



CHAD HOWSE PRESENTS

THE **MAN**
DIET

INTERMITTENT FASTING

The Man Diet

Goal: Fat Loss/Lean Muscle

**Method: Intermittent Fasting
(IF)**

Benefits:

We've already covered a number of benefits that an IF approach can bring, such as reduced glucose levels in the blood, increased insulin sensitivity (incredibly important in maintaining an efficient body), and increases in growth hormone levels that lead to both improved fat loss and reduced aging. But there's more...

Fasting also increases our body's glucagon. Glucagon is one of the dominant hormones in your body that's responsible for burning fat. This gives you one more tool that will help you burn fat, positively affecting your testosterone levels at the same time.

Now, efficiency is something we've also talked about briefly thus far in the *Man Diet*, and an IF approach to eating will help your body eliminate waste that can also help speed up the healing and recovery process.

Can you gain muscle doing IF?

Yes you can. It can, actually be a great way to build muscle without gaining a bunch of fat like you'll see in bulking

approaches that actually have a negative effect on the muscle-building hormone, testosterone. If you want to build muscle using the IF approach, you have “free reign” on your post workout meals.

That is, eat however many carbs and proteins as you want. Keep your fats low, but pig out on your post workout meals. Keep the rest of your meals big, but high in fats and low in carbs. This will likely lead to a break in your macros, which, to be honest, is fine. If you’re going above and beyond with your carbs and protein in your post-workout meal, and your goal is to gain muscle, you’ll be fine.

Drawbacks: The only primary drawbacks of following an IF protocol comes with hard-gainers and the ability to consume *enough* during the few meals you’re going to eat in a day. Thus, for the hard-gainers in the world, skip the IF approach – which you can always come back to – and head to the *Meal Timing* approach.

How to Adapt to Fasting Like a Man!

It can be a difficult transition from consuming five to six meals that are spread out over an entire day, then trying to nestle into an IF approach. Here are a few things you that will help you adapt, and eventually thrive using intermittent fasting:

- Drink coffee. It's a natural appetite suppressant that will help you in your fasting phase.
- Drink a ton of water. Drink at least 3 to 4 liters of water a day.
- Try it for at least 3 weeks. If you still can't get used to IF, and you need more frequent meals, then switch back, but make sure you give it 3 weeks.
- Ease into it. You don't have to dive right into the 16/8 model we're going to use. You can begin by simply delaying your breakfast, having it later and later in the day.
- Stay busy. If you're not thinking about eating at the beginning of the day, you won't crave food. Make sure you stay busy to start your day.
- Just because you're IF, doesn't mean that you can eat crap. Sure, we're consuming a lot of great tasting food, but we're still trying to be healthier, stronger men. Eat clean. Live clean.

IF Meal Schedule

As mentioned, we're following a simple 16/8 approach to fasting, with 16 being the hours of the day you're fasting, and 8 being your feeding window. There are a number of different approaches that also work, but it's in my experience that this allows men enough time to spread out your meals, consume enough protein and fat to make sure you're optimal hormonally, but also enough carbs after your workout to make sure you're not withering away.

Important note: Fat is the most important macronutrient for men. Eat a lot of it in the meals that start your day.

Schedule for those who work out in the MORNING:

Sample Daily Timeline for <i>Non-Workout Days</i>
11am – FIRST Meal: Protein + Fats (no carbs) Note: The timing of this meal is based on your previous day.
1pm – Meal Protein + Fats (no carbs)
2pm – Meal Protein + Fats (no carbs)
6:30pm – LAST Meal Protein + Fats (no carbs)
FASTING – 6:30pm – 8am <i>tomorrow</i>

Sample Daily Timeline for <i>Workout Days</i>
7am – Workout
Note: Adhere to the pre/during workout nutrition guidelines that are still to come.
8am - Post Workout Shake (include carbs)
8:15am – Meal (include carbs)
12pm – Meal Protein + Fats (no carbs)
3:30pm – LAST Meal Protein + Fats (no carbs)
FASTING – 4:30pm to 8am <i>tomorrow</i>

Schedule for those who work out in the EVENING:

Sample Daily Timeline for <i>Non-Workout Days</i>
1pm – FIRST Meal Protein + Fats (no carbs) Note: The timing of this meal is based on distance from the last meal of the previous night. For optimal hormonal manipulation, try not to move this.
3pm – Meal Protein + Fats (no carbs)
6pm – Meal Protein + Fats (no carbs)
8:30pm – LAST Meal Protein + Fats (no carbs)
FASTING – 8:30 – 12PM <i>tomorrow</i>

Sample Daily Timeline for <i>Workout Days</i>
12pm – FIRST Meal Protein + Fats (no carbs) Note: The timing of this meal is based on distance from the last meal of the previous night. For optimal hormonal manipulation, try not to move this.
2pm – Meal Protein + Fats (no carbs)
5pm – Workout
6pm – Post Workout Shake (include carbs)
6:15pm - Meal (include carbs)
7:30pm – LAST Meal Gaining muscle: Include carbs.
Burning fat: Protein + Fats (no carbs)
FASTING – 8:00 to 12pm <i>tomorrow</i>

Note: Much of what I know about intermittent fasting has come from others. Whether it's John Bedardi, Martin Berkhanm or John Romaniello, my knowledge of IF has come from others, and the research that others have done. I'm no scientist or doctor, and I want to give full credit to those who've brought the IF into my knowledgebase. On that note, be sure to google intermittent fasting, the names mentioned, and definitely check out John Romaniello's site: www.romanfitnesssystems.com

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.*