

COACHED BY  
*Gainz*

# CxG

(Coached  
by Gainz)



# ***Welcome to CxG***

***(Coached by Gainz)***



COACHED BY  
***Gainz***



**WWW.COACHEDBYGAINZ.COM**

# ***INDEX***

## ***(Coached by Gainz)***

Chapter 1	Welcome
Chapter 2	Coaches Expectations
Chapter 3	Client Expectations
Chapter 4	How to check in
Chapter 5	Core Dieting Philosophy
Chapter 6	How to read Nutritional Labels
Chapter 7	Calorie Burning Philosophy
Chapter 8	Simple Calorie Terminology
Chapter 9	Cardio Philosophy
Chapter 10	Training Philosophy
Chapter 11	Rehab/Prehab
Chapter 12	Honest Supplement Guide
Chapter 13	Gut Health (the second brain)
Chapter 14	BLOOD WORK & Hormones
Chapter 15	Meal Prepping Basics & Grocery Guide
Chapter 16	Traveling & Eating Out
Chapter 17	Basic Recipe Guide, Pro-Hacks, and Protein Shake Hacks
Chapter 18	Frequently Asked Questions

**WWW.COACHEDBYGAINZ.COM**

# ***Welcome New Client***

## ***(Coached by Gainz)***

Welcome, you are now officially a part of the Coached by Gainz or CxG. I hope you are ready to work hard and work smart. Our mantra is “winners adjust”. If you're not a winner yet, by the time you are done with Coached by Gainz you will become a true winner. This philosophy embraces self control, self discipline, and self accountability. Your coach has walked the walk and they talk the talk. We are going to upfront and direct with you. You hired us for a reason, our job is to put you in the best position to complete that job. We are coaches, we are not babysitters.

When we lecture you about the negative decisions you have made in the current week it is because we care about you and your goals.

**WWW.COACHEDBYGAINZ.COM**

# ***Coaches Expectations from you***

## ***(Coached by Gainz)***

- Check in on time. This means the proper date and time that was given by the coach
- Check in properly. This means have 100% of your sheets filled out prior to check in's.
- Every night, fill out your sheets
  - all physique pictures sent. Please make sure you follow the proper check in pic protocol (here)
- If you have questions, ask them. BUT, make sure you check this document prior to asking me. Also, our coaches are not google. Do not ask us google questions i.e "what is cream of rice". Ask your coach for opinions, views, strategies, solutions, etc.
- We expect all communication to be honest, transparent, and consistent. If there is an issue, the only way we can solve the issue is knowing all the details of the situation
- We expect you to follow the "Recipe". All meals eaten, all water consumed, all cardio completed, all weight training completed, all supplements and vitamins taken. Imagine asking for a chocolate chip cookie recipe, executing the recipe then complaining that the cookies didn't turn out the way you expected. Further examination, you left out the sugar, the salt and 1/2 of the chocolate chips. Same concept here. We'll set you up for success, all you have to do is execute.

**WWW.COACHEDBYGAINZ.COM**

# ***Coaches Expectations from you***

***(Coached by Gainz)***

- We expect you to enjoy your meals, make the diet enjoyable, fun, creative. The diet controls the whole process. Remember the sauces by The Flavor Gang are 100% diet friendly and are down right delicious.
- We expect you do always have a “plan b” that means when you go out to public events you have something with you that can allow you to stay on track i.e a little baggie of protein powder and a serving of peanut butter (obviously it must be on your plan).
- We expect you to plan ahead, look at the menu ahead of time, most menus can be “hacked” and remember the wait staff is there to serve YOU. don't be afraid to ask for modifications, substitutions or just “hey can i just get plain chicken breast and green beans?” then bring your flavor gang sauce with you and now you have a pretty close to diet meal.
- We expect you to use the resources we have created solely for you prior to asking us questions.
- WORK YOUR ASS OFF 100% Every day. Follow the diet 100%, train 100% communicate 100% EVERYTHING 100%

**WWW.COACHEDBYGAINZ.COM**

# ***Confirmations vs. Questions***

## ***(Coached by Gainz)***

- Do not ask us questions that are actually confirmations. What do we mean by that? If you plan states 6oz of chicken that means one thing. 6 oz of chicken. If you plan states 4 sets of squats for 45 seconds each set non stop, that means one thing. 45 seconds of squats non stop.
- Do not message us with a confirmation question and then reply "just wanted to make sure"
- If you are genuinely confused or lost that is a different topic, we need you to be good clients, good users, good consumers.



# ***Client Expectations***

## ***(Coached by Gainz)***

- Our coaches will be honest, direct, and constructive. If we lecture you, its because we care about you and your success.
- Our coaches are on a strict "turn around time" on plan updates. We dont rush our work but, this is why we need our clients to adhere to the given check in protocol.
- Our coaches will not give you anything cookie cutter, we have a proven system that has worked for years however, if you cannot tolerate eating avocado, we wont make you eat the avocado.
- Our coaches believe in progression. Not all clients we be at the same level. If you cant perform a proper back squat, we're going to work on the fundamentals first. If you leave this journey with CxG with no information then we either failed or you did not digest any information.
- You can expect your coach to LISTEN, COMPREHEND, COMMUNICATE, COLLABORATE, AND EDUCATE.

**WWW.COACHEDBYGAINZ.COM**



# ***How to check-in***

## ***(Coached by Gainz)***

You will have weekly check ins on a given day.

- 1) all daily tracking sheets must be filled out
  - 2) all pictures must be uploaded to \_\_\_\_\_ please follow the instructions below regarding the checkin pictures
- Consistent, accurate check-in pictures are KEY to the coaching progress. We don't base all over our decisions based on the scale.
  - Pictures must be taken in the same location, same time (upon wake up, fasted, after you go to the bathroom)
  - Aim to wear the same clothes or very similar.
  - Make sure the lighting is good and consistent. This may take some practice finding what good lighting is in your house
  - You don't need someone to take your pictures, WE NEVER SHOULD HERE THIS PHRASE (I had no one to take my pictures, my husband wasn't home)
    - Option #1 - Timer Mode on your cell phone, it will automatically take the pictures in the time interval you pick
    - Option #2 - Video record yourself on selfie mode. Hit your poses. Rewatch the video and screen shot the best/most accurate pictures
    - Poses Front Double Bicep, Rear Double bicep, side relaxed and front relaxed
    - \*\*\*\*If check in pictures are late, distorted, inconsistent, if the log sheets are not filled out. We will simply not do your check in. You will remain on the current plan until the next check in.

**WWW.COACHEDBYGAINZ.COM**

# ***Core Dieting Philosophy***

***(Coached by Gainz)***

We believe and practice a term we refer to as "strict-flexible dieting" meaning we don't care HOW you prepare your food but, you must eat the food on your plan at the given amount. Enjoying your meals is the #1 value. The excitement leads to the start of the digestion process via salivation. It's been clinically proven that sauces by the Flavor Gang initiate 83% more saliva than eating plain, boring food.

We are not a pedantic group of coaches we think in the big picture. Meaning enjoy the artificial sweeteners, enjoy diet beverages, things like that that "Studies" show can be "negative" we say enjoy those items, enjoy your life. If consuming sucralose in your coffee makes you 1) happy 2) makes you adhere to the plan better vs not consuming those items in the .0000005% chance of getting cancer from those items. We say take the "gamble" Eating healthy and eating towards your goals are very different concepts. We will be focusing on goal based nutrition. Bananas are healthy, yet eating 4 a day may impede progress for your goals.

**WWW.COACHEDBYGAINZ.COM**

# ***Examples of strict-flexible dieting***

***(Coached by Gainz)***

Your meal states "6oz flank steak + 140g rice + 50g avocado + 100g veggies" That's what you see, what we see is "I'm going to put the flank steak in the slow cooker with the Flavor Gang Mexican Seasoning cook it overnight under its fork tender and shred it like barbacoa. I'm going to take the rice and make a cilantro lime rice, take the 50g avocado and make guacamole and the veggies ill make fajita veggies. Construct a burrito bowl or use lettuce wraps and make lettuce wrap tacos and top with The Flavor Don Sauce Texas Smash Sauce...BOOM I have above restaurant quality lettuce tacos or burrito bowl.

[Check out your Quick Recipe guide here for more ideas](#)

This principle allows for endless food combinations and creations just takes a little effort and brain power.

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Timing***

***(Coached by Gainz)***

We always advise routine-like behavior. The body thrives in routine, the body is always searching for homeostasis. We need to create a new "normal" for the body. We preach meal timing between 2-3 hours. This allows constant, efficient metabolism of foods, stable blood levels, stable digestion of foods.

Your diet will always have particular meals specified i.e pre workout meal, post workout meal, last meal etc. This is because each food has a different effect on the body. We want foods that digest slowly over night and aid in proper hormone output i.e we probably don't want a huge surge of insulin right before bed.

**WWW.COACHEDBYGAINZ.COM**

# ***Hydration and Sodium***

***(Coached by Gainz)***

Water is essential. Sodium is essential. The problem with both of these items is that there can be issues to an individual when both water and sodium levels are inconsistent, imbalanced. Water and sodium power the brain, cardiovascular system, and the muscular system.

**WWW.COACHEDBYGAINZ.COM**

# ***Basic Nutritional Knowledge***

***(Coached by Gainz)***

What are calories? Calories are energy, NOT coffee. Calories are what fuel your body, your brain, your hormones. Calories are made up of something called Macronutrients "Macros".

These are Protein, Fat, Carbohydrates

- Protein - the building blocks of the body. These are responsible for building and repairing muscle tissue and supply key functional nutrients for the brain via "amino acids". There are EAA's and BCAA's. Essential amino acids (8 amino acid chains that are essential for the body to operate). BCAA's are branch chain amino acids. These are non essential when consumed independently. However, when paired with an EAA the BCAA's are now "active" for lack of less scientific word.
- We will focus on lean and fatty protein sources in your diet. High Protein rich diet is a more satiating diet, as the protein is harder to physically eat, slower to digest and it also slows down the release of insulin - covered in the hormone section )

**WWW.COACHEDBYGAINZ.COM**

# ***Basic Nutritional Knowledge***

## ***(Coached by Gainz)***

- Not all proteins contain the same amino acid profile, we are going to focus on complete proteins with high bioavailability \*(what your body actually absorbs/uses)
- Fats- essential fatty acids are responsible for hormone regeneration and optimization. Fats are also a slow releasing energy source. The body prefers glucose via carbs yet, the body uses fats very efficiently. Fats will be used in specific times on your plan due to the effect on the digestion system i.e a high fat meal prior to training will most likely impede digestion.
- Carbohydrates: Carbs are the main, and preferred energy source for the body and the brain. Carbs don't make you fat. Overeating carbs, overeating protein, overeating fats leads to fat gain.
  - We will be using carbs as a tool for metabolism and performance. Digestion of carbs are very dependent on the person for example some one may only be able to digest white rice, while the other person can eat potatoes, grapes and brown rice with no issues.



# ***Basic Nutritional Knowledge***

***(Coached by Gainz)***

- **Micronutrients**

- Micros are vitamins, minerals, and the health properties contained within macronutrients. Micros do not have a direct correlation to body composition (muscle gain/fat loss) however, they can help the processes within the body, help the body utilize and metabolize certain nutrients and chemical and hormonal based processes within the body and brain.

Are all calories the same? Yes. All calories are the same HOWEVER, what you get out of the calories is not the same. For example 100g of carbs from red potato equals 400 calories. 100g of carbs from table sugar equals 400 calories. The effects of those calories are dramatically different, one is nutrient dense and high volume food (potato), the latter is nutrient sparse and will excite more hunger. Think of dieting with the proper foods as an investment. Spending \$400 on a blockbuster stock still costs \$400, vs \$400 in amazon. Same amount spent yet yields different returns over time.

**WWW.COACHEDBYGAINZ.COM**

# ***Macros Continued***

***(Coached by Gainz)***

Proteins consist of 4 calories per gram of protein  
Carbohydrates consist of 4 calories per gram of protein  
Fats consist of 9 calories per gram of protein  
To determine the total calories per meal all you have to do is multiply the grams of protein and carbs by 4. Multiply grams of fat by 9 and add up all 3 values.

**WWW.COACHEDBYGAINZ.COM**

# ***How to read Nutritional Labels***

## ***(Coached by Gainz)***

Reading food labels are essential for learning to mindfully eat and learning how to cook meals according to your plan. Rule of them, never buy a product based on the front of the item. The front of the item is 100% used to sell the product. MOST products sell you on buzz words but those words don't paint the whole picture i.e Twizlers are marketed as a "fat free food" on the front of the package. Well if you look a little closer on the label it is fat free 0g of fat yet it has 50g sugar. For a list of 50+ names for sugar [click here](#).

**WWW.COACHEDBYGAINZ.COM**

# ***Serving Size***

***(Coached by Gainz)***

Serving sizes are how the company is choosing to break down the product. This can either be used as a marketing tool i.e "Oh my god, these cookies are only 80 calories per serving! (for 1/4 of a cookie, and there's 10 servings in the box). Or it can be used as a suggested consumption amount. The Flavor Gang sauces' serving size is based on suggest used of the particular sauce. When practicing your diet, it's imperative that you don't follow the serving size of the package and you do in fact follow the serving size within your diet i.e 20g of peanut butter vs 32g of peanut butter (which is the serving size on the label).

**WWW.COACHEDBYGAINZ.COM**

# ***Ingredient List***

***(Coached by Gainz)***

this section is to identify what makes up the product. Food label regulations state that the manufacturer must put the ingredients from greatest used to least used. For example, if a product has the word "sugar" at the very end of the ingredient list that means its barely used yet, it still contains sugar. Now here's where the label regulations can get a bit sketchy.

Labels list out the amount of proteins, fats, carbs, sugars, fiber in GRAMS. What makes up GRAMS? 1,000 milligrams. So, a company could put on their label 0 grams of sugar yet the amount of sugar per serving size is 999 milligrams (so not a gram). The danger is that if you consume 10 servings of the "zero grams of sugar product" you could really be eating  $999\text{mg} \times 10$  (9,990mg or 9grams of sugar). Have that everyday over the course of a month and you'd be ingesting about 1,200 calories from sugar a month. An extreme example but, this does happen.

**WWW.COACHEDBYGAINZ.COM**

# ***Ingredient List***

***(Coached by Gainz)***

## SUGAR ALCOHOLS

Sugar alcohols are fermented sugars usually from natural resources. These sugar alcohols are claimed to not raise blood glucose levels because the body does not digest the alcohols. This is the reason some people get digestion issues from these items. We are firm believers that just because it's natural doesn't mean it's best for you. If natural sugar alcohols give you diarrhea and sucralose doesn't, I would say consume the latter.

## NET CARBS

Net Carbs is a concept that claims fiber cancels out the total carbohydrate amount per item. For example, if a brownie contains 50 grams of sugar and 50 grams of fiber, science says that's a 0 net carbs food. We don't preach nor practice that.

**WWW.COACHEDBYGAINZ.COM**

# ***Ingredient List***

***(Coached by Gainz)***

## WHAT DO LABELS NOT DISPLAY?

Labels do not showcase the glycemic index of foods, which is basically the rating or level of glucose spikes from consumption of the carbohydrate. CxG doesn't harbor too much on this as everyone digests, and metabolizes carbohydrates differently. Labels also do not showcase the amino acid profile of proteins. All the consumer is given is the total grams of protein, not the quality of protein. The protein amino acid profile from egg whites is vastly different from the protein found in the highly processed white bread. Yet, the white bread contains 4 grams of protein per slice.

**WWW.COACHEDBYGAINZ.COM**



# ***Calorie Burning Philosophy***

## ***(Coached by Gainz)***

We will focus on 2 forms of calorie expenditure 1) Active and 2) Passive calorie output Active = weight training, cardio bouts, steps, walking, etc

Passive = we will be mastering the concept of "N.E.A.T" Non-Exercise Activity Thermogenesis. Meaning how many calories your body is utilizing while its performing no activity or while it's doing "nothing" i.e standing at your desk working vs sitting at your desk. Doing 60 minutes of dishes vs 60 minutes of Netflix. NEAT is a concept that can instantly change your bodies operations and performance from a slow, gradual calorie burn throughout the day, mental performance, digestion optimize (sitting halts digestion), and constant use of muscle complexes i.e glutes and abs vs sitting turns both of those mechanisms OFF.

**WWW.COACHEDBYGAINZ.COM**

# ***Calorie Burning Philosophy***

## ***(Coached by Gainz)***

Because NEAT is a concept that can be shown to make an impact daily, we're going to focus on changes to our current NEAT from Day 1. The second part of Passive energy output is the role of building Lean Muscle Tissue. This is similar to building a healthy, conservative stock portfolio vs day trading. Lean Muscle tissue controls out BMR (Basal Metabolic Rate) in short, BMR is the size of our gas tank. The bigger the gas tank, the more gas you can hold in the tank. The more muscle we have the more calories we require to operate or function with that muscle. So, the more muscle we obtain the more calories we need meaning the more food we can eat. This is a SLOW process. It requires patience, and consistency. It's easier to lose 10 lbs of fat than building 10 pounds of muscle. To put it into perspective, 10 lbs of fat should take 10-12 weeks. 10 lbs of lean tissue could take 2-3 years.

**WWW.COACHEDBYGAINZ.COM**

# ***Calorie Burning Philosophy***

## ***(Coached by Gainz)***

Because NEAT is a concept that can be shown to make an impact daily, we're going to focus on changes to our current NEAT from Day 1. The second part of Passive energy output is the role of building Lean Muscle Tissue. This is similar to building a healthy, conservative stock portfolio vs day trading. Lean Muscle tissue controls out BMR (Basal Metabolic Rate) in short, BMR is the size of our gas tank. The bigger the gas tank, the more gas you can hold in the tank. The more muscle we have the more calories we require to operate or function with that muscle. So, the more muscle we obtain the more calories we need meaning the more food we can eat. This is a SLOW process. It requires patience, and consistency. It's easier to lose 10 lbs of fat than building 10 pounds of muscle. To put it into perspective, 10 lbs of fat should take 10-12 weeks. 10 lbs of lean tissue could take 2-3 years.

**WWW.COACHEDBYGAINZ.COM**

# ***Simple Calorie Terminology***

## ***(Coached by Gainz)***

### MAINTENANCE CALORIES

this is a value of energy that correlates to your BMR (basal metabolic rate) which if you can remember are the number of calories your body needs to function and maintain the current weight

### CALORIE DEFICIT

this is the value of energy that your body needs to lose fat. Too big of a calorie deficit can catabolize muscle tissue (break down muscle tissue), impair performance, down regulate hormone production, slow down metabolism, just to name a few issues. It is key to be in a "healthy" calorie deficit.

### CALORIE SURPLUS

this is the exact opposite as the deficit, same rules and risks apply too many calories can have negative effects on hormones, vital blood and organ markers (blood glucose, blood pressure, insulin production, sleep issues, performance etc).

# ***Simple Calorie Terminology***

## ***(Coached by Gainz)***

### HOW TO GET IN A CALORIE DEFICIT

multiple ways of doing this. Coached by Gainz will implore all the diet, training, activity principles to achieve this. We will focus on building lean muscle tissue, eating low calories high volume foods, creating a high NEAT, and performing cardio sessions. Now, this is where people get too hung up in the black and white viewpoints. We believe the body is not  $A + B$ , its NOT an ATM machine. Meaning to lose 1 pound of fat in a week the client will need to lose 3,500 calories (the amount of calories in a pound of fat) over seven days (500 calories a day). We can achieve that by dropping calories on our diet, increasing cardio output, increasing our NEAT, increasing intensity and or volume in the gym.

**WWW.COACHEDBYGAINZ.COM**

# ***Using a body weight scale***

## ***(Coached by Gainz)***

Oh, the dreaded scale. For some reason especially in the female population, the digital scale is the source of truth. It portrays success and failure. Scale goes up, failure. Scale goes down, success! That is a farce. There are so many variables and factors that are not accounted for when we step on the scale. For example, stress levels, quality and amount of sleep, how much sodium and water is still in your system, how much food matter in pounds are still in the digestive system.

Let's break this down into something logical and objective. 1 pound of fat contains 3,500 calories. The client is in a calorie deficit of 1,600 total calories consumed on a daily basis. The clients maintenance calories is 1,900, (300 daily calorie deficit). The client is perfect on the day, perfect on training and water. They wake up 3 lbs HEAVIER than the previous day.

**WWW.COACHEDBYGAINZ.COM**

# ***Using a body weight scale***

## ***(Coached by Gainz)***

Now, let's use some logic. If 1 pound of fat equates to 3,500 they client would have to have consumed 10,500 over night to gain 3 pounds of fat. Impossible. So, what happened? We can guess, we can track patterns, we can assume, we can analyze. Did you consume all the water, did you urinate enough? Did you have healthy normal bowel movement? Are you bloated, are you on your female cycle? Did you sleep well? Are you stressed? We need to understand these variables as to not give the power to the scale! We will use the scale and we'll typically weigh in back to back days, typically 2-3 times a week. Often times the body just needs to regulate the digestive system, the hormone system, the hydration system and that second weigh in will show a more accurate weight.

**WWW.COACHEDBYGAINZ.COM**



# ***Using a body weight scale***

## ***(Coached by Gainz)***

Cardio Philosophy with pretty much everything CxG preaches and practices - quality over quantity. Most likely your plan will involve daily cardio activity. This could range from a simple walk outside, jogging, treadmill, spin bike, stairmaster, crossfit, rower, sprints etc. The main purpose of cardio is to provide cardiac health (heart health). There are numerous benefits from doing daily cardio other than heart health.

- Stimulates metabolism
- Improves insulin sensitivity
- Can either promote or decrease hunger
- Increased blood flow
- Reduce blood glucose levels
- Increase performance in the gym
- Releases endorphins, better mood
- Stress reliever
- Great way to start your day and build a routine of success.
- Calorie output

**WWW.COACHEDBYGAINZ.COM**

# ***Using a body weight scale***

## ***(Coached by Gainz)***

There's two ways of doing cardio. 1) the lazy way, majority of people in the gym. This involves holding on to the treadmill especially on an incline (defeats the purpose), crunching over/slouching over the stairmaster, putting your body in a "dip" like set up (both examples shift your body weight to the machine supports). We want to burn as many calories as possible while performing the given task. Stand up, abs tight. Your plan will notate the duration, and intensity level of the cardio.

There's not "best time to do cardio" . We prefer doing it fasted, it's a great way to start your day mentally and physically. Oftentimes our clients will have to get in the cardio when they can do their work/lifestyle. Winners adjust.

**WWW.COACHEDBYGAINZ.COM**

# ***Training Philosophy***

## ***(Coached by Gainz)***

We believe in INTENSITY and INTENTION. MOST people have no or little intensity in the gym and definitely no intention. We will learn, re-learn the basic activities of life and of resistance training. Intensity powers our intention. We never want to look like we're reading a book in StarBucks. We want to look "ugly", we want to struggle.

Going one step further, we practice "progress overload" however, we aren't always weight driven. We need to focus on each training session being progressively hard(er). That can be heavier weights, slower reps, longer pauses, manipulating ranges of motion, manipulating rest times, using different forms of resistance (bands, manual resistance etc).

For competitors, we will focus on training how we pose. When we hit our poses on stage it is the standard for muscular philosophy. Over the course of your coaching you will see how the two concepts compliment each other and how they both feed each other.

**WWW.COACHEDBYGAINZ.COM**

# ***Training Philosophy***

## ***(Coached by Gainz)***

Workout Plans will focus on compounds lifts meaning movements that use 2+ muscle groups i.e deadlift, rows, squats. These are the core of the programs and all the surrounding movements will be based off of these motions.

Depending on the goals of the clients and the status of their program, volume, rep ranges, sets, weight %'s will be manipulated and changed periodically. Make sure you watch, learn, apply the techniques in our instructional videos here!

**WWW.COACHEDBYGAINZ.COM**

# ***Rehab/Prehab***

***(Coached by Gainz)***

PreHab is the concept of reversing all of the active and passive damage we do on an hourly basis i.e texting in a hunched over position, sitting at our desk, driving our car to active damage i.e squatting, bench presses, jogging etc.

The practice of pre-hab uses myo-fascia release or what we refer to as "fascia smashing" think of it as tenderizing a piece of steak. Fascia is a film of cells that encases the muscle fibers. Tight or rigid fascia pulls the muscle fibers in directions away from joints impairing ranges of motion, ability or quality of contractions and distorts the muscular system. The softer the fascia, the more normal the muscle will sit inside the body and the more functional the muscle becomes with can lead to increased performance and decreased risk of active and passive injuries.

**WWW.COACHEDBYGAINZ.COM**

# ***Rehab/Prehab***

## ***(Coached by Gainz)***

The issue with fascia release is that it has to be done EVERY day. ALL day. 2 minute intervals per body part, at least 3 times a day. Ross has personally fixed HUNDREDS of injuries on his clients with his techniques. Most, if not all injuries that are non-trauma based can be resolved by restoring the health and quality of the fascia

Fascia Smashing can also be used for a Performance Enhancement. Before every workout, we will include Fascia Smashing to the target muscles i.e chest day, we'll smash our pecs, front delts, lats and triceps. Fascia Smashing prior to performance will drive blood flow to the area, allow deeper, harder contractions, and resets the elasticity of the muscle fibers which allow them to fire and recoil more optimally

**WWW.COACHEDBYGAINZ.COM**

# ***Rehab/Prehab***

## ***(Coached by Gainz)***

Essential and approved Fascia release tools  
click the links below.

- Foam roller
- Lacrosse Ball
- Sidekick
- Message Gun
- Fascia Smashing for Quads
- Fascia Smashing feet
- Fascia Smashing calves
- Fascia Smashing hamstrings
- Fascia Smashing low back pain
  - Include lower cross video

**WWW.COACHEDBYGAINZ.COM**



# ***Pre-Hab - Mobility***

## ***(Coached by Gainz)***

Mobility is a practice of using “corrective stretching” to reset our body i.e if you are constantly sitting all day your body will be in what's called a “flexed” position. The body WANTS to be in a flexed position, think of how a baby is positioned in the womb (fetal position). However, this comfort position wreaks havoc on the adult muscular and skeletal system. We want to aim for extension. The opposite of flexion. Step 1 is to break up, release the fascia that encased the muscular system. Step 2, correct the position of the muscles via corrective stretching.

Corrective stretching is a static stretch that is executed in a functional position, i.e correcting hip issues will be solved in a squat like position.

**WWW.COACHEDBYGAINZ.COM**

# ***Hip Mobility Exercises***

## ***(Coached by Gainz)***

Mobility is a practice of using “corrective stretching” to reset our body i.e if you are constantly sitting all day your body will be in what's called a “flexed” position. The body WANTS to be in a flexed position, think of how a baby is positioned in the womb (fetal position). However, this comfort position wreaks havoc on the adult muscular and skeletal system. We want to aim for extension. The opposite of flexion. Step 1 is to break up, release the fascia that encased the muscular system. Step 2, correct the position of the muscles via corrective stretching.

Corrective stretching is a static stretch that is executed in a functional position, i.e correcting hip issues will be solved in a squat like position.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

## ***(Coached by Gainz)***

We're going to divide the supplements into two categories. Performance and Health. We will recommend both types based on :

1. your current health status based on blood work and metrics
2. your performance and physique goals
3. where you currently are in your health journey.

Performance Geared supplements are pre workouts, intra-workouts, creatines, recovery formulas.

Health Geared supplements will be use to improve any low or high blood markers i.e blood Glucose levels, blood pressure, liver and kidneys, heart, organs health, internal inflammation, gut health etc.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

Just like every industry there are companies whose sole mission is to obtain capital, money. Most do this without any hesitation, ruthless, banking on the consumer's ignorance. Using buzz words, marketing gimmicks and tricks to get you to buy their product. Majority of companies do this by undercutting ingredients and misdosing the active ingredients or swapping to similar ingredients. For example, you may pick up a product that claims it perfect for building muscle by it's Essential Amino Acid Profile. The consumer may look on the back and see a bunch of compounds and numbers (they have no idea what they're looking for, but it looks scientific). With a further look the company's label lists 3 of the 8 EAA's at 300mg. The typical consumer has no idea if this is good but they trust the product because it looks good, appealing.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

In reality the active dose of those EAA's is more like 1,000 mg each so, you'd have to consume 3 servings of the current product. Now here's where they "get cha". This particular product costs \$39.99 cheaper than Like A Pro's EAA's however, the \$39.99 product contains all ingredients that are under-dosed, in reality the Like a Pro's Formula is the best for your money.

This same rule applies to "proprietary blends" this is a technique that a lot of companies use to mask and undercut the most expensive ingredients and jack up the cheapest ones. Everything in your plan are products we recommend and use on ourselves. We sell some of the products on our website .When it comes to supplements we prioritize quality over everything.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

## ***(Coached by Gainz)***

The same rules apply to health supplements. For example fish oil. A lot of americans consume fish oil products. Most companies will not supply the consumer with the active dose (active dose is the amount of an ingredient that displays a desired result or given claim). For example, "Fish Oil Brand A, "helps promote a healthy heart". Further analysis, serving size is 1,000 mg yet typically the active dose is 6,000mg over the course of the day. The companies know their consumers are not educated nor willing to swallow 6 large pills.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

Pre workouts; the most over consumed, over hyped, highest profit margin, over produced supplement in the industry.

- Caffeine is not energy, pre-workouts don't contain energy. Most stimulant based pre workouts contain STIMULANTS that stimulate the brain via caffeine, a drug.
- The object of a TRUE preworkout is to ENHANCE the workout.
  - The big "start with half dose" statement. Without going too much into a rant, let's dissect that statement. USUALLY the typical pre workout is loaded with stimulants (most used stimulant is caffeine) now remember the goal of a true preworkout is to enhance performance. Caffeine and stimulants can be used effectively if it's a proper dose I would say 75-150mg of caffeine.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

Too much stimulants can act as a vaso-constrictor meaning reduces blood flow. Reduction in blood will result in weaker contractions, decreased output from type 2 muscle fibers (the explosive muscle fibers) and can act as a mild diuretic (the flushing of water and electrolytes from the muscles). As an athlete we don't want any of the above. We want the muscles to be hydrated and full of blood.

- Regarding the "start with half" a scoop statement literally implies the company jacked up the caffeine content however, what it really ends up happening is that now you're getting half of the dose of the other active ingredients within that product, rendering the product almost useless.

**WWW.COACHEDBYGAINZ.COM**



# ***Honest Supplement Guide***

***(Coached by Gainz)***

- What do you want to look for in a product with stimulants? Something on the lower end of the caffeine content and full, accurately dosed active ingredients that promote harder/deeper contractions, more blood flow (vasodilation), and helps maintain electrolyte levels. Some products may contain mental, focus ingredients without the overuse of stimulants. Again, we recommend both pre workouts from Like A PCreatine, the most studied and oldest products on the market.
- Creatine is found in animal proteins like steak, chicken, venison. Creatine is actually an energy system found in the muscles. Creatine is responsible for anaerobic activity, which is activity that the blood does not use oxygen as the energy system. Proper use of creatine can show slight increases in explosive performance and is completely safe to use.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

Don't be fooled with "new creatine" formulas. It's a marketing ploy, we want micronized creatine monohydrate

- Proteins - out of convenience, your plan will probably include 1-2 feedings of a powdered protein source. The king of protein supplements is a high quality whey isolate. Whey isolates are both a complete protein and high bioavailability (ability that your body has to uptake the nutrients) however, not everyone digests whey isolate properly. So what we need to look for is the tradeoff of digestion ability and quality of the protein. Some clients do egg white protein, some can only do whey concentrate, beef protein, vegan plant based protein. Whatever protein source works for you, you should focus on
  - 1) digestion as previously stated

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

- 2) trace macros, for 20g of protein per serving what's the fat and carb amounts to get to the 20g of protein
- 3) added ingredients - some may say whey free but still contain dairy, most have fillers (sugar or sugar/wheat derivatives)
- 4) amino spiking, 1,000 mg of an amino acid equals 1 gram of protein. There have been a lot of companies in the past mislabeling their protein content by state 25g of protein let 15g of the 25g where from cheap amino acids and not direct protein sources (whey, egg, beef, chicken, beans, rice etc).
- Whey Isolate
- ProteinWhey Protein Blend
- Plant Based Protein
- Egg White Protein
- [Check out our protein shake and hack guides](#)

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

- **Fat Burners** - #2 in regards to the most over used, over hyped, over marketed product categories in the industry. Typically these are literally pill or capsule forms of pre workouts. Caffeine pills. In reality there is nothing OTC (over the counter) that "burns fat". A solid, respectable fat burner will actually help do two things, mobilize fat cells and aid in the process that controls fat oxidation and fat mobility (the ability for the fat to be used as an energy source). These products may contribute to a faster metabolism, a healthier thyroid, increased performance (which would lead to more calorie output) and they may also contain ingredients that slow down hunger responses which may prevent potential fat gain. We recommend **Like a Pro's Fat Burner** for all the same reasons stated in this chapter.
- **Supplement Studies** - The goal of MOST studies is to perform a study over and over again, changing many variables until they achieve the desired results.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

This is how a typical study works, an agency or company within an industry wants to release a product or release content that displays an issue with a product that advances their separate agenda. Let's take sucralose. This is a commonly used artificial sweetener used in millions of products. There have been countless studies showing the population that this chemical is cancer causing. Well, let's look a little bit deeper at what typical studies say or hide. It could be true that sucralose causes cancer but, on who and at what dose. If the sugar industry creates a study with the mission of showing how dangerous sucralose is that means their sales and overall sugar consumption will probably increase. They have the most to lose if the demand for sucralose increases. So looking back at the beginning of this section, study companies will execute the same study over and over until the desired result is shown i.e prove sucralose causes cancer. Who was the test administered on? Mice. Are we mice? No.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

What dose? Each mouse was given 5grams or 5,000 mg of raw sucralose for 30 days straight. What is the typical dose for a 200 lb male human? For sake of this example let's say its 1.5 grams. Due to the level of sweetness, sucralose can only be used in extremely small doses because it's so sweet. This sweetness will be unpalatable at higher levels. So simple, logical math would look at a dose, the species of specimen and the means of administration. Was the 2lb mouse injected with the saturated sucralose test? Sucralose has been proven so many times to be completely safe but the fear mongering still exists.   
\*\*All values used in the section above are all hypothetical\*\* When looking at different products on the market always keep these things in the back of your mind. Studies are used to SELL, products and movements.

The health based supplements we will recommend will be based upon blood work results and current health status.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

## GUT HEALTH (THE SECOND BRAIN)

The gut is hands down the most neglected aspect of the body. We as an american culture shovel the worst foods and drugs into our gut from the time we're born. Most of us don't understand why our brains are so weak and we're so sick. It's due to what we ingest on a daily occurrence. The gut directly communicates to the brain, it tells us when we're hungry, when we're full. The standard american diet consumes calorie dense foods that throw off the feedback loop to the brain that tells us when we're full or still hungry. Because the american diet is so calorie dense and doesn't fill the stomach up, by the time the hunger cue stops the calorie intake is skewed.

## FIBER

There are two types of fiber. Insoluble and Soluble. Insoluble fiber is primarily found in vegetables. Despite what the "health" community says, our coaching really limits the intake of insoluble fiber.

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

We have found that consuming large amounts of veggies actually has a negative impact on the gut and digestive tract in the way of bloating and gas. We're going to aim to find sources of veggies that don't cause these gut issues. Soluble Fiber we found actually aids in the digestive tract and waste production. We will typically implement this in psyllium husk based products like Fiber +.

**WWW.COACHEDBYGAINZ.COM**



# ***Honest Supplement Guide***

***(Coached by Gainz)***

## RESISTANT STARCH

arguably more important than fiber sources is the use of resistance starch. These foods are items that the gut bacteria feed on. Resistant starch are fermented foods like organic sauerkraut, kimchi, fermented veggies, green plantains, and cold-rebaked potatoes.

## DIGESTION AIDS

are supplements that supply the gut with nutrients (vitamins and minerals) that help metabolize and uptake nutrients, reducing the burden or stress on the G.I tract. We recommend 3 products- Ravenous, Gut Defender, and Turmeric

## PROBIOTICS

Probiotics are another item that are over marketed, over sold and greatly misunderstood. Probiotics are LIVING organisms. Theres no way that you can have a shelf stable living organism living in a dry bottle. So a common probiotic may contain something like 100 Billion Cultures,

**WWW.COACHEDBYGAINZ.COM**

# ***Honest Supplement Guide***

***(Coached by Gainz)***

yet 100 billion are dead. What you need to look for are refrigerated live cultures, live bacteria.

## INFLAMMATION AND THE GUT

again this is a person dependent topic. Different foods may cause inflammatory responses in the gut. Some common inflammatory foods are wheat gluten, sugar, dairy, veggies. However, people react to different foods i.e white rice may be an inflammatory food for some and some white rice based products are the only carb sources one can eat. The key is identifying what you react to best. So, an easy way to reduce inflammation is to remove foods that promote that response. Products we like to use are Cucurcumin and Ashwagnhada both reduce internal stress and inflammation.

**WWW.COACHEDBYGAINZ.COM**

# ***BLOOD WORK***

***(Coached by Gainz)***

(Blood work is essential, you may “feel good” but your blood levels may tell us differently. We recommend using Titan Medical. Significantly cheaper than going through your primary care doctor unless your coverage covers all of these data below.

- CMP (Comprehensive Metabolic Panel) aka SMA-20
  - Liver Function
  - Kidney Function
    - BUN (blood urea nitrogen)
    - Creatinine
  - Blood Sugar or Blood Glucose
  - Electrolytes
  - Blood Proteins
  - Cholesterol Carriers
    - HDL
    - LDL
    - HDL:LDL ratio
  - PSA (prostate specific antigen)

# ***BLOOD WORK***

***(Coached by Gainz)***

- CBC (Complete Blood Count)
  - RBC (red blood cells)
  - WBC (white blood cells)
- TFT (thyroid function test)
  - TSH
  - T4 (thyroxine)
  - T3 (triiodothyronine)
  - Reverse T3
- Testosterone
  - Total T
  - Free T
- Estrogen
- DHT (dihydrotestosterone)
- Prolactin
- Cortisol
- Vitamin D3
- Cyanocobalamin (vitamin B-12)
- C-Reactive Protein (CRP): measures inflammation

# ***BLOOD WORK***

***(Coached by Gainz)***

## KEY HORMONES (BASIC KNOWLEDGE)

Not going to overwhelm you with all of the hormones so, we'll focus on a couple

### TESTOSTERONE

the main component for muscle building in males AND females as well as well-being control. A healthy range will lead to better functioning brain, better performance, higher/healthy sex drive, better well-being. Typically as we get older these levels decrease so, its important you get them checked 2--4 times a year and consult with your doctor or many doctors that specialize in this area.

### ESTROGEN

Similar to testosterone we need healthy ranges for both men and females. Although females and males have different normal ranges this hormone is essential in regulating other hormones, fat mobilization, skin care, well-being/emotional responses. Higher than normal levels can lead to weight gain both fat and water weight, skin reactions, decreased performance and decreased sex drive.

**WWW.COACHEDBYGAINZ.COM**

# ***BLOOD WORK***

***(Coached by Gainz)***

## CORTISOL

this is the main stress hormone. It peaks in the morning but is restored during sleep. Typically elevated levels are due to external and internal stressors i.e work stress and physical stress i.e over training without taking rest. Normally, our clients experience elevated levels of cortisol from lack of sleep or poor quality, inconsistent sleep. The first sign of elevated levels is rapid weight gain not fat gain. Weight gain via water retention, similar to elevated levels of estrogen. So, if you're a female during the menstrual cycle and sleeping poorly, you can expect a large amount of water retention. Again, it's NOT fat, so, stay off the scale at this time.

## INSULIN

In short, this hormone is responsible for transporting nutrients. Unfortunately it gets a bad wrap because literally just like everything in this country (USA) we abuse everything. Abuse of carbohydrates leads to insulin resistance meaning the carbs end up getting stored as body fat. We will be using carbs as a tool so we can maintain insulin sensitivity.

**WWW.COACHEDBYGAINZ.COM**

# ***BLOOD WORK***

***(Coached by Gainz)***

Insulin sensitivity means the carbs will be able to be used more efficiently, more energy will be able to be used from the carbs. The more sensitive we are to insulin, it will give us tools to push through body fat plateaus and performance goals.

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

We recommend meal prepping in 3 day intervals. This will keep your food fresher and doesn't lock you into the food you made, leads to lower food waste and more creative ideas

## PROTEIN PREPARATION METHODS

Slow cooker (easiest, passive cooking) set it the night before you need the protein to wake up to fully cooked, fork tender protein (chicken or beef or pork). Great for shredded meats for tacos, wraps or traditional meal prep dishes. You don't need to add anything into the pot, not even water. Just cook slow and low. This cooking process cooks all of the water out of the protein which leads to two things, more volume of food per oz. and a longer storage life.

**WWW.COACHEDBYGAINZ.COM**



# ***Meal Prepping Basics***

***(Coached by Gainz)***

- Outdoor grill - great for chicken breasts (butter fly for a quicker, more even cooking)| steaks, hamburger/turkey burgers
- Pan Grilled / stir fried - our favorite way to reheat the food esp using the Flavor Don SMV
- Baked - probably the most boring way of cooking but gets the job done.
- Air fried - amazing way to bring boring food into a "fried" state. We love marinating chicken and steak in the Flavor Don and cooking it in the air fryer, it gets crispy, crunchy, and sticky!

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

## **1. VEGGIE PREP/ TIPS**

- a. Baked- grease your baking pan and veggies with 0 calorie cooking spray, Flavor Gang “Flavor Haus” seasoning and bake on higher temp for crispy/ crunchy texture vs. soggy and mushy when cooked on low.
- b. Grilled
- c. Air Fried- the best for crunchy veggies like shaved Brussels sprouts, asparagus or green beans

## **2. CARB PREP**

- a. Rice cooker is the best option for bulk cooking without the effort and time commitment needed for minute-maid or stove top options. Equal parts rice and water makes the perfect consistency for “sticky” sushi roll rice, not that undercooked crunchy shit
- b. All other carbs besides rice should be weighed out raw ie. oats, cream of rice, grits etc.

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

## **3. GROCERY GUIDE**

**\*\* Please note.....due to certain dietary allergies, restrictions and food sensitivities/ meal plan each client will have different essential foods that may change\remove/add as we assess your body's response to certain foods\*\***

**Please do not buy this entire list until you see your custom meal plan, as some of these foods may or may not be included in your meal plan**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

## LEAN PROTEINS:

Chicken breast

Shrimp

White fish (cod)

Egg whites \*\*not carton\*\*

0% Greek yogurt

## FATTY PROTEINS:

Flank steak

Salmon Whole eggs

Chicken thighs

Ground beef (nothing fattier than 90/10)

## FATS: OIL

(olive, avocado, macadamia, or coconut)

Nut butter (peanut, almond, cashew)

Avocado (avocado packets... these freeze well)

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

## CARBS:

Cal rose rice or sub jasmine rice (never brown unless specifically stated in your meal plan)

Plain rice cakes

Oats

Cream of rice

Ezekiel toast

Grits

English muffins

Plain bagels

Frozen berries (strawberry, blueberry, blackberries and raspberry)

Watermelon

Pineapple

Apples

Oranges

Banana

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

## APPROVED VEGGIES LIST:

Green beans

Asparagus

Lettuce (kale, spinach, iceberg, romaine, collard greens)

Peppers

Onions

Mushroom

Cabbage

\*\*Limited/ Restricted amounts due to bloating, gas, or other digestion issues

Broccoli \*\*

Cauliflower \*\*

Spaghetti squash \*\*

Brussels sprouts\*\*

No carrots, no peas, no corn

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

APPROVED CONDEMENTS/ SPICES/ SEASONING  
& SAUCES...

The Flavor Gang by Gainz Bakery diet hack  
sauces....

The Flavor Gang by Gainz Bakery diet hack  
spices....

Sugar-free ketchup

Sugar-free BBQ sauce

Sugar-free syrup

Himalayan Pink Salt

Black Pepper

Garlic Powder

Cinnamon

Any seasoning is fine - just make sure you read  
label and look for sugars and maltodextrin

**WWW.COACHEDBYGAINZ.COM**

# ***Meal Prepping Basics***

***(Coached by Gainz)***

Gluten Free Soy Sauce

Minced Roasted Garlic

Toasted Sesame Seeds

Cilantro

Green Onions

Basil (Dried or fresh)

Sage (Dried or fresh)

Rosemary (Dried or fresh)

Everything but the bagel seasoning

Pickles

## SWEET HACKS, SWEET TOPPINGS

Sugar free Jello

Sugar free jello pudding mix

Sugar free fruit jams

Raw Sucralose

Sugar free whipped Cream

Hershey's Cocoa Special Edition RED LABEL (not the silver label)

**WWW.COACHEDBYGAINZ.COM**



# ***Traveling on plan***

***(Coached by Gainz)***

Traveling on a diet can be stressful, being out of the routine, sometimes things are out of our control (from what we perceive). However, we do in fact have FULL control over the decisions we make. I've traveled countless times on a strict diet, stricter than what you are probably following. With just some simple preparation, foresight, and creativity you can in fact stick to the game plan 100%.

## HYDRATION

- Traveling, especially via flights can disrupt the balance of sodium/water/body weight. It's imperative you stay properly hydrated, always have a water bottle with you and one for backup. Oftentimes, major cities will jack up water prices so...
  - Tip 1: Find a large bottle of water (perhaps a few gallons) at a local gas station - store them in your hotel room. Tip 2: To save money, always bring a reusable water bottle with you.

**WWW.COACHEDBYGAINZ.COM**

# ***Traveling on plan***

***(Coached by Gainz)***

- This will save you time, money, and excuses. If there's no water fountain, use a sink. A few times won't kill you.
- Tip 3: Airports will NOT let you bring water bottles through TSA if there's water in the bottle. Make sure you have them emptied and ready to be filled up post TSA lines.

## **CARDIO/EXERCISE**

- Mostly every hotel has some sort of gym. Some are lousy, some are well equipped. Either way, your mind set should be set. To get a workout regardless. There are countless body weight, light weight workouts on YouTube and Google.
- Cardio - Walking is better than nothing. Treadmill or simple walk outside will do. Remember 10,000 steps everyday!

**WWW.COACHEDBYGAINZ.COM**

# ***Traveling on plan***

## ***(Coached by Gainz)***

### DIET

- Probably the most stressful aspect of traveling. Where do I eat? How do I eat? Can I bring food? How do I eat out?
  - All these are common questions that really shouldn't hold any weight because YOU are in control over YOUR goals and what goes into YOUR mouth.
- Packing food:
  - What I recommend is bringing a cooler bag/box on the flight. You can portion out all your meals for that day and the next day into one of the bags. You can pack them in the following manner
    - Tip 1: Vacuum seal individual meals (you can also vacuum seal bulk amount of food as well, i.e 20oz chicken, 20oz steak, etc)
    - Tip 2: Pack meals in small zip lock bags and label them. Squeeze all air out

# ***Traveling on plan***

***(Coached by Gainz)***

- Tip 3: Reheating meals: You may find some luck at some gas stations or friendly restaurants that will be willing to reheat your food. In this case, I would be prepared to eat meals cold. Over time, you'll learn what you can "tolerate" and maybe enjoy eating cold food.
- Tip 4 - Liquids: There are liquid amount restrictions when flying. Make sure you do your research prior to packing your meals. I would sauce your meals individually rather than bringing any sauce separately, as TSA will most likely have you dump it. For Flavor Gang Sauces [click here](#)

# ***Eating Out Guide***

***(Coached by Gainz)***

not ideal, and should not be relied upon for main food sources \*\*\*THIS IS ABSOLUTELY THE LAST RESORT!!!!\*\*\* and then expect to do some damage control due to high preservative sodium and low food quality

- Chick-Fil-A (NO SAUCES. NOTHING BREADED)
  - Grilled chicken nuggets
  - Grilled chicken salad with extra chicken, no toppings, no cheese, no dressing
- In-N-Out
  - Protein style double double (no cheese)
- Panda Express
  - Teriyaki chicken, no sauce, steamed veggies, plain white rice
- Steak House Grilled steak (no butter, no oil, no sauce)  
Side steamed veggies + plain baked potato
- MOST OTHER RESTAURANTS.... Will accommodate some sort of grilled protein without butter, oil or sauces. Ask for a plain, steamed or grilled side of veggies.

**WWW.COACHEDBYGAINZ.COM**

# ***Eating Out Guide***

***(Coached by Gainz)***

- **Easy/Quick MealsProtein**
  - Powder Based meals are super quick and convenient. You can take them anywhere, eat them in pretty much every kind of way.
    - Tip 1: Bring your pre-measured protein powder dry in tiny baggies. You can pair this with portioned carbohydrates or fat sources based on what your diet allows i.e rice cakes and whey, whey and nuts, whey and fruit.
    - Tip 2: When settled into your lodging, whey and oatmeal is a great meal and you can always add a fat source or more carbs to fit your meals.
      - A good meal to prepare when you settle in would be to make “overnight-oats” and prep them for a few meals during your stay.
      - Protein Puddings are a Gainz Bakery favorite. They are super simple, easy, and delicious.

**WWW.COACHEDBYGAINZ.COM**

# ***Eating Out Guide***

***(Coached by Gainz)***

- All you need is a small bowl/container, a protein powder source, nut butter, and some sort of liquid (Water or almond milk).  
There's a million variations - look for some simple recipes under Gainz Bakery's IG Highlights "Protein Puddings"
- Quick Whole Food Based Meals
  - Tip 1: Flavored Tuna Packs (opt for no sugar, lower sodium packs) + pre-pack rice cups (typically they are about 1 cup of rice per serving).
  - Tip 2: Pre-Cooked Chicken/Steak Fajitas  
Packaged foods are going to be loaded in sodium, so increase your water intake significantly
    - You can add a pre-packaged Guacamole cup to this meal for a higher fat source or a pre-packed rice cup.

# ***Eating Out Guide***

***(Coached by Gainz)***

- All these above items can be easily found at popular grocery stores
- Tip 3: Egg Whites (carton/liquid egg whites) or pre-cooked. Both are complete sources of protein. The pasteurized egg whites are “ready - to - drink” you can drink cold or microwave them and eat them with rice, or oats.
- Eating Out
  - Hands down the most stressful aspect of sticking to your diet. Oftentimes, you are going to worry about what's on the menu, what's available, what people will say to you, tease you etc.
    - Solution - it's your body, your goals...if they don't like it WHO CARES.
  - Tip 1: Always eat a full meal prior to going out to dinner functions
  - Tip 2: Ask the organizer of the trip ahead of time (where are dinner functions being held, what's on the menu, etc).



# ***Eating Out Guide***

***(Coached by Gainz)***

This is a proactive approach, but it will allow you to be prepared and not on the verge of over eating on off-plan food. You can also call the restaurant ahead of time, and request certain foods due to allergies. Yes, I've had many clients do this and it works. No restaurant wants to be responsible for sending someone to the hospital for food allergies.

- Tip 3: Ordering off a Menu
  - Stick to a protein and veggie. You can get this pretty much anywhere. Grilled chicken, grilled steak with steamed veggies. Always, always ask for "No butter, no oil, no sauce"
    - Typically, restaurant's proteins will be loaded with sodium, so again increase your water intake.
  - Sauces - 99% of restaurant's marinades and sauces will be full of sugar and fat. Salsas are usually a great topping as they are typically blended up roasted veggies

# ***Eating Out Guide***

***(Coached by Gainz)***

- Tip 4: NEVER ASSUME: Never assume the menu item that "Seems" plain or diet compliant is going to be what it seems. Never assume that the function or outing you are attending will accompany your needs and goals...SO PACK AHEAD
- Sleep
  - Proper sleep is the "frosting" of the cake so to speak. It's the finishing touches when you have all the aspects of health and fitness established.
  - We all know it's hard to get good sleep sleeping in a foreign room and bed. I recommend bringing some sort of sleep aid. There are many OTC (over the counter) types. I would look for one with an adequate dose of melatonin as a base. Gabba is another great relaxation ingredient in sleep aids. Something stronger in small doses may be a good idea as well i.e some sort of pharmaceutical relaxation/sleep aid.

# ***Traveling Grocery Shopping List Essentials***

***(Coached by Gainz)***

- Canned or Air sealed Tuna
- Fully Cooked Chicken/Steak Fajitas
- Rotisserie Chicken (aim for a dry rubbed one)
- Protein by the pound (found at higher end grocery stores like Whole Foods)
- "RTD" Ready to Drink Protein Shakes (Labrada Nutrition, Muscle Milk, Premier Protein)
- Powdered Protein Mix
- Pre-packed rice cups
- Rice cakes
- Oats
- Nut Butter
- Guacamole Single Serve Packs
- Sugar free jams, sauces
- Steam-in-a-bag veggies (they have sweet potatoes too)

**WWW.COACHEDBYGAINZ.COM**

# ***Traveling Grocery Shopping List Essentials***

## ***(Coached by Gainz)***

### TRAVELING ESSENTIALS

- Reusable water bottle
- Tupperware
- Digital Food scale
- Protein shaker cups
- Nutribullet Forks
- Mustard and splenda packets
- Food carrying case/bag
- Reusable mini ice packs

# ***Basic Recipe Guide***

***(Coached by Gainz)***

## AMERICAN CUISINE

- Burger Bowl lean ground protein (chicken, turkey or ground beef work best, sautéed with Flavor Gang “Flavor Haus” seasoning + roasted garlic purée. After cooking & seasoning your protein. Add 28g Flavor Gang “Burger” Sauce, dash of “The Flavor Don”, pickles, grilled onions, jalapeños, mushrooms and green bell peppers. Fancy it up with cheese or bacon if added fats are included into your plan. Or for a “clean cheat” meal
- Buffalo Ranch Chicken grilled or slow roasted chicken breast, Buffalo sauce , Flavor Gang “Basic(R)”, fresh cucumber
- Sweet-N-Nutty grilled chicken breast or seared flank steak, Flavor gang “The Don” + “Sweet Papi”. Drizzle all-natural, sugar-free almond butter, if program includes added fats

**WWW.COACHEDBYGAINZ.COM**

# ***Basic Recipe Guide***

***(Coached by Gainz)***

## AMERICAN CUISINE

- Fully Loaded grilled chicken breast seasoned with Flavor Gang "Flavor Haus" seasoning. Drizzle Flavor Gang "Sweet Papi" + "Basic(R)" \*\*\*Top with crunchy bacon if program includes added fats\*\*\*
- Cheesesteak slow roasted beef with Flavor Gang "Flavor Haus" seasoning. Sautéed mushrooms, peppers and onions. Topped with Flavor Gang "Texas Smash" sauce. If program allows add low-fat mozzarella cheese

# ***Basic Recipe Guide***

***(Coached by Gainz)***

## TEX/ MEXICAN CUISINE

- Taco Bowl (Flavor Gang "Taco Tuesday" seasoning plus Flavor Gang "The Flavor Don" & lime juice. Top with fresh pico de Gallo or salsa, jalapeños, fresh cilantro, Flavor Gang "Texas Smash" Sauce. Add fresh avocado or guacamole if the program includes added fats.
- Shredded Mexican Chicken Slow roasted chicken breast, chipotle peppers in adobo, lime juice, Flavor Gang "Taco Tuesday" seasoning. Use liquid from slow roasting to blend into a sauce. Top with fresh cilantro, pico or salsa. Add avocado or guacamole if the program calls for added fats.
- Fajitas Sautéed bell peppers & onions with a dash of Flavor Gang "Flavor Haus" seasoning, grilled chicken, steak or shrimp cooked in Flavor Gang "Taco Tuesday" seasoning. Drizzle Flavor Gang "The Flavor Don" plus fresh pico de gallo or sugar-free salsa plus fresh cilantro. Fancy it up with avocado or guacamole if program calls for added fats.

**WWW.COACHEDBYGAINZ.COM**

# ***Basic Recipe Guide***

***(Coached by Gainz)***

## ASIAN CUISINE

- Sweet Orange Chicken grilled chicken breast, sugar free orange jam, soy sauce, Flavor Gang "The Flavor Don" sauce. Topped with sesame seeds and green onions. Pro Tip add a touch of sautéed red & green bell peppers.



# ***Basic Recipe Guide***

***(Coached by Gainz)***

## ITALIAN CUISINE

- Pizza Bake grilled chicken or ground turkey seasoned with Flavor Gang "Flavor Haus" seasoning with sugar-free tomato basil sauce. Pro Tip Add nutritional yeast to taste for a cheesy flavor without the fat.
- Roasted Red Pepper Chicken grilled chicken breast or ground turkey seasoned with Flavor Gang "Flavor Haus" seasoning, slow roasted red bell peppers, tarragon, basil and parsley

# ***Pro Level Diet Hacks***

## ***(Coached by Gainz)***

### PRO LEVEL DIET HACKS

- Creamy Horchata
  - 1 cup unsweetened almond milk, 1 tsp cinnamon, 2-3 pumps sugar-free vanilla syrup OR ½ tsp vanilla extract + splenda (or 0-calorie sweetener of your choice)
- Cinnamon Sugar crunchy cucumbers
  - Thinly sliced cucumber, 1 tsp cinnamon, 2-3 tbsp Splenda or stevia, 1tsp Apple cider vinegar. Toss and eat extra cold
- Frenchy eggs
  - Egg whites, sprinkled with cinnamon & rolled up & topped with Walden farms pancake syrup. Pro Tip: Add grilled berries, almond butter or crunchy bacon
- Protein puddings/ mug cakes
  - ⅓ cup unsweetened almond milk + 1 scoop protein powder + 28g peanut butter (mix & refrigerate or mix & microwave for 60 seconds) Pro Tip Swap for “professor Nutz” for a fat-free version or try 1 tbsp sugar-free pudding mix for more flavor options
- Fiber Pancakes/ Waffles
  - Egg whites + 1-2 scoops “Project AD Fiber Plus Swiss Chocolate” + 1-2tsp cocoa Complete Meal Pancake  
Egg whites + oat flour + Splenda (sweetener of choice) + cinnamon + 2 tsp baking powder

**WWW.COACHEDBYGAINZ.COM**

# ***Pro Level Diet Hacks***

## ***(Coached by Gainz)***

### PRO LEVEL DIET HACKS

- Fresh cucumber diet pico de Gallo
  - Chopped cucumbers white onion, tomatoes, cilantro, jalapeños. Pro-Tip Add some diced pineapple or mango for a touch of sweetness and change of flavor.
- Protein Ice Cream
  - Unsweetened almond milk + 1 scoop protein + 1 tbsp sugar free pudding mix Pro Tip Add sugar free mix is and toppings like sugar-free jams, Walden farms syrup, 100% cocoa
- Cream of rice from the heavens (see YouTube for instructional video) Cream of rice, water, 100% cocoa, sucralose or sweetener of choice, peanut butter
- "Baked" oatmeal cake Oats, water, protein powder, peanut butter

### PROTEIN SHAKE FLAVOR IDEAS

Pro Level Tip: use half a cup of almond milk + 1 scoop protein (Blend) Pour over ice and top with any flavor ZEVIA for a "Protein Float"

- Protein coffee 1 cup cold coffee + 1 scoop protein (Pro Level Tip: add sugar free syrups, like hazelnut or caramel to "fancy it up")

**WWW.COACHEDBYGAINZ.COM**

# ***Pro Level Diet Hacks***

## ***(Coached by Gainz)***

### PROTEIN SHAKE FLAVOR IDEAS

- Rush hour 1 cup cold coffee + 1 scoop protein + 1 TBSP cocoa + serving almond butter
- Blueberry muffin 1 cup almond milk + 1 scoop protein + 1 serving Flavor Gang blueberry sauce OR 1 TBSP sugar free blueberry jam + 1 serving almond butter + \*\*optional touch of cinnamon \*\*
- Chocolate peanut butter cup 1 cup almond milk + 1 scoop protein + 1-2 TBSP 100% cocoa + 1 serving peanut butter
- Chocolate covered strawberry/or raspberry 1 cup almond milk + 1 scoop protein + 1 TBSP cocoa + 1 TBSP sugar-free strawberry/ or raspberry jam
- Cherry mocha 1 cup almond milk or cold coffee + 1 scoop protein + 1TBSP cocoa + 1/4 tsp cherry extract
- Banana chocolate chip 1 cup almond milk + 1 scoop protein + 1/8 -1/4 tsp banana extract (Blend) then stir in or sprinkle (1TBSP) Baked Believe Chocolate Chips
- Peanut butter Banana 1 cup almond milk + 1 scoop protein + 1/8-1/4 tsp banana extract + 1 serving peanut butter
- Almond joy 1 cup almond milk + 1 scoop protein + 1/8 tsp almond extract + 1TBSP cocoa + 1 serving almond butter

# ***Pro Level Diet Hacks***

## ***(Coached by Gainz)***

### PROTEIN SHAKE FLAVOR IDEAS

- Cinnamon Toast Crunch 1 cup almond milk + 1/8 tsp cinnamon + 1 serving almond butter Pro Tip: add sugar free caramel syrup
- Pistachio cream 1.5 cups almond milk + 1 scoop protein + 1 tsp sugar free pistachio pudding mix
- Orange dream 1.5 cups almond milk + 1 scoop protein. + 1tsp sugar free orange jello mix
- Pro Tip: Reduce the amount of liquid to make a thick pudding consistency for another enjoyable treat. Take it to the next level and freeze for 30 minutes and enjoy a daily dessert

### FLAVOR COMBO GUIDE

#### Savory Flavors

- "Sweet Papi" & The "Flavor Don"
- Jalapeño & nutritional yeast + Basic (B) Ranch
- Flavor Don & Basic(B) Ranch
- Takeout + Healthy Hibachi
- Cinnamon, "the flavor don" + pineapple (if applicable to your meal plan)

#### Sweet Flavors

- Cinnamon, strawberry jam
- Cinnamon, blueberry or blackberry jam

**WWW.COACHEDBYGAINZ.COM**

# ***Pro Level Diet Hacks***

## ***(Coached by Gainz)***

### SWEET FLAVORS

- Cinnamon + pancake syrup
- Cocoa & peanut butter or nut butter
- Cocoa & strawberry jam
- Cocoa + hazelnut syrup

\*\*only use the Hershey's Red Label and only use sugar free items.

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### FOOD

Why such much salt? I thought salt was bad. Salt is an essential mineral. We need salt. Salt controls muscular contractions, and the hormone aldosterone which regulates water within the body. Most doctors say cut out sodium because the American Diet is rich in sodium based preservatives and most american under consume water. We're going to focus on balanced amounts of both salt and water.

Do I have to eat all the food on the plan or is it just suggestions? Yes, eat all the food. The plan is set for your body.

Where can I find gluten free oats? Oats do not contain gluten, so any kind of oats (not the packets).

How do I eat my cream of rice?  
Check the quick guide [here](#)

I missed a meal because I can't eat at work, can I swap to something? Unless you are performing surgery, you can eat. There is not a single person or law preventing you from eating food. Eat your food. Your body, your life, your goals. Not your bosses. No excuses. If someone says anything to you, just threaten them lol jk.

**WWW.COACHEDBYGAINZ.COM**

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### FOOD

I'm sick of egg whites, what can I do? Watch our video on how to make "Frenchy Eggs" . There are literally hundreds of combinations. Also, you can try our egg white pancakes. You can also try out sweet hacks.

What are my macros?

Literally after the first week it doesn't matter. Your plan will start with a set macros but, if you can't physically eat 25% of the food, then the macro values are pointless. We'll then focus on strategies to get you to be able to eat that amount of food.

Do I weigh my food cooked or raw? Weigh everything cooked except for oats, cream of rice and grits.

What is nut butter?

A nut, peanut (technically not a nut), almond, cashew etc. blended up into a creamy butter. (make sure it has no added sugar or oils).

I'm getting bored of my meals, what should I do? Experiment with the "sauce combo" list. Feel free to use the sauces from The Flavor Gang

**WWW.COACHEDBYGAINZ.COM**



# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### Food

In regards to apple cider vinegar, what is the "mother"? Mother is the pulp and the active agent in the vinegar.

Why do we need protein at each meal? Higher (adequate) amounts of Protein will contribute to lean muscle, which is the ruler of fat loss.

I'm suddenly gassier, any reason?

You could not be digesting certain carbohydrate sources properly i.e oats, sweet potatoes, broccoli, cauliflower etc. I recommend eating one type of food per source and eliminating them slowly. That's why it's important to eat what's on your plan. Too many deviations will make it harder to nail down the root of the problem.

What do I do if I am just not hungry for the meal?

EAT the meal, force the metabolism response. If it is late at night, a swap to a lighter meal may be a good option.

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### FOOD

What's the difference between grams of a macro and grams of a food?

Grams of a food is weight (113g of Chicken). The 113g of Chicken consists of 25 grams of protein. Same thing applies to fats and carbs.

I'm starving, what do I do?

1. Get out of the house
2. Occupy your brain
3. Drink more water
4. Consume the health cocktail (the fiber will fill you up and the EAA's will blunt the sweet tooth)
5. Work on your will power

I cheated on my diet, what do I do?

Don't feel guilty nor negative. We want to remove the reward system from food. Simply brush it off, restart 100% the next day. Move on. Don't eat less, don't do more cardio. This may set a precedent for a negative cycle with food and behavior.

What is considered "cheating on my diet"? Eating anything that is not on your plan.

**WWW.COACHEDBYGAINZ.COM**

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### CARDIO

What does "Fasted Cardio" mean?

Fasted means, first thing in the morning without any calories in your body. Coffee and water is fine. If having coffee make sure you don't add any fat or carbs.

What if I can't do my cardio fasted?

You can do it post strength training workout or later in the evening. Don't worry about having food in your system.

How do I track my steps?

You can get a simple step counter. Or a fancy wearable like a fitbit or apple watch.

What if the piece of cardio machine in my plan is taken at the gym?

Swap to anything else that gets your HR into the same target zone. Some recommendations, max incline treadmill, high resistance spin bike, high resistance elliptical, or simple treadmill jog on a slight incline.

What if I cant do my cardio on a particular day i.e gym i closed, im staying at my family house.Go. Out. Side. Aim to match the same HR. Don't be lazy

**WWW.COACHEDBYGAINZ.COM**

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### TRAINING

If I missed my cardio or workout one day, should I do extra the next day?

NO! Stick to the plan. Think of it like this, if you missed 7 workouts, would you do all 7 in one day? No.

The plan says "pre workout meal" but, due to my schedule I have to workout fasted, what should I do? Eat your largest meal before bed. Wake up, drink 16-20oz water with 1/4 tsp pink salt or Muscle Feast and 1 serving of EAA's (essential amino acids). After workout, consume your post workout meal.

What if I can't get a workout in due to circumstances out of my control? Two choices, skip the workout or do a bodyweight workout from Home, there are millions of videos on youtube.

I'm extremely sore from training, what should I do? Make sure you are sleeping, resting enough. Make sure you are consuming all of your meals. Apply fascia smashing and mobility work to the sore area. Get some movement in to drive blood flow to the area. Examination of your intensity, volume in the gym may be necessary especially if the problem persists.

**WWW.COACHEDBYGAINZ.COM**

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### TRAINING

Can I train fasted?

You can do anything you want. I don't recommend it. There is a strategy for working out fasted and your coach will have to make necessary changes to your plan to accommodate. This is imperative to request or state pieces of information like this in the intake form.

I can't squat because my knees hurt, what can I do? First off, if you can sit down you can squat. We need to figure out what exactly is hurting you. Make sure you watch our squat video and our prehab/rehab series.

### THE HUMAN BODY

I'm struggling getting water in, recommendations? Get a water vessel that allows you to passively drink meaning sucking through a straw-like apparatus would be actively drinking and doesn't allow a lot of water to flow freely.

Does coffee, energy drinks, diet soda etc contribute to overall water intake? No. Track your water intake separately. The drinks above usually contain caffeine is a natural diuretic (makes you urinate)

**WWW.COACHEDBYGAINZ.COM**

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### THE HUMAN BODY

Why do I gain weight on my menstrual cycle? Increase levels of estrogen lead to water retention.

I'm having trouble sleeping, do you have any recommendations?

- Reduce caffeine intake
- Unplug from social media, tv, anything mentally stimulating at least 45-60 minutes prior to bed.
- Make "going to bed" a system, take a shower, unplug, take some melatonin or natural sleep aids. Sleep aids are person dependent. 5mg of melatonin may work for you or you may need 20mg. I would avoid anything that creates dependency and gut damage i.e Xanax.
- Make your bedroom conducive for sleep i.e dark, cool, maybe some whitenoise.

### MACRO SWAP SHEET

(This is to be used as a last resort guide, i.e you ran out of something on your diet or you are in a situation where you can stick to your diet or clean eating but, not 100% to plan)

**WWW.COACHEDBYGAINZ.COM**

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

### PROTEINS

Lean Proteins for 4 oz. Portions

Chicken Breast 4oz.

Turkey Breast 4oz.

Egg Whites 4 Egg White

Pork Loin 4oz.

Whey Protein 1 scoop (usually 1 scoop is 25g protein)

Shrimp, White Fish 4oz. (tuna, cod, tilapia, flounder, haddock) 1oz.

\*\*All these sources on average have less than 2g of fat per 4oz serving

### FATTIER PROTEINS FOR A 4 OZ PORTION

Flank Steak 25g protein / 7g fat

Whole eggs 24g protein / 20g fat (4 whole eggs)

Top Sirloin 30g protein/ 15g fat

Filet - 30g protein/ 20g fat

Ground Beef 90/10 - 30g protein / 13g fat

Ground Beef 95/5 - 30g protein / 8g fat

Salmon 25g Protein / 20g fat

### FAT SOURCES

Oils are Gram for Gram conversion

1gram of oil is 1gram of fat

Nut Butters on average are a 2:1 ratio of grams of nut butter to grams of fat

- i.e 20 grams of peanut butter is 10grams of fat Total Macros for 20g of the average nut butter is 10g fat/4g protein/3g carbs
- Whole Nuts - same rules apply above.
- Note\*\*\*when consuming nuts or nut butters avoid all types with added sugar and fats

Avocado/Guacamole

average are a 5:1 ratio of grams of avocado to grams of fat i.e 50 grams of avocado is 8grams of fat

Total Macros for 50g of the average avocado is roughly 8g fat/1g protein/1g carbs

Egg Yolks 1 egg yolk is 5g of fat.

Carbs at 113 gram portions

White rice 25g carbs

Oats at 40g dry measured is 27g carbs, 3g fat, 7g protein

Red/White/Yellow Potatoes

Sweet Potatoes 113grams - 20g of carbs/0g fat/2g protein

# **WWW.COACHEDBYGAINZ.COM**

# ***Frequently Asked Questions.***

## ***(Coached by Gainz)***

English Muffins per muffin - 23g

carbs/0g fat/4g protein

Cream of Rice 35g measured dry - 25g

carbs/0g fat/1g protein

Pineapple 200g = 25g carbs/0g fat/0g

protein

Blueberries 175g = 25g carbs/0g fat/0g

protein

Bananas 100g = 23g carbs/0g fat/0g

protein

Watermelon 350g = 25g carbs/0g

fat/0g protein

Apple 7oz (whole apple as is) 25g

carbs/0g fat/0g protein

Orange 9oz (whole apple as is) 25g

carbs/0g fat/0g protein