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BALLISTIC MANAGEMENT

GET JACKED NUTRITION GUIDELINES

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NUTRITION GUIDELINES

To individualize this diet protocol as much as possible, you first need to establish your actual condition regarding body fat. No need to have an exact body fat measurement, but referring to some physical starting point is a good tool to establish your body fat percentage approximatively. While you can refer to a DEXA scan or caliper if you want to, the whole point is to have an honest idea of where to start from. Once you can place yourself in a category, follow the corresponding guidelines.

CALORIE CALCULATOR

The set up is an actual base to start up the dietary process. Based on your current condition, the leaner you are will allow you to start the diet at a higher daily calorie count. The higher the fat you carry, the sooner you will fall into a calorie deficit to allow for more fat loss sooner in the process.

IDEAL MEAL FREQUENCY

The meal frequency chart refers to the ideal time to space between meals. The leaner you are, the sooner you will eat again after each meal. The reason behind this is pretty simple: the more fat you carry, the more energy substrate you can release during times of fasting (or in between meals). Therefore, higher body fat individuals are suggested to space their meal timing a little longer. More glucagon and fatty acids will be released this way and this will help with faster fat loss.

PROTEIN INTAKE

Probably the single most important macronutrient in order to maintain muscle while dieting for fat loss is protein. It is also one of the important factors to allow for muscle growth. In fact, for protein synthesis to occur, amino acids must be available, and this is twice as important during phases of hard dieting. Keeping dietary protein high not only helps sparing of muscle by helping to increase protein synthesis but can also be used for glycogenesis (synthesis of glucose) during severe deficit. However, proteins are not as muscle sparing as carbohydrates when used for glucose synthesis. The golden standard for a bodybuilder is around 1gr per pound of bodyweight.

The more fat you carry, the more proteins you will consume in the diet because carbohydrates will be lower. Also, because protein is an expensive molecule for your body to use as energy, we can affirm it has thermogenic properties that can aid in fat loss.

To set protein intake properly, spread the total daily amount between each meal of the day as well as peri-workout. Further instructions will give you suggestions on how to spread proteins around workouts.

CARBOHYDRATES

A lot of people are way too quick on cutting carbs when they enter a fat loss diet. This is a big mistake because it leaves your muscle with no glycogen for workout performance and also leaves your muscle mass at high risk of oxidation during episodes of calorie deficit. Since we are looking for fat loss but also muscle building, carbs will be our great friend during these 10 weeks. Carbs are also much more muscle sparing than fats during times of stress and fatigue (working out is a stress) and since we are going to work hard for the next 10 weeks, stress and fatigue can be quite present. When your body reaches a low energy state such as calorie deficit and high recovery demand due to hard workouts, it will try to produce energy by converting amino acids into glucose. Keeping carbohydrates will prevent this as they are easily broken down into glucose. This way, carbs will save proteins from oxidation and allow them to be stored for muscle purposes. Carbs also have a very beneficial property as a cortisol saver. By creating insulin release, they create an antagonist effect to several catabolic hormones such as cortisol, which is released during times of stress and fatigue such as heavy lifting and hard dieting. This way we can slow or stop the breaking down of muscle tissue during the dieting phase.

Based on your current condition, the carbs contained in your diet will make up the remaining calories once you have established protein and fat quantities. Use those carbs wisely to get maximal benefits from them. Further instructions will give you tips on how to place carbs peri-workout.

FAT INTAKE

Fat is a questionable topic as we need a certain amount for testosterone/hormone production, but it is also easily converted and stored into adipose tissue. We need to find the best balance by reducing fat enough to allow for a decrease in body fat while keeping it high enough for sustained hormone production. Our lowest baseline intake will be set as 15% of total caloric intake for the leanest individuals. Since their carbohydrate intake will be set higher (because leaner individuals are usually more insulin sensitive), the fat intake will be set lower. For higher body fat individuals, the fat intake will be set higher (since insulin sensitivity can be lower), so carbs intake will be lower for them. The maximal amount of fat is set as 32%, as it is not advised to go any higher than that when fat loss is the goal.

Fat can be spread between each meal of the day except during the peri-workout window, where carbs and proteins will be set higher to create a more anabolic environment for the workout.

HOW TO ESTABLISH THE DIET STRUCTURE :

CURRENT CONDITION	ALREADY LEAN	LOW TO MODERATE BODY FAT	HIGHER BODY FAT
BODYFAT %	-8% - 12 %	13% to 17%	18% +
CALORIES CALCULATOR	Bodyweight x 15	Bodyweight x 14	Bodyweight x 13
IDEAL MEAL FREQUENCY	2-3 hours	3-4 hours	4-5 hours
PROTEINS INTAKE	1gr/lbs bw	1.25 gr/lbs bw	1.5gr/lbs bw
FATS INTAKE	15%-20% of total cal	21%-26% of total cal	27%-32% of total cal
CARBS INTAKE	remaining cal	remaining cal	remaining cal

HOW TO CREATE A DEFICIT :

Now we need to generate a daily deficit by adjusting calories. Once you have established your current condition and the values that go with it, take the daily calorie result and deduct 600 from it. Let's say we have a 230 lbs "already lean" individual. Our calculation would go like this:

230 pounds (already lean) x 15 = 3450 calories
3450 calories – 600 = 2850 calories

Our daily number would be 2850 calories and all the macro calculations would be done with this number. Macro calculations would look like this:

Proteins = 230 x 1gr = 230gr / day
(each gr of protein is 4 calories) = 920 calories
Fats = 2850 calories x 15% = 427 calories
(each gr of fat equal 9 calories) = 47gr
Carbs = Remaining calories = 2850 - (920 + 427) = 1500 calories
(each gr of carbs equal 4 calories) = 375gr

Our daily macros would look like this:

Proteins: 230gr
Fats: 47gr
Carbs: 375gr
Total calorie: 2850 cal

HOW TO SET PROGRESSION :

Of course, the initial set up can already produce results, but your body will quickly adapt to the energy intake and fat loss can be slowed down. We need to set up a protocol to allow for constant fat loss over the 10 weeks. A nice, healthy fat loss is approximately 1 to 1.5 pounds per week. More than this can be good for the first weeks but can lead to muscle loss, weakness and loss in performance if pushed for too long. You could also be seeing nice visual results and no change on the scale, don't forget that the protocol can also lead to good muscle building in some individuals more prone to it. Of course, this way we would not necessarily be cutting foods from the diet and fat loss could continue, but since we are looking at the most impressive transformation, there is much more advantage to focusing on fat loss as a priority.

Our progression tool will work by playing and adjusting our calorie calculator. If you have started this at bodyweight x 15, then week 2 would go as bodyweight x 14, week 3 would drop down to bodyweight x 13 and so on. Playing with the baseline calories will also change your macro numbers. What we want is to keep our muscles supported all along the process, so proteins will NEVER drop down at any time until week 10. Fat will be adjusted based on the percentage of calories. Fat can be lower by 10% each week if someone needs more fat loss. It is important to keep in mind that hunger can be increased when fat is lowered. Those issues must be considered and assessed by the individual base on their tolerance. Carbs are the only macros that will constantly drop down during the 10 weeks. Each week, the remaining calories should be lower, making carbs lower. Our main objective is for individuals to lose 1 to 1,5 pounds each week. Of course, leaner individuals will lose on the lower scale and higher fat individuals can see up to 2 pounds per week. To allow for consistent and gradual fat loss, the use of an additional variable such as cardio can be used to fetch the constant of 1 to 1.5 lbs per week. Our initial program contains 2 sessions of HIIT and steady state cardio alongside abdominals work. Those sessions are increased in duration and intensity each week.

If you are already doing cardio before starting this up, consider those sessions as "add-on" cardio over what you are already doing. So, if you are already doing 40 minutes of steady state cardio per week, you must consider to add the 60 minutes (2 x 20 minutes LISS and 2 x 10 minutes HIIT) included in this program.

OFF DAYS

Days where there is no weight lifting are considered off days. So cardio and abs days are not considered as workout days. Even if they are done with effort, those days will be considered as rest. To help in fat loss and create a more aggressive deficit, we will cut carbs on those days, but not entirely. Follow the progression chart to know how much percentage of your daily carbs you need to cut out. The carbs allotment on off days can be spread between meals but ideally, keeping them mid-day as it allows for more time with low blood insulin in the morning

LET'S LOOK AT THE PROGRESSION CHARTS:

	ALREADY LEAN	MODERATE BODY FAT	HIGHER BODY FAT	DEFICIT FROM DAILY CALORIES	CARBS DEFICIT ON OFF DAY
WEEK 1	bodyweight x 15	bodyweight x 14	bodyweight x 13	- 600 cals	- 75%
WEEK 2	bodyweight x 14	bodyweight x 13	bodyweight x 13	- 600 cals	- 75%
WEEK 3	bodyweight x 13	bodyweight x 12	bodyweight x 12	- 500 cals	- 75%
WEEK 4	bodyweight x 12	bodyweight x 12	bodyweight x 12	- 500 cals	- 75%
WEEK 5	bodyweight x 12	bodyweight x 11	bodyweight x 11	- 400 cals	- 75%
WEEK 6	bodyweight x 11	bodyweight x 11	bodyweight x 11	- 400 cals	- 75%
WEEK 7	bodyweight x 11	bodyweight x 10	bodyweight x 10	- 300 cals	- 75%
WEEK 8	bodyweight x 10	bodyweight x 10	bodyweight x 9	- 300 cals	- 75%
WEEK 9	bodyweight x 10	bodyweight x 9	bodyweight x 9	- 200 cals	- 75%
WEEK 10	PEEK WEEK - Follow the peak week chart				

NUTRIENT TIMING

When using carbs in a fat loss diet, you need to look at their effect on the body to place them at the most beneficial time in the day. While they help in releasing insulin which has an anabolic/anti-catabolic effect that can be of great help to allow for muscle building and/or muscle sparing during prolonged calorie deficit, they also have anti-lipolytic effect. This is the incapacity to release and burn fatty acids during time of elevated blood insulin. We need to build our diet in a way to maximize anabolism and anti-catabolism during times of necessity such as the peri-workout window, but also give the body long periods of low insulin levels to allow for more lipolysis during other times of the day. Considering your total daily carbs allotment, use the following instructions to know which amount can be used in each meal of the day:

Total daily carbs allotment = 100%

Meal 1 = 15%

Pre-workout meal (approximately 1 – 2 hours before workout) = 30-35% of total daily carbs use in a solid meal

Intra-workout = 20-25% of total daily carbs as carbs powder

Post-workout = 20-25% of total daily carbs use as solid food.

The remaining small % of carbs would represent veggies and traces carbs from other food sources.

Fat would then be spread in the other meals that do not contain carbs. Don't forget to count fats from meat as they will add numbers in the total daily fat allowed.

Proteins should be spread over the entire day to allow for constant amino acids availability. I suggest that +/-30gr of your daily protein needs be consumed during the workout. A shake containing isolated whey proteins or hydrolysed whey proteins alongside with intra-workout carbs can do wonders to raise anabolism while working out. Whey proteins could also be switched for EAA for complete amino acids replacement or use both without any problems.

Let's take an example of our 230-pound already lean individual consuming 6 solid meals per day (including a pre and post-workout one) and the intra-workout shake and training mid day:

WORKOUT DAYS

MEAL 1	
PROTEINS	33 gr
FATS	-
CARBS	56gr
VEGGIES	1 cup

MEAL 2	
PROTEINS	33 gr
FATS	15 gr
CARBS	-
VEGGIES	2 cups

PRE-WORKOUT	
PROTEINS	33 gr
FATS	-
CARBS	130 gr (35%)
VEGGIES	-

INTRA-WORKOUT	
PROTEINS	30 gr + 10 gr EAA
FATS	-
CARBS	75 gr (20%)
VEGGIES	-

POST-WORKOUT	
PROTEINS	33 gr
FATS	-
CARBS	93 gr (25%)
VEGGIES	-

MEAL 3	
PROTEINS	33 gr
FATS	15 gr
CARBS	-
VEGGIES	2 cups

MEAL 4	
PROTEINS	33 gr
FATS	15 gr
CARBS	-
VEGGIES	2 cups

- Total PROTEINS: **238 gr**
- Total FATS: **45gr**
- Total CARBS: **354 gr**
- Total VEGGIES: **+/- 20-25 gr**

For a TOTAL of 2773 cal

OFF DAYS

MEAL 1	
PROTEINS	39 gr
FATS	15 gr
CARBS	-
VEGGIES	2 cups

MEAL 2	
PROTEINS	39 gr
FATS	-
CARBS	25 gr
VEGGIES	1 cup

MEAL 3	
PROTEINS	39 gr
FATS	-
CARBS	25 gr
VEGGIES	1 cup

MEAL 4	
PROTEINS	39 gr
FATS	-
CARBS	25 gr
VEGGIES	1 cup

MEAL 5	
PROTEINS	39 gr
FATS	15 gr
CARBS	-
VEGGIES	2 cups

MEAL 6	
PROTEINS	39 gr
FATS	15 gr
CARBS	-
VEGGIES	1 cup

- Total PROTEINS: **234 gr**
- Total FATS: **45gr**
- Total CARBS: **75 gr**
- Total VEGGIES: **+/- 20-25 gr**

For a total of 1721 cal

PEAKING WEEK

The final touch of these 10 weeks of hard work has finally arrived. A peak is a very individualized thing, as much as a diet can be. As we have for the past 10 weeks, we will find protocols to allow for everyone to find their way to success in this last week. Following the program's peak week, each workout will have a particular emphasis to get you on you're A-game by Saturday.

Of course, not everyone will be at the same body fat level after these 10 weeks. Make sure to read the following protocol and base your peaking diet upon the condition you are at:

MONDAY	
PROTEINS	1gr - 1.5gr / BW
FATS	Remaining cals
CARBS	No carbs
VEGGIES	6 - 10 cups
WATER	x 1.5

FRIDAY	
PROTEINS	0.6gr - 1gr / BW
FATS	Lowest possible
CARBS	1.5gr - 2.5gr / BW
VEGGIES	2 - 4 cups
WATER	max until 2PM then cut water until photos

TUESDAY	
PROTEINS	1gr - 1.5gr / BW
FATS	Remaining cals
CARBS	No carbs
VEGGIES	6 - 10 cups
WATER	x 2

SATURDAY	
PROTEINS	Low to moderate (breakfast)
FATS	Moderate to high (breakfast)
CARBS	Low to moderate (breakfast)
VEGGIES	No
WATER	

WEDNESDAY	
PROTEINS	1gr - 1.5gr / BW
FATS	Remaining cals
CARBS	No carbs
VEGGIES	6 - 10 cups
WATER	x 2.5

THURSDAY	
PROTEINS	0.6gr - 1gr / BW
FATS	Lowest possible
CARBS	1.5gr - 2.5gr / BW
VEGGIES	2 - 4 cups
WATER	x 2.5

FOODS LIST

PROTEIN
EXTRA LEAN TURKEY (SKINLESS)
CHICKEN BREAST (SKINLESS)
LEAN CUT BEEF
LOW FAT PORK
EGG WHITES
WHOLE EGGS (FATTY PROTEINS / COUNT FAT)
SALMON, TROUT AND MACKEREL (FATTY PROTEINS / COUNT FAT)
ALMOST ANY WHITE FISH (COD, HADDOCK, SOLE)
SEAFOODS (SHRIMP, LOBSTER, CRAB)
WHEY PROTEINS (ISOLATED, HYDROLYZED, CONCENTRATE)
LOW FAT COTTAGE CHEESE
LOW TO NO FAT CHEESE

CARBS
OATMEAL
RICE (JASMIN, BROWN, BASMATI)
SWEET POTATOES
SPROUTED BREAD & GRAINS
BRAN CEREAL
BEANS
MALTODEXTRIN, DEXTROSE
HIGH BRANCH CYCLIC DEXTRIN (HBCD)
VEGETABLES

FAT
OLIVE OIL
COCONUT OIL
FLAX SEED OIL
PRIMROSE OIL
AVOCADO
NUTS (LIMIT SERVING AS IT CONTAINS)
ALL-NATURAL PEANUT OR ALMOND BUTTER
EGG YOLKS
ALL FATS FROM MEAT
FISH AND OTHER ESSENTIAL FATTY ACID