



**THE GORILLA PIT**  
Training, Nutrition & Lifestyle

## **PHASE #1 NUTRITION PROGRAM**

### **Before We Start!**

We live in a fast paced world where time is a very valuable commodity. We want everything done yesterday and this is no different when it comes down to melting away body fat and building a shredded physique. However unlike a fast food drive thru or 90min dry cleaning service achieving a jaw dropping physique takes time. But what happens when we don't have time? Well there is science...and science will give you the most optimal results in the shortest time possible. But I warn you its tough! So don't come winging saying things like 'I can't do it' or 'This is too hard'. Remember at the end of pain is success so go through it. Your not going to die from a little bit of pain so adopt this 'No BS Shredding Nutrition Plan' and watch yourself transform. Truth is no matter how hard your training is, if you don't have a solid base and knowledge of nutrition your efforts will gain very little results.

### **What To Eat: Weeks 1-4 The Foundation**

This nutrition program is simple yet very effective. It's proven itself with countless of our clients and is best at dropping body fat fast while also building lean quality muscle mass. Below are the simple rules and guidelines that you will need to follow. They are in no particular order of importance, although some will yield greater results over others.

#### **Rules For Carbohydrates:**

- Eliminate breads, flour, gluten and grains (including wheat, barley, and rye). *See habit #4 on membership site.*
- Eat plenty of vegetables (Unlimited amount- fresh or frozen). For every meal you should be filling half your plate with vegetables. For weeks 1-2 no less then 3 meals per day will include vegetables (200g minimum at each meal). *See habit #2 on membership site.*

#### **Rules For Fats:**

- Eliminate grain and vegetable extracted cooking oils. Instead cook with organic full fat butter or organic coconut oil.
- Ensure adequate intake of Omega-3 fats and oils from pharmaceutical grade fish oils. Minimum of 10g per day (2x Teaspoons of liquid fish oil).
- Don't be scared of healthy smart fats: organic butter, raw nuts, avocados etc. Due to eliminating our processed carbs you will need to replace those calories. Don't go out of your way to eat fat, however if you follow this plan fat will generally take care of itself. *See habit #5 on membership site.*



## Rules For Protein:

- You will build up to 2-3g of protein per kg of bodyweight for males and 1.5-2g for females. Your coach will tailor this to your current state and goals. Average protein intake is 22g per 100g lean animal protein (e.g. 100g steak has on average 22g of protein). *See habit #1 on membership site.*
- Ensure your having protein with every meal.
- Breakfast: No matter what day it is breakfast shouldn't change- Meat and Healthy Fats (nuts, coconut oil, avocado). If you struggle eating meat first thing in the morning try starting off on egg omelets. *See habit #3 on membership site.*
- Maximum of x1 protein shake per day (post workout is the optimal time). Shake is to consist of the following:
  - Protein = 40-50g
  - Glutamine = 10-20g
  - BCAA = 5-10g
  - Carbohydrates = Dictated by coach.
  - *See habit #8 on membership site.*

## Rules For Everything Else:

- Aim for no less then 3x meals and no more then 6x meals per day to ensure you reach your protein goal. Post workout protein shake is counted. *See habit #7 on membership site.*
- Aim to eat a meal every 3-4 hours. However eat when hungry, don't graze. Continually stuffing yourself with food is counterproductive to hormone function and digestive health. *See habit #7 on membership site.*
- Eat REAL food. A great rule to apply to your nutrition is: 'If it wasn't around 5,000 years ago then don't eat it'. Avoid all foods that contain preservatives or have the self life that will out live you. Best tip is to stick to the outer isles of Woolworth's and you can't go wrong. *See habit #4 on membership site.*
- Drink loads of QUALITY FILTERED water (4L minimum daily). *See habit #6 on membership site.*
- Avoid alcohol. Period. We'll cut the BS! If your drinking alcohol while using this program you will NOT get anywhere close to the results you want.



## The 14 Day Nutritional Bootcamp:

### PHASE 1: 14 Day Nutrition Bootcamp

DAYS	GUIDELINES
<b>Days: 1-14</b>	14 Day Nutrition Bootcamp. Clean carbs will be dictated by your coach. Follow above guidelines as strict as possible.
<b>Day: 15</b>	Clean refuel meal/day. Multiple clean carb meals throughout the day. You will receive a daily plan via email closer to the day. Plan dictated by coach.

### PHASE 2: Carb-Cycling

DAYS	GUIDELINES
<b>Days: 1-4</b>	Carbs dictated by coach. Follow phase #1 guidelines and habit as strict as possible.
<b>Day: 5</b>	Clean refuel meal. Eat a large serving of clean carbohydrates post workout or as your last meal of the day. You will receive a daily plan via email closer to the day. Plan dictated by coach. Repeat again until start of phase #2.