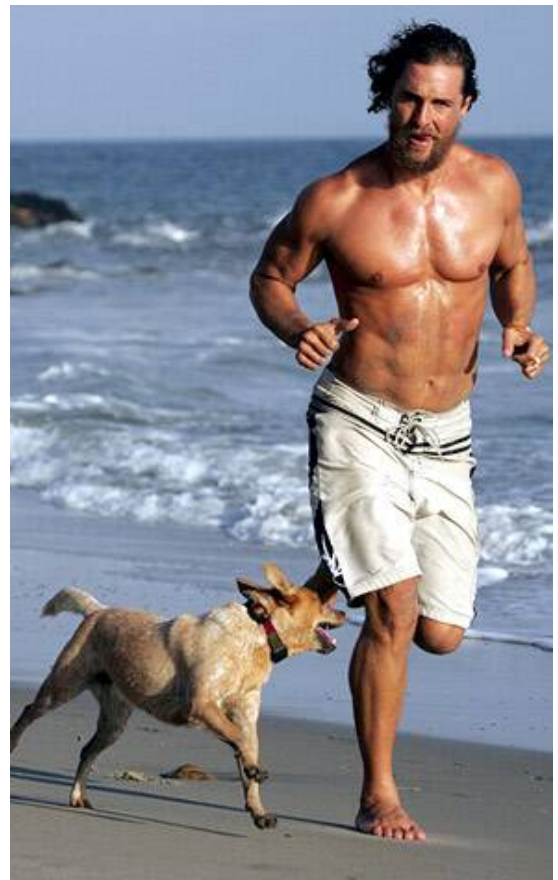


Nutritional Ease for the Advanced Minimalist

Here is a barebones nutrition program that saves you time and money I have resorted to for years that I feel is as good as any elaborate superfood and supplement intensive program. **You can look as ripped and savage as desired on a shoestring budget at twenty bucks a day and in under twenty minutes a day,** - with some basic know how and meal prep.- *Why twenty bucks daily? Because I literally cannot quite figure out how to get a complete diet in under.*

So, for the purpose of this program, let us assume that you have restructured and prioritized your day to what really matters to you and serves you best. And you are one of those rare and fantastic humans that eat to live rather than live to eat. Which basically means you would rather spend your day doing fun shit,- something more exciting and fulfilling than stuffing your face on worthless calories, which is typically done out of straight boredom...(OR if you are a college kid with a full semester load and working part time with limited time and money, OR you just want to eat on \$20 bucks a day so you can save some money for an epic trip or toy- my favorite excuse, OR you really don't care about food but want to kick more ass.) Remember that nothing really tastes as good as feeling lean and mean! Anyway, you get the point. Let's get to it.

Side Note: Minimalists fitness goes hand in hand with minimalist nutrition. If you are not eating a lot of excess calories than you do not need a lot of excess exercise. Just choose an outdoor activity that you actually enjoy doing. Running, biking, swimming, or anything on the water, paired with some effective calisthenics and you should be good to go. Being outside with as much sun exposure as possible provides natural vitamin D from the sun as well which is necessary to optimize your health, especially if you are not supplementing. Take a page out of McConaughy's book and just grab a workout buddy and hit the beach. It's the best! Here is one of my favorite outdoor calisthenic workouts: <https://www.youtube.com/watch?v=AgqrHfA5QSM>



I am not a doctor nor play one on the internet and this information is not intended as a prescription or medical advice. Everybody is different and can experience different effects due to their specific genome. If you have special conditions, contraindications, food sensitivities, allergies, or other limiting factors, this program may not be suitable to you. This particular plan is simply what I would do if I were lacking time and or money and still wanted to perform better mentally and physically.

This diet is based on the macronutrient profile that I believe delivers the maximum amount of nutrition and satiety in the least number of calories and in the minimum amount of time or what I like to call the 'minimum effective dose.' For every 60lbs of bodyweight you will need approximately 500 calories with 30g of fats, carbs, and protein daily in straight ratios. The ideal meal would have similar amounts of fats, carbs, and protein. I prefer these calories to be consumed 2 or 3 times a day, but whatever works for your schedule is fine. The example below is based on a 120lb person eating three times daily. So, you would need to double the numbers above if that is your weight. This would look like around 1000 calories a day with 60 grams of each macro, split up into 20 grams of fat, protein, and carbs, at breakfast, lunch, and dinner (and I weigh 180lbs so add I another 30 grams of each macro.) This may seem rather low in calories, but extra calories in the form of snacking and alcohol always seem to find there way into the week that bumps up the daily calories by a couple hundred. For this reason, I keep the numbers low. With that said, I do prefer a higher calorie meal a few times a week to stimulate the metabolism a bit and help with palate fatigue.

The example is assuming this person is fairly active and performs moderate exercise a few times weekly. Additional exercise would require additional nutrition. For instance, I weigh 180 lbs. and perform a bit more exercise. So, in addition to my daily requirements, I supplement 20 grams of essential amino acids with every extra hour of intense exercise. I also like to snack on specific trail mixes on higher cardio days and often eat my once or twice a week splurge meal on those days as well. Do try to make your splurges work for you. A good paleo-based pizza with some quality red wine and dark chocolate can be great on many levels while a fast-food pizza and a six pack of beer could erase a weeks' worth of hard work. The same goes for snacking.

The Program

- All recommended products are listed on the last page.
- All nutritional amounts are approximates...

Meal 1: Breakfast – 'Breaking the Fast'

Calories 300, Fat 15g, Carb 20g, Protein 20g

Cost: \$3-\$4

Time: 10 min unless 'Food prepped' – then virtually timeless on the go

1. 1 cup of Bulletproof coffee or similar quality coffee or tea with 1 tbsp. of collagen and 1 tsp. of coconut oil. Calories: 70, Fat 5g, Carb 0g, Protein 6g. Cost \$1-\$2

2. 2 Boiled eggs with sea salt. Calories: 150, Fat 10g, Carb 0g, Protein 14g. Cost \$1-\$2

3. 1 small organic apple (any similar sized fruit is fine; apples are just easy!) Calories: 80, Fat 0g, Carb 20g, Protein 0g. Cost 25 cents

* I do not recommend processed foods, but certain bars are acceptable in a pinch. Try to find options with similar macronutrient ratios as above and avoid anything with artificial flavoring, coloring, and highly processed vegetable oils. Some ingredients to look out for are anything 'hydrogenated', anything with 'soy', sucralose, and any of the following oils: canola, peanut, safflower, soybean, corn, cottonseed, grapeseed, and sesame.

*** Bulletproof, Kion, and Bodyhealth, all make acceptable bars.

Meal 2: Shake Time!

Calories 400, Fat 25g, Carb 21g, Protein 25g

Cost: \$7

Time: 1 minute

1. Ample Meal: This is a high-quality nutrition shake that comes in a container you simply need to add water too. There are different size options as well as vegan and keto based on your preferences. In extreme cases, I have seen clients go on Ample 'Cleanses' for short periods of time mixing up the different shakes and see amazing results. I personally prefer 'real' food but in a pinch, Ample can be pretty damn good!

Meal 3: Meat and Veggies

Calories: 380, Fat 15g, Carb 28g, Protein 23g

Cost: \$8

Time: 5-10 minutes depending on 'meal prepping.' I like to bake a weeks' worth of sweet potato's on Sunday when prepping...

1. 5oz of Wild Planet Roasted Chicken or Tuna. Calories 200, Fat 10g, Carb 0g, Protein 20g

2. .5 tbsp. of Primal Kitchen Maya. Calories 50, Fat 6g, Protein 0g

3. 1 small, sweet potato. Calories 100, Fat 0g, Carb 22g, Protein 2g

4. Organifi Green Juice. Calories 30, Fat 0g, Carb 6g, Protein 1g

- 1 oz of quality water should be consumed per pound of bodyweight. Bottled water is bad for your wallet and the environment. Buy a quality water filter and a stainless-steel water bottle. It will cost you about \$100 initially but will save you lots over time.
- Nutrient variety is an important factor for overall health and wellness. Feel free to change up this menu as long as you stay within the guidelines. Of course, I would like you to exchange sardines and oysters for the tuna and chicken at times, I am just trying to keep this simple. Also, if you replace beans or grains for the sweet potatoes, make sure they are 'sprouted.'
- Go out to eat once or twice a week and have something different. Stir fry's and big ass salads would be my recommendation since we are missing out on a lot of key herbs, spices, and veggies on this program. This is your chance to fill in the gaps!
- Alcohol will add cost and calories to the program. So, pay attention! I like to deduct the carb load from my dinner and take a post consumption walk when drinking to stay ONNIT!

There are a lot of ways to compliment this program without adding much time or cost like going to Costco and loading up on frozen items. This is just a base of what has worked well for me and a host of my clients that like to get on with their day

Sure, you could resort to PB and J sandwiches, oatmeal, and tuna helper as an alternative. I sure did when I was in college. They were cheap and easy, but really did not offer much nutrition. Or you can do what the newer school kiddos do which is connecting the dots from coffee shops to fast food which virtually offers no nutrition and supper high costs. If your goal is the biggest bang for the buck, then a close version of this plan will serve you best!

You can save up to 20% off of most 'subscriptions' on Amazon and Thrive. If you are into saving a few bucks, I highly recommend getting your coffee, coconut oil, bars, powders, and canned meats at one of those websites on a subscription.

Thrive Market: <http://thrv.me/PJo8N9>

Amazon: www.amazon.com

Links:

Bulletproof Coffee: https://www.amazon.com/Bulletproof-Original-Coffee-Upgraded-Upgrades/dp/B00R7FG5BO/ref=sr_1_4_s_it?tag=xrproducts-20

Thrive Market also has their own coffee that taste great and is half the price as Bulletproof if you are a Thrive member.

Coconut Oil: <https://www.amazon.com/Garden-Life-Organic-Virgin-Coconut/dp/B06VZ3SRGD?tag=xrproducts-20>

Thrive Market has their own coconut oil as well

Collagen: https://www.amazon.com/dp/B005KG7EDU/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

Thrive Market has a great Collagen that has become my current favorite

Ample: www.amplemeal.com

Organifi: https://www.amazon.com/Organic-Superfood-Powder-Organifi-Supplement/dp/B00MANEKWY/ref=sr_1_1_sspa?tag=xrproducts-20

Both Amazon and Thrive Market have good selections of Wild Planet. Other good companies with similar products found on these websites are 'Safe Catch' and 'Crown Princess.'

Water Filter: <https://www.seychelle.com/buy-now#!/64-oz-Dual-Filter-Water-Pitcher-Regular/p/95977857/category=25948778>

Water Bottle: https://www.amazon.com/Double-Vacuum-Insulated-Bottle-Stainless/dp/B079YJ8BKF/ref=mp_s_a_1_3?tag=xrproducts-20

BodyHealth Bars: https://www.amazon.com/BodyHealth-Bar-Cocoa-Brownie-Superfood-PerfectAmino/dp/B086WPRQ33/ref=mp_s_a_1_3?tag=xrproducts-20

Kion Bars: https://www.amazon.com/Kion-Satisfying-Real-Food-Energy-Crashes/dp/B085GLTDRW/ref=mp_s_a_1_3?tag=xrproducts-20

Bulletproof Bars: https://www.amazon.com/dp/B06XYK1P9X/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

Trail Mix: Thrive has unreal Paleo Trail Mixes that are affordable, tastes great, and fills in the nutritional gaps of what your diet could be missing.

Essential Amino Acids: https://www.amazon.com/Kion-Essential-Supplement-Recovery-Servings/dp/B078RW4K1B/ref=pd_bxgy_121_img_2?tag=xrproducts-20