

EVERY MEAL COUNTS: A COMPLETE BODY-TYPE NUTRITION GUIDE

Here's a breakdown of what it takes for your body type to get the results you need and exactly what to eat and what supplements to take.

BODY-TYPE PERFORMANCE SERIES • INVICTUS SPORTS PERFORMANCE & FITNESS

"What is that in your bottle and what does it do?" We get asked this everyday when drinking our BCAAs, L-Glutamine and Citrulline Malate during our workout. But how many times have you sat down at a restaurant and had people ask how that meal was going to benefit your workout tomorrow? Probably never.

We are here to tell you that it is not just the workout nutrition that fuels your training, but the many meals before training that enable you to get your pump on and attain the Holy Grail of Bodybuilding— Fat Loss and Lean Mass Gain!

In this article, Team Scivation will break down what it takes for your body type to get the results you need and exactly what to eat and what supplements to take. Keep reading to find out exactly what to eat to ensure that you get results!

PHENOTYPES

The term phenotype is defined as "The observable physical or biochemical characteristics of an organism, as determined by both genetic makeup and environmental influences." One's body type/structure can be placed in three phenotypes:

- 1. Ectomorph:** Naturally skinny, narrow bone structure, has a hard time gaining weight
- 2. Mesomorph:** Naturally built, broad shoulders, can gain or lose weight relatively equally
- 3. Endomorph:** Naturally heavy, wide bone structure, gains weight easily

There is a clear visible physical distinction between the three phenotypes, but what is not visible and often ignored is the biochemical and metabolic differences between the three phenotypes. Your phenotype will dictate the way you should structure your diet to gain lean mass.

INSULIN CONTROL

Insulin is referred to as the "storage hormone" because its job is to activate transportation of nutrients (i.e. carbs and fat) into cells and to turn off the burning of nutrients. When you eat carbs the pancreas secretes insulin, which signals cells to increase the uptake of glucose from the blood into them. During this time, fat burning is blunted. Therefore we want to control insulin levels to keep fat burning elevated.

- **Eat 5-6 small meals per day:** Large meals can create enormous insulin spike, which can cause your body to store fat. Small meals create a much smaller, more controlled insulin release thus less fat storage and more fat loss.
- **Never skip a meal:** We don't care if meal one was at the local buffet and you ate until you had to unbutton your pants. Do not skip your second meal! Keep the motor revving.
- **Eat good fat with every meal, especially carbohydrate meals.**
- **Do not combine carbohydrates and protein alone** - this elicits the highest insulin response. For example, a cup of oatmeal has a moderate insulin response but when you combine oatmeal with whey protein, you get a much higher response. If you do combine these, be sure to add a fat source.

ACIDITY CONTROL

We are talking about controlling the acidity of your meals. Why is this important and how can it be accomplished?

- Your body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44. To maintain optimal health and results, you should attempt to keep your body in an alkaline state through diet.
- An imbalanced diet high in acidic foods can make your body acidic. This can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium.
- Add fat to your meals! For example, when you eat a meal like oatmeal and egg whites, you are eating a very acidic meal. But when you put raisins and almonds in your oatmeal and have some steamed vegetables with it, you are lowering the acidity of that meal dramatically.
- When you cannot add fat or vegetables to your meals, add two to five grams of L-Glutamine. This will lower the acidity of your meal to keep you in a more alkaline state.

WHAT ARE SOME ALKALINE FOODS?

Vegetables

Asparagus, Artichokes, Cabbage, Lettuce, Onion, Cauliflower, Radish, Watercress, Spinach, Green Beans, Celery, Cucumber, Broccoli

Fruits

Grapefruit, Banana, Lemon, Tomato, Watermelon (neutral)

Nuts And Seeds

Almonds, Pumpkin, Sunflower, Sesame, Flax

Fats And Oils

Avocado, Hemp, Flax, Olive, Evening Primrose, Borage

HYDRATION CONTROL

- You should drink plenty of water everyday.
- Try to drink at least eight glasses (or 64 oz.) of water per day.
- Staying hydrated is a major key to growth.
- If you are dehydrated you will not be able to perform in the gym.

- Staying hydrated should never be overlooked.

QUALITY CONTROL

- Choose fresh, wholesome foods over pre-packaged, processed foods.
- Packaged foods are loaded with preservatives, especially sodium and saturated fats, and often have high amounts of sugars.
- You will be amazed at how fast you can lose fat just by packing meals from home rather than purchasing fast food.
- Eat one to two fruit servings and three to five vegetable serving everyday.
- Fruits and vegetables are packed with fiber, antioxidants, vitamins and minerals.

ECTOMORPHS - THE HARD GAINER

An ectomorph, often referred to as a "hard gainer", has a fast metabolism and needs more calories to maintain a given weight than a mesomorph or an endomorph. Ectomorphs tend to burn through glucose very quickly and will need to follow a high carbohydrate diet when trying to gain muscle.

The number one reason causing "hard gainers" not to gain weight is under eating. It is possible for everyone to gain muscle no matter what their genetic predisposition may be.

A simple calculation to determine your maintenance caloric intake is to take your body weight and multiply it by 15. For example, a 200 pound person would consume 3,000 calories a day. A good starting point for ectomorphs is to set your calories to 500 calories over maintenance. If you do not gain weight at 500 calories over maintenance then increase your calories more.

- 1. Eat lean protein with every meal:** chicken, lean beef and turkey, tuna and other fish, eggs and egg whites, protein supplements.
- 2. Eat unprocessed carbs:** oatmeal, sweet potatoes, rice, whole-grain pastas, breads, and cereals.
- 3. Eat fruits and vegetables everyday:** vital for health, wellness, and growth.
- 4. Eat good fats with every meal (except post-workout):** almonds, peanut butter, avocado, flax seed and olive oil, and eggs.
- 5. Don't eat until you feel sick:** eat 6-7 decently-sized meals that make you feel full but not stuffed.
- 6. Cook meals in advance:** Have food ready to make hitting calories easier.
- 7. Macro ratio for bulking is 50:30:20 / carbs:protein:fats:** For 3,000 calories: Carbs = 375g, Protein = 225g, Fat = 67g
- 8. Eat the bulk of your carbs around your workout:** fast digesting shake post workout with EAA/whey + high glycemic carb, no fat. Can also be taken pre-workout.
- 9. If you aren't gaining weight increase calories:** You may need 4,000 or 5,000 calories a day. Monitor weight and body fat%.
- 10. A cheat meal here and there won't kill you:** 1-2 off meals out of 42 per week is fine and psychologically refreshing.

MESOMORPHS - THE NATURAL ATHLETE

Mesomorphs tend to be in the middle when it comes to metabolic rate. While ectomorphs struggle to gain weight and endomorphs have trouble gaining too much weight, mesomorphs seem to have the best of both worlds; they can gain muscle with limited fat gains. Mesomorphs naturally have more muscle and better insulin sensitivity.

MESOMORPH STARTING MACROS: 40% Carbs / 30% Protein / 30% Fat. Example at 3,000 cal: Carbs = 300g, Protein = 225g, Fat = 100g. At 3,500 cal: Carbs = 350g, Protein = 263g, Fat = 117g

CONTROL YOUR CALORIC INTAKE AND MEAL SIZE WITH FREQUENT MEALS

Eating frequent meals prevents overeating. Eating smaller meals allows insulin secretion to be more controlled. Eating a 600 calorie meal will result in less insulin secretion than eating a 1,200 calorie meal.

LIMIT THE BULK OF YOUR CARBOHYDRATES TO SPECIFIC MEALS

Limit majority of carbs to breakfast and pre/post workout. Example if you workout at 6 PM: Breakfast - 2 slices whole-wheat bread (~30-50 carbs), Pre-workout - 1 cup oatmeal (~60 carbs), Post-workout - 8 oz. sweet potato + 1 tbsp honey (~90 carbs). For all other meals consume less carbs (1/4-1/2 cup rice), green vegetables, and small amounts of fruit. Do not use dextrose/maltodextrin post workout for mesomorphs - stick to low glycemic carbs. Skeletal muscle can uptake glucose post workout without spiking insulin.

EAT QUALITY FOODS: DON'T SKIMP ON YOUR FRUITS AND VEGGIES!

An example low-carb meal: 4-6 oz. chicken with 1 cup green beans and 1/2 an apple. Add 20 almonds for EFAs. Good fats: almonds, peanut butter, avocados, flax and olive oil.

DON'T SLACK ON NON-WORKOUT DAY NUTRITION

You grow outside of the gym. Your diet should be just as strict on non-workout days. Total caloric intake governs weight, muscle, and fat gain. Start 250-500 over maintenance and increase when gains stall.

ENDOMORPHS - THE POWER BUILDER

I want to note that when I talk about endomorphs I am referring to a person's natural phenotype and genetic make-up, not someone who is overweight simply due to years of a sedentary lifestyle and overeating.

Endomorphs trying to gain muscle need to eat a hypercaloric diet but do not want to eat too many calories above maintenance. Calculation: bodyweight x 15 = maintenance. Example 200 lb = 3,000 cal. When weight gain stalls increase by 200. In addition to controlling caloric intake, control insulin secretion by limiting high glycemic carbs.

CONTROL YOUR CALORIC INTAKE AND MEAL SIZE WITH FREQUENT SMALL MEALS

The consumption of carbohydrates leads to a large output of insulin. Eating large amounts of carbs throughout the day will lead to elevated insulin levels, decreasing fat oxidation. Carbs cannot be eliminated but should be consumed during specific meals when your body needs them.

LIMIT CARBOHYDRATES TO SPECIFIC MEALS

I recommend endomorphs limit carbs to breakfast and pre/post workout. Example: breakfast 1/2 cup oatmeal, post workout 6 oz. sweet potato. For all other meals consume green vegetables and small amounts of fruit. As you add calories, increase gradually - add 2 oz. sweet potato + 1 Tbsp honey (+30g carbs), then increase oatmeal to 1 cup. Gradually increasing is key for lean muscle without fat.

No matter what your schedule is I do not recommend dextrose, maltodextrin, or other high glycemic carbs post workout. High glycemic carbs are a BIG NO-NO for endomorphs. Weight training increases GLUT-4 translocation, allowing muscle to uptake glucose more efficiently without spiking insulin.

EAT QUALITY FOODS & EAT LESS ON OFF DAYS

Low-carb example: 4-6 oz. chicken with 1 cup green beans and 1/2 apple. On off days isolate carbs to breakfast only and eat vegetables and fruits for remainder. Adjust according to fat gain. If gaining too much fat, reduce carb intake on off days. Non-workout nutrition is just as important.

CONCLUSION

There is a lot of attention paid to pre- and post-workout meals and supplements, and rightfully so! But what we are here to tell you is that it is not only those meals that fuel your workout and progress, but the many meals leading up to and following a workout that dictate your performance and results.

Building your dream physique is a 24 hour, 7 day a week job. Your time in the gym is an investment in your physique. Don't ruin your return on investment!

ABOUT THE AUTHOR

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As an enthusiast in the sport, I try to find ways to improve everyone's training. Training, diet, and recovery are critical in this process.