

Diet:

For diet, I'm not doing anything fancy.

As you may have read in previous emails, I've been playing around with a "lower" protein diet. Basically getting around 100 grams of protein per day (which is considered low by most bodybuilding standards.)

I'm not restricting protein just for the sake of restricting protein. By eating less protein I give myself more room to eat more fat and more carbohydrates.

My diet for the past year or so has essentially been a combination of intermittent fasting & carb cycling.

Most days I eat 1 or 2 meals per day.

3x per week (Monday, Wed, Friday) , I would eat high carbs, moderate to low protein (roughly 100 grams) and very little fat.

2x per week, (Tue & Thur) I would eat high fats, moderate to low protein (roughly 100 grams) and very few carbs.

On weekends, I would worry less about macros and simply focus on eating 1-2 main meals at night.

I will probably stick with this same type of schedule when I do the Titan program. The only difference being I MIGHT do 4 high carb days (to match up with 4 training days) and 3 low-carb days (Wed and weekends.)

Also, because I train in the mornings, I think I'm going to switch things up and have 1-2 cups of Greek Vanilla Yogurt on my training days after my workout. This will give me a small amount of protein and carbs immediately after my workout. I will then skip lunch and not eat again until dinner.

Keep in mind, this is simply what I plan on doing over the next 8 weeks. I might change things up as I go. Feel free to copy my eating exactly, or follow a different nutrition program all together.