

# SHRED

## Optimization CHEAT SHEET

By: Reynaldo Uresti



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### The LEGAL STUFF

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program.

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## #1 - FAST / SKIP Breakfast



- Shoot for a solid 14-16 hour fast
- If you train in the AM, eat a **BIG DINNER** to help fuel you through your workout
- If you choose to eat Breakfast, keep it Fats and Proteins - save your Carbs for later

## #2 - Time Your Carb Intake



- Best to have Carbs right **AFTER** a training session
- If not training, have most of your carbs towards the end of the day and in your final meal



## #3 - Protein In EVERY Meal

- Fires up the metabolism as it's costly to the body to digest
- Helps control your insulin and stabilizes blood sugar
- Increases satiety of meals to fight binging and overeating
- Key **MACROS** for building muscle and repairing the body

## #4 - HYDRATE!

- Minimal Daily Intake = Your Bodyweight / 2 + 10 Oz
- If you're dehydrated, your performance, fat loss, energy, and overall health will be affected
- Start your day off with a solid 32 oz of cold H2O



## #5 - Just J.E.R.F. 80/20

- J.E.R.F. = Just Eat **REAL** Food
- Strive to have at **LEAST 80%** of your nutritional intake come from "clean", wholesome, **ONE** ingredient foods
- Keep processed foods, sugars, and alcohol to a minimum
- Always think... **FUEL** your body for **PERFORMANCE**

\*\*\*These are the **BASICS** for optimizing your body for fat loss, increased energy, and performance

\*\*\***TRACK YOUR** Intake so you become more **AWARE** of how much (or little) you're eating

\*\*\*Master these basic rules and principles before you try getting super fancy and advanced



# HIGH QUALITY FOODS LIST

THERE'S A LOT OF HIGH QUALITY FOODS OUT THERE, THESE ARE MY TOP  
RECOMMENDATIONS

## Proteins

- Cage free eggs
- Lean ground turkey
- Skinless chicken breast
- Lean ground beef
- Ground bison
- Grass fed beef
- Pork chops
- Venison or other wild game meats
- Fresh Fish

## Carbs

- Sweet / White Potatoes
- White and Brown Rice
- Pumpkin / Squash
- Quinoa
- Tubers and Roots
- Steel Cut Oats

## Greens (Anytime Carbs)

- Broccoli
- Cauliflower
- Kale / Spinach
- Tomatoes
- Cucumber
- Kimchi
- Olives
- Brussel Sprouts
- Asparagus
- Bok choy
- Cabbage
- Collard greens
- Bell peppers
- Swiss chard

## Healthy Fats

- Coconut oil
- Macadamia nut oil
- Extra virgin olive oil
- Nut butters
- Nuts and Seeds
- Avocados

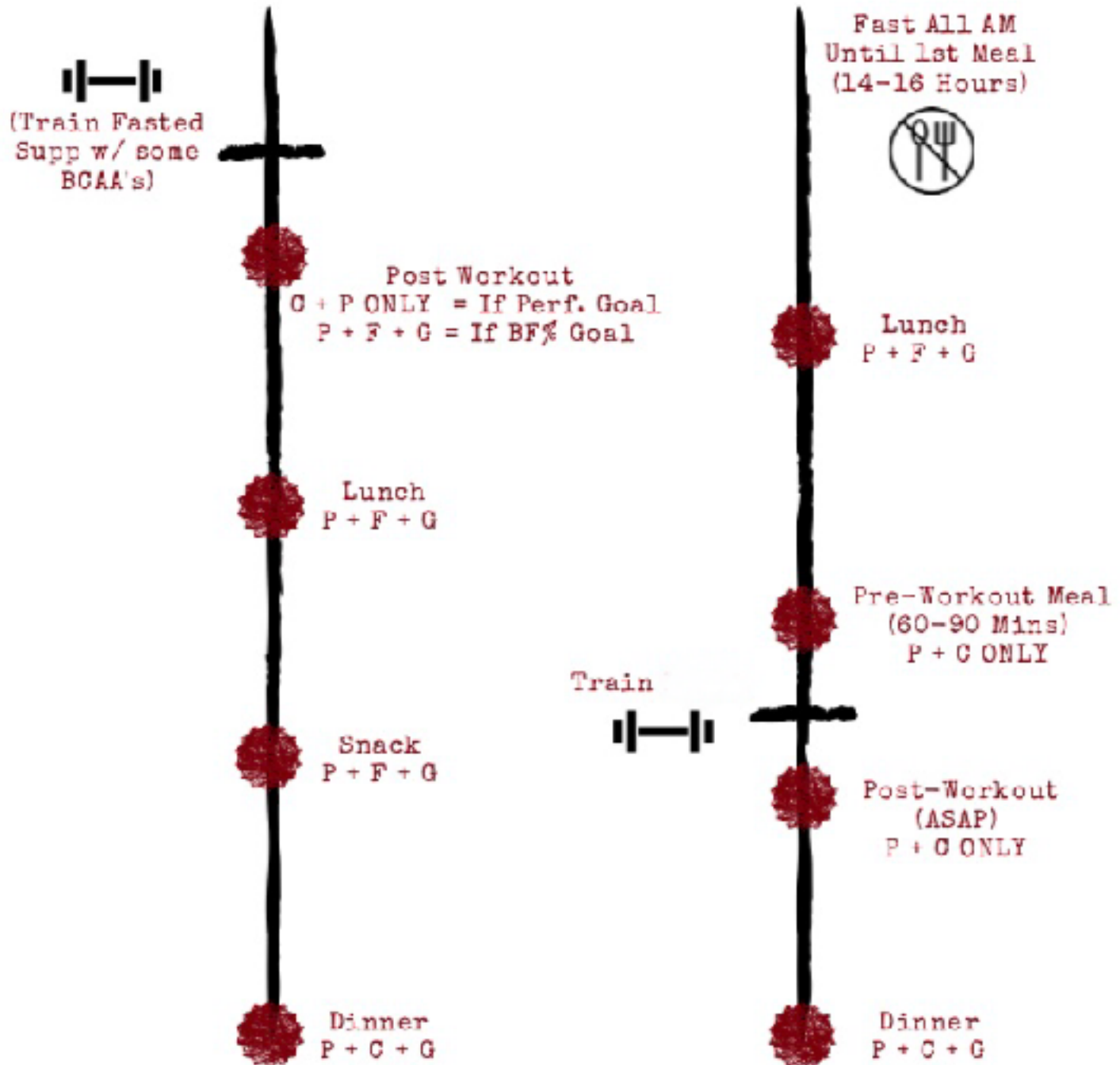




# SIMPLE MACRO TIMING MAP

AM TRAINING SESSION

PM TRAINING SESSION



\*\*\*On "OFF Days" - Fast in the AM then keep all of your meals P + F + G until your final few meals

P = Protein F = Fat C = Carbs G = Greens / Anytime Carbs



### 1 - Quality Protein Powder

-Preferably organic, grass-fed if it's a whey based protein

-LESS Ingredients is always better

-I recommend Onnit's Post-Workout Protein OR Hemp Force Active



### 2 - Solid Greens Drink Supplement

-Serves as your "multi-vitamin"

-Gives you all the MICRO-nutrients you need in one shot

-I recommend Onnit's EGN OR Athletic Greens

### 3 - Quality Fish Oil

-Get high quality pharmaceutical grade only

-Don't buy the "cheap" stuff (those can actually be WORSE for you)

-I recommend Onnit's Krill Oil OR get the liquid based NutraSea HP

OR a plant based Omega 3 in Udo's Oil.

### 4 - BCAA's

-critical if you train fasted in the AM's (or any other time)

-I recommend Onnit's Post-Workout Protein (already has BCAA's in it)

-Or straight up BCAA's like NOW brand at H-E-B OR on Amazon to use for Fasted session.

