

# DAY OF EATING BY LAUREN FISHER



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# INTRODUCTION



## HEY YOU

You want to know what I typically eat day in and day out? Well.... I'll let you know. But bare with me just for a second, I want to explain a few things before I'll give you my meal plan. I actually don't eat the same day in and day out, so sorry for falsifying you there for a sec. However I do always hit the same amount of macros by the end of the day, every single day. And just to clarify, when I say I hit the same amount of macros every day I'm referring to the same amount of carbohydrate, protein and fat. And my breakfast, post workout shake and lunch is usually always the same, so I wasn't completely lying. That is of course unless I have a cheat day, then everything looks completely different. Pancakes in the morning, pizza for lunch, burger, fries and ice cream in the evening and all that good stuff you know 🤪 Just kidding, but seriously though....

Keep in mind that I eat for performance and less so for taste. However over the years I've found something that both tastes good and fully optimized for performance. As mentioned the breakfast, pre/post workout shake and lunch is usually always the same. I've found something that's easy to make, tastes good and makes me perform well, so why change that? However for dinner I tend to mix it up. But keep in mind, as mentioned, I always "have to" hit the same amount of carbohydrate, protein and fat by the end of the day, so I'm somewhat limited in terms of my options.

I don't count my veggies as part of this. In my opinion you can never have too many veggies, well don't try to prove me wrong here as you can of course eat too many veggies, but I highly doubt you have to be concerned about that. For me veggies are "free foods" and I can eat as much as I like. (On days when I have no more macros left by the end of the night but still hungry I get a bell pepper out to snack on. It tastes good, and it makes me not want to snack on other things.



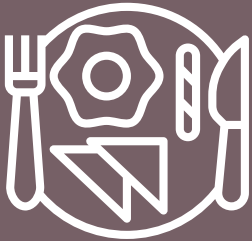
Wait what about gluten and lactose? Well that's a great question. Thank you for asking. Generally speaking I try to avoid gluten and lactose products as much as possible. I don't get all fanatic about it, but I feel better without it. I notice I often break out and get more swollen when eating/drinking products that contain gluten and/or lactose. I personally, and again this is my personal opinion as I'm (unfortunately) not a doctor and don't have any other cool titles, but I think it comes down to genetics. So you can either blame your parents or send them a thank you card depending on how you feel when containing these products. I'm of course kidding, but I do think it's an individualized thing. Some people don't notice a difference and some people do. Listen to your body and follow whatever it tells you. That's my advice.

I have one last thing I want to mention before I show you my meal plan. I'm mentioning it here because I think it's important and I'm pretty sure once you've gone through my meal plan you won't read the rest. However I'm handing out a free \$1,000,000 coupon at the end, so you better read the whole thing! Okay last thing. One of the things I've noticed over the years is that people are afraid of food. Or more specifically people are afraid of carbs. I know, it sounds crazy!!! Why would you be afraid of food? My advice here is very simple, don't be scared! Most likely if you're reading this email you are a person who's active in some way or another, am I right? If that's the case, you NEED to fuel your body!!! Did you notice the three exclamation signs? That's how serious I am. You'll feel tired and don't see results if you don't put some damn good fuel in your stomach. So don't be scared.

I'll share some more tips after showing you my meal plan, but I'm afraid that if I don't show it now I'll lose you. At this point I've probably already lost a few impatient people who thought they could download this PDF and instantly gain 50 pounds on their back squat and cut a minute off their Fran time. BUT without further due here's a breakdown of a typical day of eating for me.



# MY PERSONAL MEAL PLAN

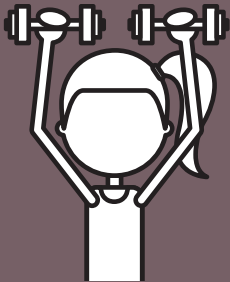


## BREAKFAST (7AM)

- 2 eggs, 2 egg whites with veggies mixed in
- 70g oats, 30g blueberries, 50g raspberries, 5g Protein powder mixed in for taste (any choice of flavor, but I would recommend the vanilla protein from Puori), lots of cinnamon, 5g maple syrup drizzled on top
- And Green Tea of course :)

## MACROS:

- Protein: 35g
- Fat: 15g
- Carbohydrates: 65g



## FIRST SESSION (9AM - 11AM)

- Usually consists of mainly conditioning

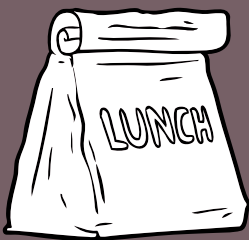


## POST WORKOUT SHAKE (11AM)

- A shake with 1:3 ratio of protein to carbohydrates (If I'm only lifting I would do 20g protein and 40g carbohydrates instead)

## MACROS:

- Protein: 20g
- Fat: 0g
- Carbohydrates: 60g



## LUNCH (12PM)

- 3 ounces of chicken
- 2 cups of cooked rice,
- A good handful of veggies

## MACROS:

- Protein: 25g
- Fat: 5g
- Carbohydrates: 65g

# MY PERSONAL MEAL PLAN



## SECOND SESSION (1PM - 3PM)

- Consists of both lifting and conditioning



## POST WORKOUT SHAKE (11AM)

- Same shake as earlier. 1:3 ratio of protein to carbohydrates

### MACROS:

- Protein: 20g
- Fat: 0g
- Carbohydrates: 60g



## SECOND LUNCH (4:30PM)

- 4 ounces of flank steak
- 100g black beans
- 1 cup cooked rice
- 3 ounces of avocado
- Some salsa and some veggies

### MACROS:

- Protein: 35g
- Fat: 25g
- Carbohydrates: 70g



## DINNER (7PM)

- 4 ounces of ground beef (90/10 protein:fat)
- 300g sweet potato
- 10g coconut oil mixed with some cinnamon and drizzled over the sweet potatoes

### MACROS:

- Protein: 30g
- Fat: 20g
- Carbohydrates: 65g

\*\*Note: After this day, I still have 15g of Carbs left so I might finish off the night with a snack like a bowl of cereal or some popcorn or a bowl of fresh fruit.

# MY PERSONAL MEAL PLAN



## TOTAL MACROS FOR THE DAY:

- Protein: 165g
- Fat: 65g
- Carbohydrates: 400g

## TOTAL CALORIES FOR THE DAY:

- Roughly 3000

That's it, a typical day of eating for me. Are you still with me?

As you can see I'm not scared of eating. I'm 5.5 feet tall and weigh 138 pounds and I eat roughly 3000 calories a day. And yes you're right I train A LOT, so don't go out and copy exactly what I do. You need to find the right balance that fits you. Also keep in mind this is what I eat on my training days. During my days off I eat less (I mainly lower the carbohydrates). But the point here, don't be scared of food.

HOWEVER, with that being said also don't go to McDonald's right after this and buy 5 big macs! If that's what you had in mind you lost the idea here. You need to eat the correct ratio of carbohydrate, protein and fats. There's no one ratio fits all, so I can't give you that. But what I can give you is my recommendation based on what I've seen over the past few years. I'll get into that in a second, but first here's a few notes on my meal plan above that I feel like is worth mentioning.

I don't deviate much from the plan above when I'm prepping for a big competition, but I do make some changes sometimes. For example I might switch up ground turkey for chicken, do rice instead of sweet potatoes and so forth. I also like to fit in some snacks sometimes. It could be anything from popcorn and greek yogurt to the bell pepper snack I talked about earlier. Although if I do that I have to go compromise on my meals later in the day so I hit the total amount of macros as we've talked about so many times now. With all of these things being said, if I'm hungry I eat more! In general I just EAT A LOT. I fuel my body for performance and I can tell it loves when I feed it with some good quality calories.

If you're one of the few people who's been reading all of this so far and you're still with me, I would then like to extend a personal (virtual) high five and say good job. And as a thank you, and as promised, I'll share some more tips and tricks (and soon the \$1,000,000 free coupon).



# TIPS, TRICKS & SECRETS



## **TIPS, TRICKS & SECRETS #1:**

A little secret tip I don't share with too many is that I like to cook my eggs into my oats. I know, I know, it sounds gross. But give it a try and let me know what you think. It saves time and I honestly love it.

## **TIPS, TRICKS & SECRETS #2:**

Eat more protein and less fat. This is very general and might not be right for you, BUT most people I come across are eating the same amount of protein as a newborn baby but eating fat as if they were to feed a 500 pound monster. Just kidding, but I'm not far off. Fat is super easy to overdue in modern day society and I don't think people realize how much fat there is in a lot of the food we eat. Try for a week (or maybe just a day or two) and write down WHAT you eat and HOW MUCH. Based upon this try to calculate the total macros by end of each day. If you're eating about the same amount of fat as you eat protein, you might want to check in with a nutritionist or similar.

## **TIPS, TRICKS & SECRETS #3:**

Another game changer for me is my post workout shake. I would recommend that you try to drink a protein/carbohydrate shake right after your session. Especially if you're doing high intensity. As you saw I personally do 20 grams of protein and 60 grams of carbs if I do high intensity and 20/40 grams if I just lift. Depending on how much you weigh and who you are, your numbers will look different.

#### TIPS, TRICKS & SECRETS #4:

Don't ever have a cheat day. If you have a cheat day you'll lose all of your progress and you'll have to start over.... Obviously that's a joke. Or I hope that was obvious. You gotta find a meal plan that can become a part of your lifestyle. If you're super strict for 4 weeks but then eat terribly for the next 2 then I think you should make some changes. I have cheat days and I don't try to hide it. On the weekends I tend to be a little bit more relaxed and flexible with everything and I often find myself with some ice cream or pizza. And when I do I truly enjoy it because I know I deserved it and because I know I don't eat like that all the time.



#### TIPS, TRICKS & SECRETS #5:

My last advice would be to play around with different things and try to find out what works for you. Do a little bit of research and ask around in your community. You'll be amazed with how much free and qualified information you can find. However if you can't figure that out yourself then I'll suggest you find someone to help you. These days there are a ton of great information available so there should be no excuses! You can hire a personal nutritionist if you really want to dive deeper or if you want something a bit more simple (and cheap) you can join my program Grown Strong. We provide a ton of valuable training, nutrition and mindset information specifically for females (guys, you can join too). Click [HERE](#) to learn more.

That's it! You've finally reached the end and earned yourself the right to claim your \$1,000,000 free coupon.... I'm sorry.... I tricked you again. I don't have such a thing. But it did make you read the whole thing and to be honest I think that might be worth \$1,000,000. Try to implement just a few things of what I said and I really believe you'll see some good improvements.

All the things mentioned above are based upon my personal experience and again I'm not a doctor. That's my disclaimer.

If you have any questions, feel free to email me at: [hello@lauren-fisher.com](mailto:hello@lauren-fisher.com)

Thanks again for reading through!

xoxo,  
LF