



All Rights Reserved

Copyright © 2016 and beyond – Peter Tzemis Fitness. All rights are reserved. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Peter Tzemis Fitness, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Peter Tzemis Fitness, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

## PROGRAM OVERVIEW

Hello and thank you for choosing me to work with!

I have been in the fitness industry for 7 years so you are in good hands!

Here are the following meal plans you requested in sequence: 2 months each at 1800, 2000,2400,2600, 2800.

Below is a list of basic guidelines I provide my clients just to understand some things. After that I go into the specifics of the meal plan and exercise routine.

Something to keep in mind - If you contact me after your 60 day meal plan with before and after pictures and permit me to use them, I will give you 1 month of nutrition and exercise consultations FOR FREE as well as revise any thing I have currently given you.

## NUTRITION

### Meal Replacements

If for some reason you know you will not be able to consume one of your meals due to work or other responsibilities and you need a more convenient meal you can replace a solid food meal with a protein shake. If the specific meal that you are replacing calls for you to consume carbs you can add 1/2 cup of dry oats to the

protein shake just don't make a habit of doing this. Solid foods are always preferred.

## Cheat Meals

When listed in your meal plan, a cheat meal can be consumed once per week in place of any one of your scheduled meals. It is not an additional meal. A cheat meal is where you are allowed to consume any food and drink items you want during a single meal (this can include a dessert). This is not an all day event. You must stick to the rest of your plan the remainder of the day. Be wise and plan these meals according to your life. For example; if you will be going to a 4th of July party, save your cheat meal for that event, or use it to go to dinner with your family.

## Alcohol

Sorry if this comes as a surprise, but the truth is that alcohol can wreak havoc on your transformation. Or at least, too much of it can. I'm not demanding that you go cold turkey removing it completely. Here's my case for keeping in minimal, along with some specific recommendations about how much and what to drink.

Just like protein, carbohydrates and fats, alcohol supplies your body with energy ' or calories. In fact, it provides almost twice as many calories as protein and carbohydrates, with 7 calories per

gram versus 4 calories per gram. So unfortunately, even straight liquor isn't "free" in a caloric sense.

Alcohol is viewed as a toxin by the body because, well, it is a toxin. This means that after a few drinks, your body shuts down all fat-burning and nutrient storing processes and puts all of its energy into breaking down alcohol and ridding the body of it. This places a major pause on fat loss, while simultaneously putting you into a major calorie surplus, or a favorable position for fat gain.

Long story short: frequent indulgences will bring your progress to an immediate halt! So here's the plan: C For the duration of your program, limit yourself to drinking 1 to 2 times per week max, and 1 to 2 drinks per sitting max. Not drinking at all is also a great option of course.

C If you do decide to have a drink, opt for low/no calorie mixers, and stick to your already planned meal so that you can avoid taking in even more calories with late night snacking that comes with drinking. Examples include Mio, Crystal light etcetera.

## 60 Day Meal Plans

The 60 day meal plans you requested are designed to correlate with your workout routine. They are easy to cook and they utilize my food bank which will add some variety. This plan will implement those things.

### Methology:

This diet is designed with a 40/30/30 protein/fat/carb ratio made with one day a week having more carbs (1 I designate and the other is your cheat meal). The 5th and 6th meal plan cap at 240 protein, keep the fats the same and slightly increase the carbs more skewing the ratio slightly.

I am also recommending lower sodium levels ( 1500mg to 2000 mg), low sugar intake and at least 25 grams of fiber a day.

You may not have access to a stove at all times but along with meal prepping, I am asking that you invest in a nice cooler lunch box, whey protein (low on carbs) or pre made protein drink shake (preferably 20-30 grams of protein), some quest bars (cheapest on ebay -12 for 16 dollars) This will help immensely.

Price: I like to do a lot of my shopping at Sams Club/Walmart/Aldis/Trader Joes and I buy all of my whey protein or any protein bars online. This saves immensely on the cost.

1 cheat meal once a week. I recommend if you know it is someone's birthday, get together or just something planned where you know you will be eating unhealthy, it is best to save it for that time period. If you are doing great that week and you don't think you need a cheat meal don't use it and just use it the following week.

Now find your appropriate calorie amount food plans and hit them!

If your calories do not fall into the amounts given. you may add either:

- A) Add some food. Just make sure you know the calorie content and macronutrient breakdown. You can use an app like my fitness pal or just read the back of the label.
- B) Subtract some food.
- C) Make your own meal plans

**Click the links below to get your customized meal plan:**

**[1800 Meal Plan](#)**

**[2000 Meal Plan](#)**

**[2200 Meal Plan](#)**

**[2400 Meal Plan](#)**

**[2600 Meal Plan](#)**

**[2800 Meal Plan](#)**