and high fat diet.

Bottom line: don't be afraid of carbohydrates. They are merely an essential nutrient-just like proteins, fats, vitamins, minerals and water-not an evil force of nature, as some people would lead you to believe.

**Fiber** is a form of carbohydrate. Research shows that a high fiber, whole grain diet (along with fruits, vegetables and daily exercise) reduces the risk of heart disease, many types of cancer, and type II diabetes. 25-35 grams of fiber per day is the recommended daily allowance. Try to choose high fiber carbohydrates, i.e. whole grain snacks and cereals, legumes, flax, or whole grain breads.

Read the nutritional labels of the high carbohydrate foods you purchase. Under the "Total Carbohydrate" heading, you will see "Dietary Fiber"-the higher that number is, the better. Packaging can be very deceiving, so do your due diligence by checking the label, and you will be creating a more nutritious diet for yourself.

**Protein** is necessary for building muscle. However, contrary to the advertisements you see in bodybuilding magazines, consuming huge amounts of protein will not speed up the muscle growth process- it will actually stifle it (more on this in the next section).

Strive to get about 20-25% of your total daily calories from low-fat protein sources, such as:

1. Lean meats
2. Chicken
3. Turkey
4. Fish
5. Skim milk
6. Egg whites or egg-beaters
7. Low-fat dairy products- ice cream, yogurt etc.

**Fats** should be minimized in your diet. Fat is used by your body as a long-term energy source. Although your body does require some fat to function properly, there will normally be enough present in the protein foods listed above to serve this purpose. Excessive fat intake is also related to many diseases. One gram of fat has more than twice the calories (9) as one gram of protein (4) or carbohydrate (4). Try to limit your intake of high-fat foods to about 15-25% of your total daily calories. Examples include:

1. Butter
2. Regular salad dressings
3. Oils
4. Mayonnaise
5. Regular cheese
6. Fried foods
7. Fast food

**Vitamins and minerals** are referred to as micro-nutrients because they are needed by your body in very small quantities on a daily basis. Recommended daily allowances of vitamins and minerals are mostly measured in milligrams, as opposed to grams for carbohydrates, proteins and fats. Vitamins and minerals serve as catalysts in many important physiological processes.

If you are consuming a reasonably well balanced diet, you are getting all the vitamins and minerals you need. Excess vitamins and minerals are passed off in the urine, with the exception of fat-soluble vitamins, which are stored in the body and can be harmful if consumed in large quantities. For these reasons, vitamin and mineral supplementation is usually not necessary and is not recommended, unless prescribed by a doctor or registered dietician.

**Water**, of course, is essential to human life. In a survival situation, you could go a few weeks without food, but you would die without water after a few days. The vast majority of people do not drink enough water every day, walking around semi-dehydrated with a resulting lack of energy. Your body is actually composed of mostly water, including your muscles, which are about 70% water. Every physiological subsystem in your body operates in a fluid medium; lack of sufficient water will adversely affect all of them, including those utilized in your muscle building program. Make it a priority to drink ½ to 1 gallon of water throughout the day, every day.

## **Summary**

Do not make eating into a complicated activity- just use common sense. Eat small, frequent meals consistently, utilizing the food groups listed above. Your daily total calorie intake should consist of approximately 50-60% carbohydrate, with an emphasis on high fiber foods; 20-25% low fat proteins; and 15-25% fat. Refer to the sample daily menus in this book for examples of these balances at different total calorie levels. Utilize the low fat grocery list in Appendix 1 when shopping to help you make wise selections. Make sure to drink plenty of water every day, ½ to 1 gallon. Discipline yourself to do this as consistently, and it will pay off in the long run.

# **Nutrition For Building Pure Muscle**

## **First things first**

As you should already know, the first thing you need to do to build pure muscle is stimulate an increase in muscular size and strength through hard training. Without this stimulation, it really doesn't matter what you eat or don't eat-you're not going to get bigger and stronger muscles.

Once you have done that, you need to allow your body enough time to first recover from, and then overcompensate for, the effects of the workout. Proper nutrition for building muscle becomes a critical factor throughout this recovery period. It is also a prerequisite for maximum effectiveness in your next workout.

And it all starts right after your workout.

## **Post-workout nutrition**

For the first 30 to 60 minutes immediately following a high intensity workout, there is a window of time where your muscles are more receptive to energy replenishment. Recall from our discussion on carbohydrates that muscle glycogen is a form of stored energy contained within your muscles. When you train with a high level of intensity, a good deal of this energy will be used up-kind of like squeezing all the water out of a wet sponge. And just like a real sponge, the best time to re-saturate it is right after you have just wrung it out.

The way to take advantage of this situation is to consume a high-carbohydrate snack within the first hour after your workout. Many experts believe a moderate amount of protein in this snack will also hasten the recovery process.

A very popular choice for this post-workout snack is a pint of low-fat chocolate milk. You could also try 8 ounces of low-fat yogurt, a bagel, or an energy/nutrition bar.

## **The building process**

Once you have consumed your post-workout snack, and assuming you have the framework of a properly balanced diet in place, we can now turn our attention to the nutritional requirements for building pure muscle.

Muscle tissue consists of approximately 70% water, 22% protein, 6% lipids, and 2% inorganic materials. Since water contains no calories, the most abundant nutrient in muscle tissue that does contain calories is protein. This makes sense, because protein is responsible for growth, maintenance and repair of tissue throughout the human body.

So how much extra dietary protein do you actually need to build more muscle? Probably not as much as you may have been led to believe-especially by people trying to sell you protein supplements. A little simple mathematics will give us a good idea.

Let's say, for example, that you are going to train hard enough, and have the genetic potential, to build 20 pounds of muscle in the next 4 months. Dietary protein is usually measured in grams, so we need to break the goal down to that level.

As we already learned, a pound of muscle is roughly 22% protein. There are 16 ounces in a pound. 22% of 16 ounces is about 3.52 ounces. There are approximately 28.4 grams in an ounce; 3.52 ounces times 28.4 grams per ounce equals approximately 99.97 grams of protein in one pound of muscle. To be on the safe side (and make the rest of the math easier), let's round that up to 100 grams of protein in one pound of muscle.

Therefore, to gain 20 pounds of muscle, you would need about 2000 extra grams of protein. Dividing this amount by the number of days in 4 months-let's say 120-equals 16.67 grams of protein per day.

So you need about 17 grams of extra protein a day to build 20 pounds of muscle in 4 months. Not 1700. Not 170. Only 17 grams a day.

Since protein contains 4 calories per gram, those 17 grams of protein add up to 68 additional calories per day, over and above your daily maintenance needs (we will

go over that subject in the next section). It really shouldn't be very difficult to consume an extra 68 calories worth of low-fat protein per day.

And how do you know if your goal of gaining 20 pounds of pure muscle in 4 months is really attainable? There's only one way to find out: **GO FOR IT.**

Even if you only get halfway there, that will still be an extraordinary accomplishment.

## **Determining Your Daily Calorie Needs**

A calorie is a unit of energy, used by the human body for all forms of activity. Our daily maintenance need for calories depends on our individual basal metabolic rate (BMR)-the amount of calories needed to sustain all bodily functions while lying at rest-plus the amount needed to fuel daily voluntary activity.

There are several mathematical formulas available for calculating your BMR; the problem with them is that there is a wide range of variation in the individual rate at which people burn calories. A more practical, although somewhat tedious, way of determining your daily calorie needs is as follows:

Every day for 3 days write down everything you eat, and the amount.

EVERYTHING! At the end of each day, sit down with a calorie counting book or program and add up the day's total calories. At the end of the 3 day period, add up the totals for the 3 days, and then divide by 3. This will give you your daily average calorie intake.

Do not alter your diet in any way during these 3 days, as you are trying to determine an average day of eating for you. If you haven't gained or lost any weight during the 3 day period, then this daily average figure is also your daily maintenance need of calories.

Once you know approximately how many calories you need per day to maintain your current bodyweight, you can determine how to alter your daily calorie intake to achieve your desired result, whether it's to lose fat or gain muscle.

For example, a pound of stored body fat contains approximately 3500 calories. To lose one pound of stored body fat in a week, you would need to decrease your current daily calorie intake by 500. At the end of 7 days, all other things being equal, you would lose a pound of fat ( $500 \text{ calories} \times 7 \text{ days} = 3500 \text{ calories}$ ).

A word of caution-there is such a thing as consuming too few calories in a day. Starving yourself to try to lose weight will not hasten the fat loss process; it will actually stifle it and prevent you from losing weight. This is because your body will kick into survival mode and hang on to any stored fat you have to make up for

the calories you're not putting in, preventing you from losing any weight. In addition, you need a certain amount of food every day to provide the essential nutrient you need to maintain good health. Under no circumstances should consume less than 1200 calories per day.

To gain muscle, you would first need to stimulate muscle growth through a strength training program, and then you would need to increase your daily protein and calorie intake as discussed in the last section.

For trainees who are grossly underweight, the addition of a little fat along with muscle may not be a bad thing. In that case, calories can be increased by 200-500 per day, and adjusted accordingly depending on progress. If nothing happens after 3 or 4 weeks, increase your calories by another 100 or 200; if you start getting fat, decrease by that amount.

By the way, force-feeding yourself hundreds of extra grams of protein every day will not hasten the muscle growth process; it will actually stifle it. First of all, digesting all that extra protein requires a tremendous amount of energy and resources, which will detract from your ability to recover from your high-intensity workouts. Second of all, the unnecessary extra calories will either be excreted, putting a tremendous stress on your kidneys, or stored as unwanted body fat.

In the next section, we'll look at some sample daily menus for different calorie levels.

## **Sample Daily Menus**

This section includes some sample menus for approximately 1500, 2000, 2500, 3000, 3500, and 4000 calories a day. These are included to give you an idea of what a properly balanced diet looks like, not to suggest that the foods listed are the only ones someone should eat. Once you have determined your daily calorie maintenance needs, these menus can serve as a guideline for setting up your daily diet to achieve the fitness results you desire.

You can substitute foods you prefer for the foods listed, provided they are in the same food group. For example, if you don't like apples, substitute a different fruit; if you don't like turkey breast, substitute a different low-fat protein, etc. Just don't substitute a low-fat protein for a fruit, or you will throw off the nutritional balance you need in your diet.

To start out, make your best guess of your daily calorie needs, based on the information presented in the previous section. Pick the sample menu closest to that number and start with that, substituting your own personal preferences within each food group as needed.

Give it 3-4 weeks and monitor your results. If you are starting to see the results you desire, stick with what you're doing. If not, adjust your calories up or down accordingly.

## **1500 calories**

### Breakfast:

- 1 cup coffee
- ½ cup of low fat milk
- ½ bagel, large
- 1 tablespoon jelly-Simply Fruit
- 1 egg scrambled
- 3 egg whites scrambled

### Mid-morning snack:

- 1.5 ounces raisins

### Lunch:

- 2 slices whole wheat bread
- 3 ounces baked chicken breast
- ½ banana
- 1 cup carrots
- ½ cup low fat milk

### Mid-afternoon snack:

- ½ banana

### Dinner:

- ¾ cup pasta
- 2 ounces chicken
- 1 cup low fat milk
- ½ cup cooked lentils

### Night time snack:

- 3 ounces fruit sorbet

**Total calories: 1446; Carbohydrate: 60%; Protein: 25%; Fat: 15%.**

## **2000 calories**

### Breakfast:

- 1 cup non-fat milk
- 1 cup multi-grain cereal

### Mid-morning snack:

- 1 large plain bagel

### Lunch:

- 2 slices whole wheat bread
- 4 ounces turkey breast
- 1 tablespoon mustard
- 1 tablespoon mayonnaise
- 1 ounce cheddar cheese
- 6 ounces cranberry juice

### Mid-afternoon snack:

- 6 small fat-free cookies

### Dinner:

- 4 ounces ground beef round
- 1 bun
- 1 tablespoon catsup
- $\frac{3}{4}$  cup cooked rice
- 8 ounces mixed vegetables
- 1 cup apple juice

### Night time snack:

- 4 ounces non-fat frozen yogurt

**Total calories: 2029; Carbohydrate: 62%; Protein: 22%; Fat: 16%.**

## **2500 calories**

### Breakfast:

- 1 small banana
- 1 cup non-fat milk
- 1 cup multi-grain cereal
- 1 cup orange juice

### Mid-morning snack:

- 1 large plain bagel

### Lunch:

- 2 slices whole wheat bread
- 4 ounces turkey breast
- 1 tablespoon mustard
- 1 tablespoon mayonnaise
- 1 medium apple
- 6 ounces cranberry juice

### Mid-afternoon snack:

- 2 multi-grain crackers
- 2 tablespoons reduced-fat peanut butter

### Dinner:

- 4 ounces ham
- 1 cup mashed potatoes
- 8 ounces mixed vegetables
- 1 cup non-fat milk
- 6 small fat-free cookies

### Night time snack:

- 8 ounces non-fat frozen yogurt

**Total calories: 2517; Carbohydrate: 63%; Protein: 22%; Fat: 15%.**

## **3000 calories**

### Breakfast:

- 1 small banana
- 2 cups non-fat milk
- 2 cups multi-grain cereal
- 1 cup orange juice

### Mid-morning snack:

- 1 large plain bagel

### Lunch:

- 2 slices whole wheat bread
- 4 ounces turkey breast
- 1 tablespoon mustard
- 1 tablespoon mayonnaise
- 1.5 ounces cheddar cheese
- 1 medium apple
- 8 ounces cranberry juice

### Mid-afternoon snack:

- 2 multi-grain crackers
- 2 tablespoons reduced-fat peanut butter

### Dinner:

- 6 ounces meat loaf
- 1 cup rice
- 8 ounces mixed vegetables
- 1 cup non-fat milk
- 6 small fat-free cookies

### Night time snack:

- 8 ounces non-fat frozen yogurt

**Total calories: 3025; Carbohydrate: 62%; Protein: 21%; Fat: 17%.**

## **3500 calories**

### Breakfast:

- 1 small banana
- 2 cups non-fat milk
- 2 cups multi-grain cereal
- 1 cup orange juice

### Mid-morning snack:

- 1 large plain bagel
- 1 ounce diet cream cheese

### Lunch:

- 2 slices whole wheat bread
- 4 ounces turkey breast
- 1 tablespoon mustard
- 1 tablespoon mayonnaise
- 1.5 ounces monterey cheese
- 1 medium apple
- 1 cup non-fat milk

### Mid-afternoon snack:

- 2 multi-grain crackers
- 2 tablespoons reduced-fat peanut butter
- 4 ounces ground beef
- 1 hamburger bun
- 2 tablespoons catsup
- 10 ounces cranberry juice

### Dinner:

- 10 ounces catfish
- 1 cup rice
- 8 ounces mixed vegetables

- 1 cup non-fat milk
- 6 small fat-free cookies

Night time snack:

- 8 ounces non-fat frozen yogurt

**Total calories: 3502; Carbohydrate: 61%; Protein: 20%; Fat: 19%.**

## **4000 calories**

### Breakfast:

- 1 small banana
- 2 cups non-fat milk
- 2 cups multi-grain cereal
- 1 cup orange juice

### Mid-morning snack:

- 1 large plain bagel
- 1 ounce diet cream cheese

### Lunch:

- 2 slices whole wheat bread
- 4 ounces turkey breast
- 1 tablespoon mustard
- 1 tablespoon mayonnaise
- 1.5 ounces monterey cheese
- 1 medium apple
- 10 ounces cranberry juice

### Mid-afternoon snack:

- 4 multi-grain crackers
- 4 tablespoons reduced-fat peanut butter
- 4 ounces ground beef
- 1 hamburger bun
- 2 tablespoons catsup
- 1 cup non-fat milk

### Dinner:

- 6 ounces baked chicken breast
- 1 cup rice
- 8 ounces mixed vegetables

- 1.5 cups apple juice
- 8 ounces non-fat frozen yogurt

Night time snack:

- 1.75 cups raisin-bran cereal
- 1.5 cups non-fat milk

**Total calories: 4000; Carbohydrate: 61%; Protein: 20%; Fat: 19%.**

## **Dining Out Tips**

1. Request a large pitcher of water for your table and drink it freely before, during and after your meal.

2. Try to structure your meal utilizing the percentages of nutrients used in the sample menus: high in carbohydrates (vegetables, fruits, bread, pasta products), moderate in protein (lean meats, chicken, turkey, fish), and low in fats (butter, salad dressings, cheeses, fried foods, desserts).

3. Try to control your portion sizes. You may not be able to control how much food is served to you, but you can control how much you eat. Obviously, you will not be using food scales and measuring spoons, but here are some simple guidelines which are easy to use:

- 1 carbohydrate serving=the size of your fist
- 1 protein serving=the size of your palm, without the fingers
- 1 fat serving=the size of your thumb tip

4. Try to balance your meal, using the serving sizes indicated above, as follows:

- 2-4 carbohydrate servings
- 1-2 protein servings
- 1-3 fat servings

5. When eating “fast food”, try to be selective. Choose foods lower in fat whenever possible. Most fast food restaurants have the nutritional information of their foods posted somewhere.

Don't stress yourself out; just do the best you can. If you get a little off track, resolve to get back on track with your nutritional program the next day.

## What About Supplements?

Before you consider taking supplements, take the following self-test:

### DO YOU:

- Eat breakfast 7 days a week?
- Eat 4 to 6 meals a day?
- Eat 3 to 5 pieces of fruit every day?
- Eat at least one vegetable every day?
- Consume 50- 60% of your calories from carbohydrates?
- Consume only 25% or less of your calories from fat?
- Eat a balanced diet with foods from all food-groups?
- Consume a high-carbohydrate snack immediately after a workout?
- Eat enough calories every day to maintain your bodyweight?
- Drink at least 8 (8 ounce) glasses of water every day?
- Get 8 to 10 hours of sleep every night?

**If you cannot answer “yes” to all of the above questions, why even think about expensive supplements?** There are very few regulatory standards in the supplement industry. Every year, pro athletes test positive for banned substances that were present, by accident, in supplements they took. Be wary of nutritional supplements! Eating properly by utilizing normal foods available at your local supermarket is the key to making optimal progress- not exotic supplements.

## Conclusion

Proper nutrition should not be a complicated subject. You do not necessarily need exotic, expensive diet plans or supplements to eat properly. If you master the basics of nutrition by following the simple guidelines presented in this book, and have the discipline to apply them consistently, you will be doing everything you need to do for your health and muscle building results.

Let's sum up everything that's been presented in this book.

1. Eat smaller, nutritious meals 4-6 times a day.
2. Drink plenty of water-1/2 to 1 gallon per day.
3. Keep your diet properly balanced: high in fiber-rich complex carbohydrates (50-60%); moderate amounts of low-fat proteins (20-25%); and low in fats (15-25%).
4. Consume a high-carbohydrate snack 30 to 60 minutes after your workout.
5. Get an idea of your daily calorie needs using the 3-day calculation method.
6. Use the sample menus as a template for setting up a well balanced daily nutrition plan for yourself that you can stick with. You don't have to eat the exact foods listed, you can substitute foods you like better within the same food group- for example, chicken instead of turkey, orange juice instead of cranberry juice, rice instead of pasta, etc.
7. Once you have established your daily calorie maintenance needs and your diet is properly balanced, you can now decrease your total calories to lose fat or increase them to add muscle mass. To add pure muscle, increase your calories by 100-200, mostly with protein; to lose body fat, decrease your calories by 500; to gain mostly muscle with a little added fat, increase by 200-500. Evaluate the results after a month, and then adjust accordingly. Make sure that when you change your calorie intake, your diet stays properly balanced, with the correct percentage of nutrients from each food group.

8. Maintain your nutritional discipline when eating out by following the “dining out tips”. If you go a little overboard, don’t panic; just get back on track the next day.

9. Don’t fall for supplement hype. There is no magic bullet that gives instant results or is a substitute for sound eating habits used consistently.

### **Closing thoughts**

The human body is a high-performance machine, and putting in the right fuel, in proper amounts, gives the best results.

Remember, proper nutrition is part of your program. You must apply the same discipline and consistency to your nutrition program as you do to your training, if you want the best possible results from your efforts.

Consistently utilizing good nutrition habits, when combined with a high intensity muscle building program, will keep you big and strong, healthy, lean, fit, and confident, and in so doing will help you get the most out of life.

Make your goals happen!

Best Wishes,

Dave Durell

FRUITS	VEGETABLES	DAIRY	FISH & POULTRY	RED MEAT	GRAINS	BEANS	SOUPS	BEVERAGES
<b>NON-FAT</b> — apples — apricots — bananas — blueberries — cantaloupe — cherries — cranberries — currants — dates — figs — grapefruit — grapes* — honeydew — kiwi — lemons — limes — mango — nectarines — oranges — papaya — peaches — pears — pineapple — plums — pomegranate — prunes — raisins — raspberries — rhubarb — strawberries — tangerines — tangelo — watermelon	<b>VERY LOW FAT</b> — artichokes — asparagus — bean sprouts — beans, green — beets — bell pepper — bok choy — broccoli — brussels sprouts — cabbage — carrots — cauliflower — celery — chili peppers — collards — corn — cucumber — eggplant — garlic — green onions — greens — jicama — kale — lettuce — mushrooms — onions — parsley — parsnips — pea pods — peas — potatoes — pumpkin — radishes — spinach — squash — sweet potatoes — Swiss chard — tomatoes — turnips — watercress — yams — zucchini	<b>VERY LOW FAT</b> — skim milk (0% fat) — buttermilk — cottage cheese, 1% — cottage cheese, dry — evaporated skim milk — farmer's cheese — non-fat yogurt — powdered non-fat milk — sherbet — sorbet	<b>VERY LOW FAT</b> — cod — crayfish — flounder — haddock — halibut — perch — sea bass — sole — tuna in water — scallops — shrimp	<b>LOW FAT</b> — beef round, CT — chipped beef — liver — veal loin, round, — shoulder, CT — venison	<b>VERY LOW FAT</b> — bagels — barley — breads — bulgur — cereals—most — corn — corn tortillas — english muffins — hard rolls — oatmeal — pasta — pocket bread — popcorn, raw — rice/rice cakes — rye/rye wafers — wheat	<b>VERY LOW FAT</b> — black beans — black-eyed peas — garbanzos — kidney beans — lentils — lima beans — navy beans — split peas — white beans — bean sprouts — refried beans	<b>VERY LOW FAT</b> — bouillon — broth — consomme — vegetable	<b>VERY LOW FAT</b> — beer — coffee — fruit juice — mineral water — soda — tea — vegetable juice — wine
<b>VERY HIGH FAT</b> — avocado	<b>VERY LOW FAT</b> — cauliflower — celery — chili peppers — collards — corn — cucumber — eggplant — garlic — green onions — greens — jicama — kale — lettuce — mushrooms — onions — parsley — parsnips — pea pods — peas — potatoes — pumpkin — radishes — spinach — squash — sweet potatoes — Swiss chard — tomatoes — turnips — watercress — yams — zucchini	<b>LOW FAT</b> — 1% milk (24% fat) — cottage cheese, 2% — frozen yogurt—most — low-fat yogurt — ice milk	<b>LOW FAT</b> — bass — catfish — clams — crab — fresh tuna — lobster — mussels — oysters — sturgeon <i>light meat, no skin:</i> — chicken — turkey — turkey ham	<b>VERY HIGH FAT</b> — bacon — beef, PT — brains — cold cuts — ground beef — hot dogs — lamb, PT — pastrami — pork, PT — pork loin, CT — sausage — spare ribs — tongue — veal, PT — veal cutlet	<b>LOW FAT</b> — cornbread — crackers, plain — flour tortillas — soft rolls, buns — wheatgerm	<b>VERY HIGH FAT</b> — almonds — brazil nuts — cashews — coconut — filberts — macadamias — peanuts — peanut butter — pecans — pine nuts — pistachios — pumpkin seeds — sesame seeds — sunflower seeds — walnuts	<b>VERY HIGH FAT</b> — chocolate — mayonnaise — oils — salad dressings — tartar sauce	<b>HOUSEHOLD</b> — lotion — shampoo — toothpaste
<b>VERY HIGH FAT</b> — avocado	<b>VERY LOW FAT</b> — cauliflower — celery — chili peppers — collards — corn — cucumber — eggplant — garlic — green onions — greens — jicama — kale — lettuce — mushrooms — onions — parsley — parsnips — pea pods — peas — potatoes — pumpkin — radishes — spinach — squash — sweet potatoes — Swiss chard — tomatoes — turnips — watercress — yams — zucchini	<b>VERY HIGH FAT</b> — 3.8% milk (50% fat) — butter — cream/whipped — eggnog — evaporated whole milk — half and half — ice cream, gourmet — margarine — non-dairy creamer — non-dairy whip topping — sour cream — tofutti frozen dessert	<b>VERY HIGH FAT</b> — anchovies — eggs — herring — mackerel — sardines — trout <i>dark meat, w/skin:</i> — chicken — turkey	<b>VERY HIGH FAT</b> — completely trimmed — partially trimmed	<b>VERY HIGH FAT</b> — chips — croissant	<b>VERY HIGH FAT</b> — almonds — brazil nuts — cashews — coconut — filberts — macadamias — peanuts — peanut butter — pecans — pine nuts — pistachios — pumpkin seeds — sesame seeds — sunflower seeds — walnuts	<b>VERY HIGH FAT</b> — chocolate — mayonnaise — oils — salad dressings — tartar sauce	<b>HOUSEHOLD</b> — lotion — shampoo — toothpaste

% of Calories from Fat:	
NON-FAT	0%
VERY LOW FAT	0-15%
LOW FAT	15-30%
HIGH FAT	30-50%
VERY HIGH FAT	over 50%

# LOW FAT GROCERY LIST

The High Intensity Muscle Building Nutrition Guide  
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