



THIBARMY

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BALLISTIC MANAGEMENT

MEAL PLANNING

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MEAL PLANNING

YOUR DAILY EATING SCHEDULE IF YOU WORKOUT IN THE AFTERNOON:

PM WORKOUT	
MEAL 1	Protein + Fats + Veggies
	<i>Amino Pulses as needed</i>
MEAL 2	Protein + Carbs
DURING WORK-OUT	Aminos + Carbs
POST WORK-OUT <i>(immediately)</i>	Whey Protein
MEAL 3 <i>(within 2 hours of training)</i>	Protein + Carbs
	<i>Amino Pulses as needed</i>
MEAL 4	Protein + Fats + Veggies

YOUR DAILY EATING SCHEDULE IF YOU WORKOUT IN THE MORNING:

For someone that works out in the morning, whether by choice or necessity, this may be the only time we would consider putting fats BEFORE training. See How you feel. If you have enough energy to train on protein and veggies, this is ideal. If you are hungry or lack energy in the morning, fats in Meal 1 are completely acceptable

AM WORKOUT	
MEAL 1	Protein + Veggies (+Fats optional)
	<i>Aminos + Carbs</i>
MEAL 2	Whey Protein
DURING WORK-OUT	Protein + Carbs
POST WORK-OUT <i>(immediately)</i>	Amino Pulses as needed
MEAL 3 <i>(within 2 hours of training)</i>	Protein + Carbs + Veggies
	<i>Amino Pulses as needed</i>
MEAL 4	Protein + Fats + Veggies

YOUR DAILY EATING SCHEDULE ON NON-TRAINING DAYS:

NON-TRAINING DAYS	
MEAL 1	Protein + Fats + Veggies
	<i>Amino Pulses as needed</i>
MEAL 2	Protein + Fats + Veggies
	<i>Amino Pulses as needed</i>
MEAL 3	Protein + Fats + Veggies
	<i>Amino Pulses as needed</i>
MEAL 4	Protein + Carbs + Veggies

Note: To avoid any likelihood of increasing fat storage, it is necessary to avoid the consumption of meals containing both Carbohydrates and Fats in high amounts. Oils for cooking should not be a concern, nor should the carbohydrate content in vegetables. Know that you should simply do your best to separate the two as much as possible, whenever possible.

NUTRITION GUIDELINES

This phase is centered around taking the time to ensure that your body is getting everything it needs to recover from the overload of weight training and daily stress that you subject it to. To achieve this with the least fat gain, we will employ the following specific dietary and nutritional strategies

AMINO PULSES:

Amino acids are needed for the process of muscle protein synthesis. However, it is the branch chain amino acid, L-Leucine, that serves as the primary anabolic trigger to activate muscle protein synthesis. Studies have shown that groups given the same amount of whey protein (a complete source of amino acids), but with one group also given additional L-Leucine, the group supplementing with additional L-Leucine resulted in greater increases muscle protein synthesis.

Another study found that by pulsing multiple amino acids between meals, they could increase protein synthesis without hindering the anabolic effects of the actual meals. This means that by inserting, or pulsing amino acids throughout the day, we can further enhance anabolism without hindering the digestive tract, or stimulating excessive insulin secretion. This equates to greater muscle building and recovery with the least possible fat gain and digestive stress.

For this purpose, we recommend the "Amino + Recovery" formula by XPN. On top of the well-balanced dose of Branch Chained Amino Acids, there is the welcome addition of L-Citrulline (enhanced blood flow and delivery of nutrients to muscle), L-Taurine (reduced oxidative stress, enhanced brain function), L-Carnitine (enhanced fat burning, and increased work capacity), and a few other goodies for energy levels.

Pulses should be taken between meals to avoid a completely fasted state. If you find yourself in the impossibility to consume a meal within 2-3 hours of your previous feeding, you are to insert an Amino Acid Pulse.

DURING WORK-OUT NUTRITION:

As the recovery process begins DURING the workout, we include liquid nutrition to be sipped on 10-15 minutes BEFORE and DURING the workout session. The calculations are quite simple and applicable to everyone.

WORKOUT NUTRITION	CALCULATIONS
DURING WORK-OUT CARB REQUIREMENT	Lean Bodyweight x 0.3 = Liquid Carb requirement
POST-WORKOUT PROTEIN REQUIREMENT	Lean Bodyweight x 0.3 = Whey Protein Requirement
PRE- & DURING WORK-OUT AMINO ACID REQUIREMENT	Divide your Post-Workout Protein Requirement number by 2 to get your BCAA and Glutamine amount in grams. <i>(Split BCAA And Glutamine into 2 equal servings, pre- and During-workout.)</i>

EXAMPLE:

ThibArmy Athlete #1 weighs 200lbs and is 10% bodyfat (therefore 180lbs of lean mass).

His calculation looks like this:

$$180 \times 0.3 = 54 \text{ grams of carbs to be consumed around workout.}$$

1. He should consume 54g of liquid carbohydrates DURING his training session
2. He should to consume 54g of protein from a Whey Protein supplement immediately after his training session.
3. He should consume 27g of BCAA and 27g of Glutamine, divided into two servings. One serving pre-workout (13.5g of each), and one during-workout (13.5g of each)

Simple, right? Take the time to calculate YOUR Peri-Workout Nutrition values NOW!

If you're not supporting the recovery process, you aren't taking full advantage of this training program.

MACRO NUTRIENTS:

Now we must establish where your metabolism is now, and where you want it to be.

It is extremely important to consider the timing of certain foods, as we all the ratios of proteins/fats/carbs when optimal recovery and muscle building is the objective. Especially if we want to limit fat storage in the process. This phase is also very important for teaching your body how to use nutrients the way you want it to. It's no secret that 80% of North Americans do not use carbohydrates well. More effective use of carbohydrates = more muscle growth and less fat!

Nutrient timing is the best way to manipulate gains: giving your body what it needs, when it needs it most. Your body is going to require a greater number of nutrients than it is used to. This is necessary to support all the growth processes. If you push your physical limits in the gym, your body is going to have a huge increase in demand for nutrients and will burn right through them. To ensure there is no fat storage, there will be a certain degree of nutrient cycling. Give your body all that it needs to grow and recover, and avoid spilling over into fat storage by manipulating the nutrient ratios on non-training days.

TOTAL DAILY CALORIC REQUIREMENT	
	Lean Bodyweight x 16 = <i>Daily kCals</i>

EXAMPLE:

ThibArmy Athlete #1 weighs 200lbs and is 10% bodyfat (therefore 180lbs of lean mass).

His calculation looks like this:

$$180 \times 16 = 2880\text{kcal per day during this training program}$$

Here are the calculations showing how you arrive at exactly how many grams of protein, carbs, and fats you are going to be eating daily. Get your calculators out, here comes a crash course in nutrition!

TRAINING DAYS	DAILY CALORIC NEEDS
DAILY PROTEIN CALORIE REQUIREMENT	"Total Daily Caloric Requirement" x 0.3
DAILY CARBOHYDRATE CALORIE REQUIREMENT	"Total Daily Caloric Requirement" x 0.4
DAILY FAT CALORIE REQUIREMENT	"Total Daily Caloric Requirement" x 0.3

NON-TRAINING DAYS	DAILY CALORIC NEEDS
DAILY PROTEIN CALORIE REQUIREMENT	"Total Daily Caloric Requirement" x 0.4
DAILY CARBOHYDRATE CALORIE REQUIREMENT	"Total Daily Caloric Requirement" x 0.2
DAILY FAT CALORIE REQUIREMENT	"Total Daily Caloric Requirement" x 0.4

This will give you the **TOTAL CALORIES** you need to consume from each of Protein, Carbohydrates, and Fats.

To get **TOTAL GRAMS** of each, you will need to consume from Protein, Carbs, and Fats, it is important to know that:

- Each GRAM of Protein is worth 4 CALORIES
- Each GRAM of Carbohydrates is worth 4 CALORIES
- Each GRAM of FATS is worth 9 CALORIES

MACRONUTRIENTS	GRAMS/DAY
DAILY PROTEIN REQUIREMENT [GRAMS]	"Daily Protein Calorie Requirement" divided by 4
DAILY CARBOHYDRATE REQUIREMENT [GRAMS]	"Daily Carbohydrate Calorie Requirement" divided by 4
DAILY FAT REQUIREMENT [GRAMS]	"Daily Fat Calorie Requirement" divided by 9

EXAMPLE:

ThibArmy Athlete #1 weighs 200lbs and is 10% bodyfat (therefore 180lbs of lean mass).

His calculation looks like this:

180 x 16 = 2880kcal

This is his "Total Daily Caloric Requirement"

This equates to:

TRAINING DAYS	DAILY CALORIC NEEDS
DAILY PROTEIN CALORIE REQUIREMENT	"2880" x 0.3 = 864 calories
DAILY CARBOHYDRATE CALORIE REQUIREMENT	"2880" x 0.4 = 1152 calories
DAILY FAT CALORIE REQUIREMENT	"2880" x 0.3 = 864 calories

NON-TRAINING DAYS	DAILY CALORIC NEEDS
DAILY PROTEIN CALORIE REQUIREMENT	"2880" x 0.4 = 1152 calories
DAILY CARBOHYDRATE CALORIE REQUIREMENT	"2880" x 0.2 = 576 calories
DAILY FAT CALORIE REQUIREMENT	"2880" x 0.4 = 1152 calories

What this really means to someone who is going to eat food in grams, and not calories:

TRAINING DAYS	MACRONUTRIENTS IN GRAMS
DAILY PROTEIN REQUIREMENT	864/4 = 216g
DAILY CARBOHYDRATE REQUIREMENT	1152/4 = 288g
DAILY FAT REQUIREMENT	864/9 = 96g

NON-TRAINING DAYS	MACRONUTRIENTS IN GRAMS
DAILY PROTEIN REQUIREMENT	1152/4 = 288g
DAILY CARBOHYDRATE REQUIREMENT	574/4 = 144g
DAILY FAT REQUIREMENT	1152/9 = 128g

If these numbers seem like a lot, then you may not be eating enough for your goals.

If they seem too low, don't forget that you will be inserting Amino Pulses throughout the day to trigger muscle protein synthesis, and therefore improving recovery without excessive insulin secretion.

FOOD CHOICES

Here at ThibArmy, we don't believe in the IIFYM way of eating. This can quickly lead to a loss of control, and the consumption of sub-par food sources.

To ensure that your fuel is of the caliber necessary to execute and recover from your training sessions, the following section will outline the appropriate food choices for each macronutrient.

PROTEIN SOURCES

Amino acids are needed for the process of muscle protein. Your body uses protein to build and repair tissue, as well as make enzymes, hormones and other body chemicals. It is an important building block for bones, muscles, cartilage, skin and blood. In addition to that, protein is also used to fortify the immune system and to detoxify in the liver.

Protein is best sourced from animal sources. Meats are complete proteins, which means they have all the Amino Acids that you need. When you look at meat vs. protein shakes, protein shakes are already broken down, so they raise insulin levels faster, which thus can cause trouble with insulin later down the track. Though practical around training, they are not the best idea for consistent meal replacement. The below list of protein sources is in order of highest protein concentration, to least.

PROTEIN SOURCES	AMOUNT OF PROTEIN PER 100G
PORK TENDERLOIN	26g
CHICKEN BREAST	25g
TURKEY BREAST	25g
SALMON	25g
TROUT	24g
VENISON	24g
LEAN TURKEY BREAST MINCE	23g
LEAN CHICKEN BREAST MINCE	23g
BEEF STEAK	23g
ELK	23g
LEAN GROUND BEEF MINCE	23g
WAGYU BEEF	23g
RABBIT	22g
WILD BOAR	22g
WHITE FISH	20g
HADDOCK	19g
MACKEREL	19g
PRAWNS	15g
EGGS	13g

Please note that you are not limited to just the proteins noted above. These are just the most common efficient sources.

CARBOHYDRATE SOURCES

Carbohydrates are the main source of our body's energy. After carbohydrates are consumed they are broken down into smaller units of sugar (glucose), which enter the bloodstream and are transported to various tissues and organs including muscles and the brain, where it will be used as energy. If the body doesn't require all the glucose that is consumed, it stores it as glycogen in the liver and skeletal muscles (the muscles attached to your bones). The body has limited storage capacity for glycogen, and if the glycogen stores are full, glucose is then stored as fat.

Starch is a type of carbohydrate that has many glucose units and is found in foods such as cereals, rice, pasta, potatoes and bread. For the purposes of controlling potentially inflammatory food sources, and providing the most nutrient-dense foods possible to the body, the following sources of starchy carbs are to be prioritized for obtaining your carbohydrate goals:

CARBOHYDRATE SOURCES	AMOUNT OF CARBOHYDRATES PER 100G
MUNG BEANS	63g
RAW LENTILS	60g
WHEATGERM	52g
QUINOA	23g
BROWN RICE	23g
SWEET POTATO	23g
BOILED LENTILS	20g
BUTTERNUT SQUASH	12g

Fruits aren't to be forgot, simply limited. One to two portions of fruit per day should pose no problems, and will supply you with the extra nutrition needed for maximal performance.

Each portion in the following list is approximately a 20g serving of Carbohydrates:

FRUITS	20G OF CARBOHYDRATES PER PORTION
STRAWBERRIES	1 ½ cup
RASPBERRIES	1 ½ cup
APRICOTS	3 medium
KIWI	2
APPLE	1
BLUEBERRIES	1 cup
CHERRIES	15
KUMQUATS	5
MANGO	½ medium
PEAR	1
POMEGRANATE	½ cup

Please note that you are not limited to just the fruits noted above.

The calories and carbs in remaining vegetables will not be counted. You can and should consume as much of them as you like. Aim to eat at LEAST two portions of vegetables with every meal. Unlimited veggies include (but are not limited to):

- Asparagus
- Aubergine (Eggplant)
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Lettuce
- Onions
- Peppers (Capsicums)
- Spinach
- Sprouts
- Watercress
- Zucchini (Courgette)

FAT SOURCES

Every cell in the body is made of fat, and that's including the brain. Nutrients need to enter cells by passing through the cell walls, which are made of fat. This is where it becomes super important to ensure only good fats are consumed. If you have a diet high in bad fats, guess what your cells are going to be made off? It's harder for nutrients and hormones to get into a cell that's made up of bad fats.

FAT SOURCES	AMOUNT OF FATS PER 100G
COCONUT OIL	100g
MCT OIL	93g
EXTRA VIRGIN OLIVE OIL	91g
MACADAMIA NUTS	75g
BRAZIL AND WALNUTS	68g
ALMONDS	50g
FLAXSEEDS	46g
CASHEWS	44g

HERBS AND SPICES

You can use an unlimited amount of fresh and dried herbs, and an unlimited amount of spices. Keep your sauces to a minimum as a lot of them contain a lot of sugars and fats. Mustard and hot sauce you can use a lot of however.

WATER

Water is essential for proper digestion, nutrient absorption and biochemical reactions. It's also important for proper circulation in the body. Blood oxygen levels are higher when the body is well hydrated, and the more oxygen the body has readily available, the more fat it will burn for energy. Without oxygen, the body cannot utilize stored fat for energy as efficiently.

Other drinks that are good to consume include coffee and teas, especially green tea. If having coffee, ensure it is sugar and dairy free.

Aim for 39ml per total body weight in kg.

EXAMPLE:

ThibArmy Athlete #1 weighs 200lbs, his calculation looks like this:

$$200\text{lbs}/2.2 = 90.9\text{kg total bodyweight}$$

$$90.9\text{kg} \times 39 = 3.55\text{L of Water/day}$$

What if I'm gaining too much bodyfat?

Either you're not training hard enough, or your body simply isn't using the food you're eating very well (this may be due to insulin resistance).

Aside from considering food sensitivities, metabolic conditions, stress management/recovery tools, a smart recommendation would be to reduce carbohydrate consumption by 20% on NON-TRAINING Days. NO MORE, NO LESS. DO not make the mistake of making large, drastic changes. You don't want to underfeed. Under-recovery is a real thing, and we don't want that for any Thib Nation Athlete.

Also, under-feeding can lead to over-feeding in the medium-to-long term. Go all Rambo, cutting out all carbs, and when you get to the weekend, lose control of your habits at the thought of your favourite sugary treat.

This is due a stress-response associated with decreased serotonin levels. We don't want that.

So once a week, if you properly evaluate your bodyfat levels and realize that you are putting on fat, back off on the non-training day carbohydrates by 20%. Then reevaluate one week later.

What if I'm not growing or increasing my weights throughout the program?

Increase your nutrients in the 3-hour peri-workout window. This concerns the during-workout drink, as well as the meal within two hours of your workout.

More Carbohydrates during your workout will start pushing that anabolic window to its maximum potential.

Star with a 25% increase in carbohydrates "during-workout" and at your post work-out meal.

EXAMPLE:

Thib Nation Athlete #1 weighs 200lbs and is 10% bodyfat (therefore 180lbs of lean mass).

Objective: Muscle Building

His calculation looks like this:

$$180 \times 0.3 = 54 \text{ grams of carbs to be consumed around workout.}$$

- ▶ If he is not seeing the gains we would like, we would increase his per-workout carbs by 25%. Which means an increase of 13.5g BEFORE and DURING exercise