



Month 2

Hero Nutrition Habits

How 'Bout Some Fun Legal Stuff?

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Hero Habits — Month 2

Last month I introduced you to four Base Habits for you to practice every day. Here they are again:

Base Habit #1 — Eat at Least Four Times Per Day

Base Habit #2 — Have Two Fists of Protein With Every Meal.

Base Habit #3 — Only Eat Bread, Rice, Potatoes or Other "Starchy" Carbs With Your First Meal Or With a Meal Immediately After Your Workout.

Base Habit #4 — Only Drink Beverages That Contain 0 Calories

This month I'd like to add two more Base Habits.

Base Habit # 5 — Pick One "Fat" And Add It To Every Meal.

As you probably know by now, fats don't make you fat—excessive calories and poor food decisions do.

Fats help lubricate your joints and are a crucial nutrient to help with everything from fat loss to supporting proper brain function. But the typical diet is severely lacking in healthy fats. We're gonna change that.

For this habit, I'd like you pick a fat source from below and simply add it to every meal. You can pick and choose how you wish.

For instance, if you're eating eggs with breakfast you can simply keep the yolks. If you're eating salad with chicken, you can add olive or pumpkin seed oil.

If you're having some ground beef and veggies for dinner, you can add in an avocado. And you can always pop some fish oil capsules with the "in between" meals.

<i>Eggs and Dairy</i>	<i>Oils</i>	<i>Nuts & Seeds</i>	<i>Veggies</i>
Block cheese (cheddar, Colby, etc.)	Canola	Almonds	Avocado
Butter	Extra Virgin	Almond butter	
Cream Cheese	Olive Oil	Brazil nuts	
Feta cheese	Flax seed oil	Cashews	
Mozzarella cheese	Fish oil	Cashew butter	
Whole milk	capsules	Hazelnuts	
Parmesan cheese	Hemp Oil	Pecans	
Ricotta	Pumpkin	Pistachios	
Sour cream	Seed Oil	Walnuts	
Whole Egg		Flaxseeds (ground)	
		Pumpkin seeds	
		Sunflower seeds	

Base Habit # 6 — Consume A Protein/Carb Workout Shake

You're not building muscle in the gym. You're tearing it down.

Think of your body as a house. If you plan on remodeling it, you can hire a guy to tear down a couple of walls, a guy to clean up the mess, and a guy to come in and rebuild better walls than the ones that came down.

But if you don't give that guy any bricks, how's he going to get anything done?

Well, when we're in the gym, we're essentially tearing down our walls. Exercise breaks down our muscle carbohydrate stores and our muscle protein structures. Then the immune system comes in to clean up the mess.

And finally, signals are generated to tell the body to rebuild. However without the proper protein and carbohydrate raw materials—our "bricks", if you will— this building can't take place. You'll be left with muscles that never reach their potential.

Feeding hungry muscles

All exercises use carbohydrates for energy, so muscle carbohydrate depletion is inevitable. Therefore a workout shake that's high in carbohydrates is required to refill muscle carbohydrate and energy stores.

However, any ol' amount of carbohydrates won't do. You need to consume enough carbohydrates to promote a substantial insulin release. Insulin is the hormone responsible for shuttling carbohydrates and amino acids into the muscle. In doing this, carbohydrate resynthesis is accelerated and protein balance becomes positive, leading to rapid repair of the muscle tissue (This is science speak for "you will grow bigger muscles").

Therefore, by consuming a large amount of carbohydrates, you'll promote a large insulin release, increase glycogen storage, and increase protein repair (all good things).

In addition, since muscle protein is degraded during exercise, adding protein to your workout shake is necessary to help rebuild the structural aspects of the muscle. After exercise, the body decreases its rate of protein synthesis and increases its rate of protein breakdown (not all good things).

However, adding protein and amino acids has been shown to reverse this trend, increasing protein synthesis and decreasing protein breakdown.

Finally, it's absolutely crucial that you consume your workout shake during and immediately after your workout

since your muscles are depleted and require an abundance of protein and carbohydrates. During this time your muscles are biochemically primed for nutrient uptake, which means they're ready to "soak up" more nutrients.

This phenomenon is commonly known as the "window of opportunity".

Over the course of the recovery period, this window gradually closes and by failing to eat (or, in this case, drink) during and immediately after exercise, you diminish your chances of promoting full recovery and gaining more muscle.

Why the workout shake?

Because most guys complain that eating a big meal right after training is difficult, I recommend slamming a shake.

Also, research has demonstrated that workout shakes containing fast digesting protein (whey hydrolysates and isolates) and carbohydrates (dextrose and maltodextrin) are absorbed more quickly than whole food meals.

That means you're putting the muscle-building wheels in motion as soon as the workout shake hits your stomach!

I recommend checking out either [Biotest's Surge Recovery](#) (which I personally use), or if you want another option, you can check out [2:1:1](#).

One Choice I Will Slap You For Using

Despite the marketing efforts of the dairy board, chocolate milk is not a good choice for a workout drink.

The carbohydrates are low quality, the protein is sub-par, and most chocolate milks include high-fructose corn syrup, which, as you probably know, is like the devil in liquid form.

So no chocolate milk.

Specific Instructions For Your Body Type

This is one habit that is easy to overdo, especially if you've got a little extra weight. That's why I suggest the following steps:

If you look more like Jason's "before" photo, only take half of the recommended serving *during* your training session and drink it before you finish your workout.



If you look more like Daniel's "before" photo, take the full serving *during* your training and finish your drink before you finish your workout.



If you look more like my "before" photo, take half a serving 20 minutes *before* your training session, and a full serving *during* your workout.



Let's Go Over The 6 Base Habits Once More

Base Habit #1 — Eat at Least Four Times Per Day

Base Habit #2 — Have Two Fists of Protein With Every Meal.

Base Habit #3 — Only Eat Bread, Rice, Potatoes or Other "Starchy" Carbs With Your First Meal Or With a Meal Immediately After Your Workout.

Base Habit #4 — Only Drink Beverages That Contain 0 Calories

Base Habit #5 — Pick One "Fat" and Add it to Every Meal

Base Habit #6 — Consume a Protein/Carb Workout Shake

That's it for now.

Month 2 is all about progression. I know it may seem simple, but these six Base Habits are all I want you to think about and practice for the next month. Don't worry about anything else.

Go get 'em.

- Nate