

TACTICAL BODYWEIGHT WORKOUTS

NUTRITION BLUEPRINT: CARB CYCLING FOR FAT LOSS

By Joseph Arangio

Tactical Workouts

"For Military Operators and Law Enforcement Professionals"

<http://www.TacticalWorkouts.com>

NUTRITION BLUEPRINT: CARB CYCLING FOR FAT LOSS

Notice

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Congratulations on your decision to finally get rid of that excess layer of insulation (aka bodyfat) covering your muscles and essentially weighing you down, slowing your pace, and placing you at risk for a whole bunch of preventable diseases that make your life suck.

The current American obesity epidemic is proof that creating a manageable nutrition plan, among other healthy habits, is harder than it seems. Just because you carry a gun for a living, doesn't mean that you are immune to the health problems associated with excess body fat.

You see, companies that make tactical gear for military operators and law enforcement pros are always trying to make your kit lighter. One of the easiest ways to lighten your load is to simply shed excess bodyfat. Think of it like removing the hard armor plates from your [TacTec Plate Carrier](#).



What I'm about to say may shock you, so take a seat.

If you reduce your bodyfat to 10 percent, you will become a more efficient and effective tactical athlete. You'll have the

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capacity to carry more of the gear that will save you in a life-or-death situation. Think extra magazines for your long gun. Yep, the reason that you can't see your abs is because they're hidden beneath a layer of insulation (aka body fat). Even though I'm a tactical strength and conditioning coach, I'll be the first to admit that you can't out-train a bad diet.

Let me repeat that: You CAN'T out-train a bad diet.

Dropping bodyfat means you'll have to eat healthy 90% of the time. So to make your life easy, I'm going to approach your nutrition plan from a shockingly simple angle.

I'm going to skip the theory and complicated science lessons about insulin and glucagon and leptin and the other hormones with hard-to-pronounce names. You won't have to pour over three chapters of technical jargon either. In fact I'm going to demystify calories, carbs, protein, and fats.

Of course all of these details are important and I've paid close attention to them; however, you told me that you HATE reading about this science stuff. Many of my readers have asked me time and time again...

"Coach Joe, please give me a simple meal plan that I can follow. Make it so simple that I don't have to think too much. Just tell me what to eat for each meal and I'll do it."

Well, you asked and I listened.

The Plan

I have some strong opinions about calories and carbohydrates. Read this carefully: *If you want to lose fat, you must reduce your calories.*

Now you can reduce calories through diet or exercise, or through a combination of both diet and exercise. But you MUST reduce calories to reduce body fat. Notice I didn't say, "reduce bodyweight." That's because bodyweight isn't as important as bodyfat if your goal is getting tactically lean.

There is also ton of science that proves you can drastically cut bodyfat by using a powerful technique called carbohydrate cycling. Let me explain.

On certain days of the week you'll have a higher carbohydrate intake. Other days you'll eat a medium amount of carbs. Some days will be low carb.

You see, carbohydrates cause the release of a hormone called insulin. And it's nearly impossible to burn fat when this hormone is floating around in your bloodstream.

But carbs are a double-edged sword.

Funny thing is you NEED carbs when you are trying to lose fat because they have an anti-catabolic effect on your muscles, which means they preserve your muscles. Carbs also help keep your metabolism running fast.

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This style of carbohydrate cycling allows you to take advantage of the fat-burning effect when you're taking in lower carbs, while avoiding the muscle wasting that occurs when you eat zero carbs all the time.

Get it? You cycle your carbs in a scientific pattern in order to maximize fat burning.

Generally speaking, on the days you have low carbs, you will increase protein. The opposite is true for high-carb days (your protein is lower). Now the reason for this is so you don't take in too many calories. Also, carbs have a protein-sparing effect, which means that on your high-carb days you simply don't need as much protein.

Another sneaky thing you do on a low-carb day is raise your dietary fats to give your muscles an additional source of energy.

Now if you want to continue to train hard while following this style of eating, you MUST have certain high-carb days to replenish your glycogen (stored carbs). And as I mentioned earlier, the anti-catabolic nature of these high-carb days prevent your muscles from shrinking away. That's because insulin saves muscle and boosts metabolism.

Just remember that every day can't be a high-carb day because you don't burn much fat when your carbs are high.

Sample Training Frequency

If you're training four days per week, I recommend you do two high-carb days on two of your training days. Just remember NEVER to do two high-carb days in a row. So in the example below, your high-carb days are Monday and Thursday. Any additional training days are moderate carbs. All OFF days are low carb.

Do 20 minutes of cardiovascular training on ALL your low and medium carb days.

4 Workouts/Week

DAY:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
CARBS:	Low	High	Med	Low	High	Med	Low
TRAINING:	OFF	✓	✓	OFF	✓	✓	OFF
CARDIO:	✓	OFF	✓	✓	OFF	✓	✓

3 Workouts/Week

DAY:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
CARBS:	Low	High	Low	High	Low	Med	Low
TRAINING:	OFF	✓	OFF	✓	OFF	✓	OFF
CARDIO:	✓	OFF	✓	OFF	✓	✓	✓

Depending on your starting point, if you're not losing around 1-2 pounds of body fat per week you should reduce the number of high-carb days and increase cardiovascular activity. Of course you can't just keep reducing calories and increasing cardio. So if you're seeing a plateau in fat loss you must readjust.

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One more thing about cardio: The best time to do cardiovascular activity is first thing in the morning, before you eat anything. Keep the pace moderate most days (don't get breathless), with an occasional high-intensity session (you should not be able to hold a conversation because you're breathless).

How Many Calories Do You Need?

Okay, so let's get into your meal planning. To clear up any confusion, the abbreviation for calories is kcal. Also, note that protein contains 4 calories per gram, carbohydrates contain 4 calories per gram, and fat contains 9 calories per gram.

First, you're going to want to hop on a scale and measure your bodyweight right now. To get your baseline calories, take that number and multiply it by 10.

Here's the math for someone who weighs 165 pounds. To customize this, just use your weight and redo the calculations:

$$160 \text{ lbs.} \times 10 = 1,600 \text{ kcals}$$

From there, I want you to subtract 500 calories from whatever number you get. This is the lowest amount of calories you must consume each day that you train.

$$\text{So for my example, } 1,600 \text{ kcals} - 500 = 1,100 \text{ kcals}$$

This is a great starting point since a lot of guys tend to overestimate their metabolic rate and how active they are. Trust me, you would be surprised if you knew how few calories you burn at rest.

On the days that you train, you should consume 40% of these calories in the form of carbohydrates. Remember that 1 gram of carbohydrates equals 4 calories.

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1,100 kcal x .40 = 440 calories per training day from carbohydrates

440 kcal / 4 = 110 carbs per day on training days

So just to recap, take the amount of calories you are to consume per training day and multiply that by 40%. From there, simply divide by 4 and you've just figured out the recommended amount of carbs per day to consume during your training days.

Now on to fat-shedding protein...

You're going to consume around 30% of your total calories from protein on training days as well.

To figure this out, look back to your total daily calories (in my case it was 1,100 kcal) and multiply it by 30%.

1,100 kcal x .30 = 330 calories from protein per day

330 kcal / 4 = 82.5 grams of protein per day on training days

And if you want to drop pounds of nasty fat you need to eat healthy fats. You're going to consume 30% of your calories each day from healthy fat sources such as olive oil, fish oil, organic butter, organic grass fed beef and eggs, assorted nuts such as almonds, walnuts, etc. Stay away from margarine, fake butter, or anything that is processed.

So we'll use my example again...

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1,100 kcal x .30 = 330 calories from fat per day. Remember that fat equals 9 calories per gram.

330 kcal / 9 = 36.6 grams of healthy fat per day on training days.

Here are sample training-day calorie requirements to shed junk weight and get your bodyfat down:

- ✓ 1,100 calories
- ✓ 110 grams of carbs per day
- ✓ 82.5 grams of protein per day
- ✓ 36.6 grams of fat per day

Also, it's cool if you don't hit these macronutrients every single day. Just do your best to get as close to these numbers as possible.

I created this little carb-cycling cheat-sheet (measurements are in pounds/body weight):

Type of Day	Carbs	Protein	Fat
High Carb	1.5g/pound	1.25g/pound	very low
Low/Moderate Carbohydrate	.25 to 1 g/pound	1.5g/pound	.15 to .35g/pound

If you don't have a food scale (the kind that shows nutrition facts for almost every single food out there), pick one up.

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You should plan your meals by combining either protein (fish, chicken, beef) and starchy carbohydrates (like yams and potatoes) or protein with fats (like olive oil) and fibrous carbs (like green veggies).

I like this approach because mentally I have seen it work better for most people when it comes to meal planning and knowing what to eat and when. It's an easy-to-follow and foolproof system, which is half the battle when sticking to a fat-loss program.

Grocery List

I've created a handy shopping list to take to the grocery store. If you want to burn the most fat, eat only organic, unprocessed foods. All fruits and vegetables are unprocessed. So are meats, chicken, pork, and eggs. Chicken nuggets are processed. A fresh, organic chicken breast is NOT processed. A Twinkie is processed... you get the idea.

Drink at least your body weight in ounces of water. I weigh 180 pounds, so that means I drink 180 ounces of water daily. To mix it up I add a squeeze of lemon to the water. Avoid booze at all costs because it seriously screws up fat loss and your ability to recover.

Here's a list of acceptable starchy carbohydrate sources:

- Any type of potato (red, russet, Yukon gold, sweet...)
- Yams
- White rice
- Bananas
- Buckwheat
- Steel-cut oats
- Rice-based pastas
- Berries
- Apples

Here is a list of acceptable fat sources:

- Walnuts, almonds, organic peanut butter, pistachios, macadamia nuts
- Olive oil (extra virgin if possible)

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- Organic nut butter
- Organic butter from grass fed beef
- Fish oil
- Krill oil
- Cod liver oil
- Avocados
- Fat from meat preferably grass fed
- Organic omega 3 whole eggs

Here is a list of acceptable protein sources:

- Protein powders
- Cottage cheese
- Pork loin
- Ground beef (90-93% lean)
- Any lean cuts of steak
- Chicken
- Fowl
- Fish
- Whole eggs
- Egg whites

Done-for-You Daily Fat-Loss Schedules

Here are three sample daily schedules for you to follow, based on your training time. If you want to drop bodyfat you must train hard, fuel your body, and get around 8 hours of quality sleep each night.

Simply choose the schedule that best fits your lifestyle.

To avoid confusion, I use these abbreviations in the schedules:
C = carbs, P = protein, and F = fats.

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Morning Workout Schedule (If You Train Around 6:00 A.M.)

Pros:

What's ideal about an early-morning training schedule is that it allows you to eat carbohydrates earlier in the day, therefore making them less likely to be stored as fat.

Plus you'll have the added benefit of fasting through the night so you'll be slightly more insulin sensitive, which is a good thing when you're trying to get lean.

Cons:

The downside is that your central nervous system is not working at its peak first thing in the morning. Granted, your body will adapt if you keep training at this time, but the ideal time to train is mid-afternoon. Also, you must be disciplined and get into bed earlier than most guys are used to. Early bedtime is mandatory because you need sleep to recover from the workouts.

Sample Schedule:

5:00 A.M.	P+C meal
6:00 A.M. (Train)	P+C shake
8:00 A.M.	P+C meal
11:00 A.M.	P+F meal
3:00 P.M.	P+F meal
6:00 P.M.	P+F meal
8:00-9:00 P.M. (Bedtime)	

Afternoon Workout Schedule (If You Train Around 12:00 P.M.)

Pros:

This is the ideal time to train since studies have proven the central nervous system is working at its peak. Strength levels are usually highest during this time as well.

Cons:

There are not many downsides to training at this time unless you have some important meeting that you need to get to and only have a certain amount of time to train in between your lunch break.

Other than that, this is the ideal schedule for getting lean.

Sample Schedule:

7:00 A.M.	P+F meal
10:30 A.M.	P+C meal
12:00 P.M. (Train)	P+C meal
2:00 P.M.	P+C meal
5:00 P.M.	P+F meal
7:30 P.M.	P+F meal
10:00 P.M. (Bedtime)	

Evening Workout Schedule

(If You Train Around 6:00 P.M.)

Pros:

The great thing about training at night is you get to eat and sleep right after. This will ensure optimal recovery during the night. Also don't worry about the amount of carbs you will be consuming after your workout and at night.

It's a myth that carbs eaten at night or before bed will be stored as fat. If you train during this time, then by all means eat your carbs. Especially if it's a high-carb day.

Cons:

The main downside to training so close to bedtime is some guys have trouble winding down because they're still amped up from their workout. If this sounds like you, research shows that an ice bath or cold shower immediately before bed will encourage sleep. It takes serious willpower to sit in a tub of ice cubes before you go to bed, but it's like getting shot with a tranquilizer gun... you'll be sound asleep after you thaw out.

Sample Schedule:

7:00 A.M.	P+F meal
10:30 A.M.	P+F meal
12:00 P.M.	P+F meal
3:00 P.M.	P+C meal
6:00 P.M. (Train)	P+C meal
8:30 P.M.	P+C meal
10:00 P.M. (Bedtime)	

Tactical Workouts Coaching Program

Okay, there you have my step-by-step blueprint for dropping extra bodyfat.

You may want a little more guidance through this process. Maybe you've reached a plateau and you want to ask me a few questions. Heck, you may even want me to personally write your programs for you.

Cool thing is that for a limited time I'm taking on a few tactical coaching clients to work, *personally*, with me. It's a virtual coaching program so you only need an Internet connection to get the customized formula that will help you break your fat-loss and tactical muscle-building plateaus.

To apply, complete these simple steps:

1. Tell me your **THREE** most important goals you want to accomplish. Include a deadline.
2. Tell me why you think you should be accepted into the coaching program.
3. Email your responses to info@tacticalworkouts.com before 1100 hours tomorrow morning. Copy and paste this subject line into your email: "Application for Tactical Workouts Coaching Program"

You can expect a personal email 48 hours after we receive your application.

Train hard and stay safe.