

morellifit

LET'S GET FIT TOGETHER

Frequently Asked Questions!

1. [Can I change the carb cycling days according to my workout and daily schedule?](#)

Yes, you may change the carb cycling days to fit your workout and daily schedule. Do your best to keep them in order, especially following each high carb day with a low carb day and keeping the same amount of HC, MC, and LC days on your plan.

2. [How do I weigh out my foods? Should they be cooked or uncooked weights?](#)

All foods will be weighed/measured cooked with the exception of steel cut oats. They are measured uncooked.

3. [How can I swap something out that I do not like in return for something else?](#)

You can swap any food you dislike by identifying whether it is a protein, carbohydrate, or fat by using your swap guide. After identifying which category the food fits into, find a food in the same category that you would like to swap it for. This food must be the same in micronutrient breakdown. For example, a banana has 27g of carbohydrates and is a fruit. You would go to the fruits section and find a fruit that has roughly the same amount of carbohydrates. you can also figure out the total number of protein, carbohydrates, and fats by looking at the right hand side of your custom meal plan. For each meal, there are averages of the protein, carbohydrates, and fats.

4. [When can I drink BCAAs?](#)

BCAAs can be consumed on training and non-training days throughout the day. They can also be consumed pre, intra, and post workout.

5. [How many hours should be separated between each meal?](#)

Your meal should be separated by 2 and a half to 3 hours.

6. [What if I can't eat so often due to work or my schedule?](#)

We recommend that you first try to find a way to eat the meals in a 2 and half to 3 hour timeline. If you cannot, combine the meals into slightly larger meals that fit into your schedule.

7. [I don't understand my meal plan, can you help explain it please?](#)

Video Link :- <http://screencast-o-matic.com/watch/cDI2jBQ3uQ>

8. [What supplements should I be using?](#)

Morellifit Grass-Fed WHEY, Detox Organics, BCAAs @ <https://morellifit.com/supplements/> and <http://detoxorganics.com/>

9. [Where can I find some of the ingredients in my plan?](#)

Here is a list of some of the commonly found items and where to find them. Most of these items will be found in most grocery stores. However, you may have to go to a specialty store, like Whole Foods. There are alternatives so don't be concerned if some of these ingredients aren't available as you can always find something similar.

DryFarmWines.com/Morellifit
[Udis Gluten Free Bread](#)
[Ezekial Bread "Raisin"](#)
[Ezekial Bread](#)
[Lundberg Rice Cakes "Cinnamon"](#)
[Big Tree Coconut Nectar Syrup](#)
[Kerry Gold Grass-Fed Butter](#)
[Epic Beef Jerky](#)
[Halo Top Ice Cream](#)

10. [Can I drink coffee?](#)

Yes, opt for pure black coffee, or if needed, you can add almond milk as creamer. Consume in the morning or as a pre workout if desired.

11. [Can I drink alcohol?](#)

Yes, in moderation. We include Dry Farm Wines on the plan. However, if you do not like wine, this can be swapped for 1 fl. oz shot or 1 can/bottle of light beer (less than 8g carbs).

12. [It's at the end of my day and I have missed two meals. i just ate, but it's late. What happens if it's too late and you miss a meal? Do I cram it all into one? Can I eat shortly after the previous meal?](#)

Do your best. Don't cram or scramble to try to get everything in. Tomorrow, you do your best again!

13. [I know I have pre and post workout meals. If I don't workout that day, do I only eat 4x that day instead of 6? Or do I still need to eat the pre and post workout stuff?](#)

Nope, you still get your meals in. On training days do your best to structure those meals around your workouts.

14. [My meal plan tells me to add desired veggies. How much should I add?](#)

When adding desired veggies, you want to make sure that they are low calorie in nature. For example, spinach or kale. I would recommend 2-3 handfuls, as you can never get enough green goodness!

15. [I don't like quest bars, can I use another kind?](#)

Yes, absolutely! In fact, we would rather you do. While we do put Quest Bars on our Custom Meal Plans, they really aren't the best. The reason why we do this is because we are all on a journey and for some of us, Quest Bars are a major step in the right direction.

16. [Can I use other brands besides Morellifit for protein?](#)

We suggest using a grass-fed whey with as few ingredients as possible. It's good to avoid artificial sweeteners and any added fillers. If you're sensitive to whey, opt for a clean egg based protein, and if you are sensitive to both dairy and eggs, opt for a pea/rice based protein isolate.

17. [I am on the road a lot, what do you suggest?](#)

Pack a cooler full of your meals and snacks. If you are in a situation where you have nothing, then please use the section on the meal plan labelled "worst case diet scenarios". Almonds, beef jerky, and hard boil eggs are good options you can find at most gas stations. You may also opt for a bar (the cleaner, the better) in this situation.

18. [What about meal prep? How should I do this?](#)

The first step to meal prepping is picking your meal options for the week and then adding up your proteins, carbs, and veggies. So, for example, in one week you might pick meals that add up to 30 oz of chicken, 2 cups of sweet potatoes, 1 cup of rice, and 1 cup of oats... and so on.

Then start batch cooking, which means big batches with your proteins and bake, grill, or sauté them a lot once to save time. Use a variety of seasonings. The same goes for your carbs and veggies. Bake, cook, or steam them in big batches using seasonings if you want.

Use containers to store your meals together. Get a food scale out and start taking proteins, carbs, and veggies and weighing them according to the plan and putting them together for your meals.

Also, if there are fats added to the meals, you can cook them or added on top (like 1 tbsp of butter on top of your veggies) and pack everything all together. This allows you to have all of your meals cooked and pre-portioned out so you just have to grab them and go during the day.

You can batch a whole week, or do 304 days at a time. If you do that whole week, you can freeze the last 3 or 4 days so they stay fresher.

Remember, it's not about being perfect. It's about being prepared. Just do the best you can. Almost all of our meals are made so that they are easy to make ahead and warm up later, even the breakfasts. Batch cooking will save you time and keep you prepared.

19. [I want to dine out. How do I do this?](#)

A couple things here. I usually select a lean piece of protein with veggies and I always ask what they use to cook it in. More often than not, you'll hear vegetable oil. I always respond with "could you use olive or coconut oil because I have an allergy to other oils". If they don't have other oil options, ask for real butter. They always make the switch for me. If there are some clean carbs (and my meal plan calls for them), I will order carbs like sweet potatoes, white potatoes, white rice, or even quinoa.

20. [Can my family join in on this meal plan?](#)

They sure can! In fact, we think this is a very good place for them to start. You won't know the exact amounts they need to eat, however, but the cleaner food will really be beneficial and create major results for anyone who decides to join you.

21. [What about adding spices and flavorings to my meal?](#)

Yes, absolutely! Consider using Flavor God seasoning. You could also add generic herbs and spices, such as cayenne pepper, turmeric, etc. You will find a list of these spices on the side of your Custom Meal Plan.