
SKINNY TO SHREDDED: NUTRITION GUIDE



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SKINNY TO SHREDED: INTRODUCTION

FOOD IS THE KEY TO GETTING SHREDED.

For the first few years of lifting, I had no idea that the biggest thing holding me back was my nutrition. I thought I was eating a lot, but I wasn't—and what I was eating, wasn't the right stuff. I didn't know how to count grams of protein, grams of carbs. I thought it was all about my routine in the gym. Wrong. As soon as I started lifting with bodybuilders and powerlifters, I learned the importance of nutrition, and in less than 2 years I put on almost 20lbs of solid muscle.

In this guide, I will share with everything you need to get started living a healthy lifestyle and allow you to achieve your fitness goals. I'll teach you how to prep your food ahead of time, how to keep up with your plan even with a busy schedule, and how to cook fantastic-tasting meals that give you all the nutrients you need.

Let's get started.



SKINNY TO SHREDED: SCHEDULES

THE FIRST THING YOU NEED TO DO IS...

EAT MORE FOOD! If you are an ectomorph and you want to put on size, then chances are your #1 problem is that you aren't eating enough. You might be eating until you're full, but that's not going to do it. You need to eat more than your body is used to, and make sure you get the amount of protein, carbs, and calories needed in order to grow.

The best way to ease into eating more food is to break up your three-meal day into four, and then four into five, and so on. Smaller meals more frequently throughout the day are better than three massive meals.

Here are a few meal schedules to get you started.

BEGINNER MEAL SCHEDULE

8:00 AM	11:30 AM	3:00 PM	6:30 PM
Meal 1	Meal 2	Meal 3	Meal 4

INTERMEDIATE MEAL SCHEDULE

8:00 AM	11:00 AM	2:00 PM	5:30 PM	9:00 PM
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5

ADVANCED MEAL SCHEDULE

8:00 AM	10:30 AM	1:00 PM	4:00 PM	6:30 PM	9:30 PM
Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6

SKINNY TO SHREDDED: MEAL PREP

HOW DO YOU PREPARE THAT MUCH FOOD?

Good question. The best quote I have to answer that is, “Failing to prepare is preparing to fail.” If you want to avoid spending hours a day in the kitchen then you need to prepare the majority of your food in advance.

Some bodybuilders do all their food prep on the weekend, some do it intermittently throughout the week. You have to figure out what works best with your schedule, but here are some helpful tips for preparing your food well in advance:

- Cut your chicken/steak (raw) into bite-size pieces and store in separate containers in the refrigerator, marinating in spices and/or sauce.
- Cut all your vegetables (raw) and store in separate containers in the refrigerator.
- Cook your brown rice, white rice, Quinoa, all in advance, and then store cooked in separate containers in the refrigerator.
- Cook ground turkey and store in the refrigerator.

Now, you have the option of either cooking your meats / vegetables in the morning each day with very little setup required for the rest of the meal, or you can cook everything at once and store in ready-to-go containers for the week.

If you prep your meats / vegetables each morning (which is what I do), the meals are fresh for the day. If you cook them all on Sunday and store them cooked, they get more and more stale throughout the week. I highly suggest the first option.

Once your meals are cooked, store them in tupperware containers in the refrigerator, or bring them with you to work/school/etc.

SKINNY TO SHREDDED: EAT, EAT, EAT

BUT HOW DO I GET ALL MY MEALS IN?

Dedication. Let me tell you a story.

When I first started taking my diet seriously, I was 20 years old and in college. The bodybuilders I was lifting with explained to me that missing a meal was the worst thing I could possibly do for my body, and all the hard work we'd put in that day at the gym would be for nothing.

I brought my meals everywhere, ate them cold in-between classes. I showed up to friends' parties at night with pockets full of amino acid capsules to keep from going into a catabolic state. One night, we threw a housewarming party at our new college apartment, and at two in the morning every single person there watched me and my lifting friends cook and eat our steak, brown rice, and broccoli. The rest of them were hammered drunk. We didn't care. We were going to get our meals in no matter what.

I cannot stress the importance of a disciplined meal plan. At first, it's hard to navigate social situations in the name of nutrient macros and gains, but if you can stay consistent for even a month, you will notice a tremendous difference.

Food is the only way to grow.



SKINNY TO SHREDDED: FULL EBOOK

WANT TO KNOW MY PERSONAL MEAL PLAN
THAT HELPED ME GAIN 70LBS OF MUSCLE?

CLICK HERE!