**Fat Loss Training Notes**

To start things off, I sent Marc a list of foods to start switching over to from his usual diet. There wasn’t any need to get into any fancy carb rotations or exotic supplements in the beginning. For individuals with a fair amount of fat to lose, just switching over to healthier food choices (and dropping the junk food, sweets, and other bad food) will produce great results.

Here’s the food list that I sent him:

Protein: boneless skinless chicken breast, lean cuts of steak, fish, turkey breast, egg whites (ratio of six egg whites to one whole egg), whey, casein, and any high quality protein powder

Fruits and vegetables: any are fine, but the best choices are green vegetables like broccoli, asparagus, and salads

Carbs: oatmeal, rice, potatoes, yams, cream of rice, grits, whole-wheat pasta, and plain rice cakes

Fats: almonds, cashews, walnuts, pecans, flax oil, fish oil cap- sules, all natural peanut butter, borage oil, olive oil, cold pressed canola oil, and safflower oil

I told Marc to shoot for five to six meals a day (with about two and a half to three hours between meals) with at least 50 grams of protein per meal. I told him to have carbohydrates with his first couple meals of the day as well as post-workout. In his non-carb meals, I had him add a small amount of healthy fats.

Because of his injury, cardio wasn’t much of an option when we first start­ed. As he progressed in his rehabilitation, we slowly implemented some light treadmill work. To help with energy levels, I suggested that Marc start off with Metabotrop (Troponin Nutrition’s supplement green tea based fat

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burner) two times a day. I also told him that he could use any zero calorie condiments and spices with his meals and drink any zero calorie bever­ages at any time (diet soda, Crystal Lite, coffee, or tea).

After a few weeks of following the above plan, Marc dropped close to 15 lbs. Now, some of this was water weight, glycogen, and other things, but a significant portion was fat.

Marc told me that he was able to do some light cardio at that point and was being fairly consistent with two sessions per week of 15–20 minutes.

He also sent me the following average daily menu so that I could see what he was doing and where we might want to make changes.

Meal 1: Protein shake or egg white omelet, three-quarters banana, one small soy drink

Meal 2: Two chicken breasts, three-quarters banana

Meal 3: Two chicken breasts or other lean meat, one can green beans, 2-oz cheese

Meal 4: Two chicken breasts and a moderate amount of carbs

Meal 5: Protein bar or whey shooter

Meal 6: Lean meat and moderate amount of carbs, a couple servings of cashews

To keep him progressing, I had him bump his cardio up to 3–4 sessions per week (same duration of 15–20 minutes) and replace the fruit (banan­as) with regular, old-fashioned oats, brown rice, or sweet potatoes. These complex carbohydrates would supply him with a slower burning, longer lasting, fuel source than fruit and keep him fuller for longer.

I instructed him to limit those starchy carbohydrates to his first two meals of the day (about 40 grams of carbs each in meals one and two) and post-The Fat Loss Diaries 14

workout (75 grams carbs). In his non-carb meals, he added 10 grams of fat from one of the healthy sources that I had provided in the original food list.

After every 4–5 days of the above plan, I had him implement a high carb day with the following guidelines:

Have approximately 600 grams of total carbohydrates for the day

Have seven to eight meals (about every two hours) with approximately 80 grams of carbohydrate per meal

Have about 30 grams of protein in each meal

Keep fats very low on this day; only choose lean protein sources and don’t add any fats to any meals

This periodic high carb day would replenish his glycogen stores to con­tinue fueling his weight training sessions and also give his metabolism a bit of a boost. In response to prolonged hypocaloric (below maintenance calories) periods, the human body will slow down its metabolism.

The high carb days, which are hy**per**caloric (i.e. above maintenance calo­ries), mitigate the damage from this metabolic slowdown. They also give a short-lived boost to leptin levels, the hormone responsible for energy regulation in the body.

It had also been a while since he had eaten any “normal food” so I told him to have a free meal or a “cheat” meal where he could eat whatever he wanted and however much he wanted. This was more for psychological reasons than anything else (nobody wants to be deprived of good food for months on end), but it also served a similar purpose as the high carb day (refilling glycogen, stimulating metabolism).

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However, it’s very easy for a cheat meal to turn into a cheat day. So, I have my clients make their cheat meal their normal, last meal of the day. I think Marc’s ended up lasting through the whole night…

Marc followed this new plan for another couple weeks and ended up drop­ping another few pounds. At that point, I wrote out a more detailed carb cycling approach for him to follow with a specific outline for his high days, medium days, and low days.

I instructed him to start using the following six-day carb rotation—high, low, low, medium, low, and low (then repeat). I also had him increase his weekly cardio to four sessions of 25 minutes each.

Since starting the diet (about ten weeks earlier), Marc had dropped ap­proximately 25 lbs and significantly improved his blood work. His good cholesterol came up, and his blood pressure reached the point where he was able to discontinue taking medication for it.

**Fat Loss Tips**

The following are tips that I’ve learned from other people and ideas that I’ve tried on my own during my 109-lb weight loss journey.

**1. Intervals:** I got this one from Lyle MacDonald’s book, *Stubborn Fat Loss*. Basically, intervals are performed to stir up the fat cells. The inten­sity levels of the intervals can vary from extreme exertion of 15–30 sec­onds where an all-out effort is required to one minute intervals requiring an effort of three-quarters or so of your maximum output.Perform five total rounds with 30 seconds to one minute of rest between each interval. For example, you could do 15 all-out runs with a sled fol­lowed by 30 seconds of rest. If you need a minute of rest, take it. Upon completion of the round of intervals, you’re supposed to rest for five minutes. I rested for about three minutes. This maximizes the use of fat for energy. Then do 20–45 minutes of steady state cardio—nothing hard, just steady.

**2. Nitric oxide boosters:** In the early stages of my cardio madness, I used nitric oxide boosters to carry me through and amp up my cardio sessions. I used NO-BS’s Dirty and mixed it with whatever brand I had on hand like Super Pump or Noxplode. I used a full dose of the NO-BS Dirty and only a half of the other brands. This increased my cardio intensity and the time/distance that I could do. This is very important when you’re doing 3:00–4:00 a.m. cardio sessions. I don’t recommend using that much if your cardio is done at night. The Fat Loss Diaries 102

**3. Co Q10:** This is another great supplement for increasing cardio output and endurance that I got from my chiropractor. This enzyme has been shown to pull more blood to the heart, increasing the heart’s efficiency. I used a dosage of 300–600 mg per cardio session and noticed a dramatic increase in my endurance on the step mill and with dragging the sled. I’ll guess that I had about a 5–10 percent increase in output/endurance levels. Cycle this in and out. Save it for your hardest days or your longest ones.

**4. Yohimbine, L-Tyrosine, and caffeine:** This is another great supple­ment combination that I got from Lyle MacDonald’s book, *Stubborn Fat Loss*. Take 4–8 grams of yohimbine, 1–3 grams of l-tyrosine, and 200—250 mg of caffeine on an empty stomach 30 minutes before your cardio session. The combination of the three facilitates a higher use of stubborn fat cells that don’t get enough blood flow, and thus, are much harder to break down. It affects other systems, but that is a very complicated expla­nation that even I have a hard time understanding.

**5. Extreme cardio:** As we age and large amounts of body fat secure themselves and essentially lock themselves up in their own compounds (and I don’t mean chemical compounds), the only way to break them out is with extreme amounts of cardio. Start with 30 minutes in the morn­ing and 30 minutes in the evening until your fat loss slows down. Then increase it to 45 minutes in the morning and 30 minutes in the evening until that slows. Finally, increase it again to 60 minutes in the morning and 30 minutes in the evening. This should be done in 3–4 week waves. You may have to do what I did in the end—60 minutes in the morning and 50 minutes in the evening six days a week—to really get the last bit off. Pack your clothes the night before and shower at your gym. Don’t tell me that you don’t have the time. That’s an excuse. We make enough of them.Marc Bartley and Shelby Starnes 103

**6. Break it up:** If you have to endure the long sessions as I did, you’ll have to break it up. For example, I did 35 minutes on the step mill, 35 minutes on the Stairmaster, and 50 minutes in the evening on the rowing machine or the bike on low carb days or I dragged the sled. This will help your sanity. You won’t go as crazy as quickly if you break it up. Use the harder sources as much as possible.

**7. Empty stomach:** Always try to do your cardio on an empty stomach. I know there is a ton of contradictory studies and opinions on this, but you want your body in an energy deprived state to maximize the use of fat for energy. For me, I found that doing my cardio on an empty stomach worked best.

**8. Goals and timelines:** Set goals and timelines for your fat loss. If you simply say, “I want to lose 10 lbs” but don’t attach a timeframe or dead­line to it, you’ll lose interest in it within a very short period of time. Setting deadlines and specific goals along the way will get you to work harder, and you’ll stick to your plan with both your eating habits and your cardio. Additionally, you’ll be more inclined to evaluate your progress and change your plans if you aren’t reaching your goals under the deadlines that you set for yourself.

**9. Invest in a coach:** This is one that bothers people. Most say that they don’t need one. But if that were the case, you wouldn’t be reading this because you would’ve reached your goals already. People who don’t get a coach to help them are just like those who are afraid to ask questions because they have huge egos or don’t want to look stupid. I had several coaches for the ten months of my diet. I needed every one of them to help me reach my goal. They were there to evaluate my progress, critique my food intake, make changes that I couldn’t see, and hold me accountable. I still had to do my job every day, but knowing that the coaches were going The Fat Loss Diaries 104

to ask me questions, made me work even harder to reach my goals. This is also a support base. We all need a hand in our darkest hours.

**10. Prohormones, muscle stability, and maintenance:** Severe caloric restrictions wreak havoc on the body’s ability to hold muscle. Muscle burns calories. You have to hold it. When cycled correctly, the prohor­mones out there now will help men hold their mass. There are numerous types so ask knowledgeable people questions about them. My company stocks a large variety of the best ones out there.

**11. Timing of carbs:** Try to eat your carbs in the early meals throughout the day. I ate mine in the first 2–4 meals. The remaining meals were pro­tein shakes with little or no carbs, and my final meal was a salad with lean protein and light (I mean light) dressing. If you’re starving at bed time, eat a half casein/half whey protein drink. You’ll need the carbs early in the day.

If you train at night, switch one of your early meals with carbs for your post-workout meal. You have to have carbs after training. This is one of the most optimal times for the body to take in nutrients and repair itself. The body wants the carbs first, but it will pull a lot more protein, minerals, and vitamins in its quest for the carbs to replace glycogen stores.

**12. Clean carbs:** What are clean carbs? I get asked this a lot. Clean carbs are the fuel that the body can break down the fastest and use the most of. The cleaner the fuel, the faster the burn.

If you give the body lots of processed foods like pasta, chips, candy, and bread, it all has to be broken down. The chemicals and their additives, and preservatives all need to be broken down, and if any suitable fuel is left, it can be used.Marc Bartley and Shelby Starnes 105

The best sources of clean carbs are sweet potatoes, plain oatmeal, rice cakes, and small red potatoes. Even dry pancakes with no eggs or butter are okay. They were boring, but they’re easy to fix, use, and transport.

You can use Waxy Maize for a carb source. It’s a finely broken down carb that the body can absorb easily. I tried many different carbs, but the ones above worked well for me. There are many more. These were just the ones that I came back to. Understand the sources, and life will be much easier for you as well. If say that you don’t have time, I will shoot you. I baked my potatoes and meat on Sunday while I watched television, washed clothes, or cleaned up. Don’t tell me that you don’t have time.

**13. Electrolyte shooters, BCAAs, creatine, and glutamine:** These are all beneficial in any training program but even more so during weight loss and diet. The electrolyte shooters by Complete H2O Minerals are a very convenient way to stay hydrated. They prevent cramping during your long bouts of cardio and are good if you can’t get all of your water in every day. They taste bad but do a great job.BCAAs are essential amino acids that your body needs but can’t make on its own. These are vital for boosting your training energy and volume and helping the body to repair itself to get you ready for your next weight training session. They are also great for endurance training. Creatine and glutamine also fall in the same categories. Even though you get both of these from adequate protein sources, additional supplementation will make a huge difference in recovery from hard weight training and cardio. They are must haves in my book.

A great way to get all of them is to combine them all with some protein and carbs like Waxy Maize or another carb drink. Sip some before, dur­ing, and after your training. The Fat Loss Diaries 106

**14. High repetition training/circuit work:** This is a simple one. If you run out of time, you can make your weight training session both a cardio ses­sion and a lifting session.

This is a no brainer, but sometimes people don’t understand that high rep­etition work done in a circuit with little or no rest in between sets is more effective than plain cardio. You can vary the intensity and perform 20–30-minute sessions or decrease the intensity and increase recovery time for a slightly longer training session. I’ve done a light upper body session in 45 minutes consisting of bench, triceps, abdominals, shoulders, back, and biceps. Then I take a 30-minute break and do a lower body session, tak­ing my time and increasing the load. There are many ways to do it. Just keep it as fast as you can and light.

**15. Carb cycling:** I wasn’t a fan of this in the beginning because I associ­ated it with the Atkins type, no carb diets. When I was 30-years-old, I did a more balanced approach of 50 percent carbs, 25–30 percent protein, and 20–25 percent fats. This worked well, but nearing age 40 and above, the body doesn’t respond like it used to. I was introduced to carb cycling at this time, which is essentially rotating carb amounts on a daily basis to trick the body into using fat stores. This is the easiest way to describe it.Some days are low days, where you have about 60–125 grams of carbs. On medium days, you have 150–300 grams of carbs, and on high days, you have about 600–1000 grams of carbs. Protein and fat are based off of the carb levels to maintain metabolic responses. Each person is different so an evaluation is necessary for gender, body type, body fat percent­ages, and other factors.

This explanation is oversimplified, but it would take an entire article just to get the basics down. Marc Bartley and Shelby Starnes 107

**16. Zero carbs and other tricks:** Toward the end of my ten months of dieting, the fat completely stopped moving off of me. The show was ap­proaching, and I had a lot to still get off. The first zero carb days involved high protein levels, and my good fats were increased to compensate for the total loss of regular carbs. I only recommend this in the very last stages of your weight loss because it is very difficult mentally.You still eat the same number of meals—usually 5–8. Don’t plan on anything other than cardio, and make sure you knock that out early in the day. You will run out of gas toward the end of the day, and you may expe­rience some dizziness or hallucinations. I managed 5–6 straight days of this, but I only recommend 1–2 days for the average person.In the final week of the show, I dropped the extra fat and ate only protein to finish it off. This put me around 1000–1250 calories, barely enough to feed your dog or cat. I don’t recommend this, but if you handle the other zero carb days with extra good fats and do okay, then 1–2 days tops of this is the max. Be careful here and only use this if your weight loss has completely stopped.

**17. Water intake:** This is another one that everyone has an opinion on. Tons of testimony exists from all types of people. I’ll give you mine. The first time that I dieted correctly and lost a significant amount of weight was when I was 30-years-old. I really didn’t understand any of it but knew that drinking at least a gallon of water or more would improve weight loss. I went along with it thinking that this was insane. I pushed my water up to a gallon and sure enough all of my systems started to pump harder and faster.I went to the bathroom a lot early on, but that subsided to a regular pat­tern of normal usage. I just went longer when I did go. My weight loss The Fat Loss Diaries 108

started to increase. I pushed it to two gallons a day and dropped even more weight. That pace was a little hard, and I could only hold it for a couple of months. When I slowed it back down to a gallon, the weight loss decreased.For this round at age 39–40-years-old, I didn’t want to drink a gallon or more to be quite honest. I slowed the process down some by probably 2–3 weeks over the 10-month stretch. That’s right. I believe that I could’ve been done much sooner had I just pushed the water up. When I pushed it up, the weight peeled off at a much faster rate.

The bottom line is that we’re 70 percent water. If you push the volume, all your systems operate more efficiently and faster. Drink at least a gallon for awhile along with the proper diet and cardio, and you’ll see a differ­ence.

**18. Lemons and green tea:** Add lemons to your water and brew your own green tea. This is another trick that I used. It was suggested to me toward the end of my diet and contest preparation. As the water went up to three gallons a day, it became harder and harder to get it down.Green tea with fresh lemons and lemons in my water did a couple of things. Both green tea and lemons are natural diuretics. They help push excess water out of your system as you get closer to finishing off your diet and as you’re trying to get that last little bit of fat off of you. The lemons naturally bring your body’s PH balance back inline. With the foods that we eat, the training that we do, and even the water that we drink, our bodies can become acidic. For example, imagine a swimming pool with water that hasn’t been correctly balanced. You can’t swim in it. The body is sort of the same. If it isn’t PH (alkaline state) balanced, it doesn’t function cor­rectly.Marc Bartley and Shelby Starnes 109

In addition, lemons and green tea provide a break from plain water and keep us from going down the other paths to sweet tea, sodas, diet sodas, and juices, which often have a ton of sodium. This will hold more weight on you. I used some Sweet&Low in both my green tea and water with lemons. It helps. Trust me. You can also use low sodium Crystal Light for flavor.

**19. Good fats:** Yes, there are such things, and you need a certain amount every day for all types of normal bodily functions. Some good fats include natural peanut butter, almond butter, almonds, borage oils, and primrose oils. There are more, but these are the ones that I used frequently in my meals. They helped me keep my sanity. Try to pick low sodium or no sodium on the peanut and almond butters. This will help out as well.

As you clean up your diet, you will eliminate some of the bad fats that your body has been thriving on. They are also a calorie replacement for some of the carbs that you’ll lose in your diet. This doesn’t mean that you should eat an entire jar, which I used early on as an excuse when I lost control and binged. Essentially, you will get a 10–14 gram allowance usu­ally every other or third meal.The good fats actually will help your body burn your fat for energy. The borage and primrose are GLAs. I won’t go into detail because it’s long and boring. The only thing that you need to know is that these fats help burn fat, and you need a certain amount daily for your food intake.

I used the peanut butter and cocoa roasted almonds extensively on zero carbs days. Throughout the day on low carb days, I had two tablespoons (sometimes three or four) usually for every third meal. This is a nice treat when all you’ve had all day is sweet potatoes, red Boston potatoes, or The Fat Loss Diaries 110

some other boring clean carb with protein. I didn’t say that this would be fun. Use them sparingly, but don’t cut them out.

**20. Bedtime cravings:** This was one of the worse things for me and still is. If you find yourself in this predicament, staring at the fridge or pantry with your stomach commanding your body as I did, shoot down 30–40 grams of a casein/whey protein. You can throw in a tablespoon of peanut butter or almond butter as well if your cravings are very bad. This calmed me down and made sleeping a bit easier at night. It’s not a lot of calories, and your body can burn it up quickly so don’t fret too hard over it. Just shoot it down and run out of the kitchen.

**21. Cheat meals:** This was a small oasis in the desert for me. You won’t make it without small rewards from time to time. My coaches game me an all out cheat meal. This didn’t mean that I was allowed to eat for three hours straight. It simply meant that for one meal, I could have all I wanted plus dessert.I was allowed these cheat meals every 4–6 weeks based on my progress. Toward the very end of my obsession or compulsion, whatever you want to call it, I was given several cheat meals because my body was depleting too quickly. Yes, too quickly. I didn’t take them.

In retrospect, I should have for my sanity and to raise my metabolism up some. If you deplete too hard on calories and fuel for too long, the body reacts by getting rid of water and muscle first and saving the fat for the very last as an energy source. In essence, this slowed me down and prolonged my diet. My metabolism slowed down automatically without my consent, and I lost precious muscle that also burned calories and needed energy. So reward yourself every 4–6 weeks (if you’ve followed your plan) with a cheat meal or die hard with a vengeance. Ha, ha.

**Cardio and General Physical Preparedness (GPP)**

By Marc Bartley

General physical preparedness (GPP) and cardio training are different from person to person. I recommend starting out easy so that you can de­termine your level. Although GPP and cardio have similarities as well as differences according to their applications to training, we will make them the same here to simplify things. Then, you won’t have to think about it too much and wonder if you’re doing it correctly or not. Simple is always best. This is my approach to everything.

As you may have noticed, I went a little insane with the GPP and car­dio toward the end. I was under time constraints of my own choosing. If you’re extremely overweight as I was (100 lbs and 30–35 percent body fat), the longer times and higher levels of cardio may apply to you. How­ever, give yourself adequate time to lose the weight, especially if you’re in the extreme category like me.

If you’re not in this category, I suggest toning it down some. Extreme amounts of muscle loss come with extreme amounts of cardio. We don’t want this. We want to keep the muscle loss to a minimum while maximiz­ing fat loss of course. You will have some muscle loss, but if you’re smart, you can hold on to the majority of it. Try to keep that precious muscle because it *burns* calories!

Cutting carbs to minimal levels, as we have suggested, will put a severe drain on your energy sources. There are many tricks to get through this. We’ve listed them in the Fat Loss Tips section (*see Appendix A*). Do your Marc Bartley and Shelby Starnes 117

best to push through on all days and get your time in.

On some days, you’ll be able to hammer down, break times, and do harder levels of cardio. At other times, you’ll only be able to get your time in at the lower level on the equipment that gives the lowest caloric burn or you’ll only feel like using the easiest equipment like the recumbent bikes or treadmills at lower grades. This is normal, especially toward the end when you’re pulling the last bits of fat off. Just don’t make it a habit. You’ll only have to stay on the diet longer or do more cardio. And you have a higher chance of quitting. Yes, quitting. Don’t give yourself a reason to give up. Everyone else quits. You don’t.

If you’ve ever watched, *A League of Their Own*, there’s a scene where Tom Hanks makes one of the girls cry. His only reply is, “There is no cry­ing in baseball.” The same applies here. If you *choose* to do this program, Spud says, “There is no quitting on cardio!”

**Starting out**

What equipment is available to you? Do you have step mills, Stairmas­ters, bikes, ellipticals, rowers, spin classes, circuit classes, or sleds? All of these count toward your time. Plus, they will lessen the levels of insanity as you go. I found the hardest ones to be the step mill, Stairmaster, and sleds.

Depending on what type of gym you go to, the first two are usually stan­dard pieces of cardio equipment. However, normally, only more hardcore training facilities have sleds. You can order them from various places including spudincstraps.com or EliteFTS.com.

I highly recommend the sleds because they serve a two-fold process. They burn more calories, and they’re great for leg work! I’ll vouch for this because I did very little lower body work toward the end of my diet. The Fat Loss Diaries 118

However, my legs were cut up and had more vascularity than at any other time in my life. As Kevin would say in a slow southern drawl, “Your legs are more cut up than a bag of dope.”

I know that vascular legs aren’t your goals, ladies, but great shape and good muscle should be. The sled will provide you with this and also keep the fat loss moving in your legs because you’ll be working the muscles and pushing more blood flow to those stubborn fat areas. Believe it or not, fat released as energy from your upper body can remobilize in your lower body. Sled work can lessen this. Keep moving! You may get some strange looks as you drag the sled through your neighborhood, but the ones watching you are only getting fatter as you go by.

This is the schedule that I used. My weight loss occurred over a ten-month period because I was recovering from a quad tendon tear and two quad tears. I didn’t start the cardio until month three. I then accelerated it greatly as my leg recovered and my goals changed. I’ve extended the same cycle over an entire ten-month period. Additionally, because of work and other insaneness, near the last stages of the cardio plan, I often did two straight hours of cardio. You can do this, too, or you can split it up into a morning and evening session.

This is a schedule of progression, moving up every three weeks. Please apply it to your own needs and weight loss goals. If you stick it out as I did, it will be an obsessive journey that you will have to complete. I prom­ise that the end is worth the hell. It will be one of the greatest rewards you’ve ever experienced, both physically and mentally. If you feel faint or sick, please stop and seek medical attention. As Forest Gump once said, “Stupid is as stupid does.” Marc Bartley and Shelby Starnes 119

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week** | **Cardio** | **Time**  **(minutes)** | **Level** | **Days per week** |
| 1 | Bike/elliptical | 20 | Low to moderate | 2–3 |
| 2 | Bike/elliptical | 20 | Low to moderate | 2–3 |
| 3 | Bike/elliptical | 20 | Low to moderate | 2–3 |
| 4 | Bike/elliptical | 25 | Low to moderate | 2–3 |
| 5 | Bike/elliptical | 25 | Low to moderate | 2–3 |
| 6 | Bike/elliptical | 25 | Low to moderate | 2–3 |
| 7 | Bike/elliptical | 30 | Moderate to high | 3–4 |
| 8 | Bike/elliptical | 30 | Moderate to high | 3–4 |
| 9 | Bike/elliptical | 30 | Moderate to high | 3–4 |
| 10 | Step mill/stair  Bike/elliptical | 15–20  45 | Low  High | 2  3 |
| 11 | Step mill/stair  Bike/elliptical | 15–20  45 | Low  High | 2  3 |
| 12 | Step mill/stair  Bike/elliptical | 15–20  45 | Low  High | 2  3 |
| 13 | Step mill/stair  Bike/elliptical | 20–25  60 | Low to moderate  High | 3  2 |
| 14 | Step mill/stair  Bike/elliptical | 20–25  60 | Low to moderate  High | 3  2 |

**Carb Cycling Template**

Carbohydrate cycling, the style of dieting that I used with Marc (and that I use with all of my clients) can be modified for weight gain, weight loss, and also weight maintenance. Put in simple terms, carbohydrate cycling involves consuming a high carbohydrate diet on some days of the week (typically the most physically demanding days such as training days or days of heavy skill work) and a low to moderate carbohydrate diet on the other days (typically on days that are less physically demanding or on rest days).

The high carbohydrate days raise the body’s insulin levels, fill glycogen stores, keep the metabolism burning efficiently, and stave off muscle catabolism. The low carbohydrate days are the “fat burning days.” They keep insulin levels low enough to allow for maximum fat burning while retaining muscle.

If your goal is to lose fat (and retain or even gain muscle), only have one or two “high carb days” per week. The other five or six days should be low to moderate carb days. If your goal is to gain muscle (while keeping fat gain to a minimum), go with two to four of these high carb days (the num­ber will depend on your metabolism and work load or, in other words, how many days per week you train and at what intensity). The low to moderate carb days make up the rest of your week.

**Sample set up**

The following are general guidelines for each macronutrient on a typical high carb day and a typical low to moderate carb day. Note that we lower Marc Bartley and Shelby Starnes 125

protein on our high carb days and also keep the fat as low as possible.

Also, keep in mind that for optimal blood sugar levels, metabolism, and amino acid turnover, it is best to divide your daily totals into 5–7 meals per day (about every three hours or so).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Carbohydrate** | | **Protein** | | **Fat** | |
| **High carb day** | 2–3 grams per lb of body weight | | 1–1.5 grams per lb of body weight | | as low as possible |
| **Low to moderate carb day** | 0.5–1.5 grams per lb of body weight | | 1.25–1.75 grams per lb of body weight | | 0.25–0.5 grams per lb of body weight |

**Practical Nutrition Tips for Busy Lifestyles**

By Shelby Starnes

*This article originally appeared on the EliteFTS.com website.*

The fast paced, hectic climate of today’s world makes it difficult for many of us to find the time to eat properly. Instead of spending the time neces­sary to prepare healthy meals, we find ourselves grabbing McBreakfasts, candy bars out of vending machines, and roast beef sandwiches from the late night drive-thru. Such choices don’t come without a price, though. Over time, they have a very negative impact on our health as well as on our ability to perform our best.

Here’s a collection of tips to help you “get your eat on” in a healthy and inexpensive manner without having to devote hours of your day to food preparation.

**At home**

Start off your mornings with a blender shake consisting of dry oats, a protein powder blend, and some healthy fats like walnuts or flaxseed oil. Prepare the shake “dry” at night by putting all the ingredients in a Tupper­ware container. In the morning, all you’ll have to do is put some ice and water in the blender, dump in the contents of the container, and blend for about thirty seconds. This way you can prepare and consume your first meal of the day in just a few minutes.

Prepare all your meals on one day of the week. Choose a day when you’re not very busy, like Sunday, to cook all your meats, vegetables, Marc Bartley and Shelby Starnes 131

rice, and other items. Divide what you prepare into meals that you can freeze in separate containers. Each night before you go to bed, take out what you need for the following day and let it thaw overnight in the fridge. This might sound like a lot of work at first, but after a couple of weeks, it will become part of your regular routine.

**On the road**

Keep your car and office stocked with items like tuna pouches, a sleeve of rice cakes, bottled water, some protein meal replacement packets, or canisters of nuts.

Didn’t pack any food? Stop at a supermarket instead of a fast food joint. Most supermarkets have salad bars, sushi, and other healthy options.

Most fast food restaurants now offer a healthy menu. Choose items like chicken salads, chicken wraps, and baked potatoes. Deli-style fast food restaurants where you can get a turkey or chicken sub on whole wheat bread are other good options.

**In the office**

Pack a lunch. Not only will this save you money, but you’ll also have com­plete control over what you eat each day.

At a business lunch? Most restaurants should have a healthy choice like a chicken salad (skip the dressing), a piece of fish, or baked/broiled chicken with some steamed vegetables. Ask to have any sauces or condi­ments put on the side.

Not enough time for a meal at work? Keep a couple of pre-made protein shakes (a couple scoops of protein powder, some oats, and some calorie-free sweetener) in plastic shaker bottles at your desk or in your toolbox. The Fat Loss Diaries 132

In less than thirty seconds, you can add water and consume the entire “meal.” These emergency meals will also come in handy if you ever have to work an extra long shift and don’t have anything else prepared.

The first step to success is making a firm commitment to a healthy diet. Once that’s done, solutions with arise on their own. With a little bit of plan­ning and determination, even the busiest schedule will be no obstacle to sound nutrition.