

**BE A MAN**

**12-WEEK CHALLENGE**

# SAMPLE DIETS



BROUGHT TO YOU BY  
**FORGED**

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## **Whole Food Plant Based Diet**

A whole-food plant-based diet is a plan that focused mainly on unprocessed foods. Frozen fruits and vegetables as well as canned beans can certainly be included as they are minimally processed with few additives. Plant-based is a bit of a broad term that includes any diet that tries to focus on more plant-based non-animal options, like whole grains, legumes, nuts, fruits and vegetables. This can include vegan and vegetarian diets as well as people who try to limit their meat intake to once or twice a week.

<https://www.eatingwell.com/article/7883300/whole-food-plant-based-diet-plan/>

## **Paleo Diet**

A paleo diet is an eating plan based on foods humans might have eaten during the Paleolithic Era. The Paleolithic Era dates from around 2.5 million to 10,000 years ago.

A modern paleo diet includes fruits, vegetables, lean meats, fish, eggs, nuts and seeds. These are foods that in the past people could get by hunting and gathering. It doesn't include foods that became more common when small-scale farming began about 10,000 years ago. These foods include grains, legumes and dairy products.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/paleo-diet/art-20111182>

## **Pescetarian Diet**

By that definition, a pescatarian is someone who chooses to eat a vegetarian diet, but who also eats fish and other seafood. It's a largely plant-based diet of whole grains, nuts, legumes, produce and healthy fats, with seafood playing a key role as a main protein source.

<https://www.eatingwell.com/article/7677248/pescatarian-diet-plan/>

## **Mediterranean Diet**

Named one of the healthiest diets in the world for six years in a row, the Mediterranean diet is abundant in fruits, vegetables, whole grains, legumes and healthy fats. It features fish and poultry—lean protein sources—over red meat.

<https://www.eatingwell.com/article/16372/8-ways-to-follow-the-mediterranean-diet-for-better-health/>

## **No Sugar Diet**

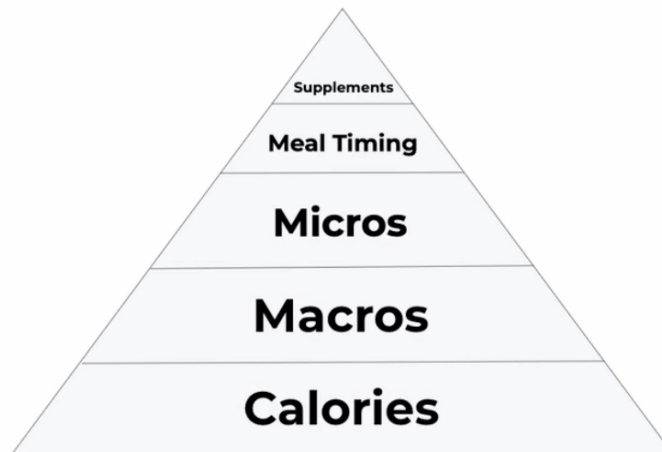
A no sugar diet means just that, no added or processed sugar.

<https://www.eatingwell.com/article/7827792/no-sugar-diet-plan/>

## 6 Dieting Tips

- 1. The best diet is the one you will stick with.** It is important to be realistic and that you are flexible.
- 2. Count your calories.** Much like a budget for our finances, you need to know how many calories you take in each day.
  - **Caloric Intake = how many calories you take in**
    - Calories = 3 macronutrients: protein, carbs, and fats
    - Most important factor in weight loss/gain
    - Calories in vs calories out
  - **Caloric Deficit**
    - Caloric surplus = weight gain
    - Caloric deficit = weight loss

## Pyramid of Diet Priorities



**EVEN STRONGER**  
FITNESS

- 3. Know how many calories your body needs.**
  - **TDEE (Total Daily Energy Expenditure)** – how many calories needed per day to stay at current weight
    - TDEE calculation based on age, gender, height, bodyweight, daily activity level, and body fat percentage

- Caloric deficit number is dynamic – it will change over time – needs adjusting as you lose weight You need to monitor body, track progress, and gather data in order to make the proper adjustments.

#### **4. Meet your daily calorie macro nutrient requirements.**

Get an app – I use an Under Armor app called my fitness pal.

#### **5. Prepare your meals in advance. Food is food.**

**Myth:** only eat “good food” to lose weight – won’t lose weight if I eat bad food

**Truth:** Can eat whatever food you want to lose weight as long as you stay in caloric deficit.

**Reward:** progress and sustainability – steady path to hitting goals  
There are very few “bad foods” that cause immediate harm to body

- Time set aside to make all necessary food for week
- PLANNING PREVENTS FAILURE
- Pick day and time (same every week is best; 3 hrs minimum)
- Plan meals for week (breakfast/lunch/dinner)
- Prep all meals during this time

#### **6. There are no shortcuts.**

It will take time

- Hitting goals takes time
- Anything of great value takes time
- Gets easier with time – slowly built into a habit