

David Ryan - Weekly Nutrition/Fitness Plan

	5:30 a.m.	6:00 a.m.	7:30 a.m.	9:00 a.m.	10:00 a.m.	12:00 Noon	12:30 p.m.	2:30 p.m.	3:00 p.m.	4:00 p.m.	5:30 p.m.	6:00 p.m.	8:00 p.m.	8:30 p.m.
MON	Coffee with skim milk and Splenda	CARDIO (45-60 minutes) ¹ 5 oz. OJ with 1 scoop protein powder <u>immediately</u> after workout	1/2 cup Plain & Fat Free Greek Yogurt; 1/2 cup raw oatmeal; 1 heaping tsp flax seed; 1 scoop protein powder; 6 oz. berries ²		4-5 oz. protein; 5 oz. berries or other fruit; 8 almonds ³		4-5 oz. protein; 4 oz. berries or other fruit; 8 almonds		4-5 oz. protein; non-digestible carbs ⁴ ; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds; 1-2 glasses of red wine ⁵	
TUES	Coffee with skim milk and Splenda	CARDIO (45-60 minutes) ⁶ 5 oz. OJ with 1 scoop protein powder <u>immediately</u> after workout	1/2 cup Plain & Fat Free Greek Yogurt; 1/2 cup raw oatmeal; 1 heaping tsp flax seed; 1 scoop protein powder; 6 oz. berries		4-5 oz. protein; 5 oz. berries or other fruit; 8 almonds		4-5 oz. protein; 4 oz. berries or other fruit; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds	EXTREME RESULTS WORKOUT 5 oz OJ w/1 scoop protein powder <u>immediately</u> after workout.		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds; 1-2 glasses of red wine
WED	Coffee with skim milk and Splenda	CARDIO (45-60 minutes) 5 oz. OJ with 1 scoop protein powder <u>immediately</u> after workout	1/2 cup Plain & Fat Free Greek Yogurt; 1/2 cup raw oatmeal; 1 heaping tsp flax seed; 1 scoop protein powder; 6 oz. berries		4-5 oz. protein; 5 oz. berries or other fruit; 8 almonds		4-5 oz. protein; 4 oz. berries or other fruit; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds; 1-2 glasses of red wine	
THU	Coffee with skim milk and Splenda	CARDIO (45-60 minutes) 5 oz. OJ with 1 scoop protein powder <u>immediately</u> after workout	1/2 cup Plain & Fat Free Greek Yogurt; 1/2 cup raw oatmeal; 1 heaping tsp flax seed; 1 scoop protein powder; 6 oz. berries		4-5 oz. protein; 5 oz. berries or other fruit; 8 almonds		4-5 oz. protein; 4 oz. berries or other fruit; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds	EXTREME RESULTS WORKOUT 5 oz OJ w/1 scoop protein powder <u>immediately</u> after workout.		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds; 1-2 glasses of red wine

Footnotes

¹ On non-lifting days, my cardio is more intense, such as intervals.

² I sometimes also sprinkle a few pumpkin seeds on top.

³ Only eat nuts if protein is non-fatty. If protein is fatty (tuna, salmon, etc.), then no nuts. Can substitute equivalent amount of walnuts, pecans, seeds, avocado, etc.

⁴ Greens, broccoli, cauliflower, etc.

⁵ Wine is always optional.

⁶ CARDIO on lifting days is optional. If done, should be less intense, such as steady state. An alternative is to pursue a hobby (tennis, cycling, etc.)

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FRI	Coffee with skim milk and Splenda	CARDIO (45-60 minutes) 5 oz. OJ with 1 scoop protein powder <u>immediately</u> after workout	1/2 cup Plain & Fat Free Greek Yogurt; 1/2 cup raw oatmeal; 1 heaping tsp flax seed; 1 scoop protein powder; 6 oz. berries		4-5 oz. protein; 5 oz. berries or other fruit; 8 almonds		4-5 oz. protein; 4 oz. berries or other fruit; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds; 1-2 glasses of red wine	
SAT			Coffee with skim milk and Splenda; 1 whole egg and 4 egg whites; whole wheat toast with organic all natural peanut butter and berries (3-4 oz.) smashed into the peanut butter	EXTREME RESULTS BOOT CAMP		4-5 oz. protein; 5 oz. berries or other fruit; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds				Splurge meal		
SUN	Coffee with skim milk and Splenda	CARDIO (45-60 minutes) 5 oz. OJ with 1 scoop protein powder <u>immediately</u> after workout	1/2 cup Plain & Fat Free Greek Yogurt; 1/2 cup raw oatmeal; 1 heaping tsp flax seed; 1 scoop protein powder; 6 oz. berries		4-5 oz. protein; 5 oz. berries or other fruit; 8 almonds		4-5 oz. protein; 4 oz. berries or other fruit; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds	EXTREME RESULTS WORKOUT		4-5 oz. protein; non-digestible carbs; 8 almonds		4-5 oz. protein; non-digestible carbs; 8 almonds; 1-2 glasses of red wine

General Notes

FOOD SCALE - A critical component of the overall fitness plan is the measuring of portions. Food scales can be obtained on line very cheaply and should be used on a daily basis to measure all meals.

PROTEINS - Fish (cold water and warm water), chicken, steak (flank), bison, venison, turkey, etc. As with everything else, there should be variety in the proteins chosen, with several servings of cold water fish (salmon or tuna) a week. Proteins should not be fried, and should be skinless (if applicable) and minimally processed. Grass fed meats and wild caught fish are better options.

PROTEIN POWDER - I use Platinum Hydro-Whey (Vanilla).

FRUIT - Emphasis should be on berries and other dark fruits. Variety is key. Eat organic and fresh rather than frozen, if possible. All fruit should be consumed raw.

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General Notes Continued

NON-DIGESTIBLE CARBS - Dark leafy greens and intensely colored vegetables are best, with as many different colors as possible. Vegetables should be organic and eaten raw or as close to raw as possible.

NUTS/SEEDS - All nuts and seeds should be raw and unsalted, un-sugared, etc.

COFFEE/GREEN TEA - While only one cup of coffee per day is reflected on the fitness schedule above, feel free to supplement additional cups of coffee and/or green tea throughout the day as needed. I typically try to drink at least two cups of coffee and two cups of green tea per day.

OFF DAYS - The above schedule does not reflect an off day. I typically try to take either Friday or Monday off, which means sticking to the nutrition plan but with no **CARDIO** or **EXTREME RESULTS** workouts. Yoga on an off day is a good option. Reduce portions sizes somewhat on off days, and do not splurge on off days.

CARDIO - Incorporate as much variety as possible in your **CARDIO** program. Repeated sessions of the same cardio at the same resistance level is a guarantee of failure. While not reflected on the above schedule, I attempt to incorporate at least one or two yoga sessions per week as my schedule permits.

SPLURGES/CRAVINGS - The above schedule only reflects one splurge meal (on Saturday). I typically try to have two splurge meals per week, and having splurge meals is critical to continued success. Otherwise your metabolism will slow down too much. Try to have splurge meals on days when you are doing the **EXTREME RESULTS** workout, and preferably within two hours after completing the **EXTREME RESULTS** workout. If carbs are to be included in the splurge meal, it is better that they be whole wheat carbs.

YOGA - The above schedule does not reflect any specific yoga classes; however, I try to do at least one or two yoga sessions per week. Yoga, including the associated increase in flexibility, is an essential component of the **EXTREME RESULTS** fitness plan.

SUPPLEMENTS - I limit my supplements to protein powder, multi-vitamins, fish oil and the occasion meal replacement bar (my preferred brand is Probar (www.theprobar.com)). Most of the supplements on the market are only for short term benefits, and are actually neutral or somewhat detrimental for the long term.

LEANING OUT - If after multiple months (at least 4) of strict adherence to the above schedule you are not achieving the level of desired leanness, try eliminating all fruit on non-lifting days other than the breakfast meal immediately after cardio. Also consider reducing the protein intake to 4 oz. per serving. Finally, consider eliminating wine on non-lifting days and possibly reducing wine consumption to one glass per day on lifting days.

IMPORTANCE OF NUTRITION - Nutrition is 75% -80% of the entire fitness picture, with weight lifting, cardio, yoga, sleep, stress, etc. combined being the other 20-25%. If you eat poorly, you will not succeed no matter how much training you do. This is one of the few guarantees in life.

WATER - While the above schedule does not reflect any particular water consumption, my goal is approximately one gallon per day, with most of the water consumption in the first half of the day and tapering out as the day goes on so that you are not up all night going to the restroom.