

The Superhero Diet – For Males /please refer to the Spartan Diet for female athletes:

https://cdn.shopify.com/s/files/1/0856/2504/files/The_Spartan_Diet.pdf?12984028832162335287

In the event that Marvel contacted me offering the role of a superhero and gave me six months and an unlimited budget to obtain the build, the following is exactly what I would do nutritionally in preparation.

With that said, the following is a bit spendy. You will be purchasing the highest quality foods and most effective supplements I am aware of. But this is how the body truly thrives. Realistically, if you trade in all of the bullshit coffees and restaurants, you will actually be ahead on the money wagon, even on this program. Do you really like taco Tuesday anyway? –wtf!

This is simply a program that has worked wonders for me and I would recommend it to a friend or family member wanting to be as badass as possible. This is not to be construed or interpreted as medical advice. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any nutritional program. Basically proceed as an educated adult aka, not an A-hole.



The nuts and bolts:

- The Superhero Diet is geared towards a goal of 200 lbs at 8 percent bodyfat, - think Captain America. This is a building program, not a 'lean out.' The added musculature will indirectly fire up your metabolism causing a reduction in bodyfat. Warning, looking and feeling this good could be detrimental to current relationships. Seriously, think this through before committing. Having your friends and family on board is a good idea!
- The Superhero Diet is based around a lunchtime workout. Different workout times will require different nutrient timing. - Hit me up for help with this. Or on second thought, just exercise at lunch. Marvel is freaking paying you millions! Make it happen!
- The Superhero Diet is an extremely nutrient dense nutritional protocol, far from a deprivation diet. You will flood your body with excess amounts of natural anabolic agents to promote a growth phase conducive to gains. To allow your physiology to thrive, you must supply and gorge the body with the right nutrients at the right time. I've included a few labels on the last page so you can see the nutrient diversity in some of the chosen products. I like to think of food like the energy bar you used to see in the corner of video games. You can only kick serious ass when your energy bar is full. This is the goal with every feeding, to fill up that energy bar with the best food possible!
- The Superhero Diet is a cyclical ketogenic diet. This means that the majority of your carbs are consumed after training in the afternoon. This will allow your body to exist in ketosis for the morning hours, thus teaching your body to use fat as fuel. I have found that early morning blood sugar fluctuations caused from carbs are detrimental for optimal health and fitness. However, a certain amount of evening carbs can be very advantageous for lowering cortisol levels which sets the stage for quality sleep.

Here are the most nutrient dense superfoods that must be included for optimum results:

1. Colostrum
2. Organ Meat
3. Algae
4. Shellfish – shrimp, oysters, clams
5. Coldwater Fish
6. Grass finished Beef
7. Bone Broth
8. Local, Season, and Organic Produce
9. Essential Oils

The Plan:

Macros (all approximates..;) Calories, Approx. – 2600, Carbs- 160g, Protein- 180g, Fat 140g

Fluids: 1 gallon

Adjust the macros as needed for different weights. *For example, daily, I like; approximately 1 gram of protein per pound of lean body mass, 10g of collagen per 100lbs, 1 glass or ¼ a bottle of wine per 100lbs, etc.*

5am-ish, upon waking: HYDRATION! 16oz of purified water with ½ squeezed lemon and a pinch of sea salt.

Supplement. 1 gram of Colostrum: https://www.amazon.com/Colostrum-LD-Proprietary-Liposomal-Technology-Bioavailability/dp/B00IFH1NF6/ref=sr_1_4_a_it?tag=xrproducts-20

5:30am-ish, Breakfast: Macros: Calories- 700g, Carbs 0g, Protein- 60g, Fat-50g

- 1 cup of upgraded coffee. Use 1 tsp. of grass finished butter (Kerrigold), 1 tsp. of organic coconut oil <https://www.amazon.com/Garden-Life-Organic-Virgin-Coconut/dp/B06VZ3SRGD?tag=xrproducts-20> , and 1 tsp. of raw cacao powder https://www.amazon.com/Viva-Naturals-Selling-Certified-Superior/dp/B00HES9CMS/ref=sr_1_4_s_it?tag=xrproducts-20 (or 2 power cubes <https://www.youtube.com/watch?v=gWfCg5f8cp8> .) Blend. Calories- 140, Carb-0g, Protein- 1g, Fat 15g.
- 1 cup of Arrowhead Beef bone broth, simmered in cast iron. Calories 40, Carbs-0g, Protein-10g. I do like a tsp. of turmeric cooked in the broth, https://www.amazon.com/Healthworks-Turmeric-Powder-Curcumin-Organic/dp/B01ETLOY6U/ref=sr_1_8_s_it?tag=xrproducts-20
- 6 oz. of Arrowhead grass finished beef organ blend. I sauté in a cast iron skillet with no oil. Calories 200, Carb-0g, Protein-40g, Fat-10g.
- 1 lightly fried pastured egg in cast iron or soft boiled egg. No oil. Calories 70, Carb-0g, Protein-6g, Fat- 5g
- 2 tsp. of The Caveman's Cupboard Power Butter. Calories 80, Carb-0g, Protein, 2g, Fat 8g.
- 1 tbsp. of C60 (C60 is the most potent anti-inflammatory agent I have tried. Training hard often requires anti-inflammatories.) Calories 130, Carb 0g, Protein-0g, Fat-15g. https://www.amazon.com/Carbon60-Solvent-Research-Lipofullerene-carbon60plus-com/dp/B07CCMQ7J7/ref=mp_s_a_1_3?tag=xrproducts-20



*** I prefer real foods, but if broth is not your thing, add 10g or collagen protein to your coffee. https://www.amazon.com/dp/B005KG7EDU/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

*** Grass finished organ blend patties are magical, but if it is not your thing, a supplemental organ blend works. https://www.amazon.com/Ancestral-Supplements-Grass-Organs-Desiccated/dp/B06XP7Z1KN/ref=mp_s_a_1_1_sspa?tag=xrproducts-20



6am-ish, Pre-work metabolic boost. Crush a 5 minute workout on the way out the door. DO NOT LEAVE THE HOUSE WITHOUT A VERSION OF THIS!
<https://www.youtube.com/watch?v=8MzwHNMJUUG>

9am-ish, Hydration: 1 Pint of Pellegrino with 1 ampoule of Quinton Isotonic Seawater: the body cannot function properly without optimal hydration. I find it very difficult to stay hydrated on unstructured and dead water. Quinton is a form of structured water paired with a vortex of plankton that hydrates the cells better than anything I have tried. Quinton along with the lemon water to start your day and a few cups of bone broth does a good job keeping your cells hydrated. Note. If you are not

drinking coffee or alcohol, Quinton is probably not necessary. https://www.amazon.com/Original-Quinton-Isotonic-Seawater-Electrolytes/dp/B008J6OWF6/ref=mp_s_a_1_3?tag=xrproducts-20

11am-ish, Pre-workout: a large Macha Green Tea with 10g of essential amino acids. Calories 40, Carb-0g, Protein-10g, Fat-0g.

Macha: https://www.amazon.com/Jade-Leaf-Matcha-Green-Powder/dp/B00PFDH0K0/ref=sr_1_4_a_it?tag=xrproducts-20

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

12pm-ish, Workout: The Greek God Fitness Regiment:

https://cdn.shopify.com/s/files/1/0856/2504/files/Greek_God_Fitness_Regiment.pdf?2

The macros in this program require an effective training regiment. An hour a day of effective training is required. I am currently following 'The Greek God Fitness Regiment.' You need to literally force your body to lose bodyfat and gain muscle through your workouts. For example, when I do sprints (which is necessary), I literally cannot do another step when the sprint is over. Ancestrally, this is telling my body that if I don't change and adapt, I will die. So with the right nutrition, I will force the change! That's the goal with every workout!

1pm-ish, Post-workout/Lunch: Shake: Macros: Calories 900, Carbs- 70g, Protein-60g, Fat-40g

- 3 servings of Ambronite Drinkable Supermeal. Calories-480, Carb- 51g, Protein- 30g, Fat-18g: https://www.amazon.com/dp/B0785X67M6/ref=mp_s_a_1_1_a_it?tag=xrproducts-20
- 1 serving of whey protein (plant based is fine.) Calories 80 Carb-0g, Protein 20g, Fat 0g:

Whey: https://www.amazon.com/Thorne-Research-Chocolate-Easy-Digest/dp/B07978MBRM/ref=sr_1_4_a_it?tag=xrproducts-20

Vegan: https://www.amazon.com/dp/B075KWBPZ1/ref=mp_s_a_1_3_a_it?tag=xrproducts-20

- 2 servings of Thrive Market Paleo Granola: Calories: 300, Carb- 20g, Protein 10g, Fat- 20g. <http://thrv.me/xrproducts>. Yes I get \$\$\$ when you use this website. Go to Thrive brand to find all of the granola options. I recommend getting all 4 flavors and rotating through them for good nutrient variety.
- Purified water for desired consistency



I typically pre-make lunch and take this with me

3pm-ish, Hydration: 1 pint of purified water

5pm-ish, Post-work Burnout: Crush a 5 minute workout before dinner. It helps you better utilize your evening carbs. DO NOT STEP IN THE HOUSE WITHOUT THIS.

<https://www.youtube.com/watch?v=8MzwHNMJUUG&t=2s>

6pm-ish, Dinner: Macros: Calories 1000, Carb- 90g, Protein-50g, Fat 50g

- Rotate 6oz of wild fish, shellfish, grass finished beef, or pastured chicken. I prefer mainly fish and shellfish for dinner since mornings are red meat... Macros: Carb-0g, Protein 40g, Fat 10g
- Rotate lots of Cruciferous veggies (a few handfuls) sautéed in 1 tbsp. olive oil (if you are not using oil, substitute ½ an avocado). I like broccoli, asparagus, Brussel sprouts, and all of the 'green leafies'. Macros: Calories 90, Carb 0, Protein-0, Fat 15g.
- Rotate your starches (proper preparation is key); 1 sweet potato or 1 cup of lentils or 1 cup cooked grain or 1 cup of wild carrots or 1 cup of butternut squash or 2 cups of pumpkin puree. Calories-200, Carb-30g, Protein- 0-5g, Fat-5g.
- Fermented foods of your choice. I prefer a few tbsps. of sauerkraut or kimchi or a few pickles, but low sugar kombucha is fine too. Microbial diversity is necessary for optimal health and fitness.
- 1 cup of Arrowhead Beef bone broth, simmered in cast iron. Calories 40, Carbs-0g, Protein-10g, Fat 0g. I do like a tsp. of turmeric cooked in the broth, https://www.amazon.com/Healthworks-Turmeric-Powder-Curcumin-Organic/dp/B01ETLOY6U/ref=sr_1_8_s_it?tag=xrproducts-20
- 2 glasses/.5 bottle of Scout and Cellar Wine. Calories-220, Carb-50g, Protein-0, fat-0. Wine you say!? Really!? Yes, let me explain. There are many lifestyle factors that contribute to your health, relationships being one of the biggest. I find that a few glasses of the highest quality wine in good company can help tighten bonds that just make life better.
- ½ Dark Chocolate bar (over 80%) Calories 200, Carb-10g, Protein-2g, Fat 15g

- I like to get a variety of chocolates from Thrive Market: <http://thrv.me/xrproducts>.
- Dark chocolate and red wine are fantastic vasodilators meaning they can give you an awesome pump. Pairing up arugula and garlic alongside them is magical. Here is a short video on how I pair up the most potent vasodilators. <https://www.youtube.com/watch?v=-YZVb8mN14>
- Sparkling water is a good addition with dinner.



Here's a basic weeknight dinner. I really believe in nutrient variety to supply the body with everything necessary for optimal health and fitness. I try to rotate all aspects of my dinner. I like to have a different meat, preferably seafood, starch, and veggie every night. The fat diversity is pretty much covered in the daily meals including loaded coffee, grass finished beef, power butter, seafood, avocados, and olive oils... I believe that everything offers some nutritional benefit if prepared correctly. This goes for herbs and spices too. Garlic, sea salt, cayenne, basil, parsley, rosemary etc. Use em! With that said, my favorite dinners include the above macros in the form of a 'big ass salad', stew, or stir fry, so I can throw in lots of these spices. Apple cider vinegar is a great addition to these meals.

I prefer the freshest foods possible, but if you find yourself in a bind, below are great options on Amazon that rival the nutrition of even the freshest options.

1. Sardines: These guys are badass! They contain algae, essential oils, and collagen. I try to have a few cans a week: https://www.amazon.com/Wild-Planet-Sardines-Virgin-Lightly/dp/B003H7YHUW/ref=sr_1_2_s_it?tag=xrproducts-20

2. Oysters: Zinc powerhouses. Think 'lead in the pencil.' Shoot for at least 1 can a week: https://www.amazon.com/Crown-Prince-Natural-Oysters-3-Ounce/dp/B00GJ0WW24/ref=sr_1_2_s_it?tag=xrproducts-20
3. Clams: The world's most dense form of B12. Or you can get a GMO shot... At least a can a week: https://www.amazon.com/Crown-Prince-Natural-Smoked-3-Ounce/dp/B002T5TN34/ref=mp_s_a_1_6?tag=xrproducts-20
4. Black Beans: This brand is soaked and pressure cooked. The only way you should consume beans...: https://www.amazon.com/Eden-Organic-Black-Beans-15-Ounce/dp/B000GZW5OS/ref=mp_s_a_1_3?tag=xrproducts-20
5. Sweet Potato Puree: Unbelievable tasty. https://www.amazon.com/Farmers-Market-Organic-Canned-Potato/dp/B00R14B82W/ref=mp_s_a_1_4?tag=xrproducts-20
6. Pumpkin Puree: This is less calorie dense, so the whole can is a serving. https://www.amazon.com/dp/B0062A87HA/ref=cm_sw_r_other_apai_AcAoDbX6AZDG2?tag=xrproducts-20
7. Butternut Squash: https://www.amazon.com/Farmers-Market-Foods-Butternut-15-Ounce/dp/B000HDCSTG/ref=mp_s_a_1_1?tag=xrproducts-20

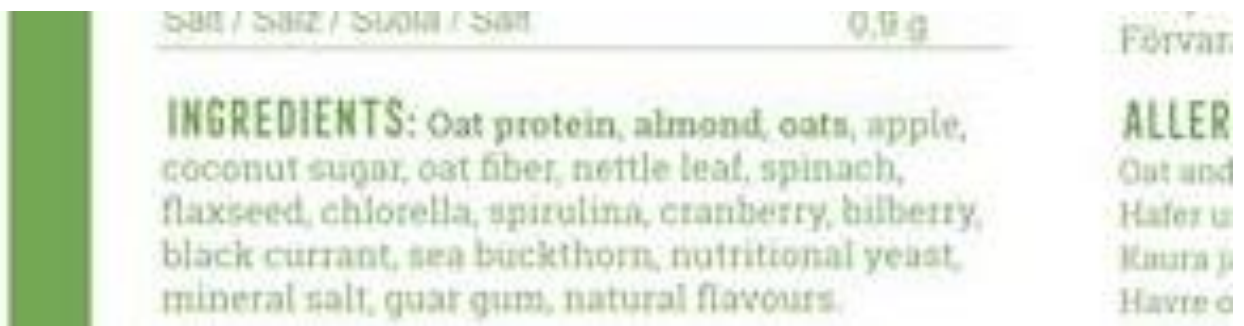
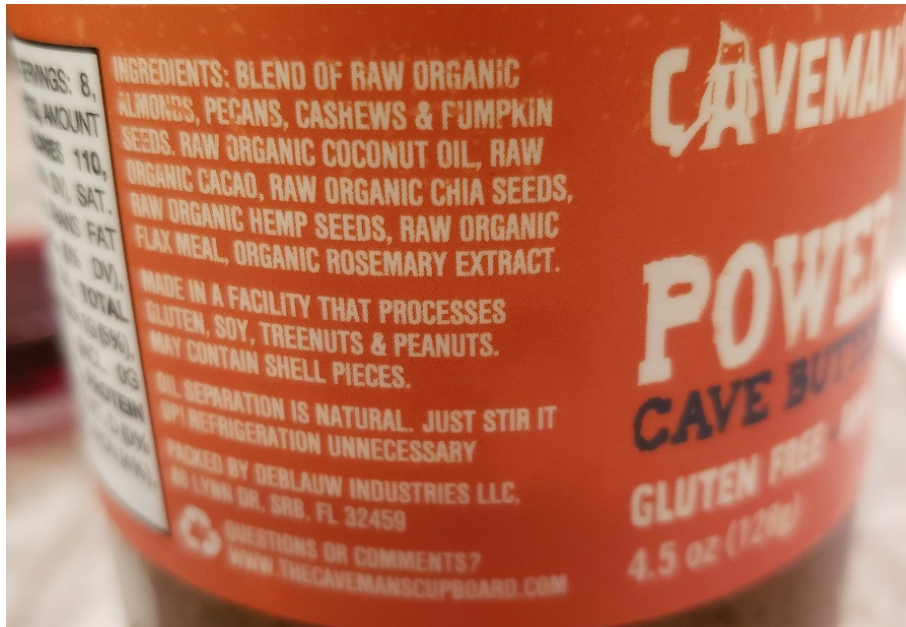
I pair these items up with wine and chocolate when in a bind...

7pm-ish, Walk for about 30 min. The fat loss benefits of this activity are unreal. I believe this is more beneficial than most people's daily cardio.

Now, a few other things...

1. I would be amiss to not mention the importance of sleep and sun exposure. This is for another time but prioritize both!
2. Stress management and cortisol regulation are of utmost importance as well. Growth hormone, testosterone, and melatonin are necessary for a superhero build and release while we sleep. Imbalanced cortisol from excess stress will effect sleep causing these hormones to downregulate.
3. No, there are not substitutes for time and convenience. I know you are busy, but being a food prepper is necessary if you want to look and feel your best. Again, freaking Marvel is paying you millions for this. Make it happen! With that said, splurging is out.
4. Processed and low quality foods make you fat. Cell phones make you fat too.
5. I am also sure by now that you have noticed that fruit isn't on the program either. Honestly, I love berries, beets, and honey, and these are some of my favorite splurge foods. But if I was going for superhero status, I wouldn't want to deal with too much fructose (I know I know, - sweet potatoes have some fructose...)
6. Sure you can go out to dinner, just keep the foods similar. I was at Jessie's the other night with a good bottle of red, a NY strip, double veggies, and a side of raw oysters. I unfortunately didn't have any starches or chocolate, but I bumped up the protein a bit instead to keep my calories in check.

7. Nutrient diversity is big part of being your best. You need to supply your body with everything it could possibly need multiple times daily. Once there is a deficiency in your nutrition, your gains will not only stop, but you will age at an accelerated pace. I have listed a few labels of the products included on this program that really fill the gap. Chlorella, spirulina, hemp seed, chia seed, flaxseed, and pumpkin seeds are just a few superfood ingredients listed below. The list gets even better when rotating through the different granolas. Pair these ingredients with quality meats, broths, and veggies, and your body is going to really be thanking you!



**INGREDIENTS: SUNFLOWER SEEDS*,
PUMPKIN SEEDS*, MAPLE SYRUP*,
UNSWEETENED COCONUT*, SPROUTED
ALMONDS*, SPROUTED CASHEWS*, SPROUTED
WALNUTS*, CINNAMON*, VANILLA*, SEA SALT.
*ORGANIC**