

The Next 21 days: Nutrition Guide

*Eat Like A Survivor; Your Eating Guide For The Zombie Apocalypse
(Or just for when you're away from the gym)*



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About the Author:

Kian Ameli is owner and founder of Ameli Training in Concord CA, fitness coach and amateur zombie enthusiast. Over the last 8 years he's been helping people up and down the California coast get leaner and learn to love their bodies again. To get in contact with Kian send an e-mail to info@amelitraining.com or call 925.405.6599.



Food is probably the most confusing part about getting healthy. This doesn't surprise me in the least bit. Along with all the confusing and conflicting information out there, what you choose to put in your mouth is a very emotional thing (even for us guys).

We "could" get into all complicated stuff around nutrition, but that's a whole different book. This guide is going to give you simple, practical solutions, that anyone can follow to get started on rocking a new physique.

What we'll do is I'm going to give you secrets that (up until now) have only been available to AT clients. Remember this is only the tip of the ice burg, and finding the right eating plan is going to be the key to your success.

Ready to eat?



Habits for success

Eat plants (Can we grow brains?)

Remember when your mom told you to eat your vegetables? Well it's no surprise that you should eat your damn vegetables. Green. Leafy. Red. Orange. Eat it all up and eat it at *EVERY SINGLE MEAL*. This is non-negotiable

Not only are the plants going to fill your belly so you don't eat as much they're going to load you up with awesome vitamins and minerals that you're going to need to fuel your workouts.

For delicious and healthy meals check out [Gourmet Nutrition \(click here for the link\)](#) . This is one of the best cookbooks we know about and both Brenda and I use it on a regular basis.

How much? About the size of your open hand for leafy or stuff colorful stuff. Less for starchy veg like potatoes.

Eat Protein (Brainz has much protein...)

Protein is the building block of life. Without it you're going to be a slobbering mess of non-fitness. You can't build muscle or burn much fat without eating it at every meal.

A serving of protein is the size of your palm; men eat 2 and women eat 1. If you are into the specifics each serving should be somewhere between 20 and 30 grams of protein. For example, a scoop of whey powder is usually between 20 and 30 grams.

Every time you fork down some chow look at your palms, and remember to eat your meat before you eat your pudding.

Drink Water

Earth shattering news: water is good for you. Most people think they get enough in, but thing is that most people are wrong. Not you though, right?

Drinking the right amount of water helps you lose fat, helps you think better, and will give you more energy than a can of red bull.

How much water to drink? Weigh yourself. Divide by 2. Change lbs to ounces.

Ta-dah!

Here's an example for the dehydrated:

200 lbs

200 divided by 2 = 100

Change lbs to oz...

100 oz! or around 3 of those big reusable plastic bottles.

Drink Your Fish

There's a sucker's brain being eaten every minute – P. T. Brainum

So far we've focused on single ingredient foods. Veg. Protein. Simple stuff that tastes great. But now we're going to venture into...

Supplement world!

With so much crap out there that's not monitored by the FDA it's easy to get swindled by jerks that just want your money.

There are a lot of good supplements you can take, but unless you floss your teeth every night I'm not gonna tell you.

The one thing that you should be taking every day is liquid fish oil.

NOT the capsules. Why? With the amount that we want you to take it's nearly impossible to swallow that many pills.

Start with 1 tablespoon of fish oil every day; just once a day is all you need. If you were to take that in pill form it'd equal out to around 15 pills. Ewww...

Let me show you how profound this can be for your results. One of our clients decided to make the switch from capsules to liquid, and in around a month she dropped around 3.5% body fat – she didn't change anything else!

Eat Carbs Twice

Sorry... I phrased that poorly. It should read "Eat carbs twice *a day*." Controlling insulin is how the undead keep their figures.

Insulin is one of those damned if you do damned if you don't hormones, because you kind of need to it live, but if you get too much of it in your system you tend to get fat. Wonder why diabetics who contract the disease later in life tend to be on the "huskier" side? It's because their bodies can't regulate their insulin levels any more and they have to control it with external chemicals (it's a lot more complicated than that, but let's just leave well enough alone).

To help control that fat storing son-of-a-gun we are going to start timing your carbohydrate intake around when you need them most. It's twice a day (really?!)

1. In the morning
2. After a hard workout

If you can limit carbohydrate intake to those time periods you're going to be set.

BUT

And this is a huge but. Don't count those vegetables we talked about above (thought you could get away from me, you saucy minx).

The Wrap Up (Mummies aren't Zombies)

I know that doesn't seem like a very difficult list of things to get through, but the shocking thing is that most people won't follow this short list. For reasons I can't fathom, most of the people I talk to want to make their diet complex and think that weight loss is an advanced trigonometry equation.

Lies.

Simple and basic is really the only way to go. Don't believe me? I challenge you to follow these rules for the next 21 days, and if you don't feel and look different I'll give you a FREE copy of our next e-book (it's in the works right now, but I have a feeling it's going to be the best piece of writing since Robespierre).

Remember, you can always e-mail us if you have any questions:
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-Kian

ps. Here's the link to Gourmet Nutrition one more time if you missed it: [Gourmet Nutrition Cook Book](#)