

# PHAROAH FIT

## THE ATHLETE PLAN



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# Welcome to the Pharoah Fit Athlete Plan

My name is Ray Pharoah and I own Southern Legion Strength and Conditioning gym in Portsmouth. I am a qualified CrossFit and Weightlifting coach, and have studied Sports Performance Nutrition at ION and KBT.

My aim with this Athlete Plan is to give you a nutritional structure that will provide the right macronutrients to support your training volume, whilst increasing your power, endurance and performance during training.

This plan also includes an Intermittent Fasting (IF) element on your non-training/active recovery days because of the significant health benefits and proven fat-burning properties of fasting

## The Plan

There is a right and a wrong way to eat when you're doing high-volume strength and conditioning training. Get it right and you will benefit from faster recovery, more muscle gain and a constant energy supply throughout the day. Get it wrong and you'll end up feeling tired, taking too long to recover and hitting a plateau on your strength gains.

The focus of this Athlete plan is to give you the right balance and serving size of macronutrients at the right times during your training and non-training days. You will eat good quality protein for muscle repair and growth, good fats to support your increased energy requirements and the right carbs to aid muscle repair and replenish energy levels.

### Intermittent Fasting

This Athlete plan also utilises Intermittent Fasting on your non-training days for 2 main reasons:

- \* There are significant health benefits to intermittent fasting
- \* It's really effective at cutting body fat

There is solid scientific evidence that fasting rests your digestive system and allows your body to use the fat in your cells for fuel instead of glucose. During a normal eating pattern of constantly grazing throughout the day and always having something in your stomach, insulin is elevated which sends a signal to your body to store excess calories in your fat cells. In the presence of insulin, the burning of fat is halted, while the body burns glucose (from your last meal) instead.

In contrast, in a fasted state insulin is low and your body starts mobilising stored body fat from your fat cells and burning this fat for energy (instead of glucose), which is why fasting is particularly effective at reducing body fat.

Apart from fat loss, there is evidence that fasting promotes a number of other health improvements such as decreased blood pressure, improved insulin sensitivity, increased brain function and it can reverse Type 2 Diabetes. So many reasons to make fasting a part of your life.

## Part 1: Training Days

Part 1 of this plan details your training-day nutrition. I have calculated a set number of calories and macronutrients that you should consume on training days based on the measurements you provided; please use these as your 'goal intake' and plan to hit these goals each day (these have been sent to you in a separate email).

On your training days you should consume:

- 3 meals
- 2 - 3 Snacks (3 if you need more food to meet your macro intake)
- Pre-and post-workout shake
- Largest meal 1 - 2 hours after workout

**How you spread your calories and macronutrients across your meals, snacks and shakes will depend on what time you train.** On your training days, your largest meal **MUST** be eaten 1 – 2 hours after your training session, so that's the meal you should plan first and work all your other meal times and macro intake around that.

## Pre- and Post-Workout Nutrition

You must consume the majority of your carbs around your training session in order to support your recovery. After a high-level training session your glucagon levels will be seriously depleted, so you'll need to be replenish them as quickly as possible (within half an hour). To do this, you should consume a high number of fast-carbs in the form of a **Recovery Shake**. You also need protein after your training session to facilitate muscle repair and growth, and the best form for this is Whey protein because it digests quickly and is rich in BCAAs.

For your **Recovery Shake** I recommend using 4 scoops of **High 5 Energy Source 2:1 Fructose** for your fast carbs (2 scoops = 1 serving, 44g carbs per serving) with 2 scoops of your usual whey protein. You should drink **20% before** the workout and **80% after** to ensure you have the right fuel to do a high-performance workout and aid recovery after. I get mine from [www.discount-supplements.co.uk/high-5-energy-source-2-1-fructose-2-2kg](http://www.discount-supplements.co.uk/high-5-energy-source-2-1-fructose-2-2kg).

## How to Structure Your Meals on a Training Day

I have set out an example below that shows how you would structure your meals if your main training session was at 5pm. But remember **this is just an example**. If you train in the mornings then your largest meal would be much earlier in the day (if you would like me to plan a structure to your specific requirements then just email me).

### Example Meal Structure if you Train at 5pm

**07:00** Wake up, drink 500 ml (1 glass) water

**08:00 First meal: high in protein and fat, low in carbs** e.g. 4-egg omelette cooked in coconut oil

*If you have a light cardio session in the morning then have breakfast after. If it's going to be a long cardio session with weights then have a light breakfast an hour before*

**10:00** Snack

**12:00 Second meal: moderate size with protein, carbs and a little fat** e.g. chicken breast with sweet potato mash and salad (green veg) drizzled with olive oil

**14:00** Snack - protein and fats

**16:00 Pre-workout shake:** 20% of Recovery Shake

**17:00** Training session

**18:00 Post workout shake:** 80% of Recovery Shake

**20:00 Last meal: high in protein, carbs and fats with plenty of green veggies** e.g. beef steak with white basmati rice, broccoli, spinach, carrots and a handful of cashews

**22:00** Snack (optional, if you need to hit your protein and fats - casein protein and almonds recommend)

## Planning and Recording Your Calories and Macronutrients

The best way to plan and record your calories and macros is by using the My Fitness Pal app. Just download it onto your phone and select the 'goals' option. You can input your calorie goals and adjust your macronutrients using the % indicators. Use this to get as close to your targets as possible - you won't be able to match my calculations exactly because MFP rounds to the nearest 5%. BUT that doesn't matter, a few grams out here or there won't make a difference and the app is by far the easiest way to plan and record your intake.

A good tip is to log your planned meals the night before so that you can check your spread of macros throughout the day. Start with your post-workout meal and work everything backwards from there: you don't want to use up all your carbs in the morning then find you've only got a few left for your post-workout meal.

# What To Eat

On this plan you should try to eat WHOLE, UNPROCESSED food, by which I mean food that has not been messed about with and is in the same state it was when it was grown. So we're going back to basics – lean protein from meat, poultry, fish and eggs, lots of vegetables and some good fats from nuts, avocado and olive oil.

That doesn't mean the food on this plan is expensive – chicken thighs and turkey breasts are a good alternative to chicken breasts if you want to save money, and lean casserole or braising steak is just as good as a more expensive cut of beef. Eggs are a really good, cheap source of protein and are very versatile, and most vegetables are cheap.

You're going to be eating 3 proper meals on this plan rather than picking all day so it's a good idea to prep in advance. I always make up a batch of sweet potato mash, white basmati rice, cooked chicken and hard boiled eggs on a Sunday and put them in the fridge to use over the next few days. I eat mine cold but you can re-heat the mash and rice as long as you make sure they are properly cooked (I can't advise on timings but have a look online).

Although you should avoid processed food, feel free to use whole foods that have been packaged in a way to make your life easier, so things like tinned tuna, ready-diced meat and pre-chopped veg.

A great trick I use that really cuts down on cost and waste is to buy frozen vegetables and berries – they keep for ages, you can cook them in the microwave and they've got just as high a nutrient-content, if not higher, as fresh veg because they are frozen straight after being picked and don't sit on a supermarket shelf for days.

## Recommended Food Choices

The examples below are all good sources of protein, carbs and fats:

<b>_Recommended Food choices</b>		
<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>
Chicken breast / thighs / drumsticks	Most vegetables – greens, broccoli, cauliflower, spinach, carrots, peas, etc.	Olive oil
Lean beef, steaks	Sweet potatoes – these are great and I would recommend using these for most evening meals	Peanuts – Peanut butter is good but ensure it is 100% peanuts or as near to it as possible
Turkey	White potatoes / chips – only have once or twice a week, keep them to a minimum	Hazelnuts
Eggs: boiled, fried, poached, scrambled	Rice – white basmati rice is good, or Uncle Ben's packet rice or any 2min rice when you are in a rush	Pine Nuts
Fish: cod, tuna, haddock, sea bass, mackerel	Oats – good for porridge and to include in smoothies	Pecans
Lentils	Fruits – Berries are the best option: strawberry, raspberry, blueberry etc. (frozen is fine). Also apples, pears and oranges	Avocado
Tofu		Cashews – stick to a handful in one meal or snack
Quinoa		Almonds - whole nuts or nut butter
Black beans		
Soy		

For snacks in between meals I go for nuts and fruit but choose your fruits carefully as some are very high in sugars. Yes, they are natural sugars but they will still have an effect on your insulin which in turn will cause you to store fat.

## Off the menu foods / fake food

Below is a list of 'fake' food that I recommend you remove from your home and away from temptation. I call them fake foods because they hold no nutritional value and your body receives no benefit from consuming them:



- Processed meat – This includes ham, bacon, corned beef, salami, bologna, pastrami and hot dogs. These products can contain added salt, sugar, fat or chemical additives or preservatives and are best avoided.
- Treats – Chocolate, biscuits, crisps, beer, wine, sweets, any sugary drinks (including fruit smoothies), take away food etc. These all contain empty calories without any nutritional value.
- Cereals like Cornflakes, Cheerios, Shreddies, Frosties etc. – these are no better than sugar-coated cardboard – avoid!

## Part 2. Non-Training/Active Recovery Days

This is where we introduce Intermittent Fasting. You should aim for a 16-hour fasting window on your non-training/active recovery days, starting the night before. During the fast window you will eat nothing at all, but you can drink water and/or black tea/coffee.

For example, if your non-training day is a Thursday and you generally eat your last meal at 7pm, you would stop eating at 7pm on Wednesday night and start eating again at 11am Thursday morning (**this is just an example, adjust your fasting window according to when you eat your last meal**).

The great thing about IF is that most of your fasting is done overnight so you don't even notice you're doing it!

Try to structure your meals as follows on your non-training/active recovery days:

- 3 meals
- 1 - 2 Snacks
- Breakfast should be small, lunch moderate and dinner the largest meal of the day
- Snacks should be 2-3 hours after / before you next meal

Again, on your non-training days you will eat a set number of calories and macronutrients which I have calculated for you and will send in a separate email. Use My Fitness Pal to track and record your food just like on your training days.



Below is an example of what your week will look like if you train on Monday, Tuesday, Wednesday, Friday and Saturday:

<b>Monday</b> <b>Training Day</b>	<ul style="list-style-type: none"><li>•Follow set calorie and macronutrient intake</li></ul>
<b>Tuesday</b> <b>Training Day</b>	<ul style="list-style-type: none"><li>•Follow set calorie and macronutrient intake</li></ul>
<b>Wednesday</b> <b>Training Day</b>	<ul style="list-style-type: none"><li>•Follow set calorie and macronutrient intake</li><li>•Stop eating at 7pm - fast window starts</li></ul>
<b>Thursday</b> <b>Active Recovery</b>	<ul style="list-style-type: none"><li>•11am first meal - 16-hrfast is complete</li><li>•Follow set calorie and macronutrient intake</li></ul>
<b>Friday</b> <b>Training Day</b>	<ul style="list-style-type: none"><li>•Follow set calorie and macronutrient intake</li></ul>
<b>Saturday</b> <b>Training Day</b>	<ul style="list-style-type: none"><li>•Follow set calorie and macronutrient intake</li><li>•Stop eating at 7pm - fast window starts</li></ul>
<b>Sunday</b> <b>Rest Day</b>	<ul style="list-style-type: none"><li>•11am first meal - 16-hrfast is complete</li><li>•Follow set calorie and macronutrient intake</li></ul>

## Part 3: Summary

In summary, this plan is designed to improve your strength, stamina and endurance by fuelling your body with the right amount of calories and macronutrients at the right time. It will also promote fat-burning and other health benefits through the use of intermittent fasting.

In a nutshell, your Training Day plan is:

- Consume the set number of calories and macronutrients I have calculated for you - use My Fitness Pal to plan and track your macros
- Eat 3 meals and up to 3 snacks
- Plan your meals around your training session: largest meal 1 -2 hours post workout
- Consume a high carb and protein Recovery Shake before (20%) and after (80%) your training session

In a nutshell, your Non-Training day plan is:

- Complete a 16-hour fast before your first meal, starting the night before
- Consume the set number of calories and macronutrients I have calculated for you - use My Fitness Pal to plan and track your macros
- Eat 3 meals and up to 2 snacks

## Meal Ideas

Over the next few pages I've listed some meal options for breakfast, lunch and dinner.

These are just suggestions to give you an idea of what foods and macronutrients you need to be including in each meal. Of course, everyone's tastes are different so just adapt your own meals according to what you like from the recommended food table on page 7.

Breakfast			
Option 1	Option 2	Option 3	Option 4
<b>Beef stir-fry with vegetables</b>  Really easy, just buy diced frying beef, cook in a wok with coconut oil or olive oil then add pre-chopped stir-fry veg for a few minutes. Add salt and pepper for taste. Job done.  Can be made the night before and eaten cold.	<b>Egg, tomato, basil and goat cheese omelette</b>  Chop up all the ingredients, add to your egg mix and pour in the pan together to make the omelette.	<b>Eggs your favourite way</b>  Easy peasy, just boil, scramble, poach or fry 3 eggs.  Coffee with 2 tsp double Cream	<b>Porridge with berries</b>  1 cup of organic Oats (porridge)  200 - 300mls of whole milk  1 handful of blueberries  1 handful of pecan nuts  Cook on the stove on a low heat for 7 mins or microwave for 2 mins

Lunch			
Option 1	Option 2	Option 3	Option 4
<b>Sweet potato jacket with tuna mayo</b>  1 tin of tuna mixed with mayo (2/3 table spoons – don't get carried away!)  Cook the jacket in the microwave for about 6 mins (you'll have to use trial and error to get exactly the right time). Just slice the jacket, fill with tuna mayo and there you go. Feel free to add salad veg like tomatoes and cucumber.	<b>Salmon with new potatoes, vegetables and nuts</b>  I cook my salmon in kitchen foil in the oven for 25mins. I marinate in cayenne pepper and garlic salt.  1 handful of new potatoes cooked in a pot and add 2 tsp of butter once they are done. Add vegetables e.g. broccoli, cauliflower, spinach.  Can be made the night before and eaten cold microwaved the next day.	<b>Pharoah Power smoothie</b>  1 cup of each of the following fruits (can be frozen):blueberries, raspberries, blackberries, and ½ a banana  2 tsp of peanut butter or almond butter  200mls of coconut water or normal tap/spring water is fine  Just blitz in a blender and drink straight away.	<b>Cheese and tomato omelette with vegetables</b>  Again really easy, just grate some cheese, chop some tomatoes (or mushrooms/onion, whatever you fancy), add to your egg mix and pour into the pan together to make the omelette.  Add some salad veg or greens.

Dinner			
Option 1	Option 2	Option 3	Option 4
<p><b>Chicken breast stuffed with pesto and cream cheese. Add white rice or potatoes.</b></p> <p>Cut a hole in the chicken and stuff with cream cheese and pesto. Bake until the chicken is cooked.</p> <p>Add vegetables and some Uncle Ben's rice or sweet potato mash.</p>	<p><b>Lentil and vegetable dal with coconut milk and white basmati rice</b></p> <p>Fry some onions with garlic, ginger, cumin, turmeric or whatever spices you like. Add a can of coconut milk, 250ml water, chopped tomatoes, mushrooms and 200g red lentil. Bring to the boil then simmer for about 20mins or until the lentils are soft and the liquid has reduced.</p>	<p><b>Steak and eggs with green vegetables</b></p> <p>No need to explain this one – just steak and eggs! Serve with green veg and two white potatoes.</p>	<p><b>Cod with sweet potato mash and veg</b></p> <p>Just bake or steam the cod, serve with sweet potato mash or jacket and veg.</p>