

THE DIET PLAN

A NO NONSENSE GUIDE FOR
SAFE AND EFFECTIVE

BODY TRANSFORMATION!

NEIL McTEGGART

DISCLAIMER	5
INTRODUCTION	6
ABOUT ME	7
SO HOW IS THIS BOOK DIFFERENT?	10
TESTIMONIALS	11
MISSION STATEMENT	13
WHAT YOU NEED TO DO	14
MEASUREMENTS CHART	15
MEASUREMENTS	16
PHOTOS TAKEN	16
MEASUREMENTS TAKEN	16
THE SCALES	16
BODY MASS INDEX	17
BODY FAT.....	17
GOAL SETTING	18
LONG TERM GOALS	18
SHORT TERM GOALS	18
F.A.Q	21
CAN I BUILD MUSCLE AND LOSE FAT AT THE SAME TIME?	21
CAN ANYONE USE THIS PLAN?	21
HOW LONG DOES IT TAKE TO SEE A DIFFERENCE?	21
MACRONUTRIENTS	22
<i>PROTEIN</i>	22
METABOLIC RATE.....	22
THERMO EFFECT OF FEEDING	23
HUNGER.....	23
EGGS	23
<i>FAT</i>	24
<i>CARBOHYDRATES</i>	25
GLYCEMIC INDEX	26
FIBRE.....	26
PROCESSED FOODS	27
PORTION SIZES	27
FOOD DIARY	29
FOOD LIST	31
FOOD DIARY TABLE	32
FAT LOSS – GYM DAY	33
<i>CALCULATING PROTEIN</i>	34

<i>BEGINNER NOTES</i>	35
<i>CALCULATING CARBOHYDRATES</i>	35
<i>CARB TIMING FOR FAT LOSS – ‘THE 3 BLOCKS’</i>	35
PRE-WORKOUT	36
POST-WORKOUT SHAKE.....	36
POST-WORKOUT MEAL.....	37
<i>CALCULATING FATS</i>	38
FAT LOSS – NON-GYM DAY	39
CHEAT MEALS	41
FAT LOSS COMMANDMENTS	42
BULKING UP	43
<i>CALCULATING DAILY PROTEIN</i>	44
<i>CALCULATING DAILY CARBS</i>	45
<i>CARB TIMING FOR BULKING – ‘THE 3 BLOCKS’</i>	45
PRE-WORKOUT	45
POST-WORKOUT SHAKE.....	45
POST-WORKOUT MEAL.....	46
<i>CALCULATING FATS</i>	47
BULKING COMMANDMENTS	49
EATING AROUND GYM TIMES	50
<i>TRAINING EARLY</i>	50
<i>TRAINING AFTER WORK</i>	52
<i>TRAINING LATER AT NIGHT</i>	54
<i>BEGINNER NOTES</i>	55
FOOD DIARY UPDATE	55
FOOD DIARY TABLE	57
SUPPLEMENTS	58
<i>FISH OIL</i>	58
<i>PROTEIN POWDER</i>	59
DIET SUMMARY	60
WEIGHT TRAINING	61
<i>PRINCIPLES</i>	61
<i>FREE WEIGHTS VS MACHINES</i>	62
FULL BODY VS SPLIT ROUTINE	63
BODYBUILDING ROUTINES	64
FEMALE ROUTINES.....	67
TEMPO.....	69
GYM MYTHS	70
GETTING ‘TOO’ BIG.....	70

MUSCLE APPEARANCE	71
ABDOMINAL WORK.....	71
WARMING UP	73
EXERCISES – The Good.....	73
SQUAT	73
DEADLIFT.....	75
BENCH PRESS	77
ROWS.....	78
DIPS.....	80
UPPER BODY MUSCLE - LOCATION	81
EXERCISES – The Bad.....	82
SHRUGS.....	82
FRONT RAISES.....	82
DUMBBELL TRICEP KICKBACKS.....	82
CONCENTRATION CURLS.....	82
EXERCISES – The Ugly.....	83
ROLLING SHRUGS	83
UPRIGHT ROWS.....	83
PEC DECK	83
SMITH MACHINE	83
MUSCLE SORENESS	84
BELTS	84
CARDIO TRAINING	85
WHAT IS CARDIO?.....	85
YOU CANNOT OUT RUN YOUR MOUTH.....	86
TORTOISE VERSUS HARE	87
GOALS	87
CONDITIONING	87
E.P.O.C.	88
HAMSTER TIME.....	88
INJURIES	88
FIRST OR LAST	89
HEALTH	89
FITNESS.....	89
THE SCIENCE, THE ART	90

DISCLAIMER

By purchasing this E-book you agree to the following conditions.

In no way is this material to be resold or redistributed without the express consent of the author.

Only those who purchase this e-book legally may have access to free email support and ‘The Diet Plan’ forum.

Any printing of information is solely for personal use.

You will seek advice from a medical professional before initiating any changes to your diet or exercise regime.

Use of the guidelines, herein, is both the choice and risk of the reader.

The views expressed are purely those of the author and are not necessarily the views of any magazine or organisation he may or may not be affiliated with.

All information is based on the author’s personal study and experience.

INTRODUCTION

In October 2007 I released my first E-book. This downloadable guide was aimed at the newbie lifter who simply did not know where to look when it came to gathering up the correct advice on dieting. With millions of internet sites and more information than ever before you would think finding out what you need to know would be easy buns.

Alas it is not.

If you already have a good idea of what is right and wrong when it comes to training and dieting then resources such as the internet can be invaluable but, to the untrained newbie, it is easy to drown in a sea of complex gobbledegook!

With the E-book and the free email support I provided to all users, I discovered many strengths and weaknesses that I want to improve upon in this revised guide. The main strength and selling point of the E-book was the lack of bodybuilding jargon and dietary calculations. You could get results without the use of a calculator or dictionary. Nutrition books and lifting guides can have some great content but often this content is wasted if you do not understand the basics. I have expanded on many points and included information for the analytical geeks among you but I do sincerely hope I have kept the Layman happy with this new and improved version.

The fact that you are reading this book tells me one thing - you want results. The reason people fail to see results? They don’t know how! The average gym user is performing the wrong exercises, on the wrong days, in the wrong order, before and after the wrong meals. With this guide you will learn how to train and eat properly regardless of whether your goal is to bulk up or cut down. You will see why everyone else in your gym still looks the same, yet you will be seeing changes on a month to month basis. For the more experienced readers I would suggest that they too work through this plan as if they have never trained before. Hit the reset button. Forget all the nonsense you have picked up over the years from gym ‘experts’ and let me teach you how to do it right.