



NUTRITION GUIDE

McGUCKIN
FITNESS

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AN INTRODUCTION TO NUTRITION

This is your winning formula to feel energetic & alive inside your best body yet.
YOU will look better, feel better, sleep better and perform better.

We will provide you with all of the information and education you need in an easy to understand format.
We strive to provide a product that allows for the best adherence by working with you in the design process.

We will guide you through eating the **RIGHT FOODS**, at the **RIGHT TIMES** so that you have **MORE ENERGY**,
BURN MORE FAT, and **HAVE MORE MUSCLE DEFINITION**.

This is not a short-term diet or a quick fix!! This is a kick-start to a sustainable lifestyle that will improve your health for the better – **FOREVER!**

Unfortunately, 90% of people that start a diet fail to keep the weight off long term.
That's right - 90% of people regain the weight that they lost on.

Why is this?... PEOPLE LACK CONSISTENCY.

One of the most important things you can do to get **YOU** the body that **YOU** crave, is to have **CONSISTENCY**.

ONCE YOU CAN ADHERE TO THE PLAN WITH CONSISTENCY, YOU WILL ACHIEVE AMAZING RESULTS

So please do yourself (and us) a big favour and make sure that you are **FULLY COMMITTED** to enhancing your health and fitness ☺

Go **ALL IN** on this journey and we can guarantee you 3 things:

1. You will learn more about your body and what foods it best responds to,
2. You will realise just how good you can actually feel when you follow an eating plan that doesn't rely on packaged and processed foods and instead prioritizes natural foods.
3. You will be healthier and happier.

MEAL TYPE GUIDELINES

Your nutrition should focus on lots of nutrient rich foods that are NOT very calorie dense. The good news is you can still get amazing results without counting calories.

You will use easy-to-implement strategies that force your body to burn fat and maintain or build muscle at the same time.

We have created a simple system that has **2 DISTINCT MEAL TYPES** and a **PLATE FOR EACH** type as a visual representation.

1. **FAT LOSS PLATE**
2. **LIFESTYLE PLATE**

NOTE: The frequency to which you use each meal type each day is dependent upon your current goals.

GOAL #1: FAT LOSS

Your primary goal is to lose a substantial amount of body fat.

GOAL #2: MAINTENANCE: MAINTAIN BODY COMPOSITION & GAIN MUSCLE

Your primary goal is to maintain your current body composition while gaining lean muscle.

The focus is on consistent habits to ensure that you have a great launching pad for your next fat loss mission. This is the phase where you learn how to socialise, have fun, and still get results.

GOAL	MEALS PER DAY	FAT LOSS MEALS	LIFESTYLE MEALS	FAT FUNERAL PER WEEK	CONTROLLED TREAT MEAL PER WEEK
FAT LOSS	4	3-4	0-1	1-2	0-2
MAINTENANCE	4	2-3	1-2	0-2	0-3

HERE ARE 2 SAMPLE LAYOUT OPTIONS

	GOAL: FAT LOSS	GOAL: MAINTENANCE
MEAL #1	FAT LOSS MEAL	FAT LOSS MEAL
MEAL #2	FAT LOSS MEAL	FAT LOSS MEAL
MEAL #3	FAT LOSS MEAL	LIFESTYLE MEAL
MEAL #4	LIFESTYLE MEAL	LIFESTYLE MEAL

We will also layer in **2 additional strategies** to be implemented.

1. FAT FUNERAL (LOWER CALORIE DAYS)

- These have been designed around the strategy of **INTERMITTENT FASTING**.
- By fasting for a longer time period and skipping one (1) entire meal, you are reducing your overall caloric intake for the day.
- There is nothing inherently magic about intermittent fasting, apart from the fact that it can assist to create a greater caloric deficit as long as you don't eat more at your other meals.
- [See page 13 for the specific protocol.](#)

2. CONTROLLED TREAT MEALS

- These have been designed around anecdotal evidence that when you are **NOT IN A MINDSET OF RESTRICTION**, you are more likely to adhere to the plan and less likely to instinctively overindulge.
- We will teach you that you can still indulge in your favourite foods without going backwards.
- We recommend that you plan your treat meals in advance.
- Choose foods and portions that keep you moving towards your goal at the same time as satisfying your psychological desires.
- [See page 15 for the specific protocol.](#)

MACRONUTRIENTS

PROTEIN

Protein is essential for building, maintaining and repairing body tissues and cells.

Protein is needed for a healthy functioning immune system, and the manufacturing of hormones.

Protein is used in the formation and repair of certain bodily structures, like connective tissue, bone, skin, hair, nails and muscles.

Proteins contain many other essential nutrients like:

- Iron, Zinc and Vitamin B12 (only animal products naturally contain vitamin B12)
- Vitamins and Minerals
- Omega 3 fatty acids

Protein has the highest effect on satiety of all the macronutrients.

The human body is NOT capable of producing sufficient essential proteins, so you must ensure you are eating adequate protein in your diet every day.

FAT LOSS MEALS:

INCLUDE 25% OF YOUR PLATE AS PROTEIN

LIFESTYLE MEALS:

INCLUDE 25% OF YOUR PLATE AS PROTEIN

FAT

Fat is an essential nutrient. This means your body cannot make it, and it has to be consumed.

Fats are an essential part of any diet and are beneficial for:

- Brain development and overall cell function
- Transport and storage of vitamins
- The production of hormones

You should never attempt to ELIMINATE fat from your diet.

Fats will already be found in most of the animal protein sources that you eat.

If you eat a fattier source of protein (Chicken Thigh, Red Meat, Salmon, Whole Eggs) then you may NOT need to add an additional fat source to that meal.

If you have a very lean source of protein (Chicken Breast, Egg Whites, White Fish, Turkey Breast) then you may want to add an additional fat source to that meal.

Fats are delicious 😊

FAT LOSS MEALS:

NO ADDED FATS ARE REQUIRED FOR THIS MEAL.

LIFESTYLE MEALS:

**USE FATS AS A FLAVOUR ENHANCER TO TOP OFF A NUTRITIOUS MEAL.
THE SIZE OF 1-2 THUMBS WILL GENERALLY GIVE YOU THE REQUIRED AMOUNT.**

CARBOHYDRATES

Carbohydrates fuel athletic performance and are the preferred source of energy for the body during intense activity.

Carbohydrates also have positive impacts on hormonal function.

Different individuals can process carbohydrates very differently. Some people can eat a lot of carbohydrates and stay very lean, while others will add body fat by only eating small amounts of carbohydrates.

The aim of carbohydrate consumption is to give you enough energy to function optimally and to train with adequate intensity, without providing too much energy so that you store the excess as body fat.

Here is our classification system for carbohydrates:

PLANT BASED CARBOHYDRATES:

Plants contain more fibre, more micronutrients, and they take up more space in your stomach. Plant Fibre can also help with the binding of toxins so that they are excreted in your faeces.

- Vegetables and Salads
- Berries

FAT LOSS MEALS:

INCLUDE 75% OF YOUR PLATE AS PLANT BASED CARBOHYDRATES

LIFESTYLE MEALS:

INCLUDE 50% OF YOUR PLATE AS PLANT BASED CARBOHYDRATES

DENSE CARBOHYDRATES:

Dense carbohydrates contain more calories than plant based fibrous carbohydrates thus providing more energy for exercise and activities of daily living.

Dense carbs are also delicious ☺

- Fruits
- Bread, Cereal, Cous Cous, Corn, Oats, Pasta, Potato, Rice, Wraps etc
- Beans and Legumes

FAT LOSS MEALS:

**INCLUDE BERRIES & PLANT BASED CARBOHYDRATES.
NO ADDED DENSE CARBS ARE REQUIRED FOR THESE MEALS.**

LIFESTYLE MEALS:

INCLUDE UP TO 25% OF YOUR PLATE AS DENSE CARBOHYDRATES

FAT LOSS SHOPPING LIST & MACRONUTRIENT CHEAT SHEET

LEAN PROTEINS	VEGETABLES / SALAD	FATS
Chicken Breast Breast Egg Whites Kangaroo Lean Beef (90% or leaner) Mackerel Oysters Pork Prawns Protein Powder Sardines Textured Vegetable Protein Tuna Turkey Breast White Fish FATTY PROTEINS Beef – Fattier Cuts Chicken Thigh Lamb Salmon Tofu Whole Eggs	Asparagus Beetroot Broccoli / Broccolini Capsicum Carrot Cauliflower Celery Cucumber Green Beans Kale Lettuce Mushroom Peas (small amounts) Pumpkin (small amounts) Spud Lite (small amounts) Spinach Tomato Zucchini	Avocado Butter Cream Cheeses Coconut Cream Coconut Oil Fish Oils Nuts & Seeds Olives Olive Oil Seeds Whole Eggs W/Worths Smooth Light Ricotta
DAIRY PRODUCTS	LOWER CARB FRUITS	FLAVOUR ENHANCERS
Cottage Cheese High Protein Yoghurt	Apple Blueberry Mandarin Nectarine Orange Peaches Pears Plums Raspberry Rockmelon Strawberry Watermelon	Balsamic Vinegar Capers Chilli Sauce Herbs & Spices Jalapenos Lemon Juice Lime Juice Mustard Nutritional Yeast Flakes Pickled Ginger Praise 99% Fat Free Mayo Pepper Salt
HIGHER CARB FRUITS	DENSE CARBOHYDRATES	PACKAGED & PROCESSED FOODS
Banana Dried Fruit Grapes Mango Pineapple	Beans, Chickpeas, Lentils Bread Cous Cous Corn Oats Potato & Sweet Potato Quinoa Rice	Corn Thins Macro Organic Air Popped corn Mountain Bread Wraps Musashi Protein Bar Rice Cakes Vita Weats

MEAL TYPE #1 : FAT LOSS MEALS

FAT LOSS MEALS are designed to provide sufficient protein and micronutrients (plants) whilst also ensuring that the body is in a large enough calorie deficit to create a need to use stored body fat as an energy source.

The large focus on protein and plants ensures that the body has adequate protein to maintain muscle mass and has enough energy and micronutrients to function optimally.

FAT LOSS MEALS will:

- Teach your body to burn fat as an energy source,
- Reduce blood sugar peaks,
- Improve insulin sensitivity,
- Reduce your appetite and the size of your stomach,
- Reset the way you look at food.
 - You don't need carbs in every meal,
 - There are a lot of added calories in your sauces & dressings,
 - Your snack foods may be holding you back,
 - Eating could be ruining your fat loss goals.

FAT LOSS MEAL GUIDELINES

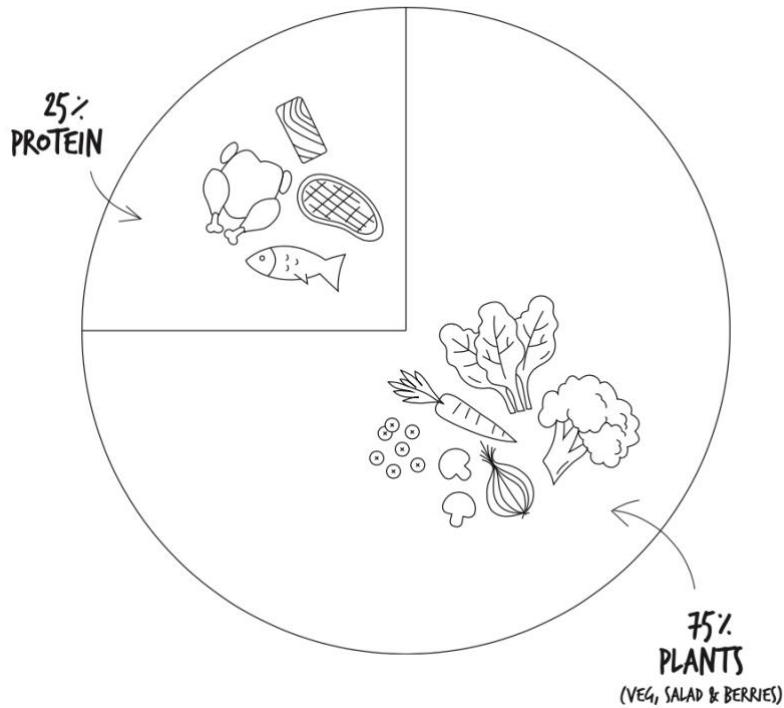
1. Eat **PROTEIN & PLANTS** (*non-starchy vegetables and salads*).
2. Eat **BERRIES** as your only fruit.
3. Eliminate **SUGAR & DENSE CARBOHYDRATES**.
4. Eliminate **ADDED FATS**.
5. Eliminate **PACKAGED & PROCESSED FOODS**.

FAT LOSS PLATE

The **FAT LOSS PLATE** is illustrated below.

- 75% Vegetables, Salads and Berries
- 25% Protein

See [Protein Sizing Chart \(page 12\)](#) for the size of protein that you should be consuming at each meal.



We recommend 3-4 meals per day, but it is ultimately decided by you and your lifestyle.

See below for an example of how you could split your meals during the day depending on your current goal.

GOAL	MEALS PER DAY	FAT LOSS MEALS	LIFESTYLE MEALS
FAT LOSS	4	3-4	0-1
MAINTENANCE	4	2-3	1-2

MEAL TYPE #2 : LIFESTYLE

LIFESTYLE MEALS are designed to provide sufficient protein and micronutrients (plants) along with additional carbs and fats, so that you have more energy to train hard and perform better. Carbs and fats also taste delicious, and make it easier to eat out and socialise.

LIFESTYLE MEALS will:

- Introduce more flavour and texture.
- Provide a framework on how to eat for long term sustainable health.
- Allow you to train harder and build more muscle whilst maintaining body fat levels.

LIFESTYLE MEAL GUIDELINES

LIFESTYLE MEALS are similar to **FAT LOSS MEALS**, with the addition of:

1. DENSE CARBOHYDRATES:
 - Bread, Corn, Oats, Pasta, Potato Varieties, Rice, Wraps etc.
2. FATS:
 - Avocado, Butter, Cheese, Cream, Dressings, Nuts, Oils, Seeds etc.
3. FRUIT:
 - Choose your favourites.

When you include the foods into your meal plan you may experience some of the below side effects:

- *Feeling nauseous,*
- *Feeling fluidy or bloated after eating,*
- *Feeling tired or lethargic after eating,*
- *Interrupted sleep patterns,*
- *Constipation or diarrhea,*
- *Mood changes.*

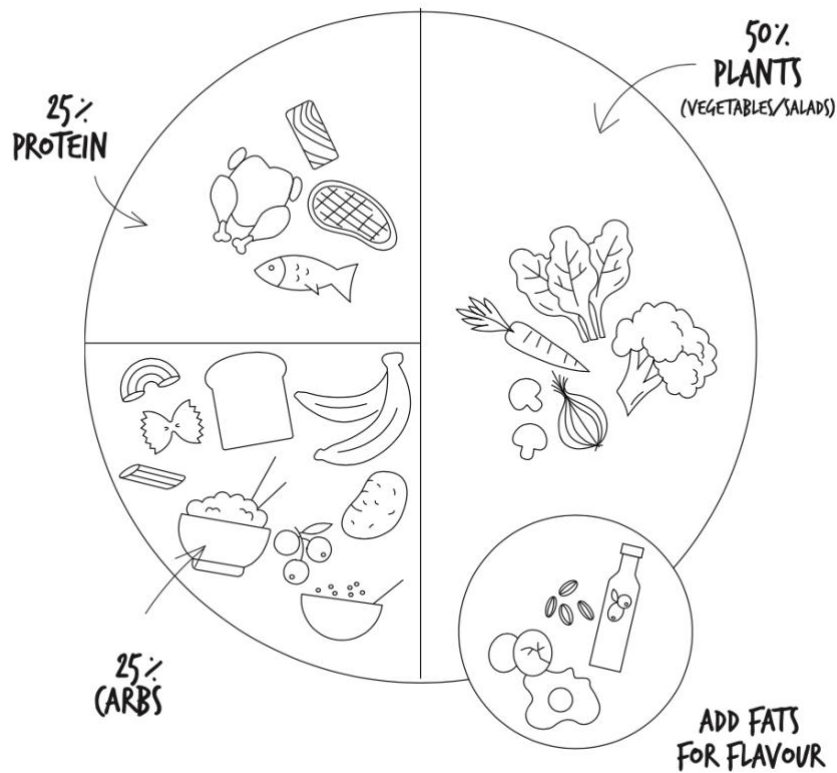
If this is the case, it is a good indicator that your body may not tolerate those foods well. Take this as your body telling you to stop eating these foods.

LIFESTYLE PLATE

The **LIFESTYLE PLATE** is illustrated below.

- 50% Vegetables
- 25% Protein
- 25% Carbohydrates
- 1-2 Thumb size portion/s of Fats for flavour

See [Protein Sizing Chart \(page 12\)](#) for the size of protein that you should be consuming at each meal.



We recommend 3-4 meals per day, but it is ultimately decided by you and your lifestyle.

See below for an example of how you could split your meals during the day depending on your current goal.

GOAL	MEALS PER DAY	FAT LOSS MEALS	LIFESTYLE MEALS
FAT LOSS	4	3-4	0-1
MAINTENANCE	4	2-3	1-2

PROTEIN SIZING CHART

*** The below is what a serve of protein should look like at each meal ***

*** This is based on 4 meals per day ***

PROTEIN SOURCE	UNDER 70KG ATHLETE	OVER 70KG ATHLETE
	30G PROTEIN / SERVE	40G PROTEIN / SERVE
BEEF MINCE (90% LEAN)	115G	150G
BLACK BEANS (NOTE THE CARB)	365G (+ 95G CARB)	485G (+ 125G CARB)
CHICKEN BREAST	105G	140G
CHICKEN THIGH (NOTE THE FAT)	150G (+ 10G FAT)	200 (+ 15G FAT)
COTTAGE CHEESE	270G	360G
EGGS (WHOLE) (NOTE THE FAT)	5 (+ 25G FAT)	7 (+ 35G FAT)
EGG WHITES	275G	365G
WHOLE EGGS + EGG WHITES	1 WHOLE EGG + 240ML EGG WHITE	1 WHOLE EGG + 320ML EGG WHITE
HIGH PROTEIN YOGHURT	305G	410G
KANGAROO MINCE	100G	135G
LAMB (NOTE THE FAT)	105G (+ 10G FAT)	140 (+ 13G FAT)
PORK LOIN (NOTE THE FAT)	105G (+ 10G FAT)	140 (+ 13G FAT)
PRAWNS	130G	170G
PROTEIN POWDER	40G	55G
SALMON (RAW) (NOTE THE FAT)	150G (+ 20G FAT)	200G (+ 27G FAT)
TEMPEH (NOTE THE FAT)	100G (+ 11G FAT)	150G (+ 16G FAT)
TEXTURED VEGETABLE PROTEIN	40G	55G
TOFU (NOTE THE FAT)	250G (+ 14G FAT)	325G (+ 19G FAT)
TUNA	120G	160G
TURKEY BREAST (LEAN)	105G	140G
WHITE FISH	180G	240G

FAT FUNERAL (LOWER CALORIE DAYS)

INTERMITTENT FASTING is a health and fat loss strategy that has been around for many years.

Periodically, you will implement what we call a 'FAT FUNERAL'.

A Fat Funeral is a day where you extend your normal 12-hour overnight fast to a 16-hour fast, by entirely skipping 1 meal.

By fasting for a longer time period and skipping 1 entire meal, you will reduce your overall caloric intake for that day. This will lead to accelerating your fat loss efforts, as well as improving digestion.

On these FAT FUNERAL days you will only have 3 meals.

- **FAT LOSS PHASE: 3 Fat Loss Plates**
- **LIFESTYLE PHASE: 2 Fat Loss Plates + 1 Lifestyle Plate**

Recommendation # 1

- Skip your morning meal, then have lunch, afternoon tea and dinner.

Recommendation # 2

- Have breakfast, lunch, and an early dinner mid-afternoon.

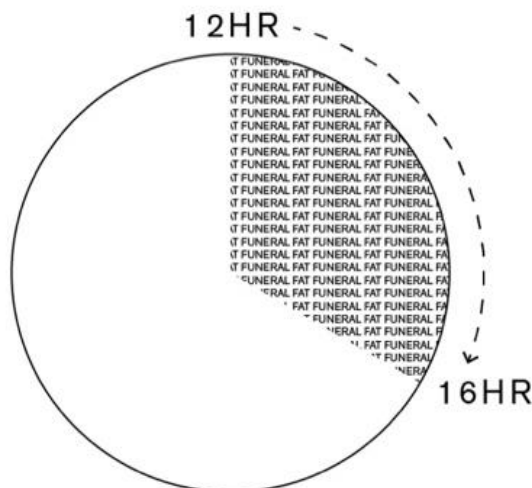
We recommend you program this 'FAT FUNERAL' on a day that you will be busy so that you are not thinking about food, or day that your training is of a lower intensity.

As you will be fasting for longer than 12 hours, it is important that you control your potential increases in appetite by following the below strategies:

1. Drink extra water,
2. Drink sparkling mineral water or soda water,
3. Drink tea and/or coffee as needed (no milk or sugar).

The brain is very powerful and the expectation of food and set meal times is real. The first time you practice your FAT FUNERAL will likely be the most challenging. Your brain will be telling you that you need to eat. Ignore this and follow the plan 😊

Each and every subsequent FAT FUNERAL will get easier and will become more natural.



9 FOOD ENVIRONMENT TIPS FOR SUCCESS

1. **If you can SEE it, REACH it, or SMELL it, you are more likely to eat it**
 - Make the calorie-dense, low-satiety foods harder to see, reach and eat.
 - Package the calorie-dense, low-satiety foods in opaque containers.
 - Make the nutrient-dense, high-satiety foods easier to see, reach and eat.
 - Pre-serve your plate & do not keep the serving bowls at the dining table.
 - Take your intended serving out of the box or jar, put the box or jar away, and walk away before you start eating.
2. **FOOD VARIETY increases food consumption**
 - Keep a wide variety of healthy foods you want to eat more of.
 - Keep a small variety of unhealthy foods you want to eat less of.
3. **Eat in a NON-DISTRACTED & calm setting**
 - Ideally seated, at a table, without a screen in front of you.
4. **Create PHYSICAL DISTANCE from certain foods**
 - If you are prone to grazing, stop hanging out in the kitchen.
 - At a party, socialize away from the food, rather than standing right next to it.
5. **KNOW YOURSELF and your thresholds**
 - Make it harder to eat your trigger foods.
 - Make it easier to eat your buffer foods.
6. **Practice INTELLIGENT and REGULAR GROCERY SHOPPING**
7. **Eat at HOME MORE OFTEN and EAT OUT LESS**
8. **Slow down, CHEW YOUR FOOD & PUT DOWN YOUR FORK BETWEEN BITES**
9. **Use SMALLER FORKS, SPOONS, PLATES AND BOWLS**

IN SUMMARY:

Foods that you should be eating MORE of need to be more visible, more convenient, more prevalent, and of greater variety in your environment.

Foods that you need to eat LESS of should be less visible, less convenient, less prevalent, and of lower variety (in some cases non-existent) in your environment.

CONTROLLED TREAT MEALS

Research has shown that when limiting your calories for long periods of time in pursuit of fat loss, your body can start to downregulate its metabolism. For short periods of time this is fine, however if you diet for too long this can cause longer term issues (aka metabolic adaptation).

Apart from the physiological downregulation, dieting can also be **psychologically challenging**.

It is important to have something to look forward to and ensure you are not feeling deprived.

A **CONTROLLED TREAT MEAL** is a meal that helps you control your psychological cravings for foods that are outside of the normal Nutrition Guidelines.

Knowing you can eat and socialise regularly in a controlled manner is an important part of long-term success.

This **CONTROLLED TREAT MEAL** will provide some extra calories for your body to assist in recovery from training, however, the most important benefit of this strategy is around your psychology, enjoyment and ability to consistently adhere to the plan.

It is recommended that you focus on keeping your protein and plants as per normal and add extra **carbohydrate-based foods** that you can control the portion sizes using the below guidelines:

- *Pre-plan your treats in advance and don't act on instinct (BUDGET SYSTEM)*
- *Record cravings throughout the week so you will have a list to choose from,*
- *Choose treats that you enjoy,*
- *Consume your treats at special occasions or social events,*
- *Eat higher carbohydrate-based foods that are lower in fat,*
- *Get straight back to your normal eating regime afterwards,*
- *Train before or after the treat meal for better nutrient partitioning,*
- *Sweat and perform a training session within 12 hours of finishing your treat meal,*
- *Don't mix your poisons (Sweet or Savoury or Alcohol). Choose only 1 at a time.*

RECOMMENDATIONS FOR TIMING OF YOUR CONTROLLED TREAT MEALS:

1. Weekends or when you have social events,
2. After an intense training session,
3. Before an intense training session.

SAMPLE CONTROLLED TREAT MEALS / REFEEDS

- 1-2 slices of pizza, not a whole pizza,
- 1 scoop of ice cream, not a whole tub,
- 1 small chocolate bar, not a whole block of chocolate,
- Extra rice, pasta, potato, or bread added to a meal,
- See the Packaged & Processed Foods section of the Fat Loss Shopping List.

**WE DO NOT ASSOCIATE GOOD OR BAD FOODS,
JUST GOOD OR BAD PORTIONS.**