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# MAN DIET

MEAL TIMING

# The Man Diet

**Goal: Fat Loss or Building Muscle**

**Method: Meal Timing**

## Benefits:

Timing your meals is incredibly important. Not only will it allow you to eat more of the foods you like, but it will help you burn fat, *use* fat as fuel, naturally enhance your testosterone levels, and become a healthier fella.

With this guide you're going to be able to eat whenever you want, whenever you need energy, or find yourself hungry and in need of a meal. But the structure of this guide will help you naturally enhance testosterone, and improve your body composition. You're going to be able to eat a fair amount of food without counting or cutting calories too much, by consuming different food groups at different times.

*Note: you will have to exercise some portion control. Don't stuff your face every time you eat. Also, portion control is much easier with the 3-meal approach than it is with the 6 meal approach.*

## Drawbacks:

The only drawbacks are that more of the decision-making is on your shoulders. If you *have* the freedom to eat whenever you want, you may tend to eat the wrong things at the wrong time. So long as you're following the nutrition guidelines we've set up, you should be fine.

# Timing Meal Schedule

The following meal-timing schedule is an example of how you *can* set up your meals. The most important meals – from a timing standpoint – are focused around your workout.

Make sure you get a shake in post workout that's high in carbs. You're also going to be going low carb on your days off, but extremely high in fat. So your overall calories shouldn't dip *too much* on your off days.

Sample Daily Timeline for <i>Non-Workout</i> Days
9am – FIRST Meal <b>Protein + Fats (no carbs)</b> <b>Note:</b> Make sure you have meat and a good amount of fat in this meal. It will give you a good boost in T, while also slowing the rise of your blood sugar, consistently elevating your energy throughout the day.
1pm – Meal – <b>Protein + Fats (no carbs)</b>
3pm – Meal – <b>Protein + Fats</b>
6:30pm – Meal - <b>Protein + Fats (no carbs)</b>
8:30pm – Snack - <b>Protein + Fats (no carbs)</b>

Sample Daily Timeline for <i>Workout</i> Days
7am – Workout
8am - Post Workout Shake <b>(include carbs)</b>
8:15am – Meal <b>(include carbs)</b>
12pm – Meal – <b>Protein + Fats (no carbs)</b>
3:30pm – Meal – <b>Protein + Fats (no carbs)</b>
6:30pm – Meal – <b>Protein + Fats (no carbs)</b>

### Schedule for those who workout in the EVENING:

Sample Daily Timeline for <i>Non-Workout</i> Days
9am – FIRST Meal <b>Protein + Fats (no carbs)</b>
1pm – Meal <b>Protein + Fats (no carbs)</b>
5pm – Meal <b>Protein + Fats (no carbs)</b>
8:30pm – LAST Meal <b>Protein + Fats (no carbs)</b>

Sample Daily Timeline for <i>Workout</i> Days
9am – FIRST Meal <b>Protein + Fats (no carbs)</b>
2pm – Meal <b>Protein + Fats (no carbs)</b>
5pm – Workout
6pm – Post Workout Shake ( <b>include carbs</b> )
6:15pm - Meal ( <b>include carbs</b> )
7:30pm – LAST Meal <b>Fat Loss: Protein + Fats (no carbs)</b> <b>Muscle Gains: Protein + Fats (no carbs)</b>

**Note:** Again, there's no need to fill your day with frequent meals. Eat when you're hungry. Fats will help you stay full for a longer period of time, as will protein. Also, don't eat fats before your workout. Eat them a couple hours before at the very least. Follow the guidelines I've set-up in the timing section above. If you're trying to lose fat, cut these meals down from four to three. If your goal is to gain lean muscle, again, four meals is enough, but you're free to pig out for that post workout meal.

[www.NutritionData.com](http://www.NutritionData.com) is a comprehensive database of every single food on the below lists. For any food you select from the list, simply go to the website and type it in. You can change the serving size for the displayed nutrition information at the top of the screen. By creating your meals in this way, you will begin to develop an uncanny sense of what a serving size should look like for your body and your goals, even as they change.



# Your Macros on the *Man Diet*

To give you an idea of the ideal meal sizes, we'll break your foods down into grams. Measure your meals for the first week just to get an idea of portion control. After that, you're free to eat how you want within the guidelines.

*[Important Point] If you find that you're not burning the fat you want to be burning, cut back on carbs, and/or portion size. If you're not gaining the muscle you want to gain, increase post workout carbs, and overall portion size.*

While the macros laid out will work for the majority, feel free to make adjustments where you like *after* three weeks following the guide to a tee.

**Protein: 0.8-1 gram of protein per pound of lean body mass.**

What this comes out to is usually having a source of good protein with each meal you consume. This shouldn't be difficult. As an example, if you're consuming four meals in a day, they could look like this (from a protein perspective):

Meal #1: 30 grams from eggs + bacon

Meal #2: 40 grams from bison

Meal #3: 50 grams from protein powder

Meal #4: 40 grams from salmon

That would make 160 grams of protein.

Simplicity is king with *The Man Diet*, and I don't want that ruined by your desire to "stick to the program" from a macros standpoint, especially with protein.

The main thing for you to keep in mind is the meal timing aspect of the Man Diet. Eat enough to feel satisfied and eat the *kinds* of macros you should be eating with the various meals.

### **You don't have to measure.**

Just consume protein with each meal and land near the desired number for your *lean* body mass (again, not full body mass, but your body mass minus your body fat. So if you're 15% body fat and 180 lbs, minus 15% from your total mass and that's your lean body mass). On non-workout days, protein isn't as necessary, so you can consume less than one gram per lean body mass. 0.8 grams will suffice.

### **Protein: 0.8-1 gram of protein per lean body mass.**

**Carbs:** Carbs can be adjusted depending on your goal and your body type. If you're a skinny guy who needs to add some size, 1 gram of carbs per day per lean body mass (primarily in your post workout shake and meal), will do.

For the rest of us, the guys who want to burn fat and get healthy, .75 grams or less per lean body mass – and even fewer on your non-workout days – is ideal. Refer to the macronutrient breakdown below to see the percentages of your dietary make-up.

**Carbs: .75-1 grams per pound of lean body mass.**

**Fats:** You're going to consume more fats than you are protein or carbs. This will be the staple of your diet, and the focus of most of your meals with the exception of your post workout meals. Fats are what will help you move closer to your ideal hormone levels. They're also going to help you burn more body fat.

**Ideal for health/fat loss: 20% carbohydrates, 55% fat and 25% protein**

**For the Skinny Guys: 30% carbohydrates, 40% fat and 30% protein**

Where you'll differ is in the back-loading of your carbohydrates. You're going to eat a crap load of carbs after your workout. You're going to consume carbs *during* your workout. But that doesn't mean you're going to avoid fats. Again, fats are what will bring you closer to the hormone levels you want, which is damn important for gaining muscle.

This *does*, however, change on your off-days, where you'll be consuming fewer carbohydrates, moving closer to the *Health/Fat Loss* macronutrient breakdown.

**Fats: 1.2 – 1.5 grams of fat per pound of lean body mass.**

**Note:** *Variety is important. If you're constantly eating the same proteins, you're going to develop allergies to them. You want to include as much variety in your diet as possible from a veggies, proteins, fats, and fruits standpoint. So use ALL of the options we mention at the end of the guide.*