



THE PLC
CHALLENGE
TRANSFORM 2.0

MUSCLE GAIN

NUTRITION
INFORMATION
GUIDE



THE PLC CHALLENGE TRANSFORM 2.0

THE PLC TRANSFORM CHALLENGE 2.0 NUTRITION INFORMATION GUIDE INCLUDES A 6 WEEK STRUCTURED MEAL PLAN DESIGNED TO MEET YOUR INDIVIDUAL NUTRITIONAL REQUIREMENTS BASED ON YOUR BODY COMPOSITION GOAL AND CALORIE INTAKE FROM YOUR EVOLT 360 BODY COMPOSITION SCAN. THERE ARE 3 DIFFERENT NUTRITION INFORMATION GUIDE OPTIONS;

- FAT LOSS
- MUSCLE GAIN
- PLANT BASED

EACH 6 WEEK MEAL PLAN INCLUDES BREAKFAST, LUNCH, DINNER AND SNACK OPTIONS FOR YOU TO FOLLOW ACROSS THE 6 WEEKS. ALL QUANTITIES, PORTIONS AND SERVING SIZES HAVE BEEN CALCULATED FOR EACH RECIPE WITHIN YOUR CHOSEN MEAL PLAN. THE TRANSFORM 2.0 NUTRITION PLAN ALSO INCLUDES 6 WEEK'S WORTH OF WEEKLY SHOPPING LISTS FOR EACH NUTRITION PLAN AND WILL BE SENT EACH WEEK FOR THE WEEK AHEAD.



TRANSFORM 2.0 MUSCLE GAIN NUTRITION PLAN

THE 6 WEEK MUSCLE GAIN NUTRITION PLAN IS DESIGNED TO PROVIDE YOU WITH OVER 75 HEALTHY AND NUTRITIONALLY BALANCED MEALS TO FOLLOW OVER THE 6 WEEK PERIOD. OVER THE 6 WEEKS, OUR FOCUS IS TO EDUCATE YOU ON HOW TO DEVELOP AND IMPLEMENT CONSISTENT AND SUSTAINABLE HEALTHY EATING HABITS FOLLOWING THE TRANSFORM 2.0 CHALLENGE.

PRINCIPLES OF INCREASING LEAN MUSCLE MASS

To increase lean muscle, we must consume more energy in the form of food we consume (kilojoules) on a daily basis in order for our body to have the necessary energy and levels of protein required for muscle growth. This is often referred to as either a calorie surplus.

If you are aiming to gain lean muscle mass, the accepted and safe energy surplus is around 2,000 kilojoules (480 Cal) per day. Initially this will result in roughly 500g of weight gain per week. This can be done by:

1. Maintaining current activity levels, but increase energy from food by 2,000 Kj per day or
2. Increase activity levels by approximately 1,000 Kj and increase energy intake by 2,500-3,000 Kj per day.

WHAT IS ENERGY?

Energy is a term used to describe fuel our body uses to perform our everyday activities from the food we eat. The standard unit used to measure the energy content from food is kilojoules (KJ) but calories (Cal) is also used as a unit to measure energy and both work in the same way that kilometres measure distance.

THE CONVERSIONS ARE AS FOLLOWS:

1 KILOJOULE	=	0.2 CALORIES
1 CALORIE	=	4.2 KILOJOULES

**CONVERTING KILOJOULES (KJ) TO CALORIES (CAL) CAN BE DONE EASILY,
SIMPLY DIVIDE THE AMOUNT OF KILOJOULES BY 4.2**

ENERGY AND MUSCLE GAIN

The fundamental principle that determines a change in a person's body weight (body composition) is energy balance. Muscle gain can only occur if the following principle is followed in conjunction with a well designed training program;

- Energy intake (Kilojoules) > Energy expenditure (Kilojoules) = Muscle Gain

WHAT ARE MACRONUTRIENTS?

Macronutrients are the nutrients we receive from the food we consume that provide us with energy. Our nutritional intake is based around our macronutrient profile; a percentage based system that breaks down how much we need of each macronutrient. There are three macronutrients; Carbohydrates, Protein and Fats.



CARBOHYDRATES, PROTEIN AND FATS:

CARBOHYDRATES (45-65% OF A TOTAL DAILY DIET)

- Found in the form of glucose in the blood
- Provides the energy required for bodily functions and exercise
- Used as the main source of energy (followed by fats) during exercise so that muscle mass can be maintained.
- Provides the required energy for the central nervous system i.e. brain function.

PROTEIN (10-35% OF A TOTAL DAILY DIET)

- Made of amino acids
- Responsible for the growth, repair and maintenance all bodily cells such as:
 - Eyes, skin, hair and nails
 - Internal organs
 - Muscle tissue

FATS (20-35% OF A TOTAL DAILY DIET)

- The consumption of fats provides the body with essential vitamins A, D, E and K.
- Fats come in two main types:
 - Saturated fats (from animal products: these fats should be limited).
 - Unsaturated fats (from fish, nuts, avocados, vegetable oils: these are the preferred source of fat)
- Saturated fats are often called 'bad fats' – they are not considered essential for good health, and have been linked with an increased risk of high blood cholesterol levels in the body which in turn is a risk factor for heart disease.
- Unsaturated fats are considered the 'healthy' fats and they're important to include as part of a healthy diet. These fats help reduce the risk of high blood cholesterol levels.

ENERGY BREAKDOWN

EXAMPLE MEAL WITH BREAKDOWN OF ENERGY AND MACRONUTRIENT PROFILE



RECIPE	INGREDIENTS	QTY	UNITS	Carbs (g)	Protein(g)	Fats(g)	Calories
BANANA YOGHURT POTS	GREEK YOGHURT	225	GRAMS	11.7	10.8	21.7	284
	BANANA	2	WHOLE (MEDIUM)	21.8	2	0.1	99
	WALNUTS	15	GRAMS	0.5	2.2	10.2	104
TOTAL				34	15	32	387

HYDRATION/WATER

70% of the human body is made up of water and plays an essential role in digestion, nutrient absorption, removal of waste products and to regulate core body temperature. Remaining adequately hydrated is essential in ensuring physical and mental performance. Dehydration of as little as 2% of a person's body weight will negatively impact physical and mental performance. Men require 3.4L of water per day on average whilst women require 2.8L of water per day on average.

EATING AROUND EXERCISE

Ideally try to plan your meals around your training. Give your body sufficient time to digest the food before you exercise. Generally, 1-2 hours before exercise is long enough for your food to completely digest and be available for energy.



MEAL PREPARATION

THE KEY TO SUCCESS WITH IMPLEMENTING A NEW HEALTHY EATING ROUTINE IS CONSISTENCY. WE ENCOURAGE preparing your weeks worth of meals in advance AS A GREAT WAY TO ENSURE YOU AVOID THE TEMPTATION OF unhealthy options such as fast food or takeaway.

PRE PREPARED MEALS

NOT EVERYONE HAS THE NECESSARY TIME AND COMMITMENT WITHIN THEIR CURRENT LIFESTYLE OR SCHEDULE TO PRE-PREPARE THEIR own MEALS AND That is okay. The solution = pre prepared meal services.

PRE PREPARED MEALS SERVICES OFFER A CONVENIENT, FAST AND NUTRITIONALLY BALANCED OPTION TO ENSURE YOU ARE ABLE TO EASILY TRACK YOUR CALORIE INTAKE AND MEET YOUR INDIVIDUAL NUTRITIONAL REQUIREMENTS. ONE REPUTABLE PROVIDER OF HEALTHY, DELIVERED AND FRESH MEALS IS MYMUSCLECHEF. AS A PLC CLIENT, USE THE CODE WELCOME20 FOR A \$20 DISCOUNT ON YOUR FIRST ORDER. THE MYMUSCLECHEF WEBSITE CAN BE ACCESSED VIA THE FOLLOWING LINK:

MY MUSCLE CHEF
CLICK HERE

TRACKING YOUR FOOD INTAKE

Calorie counting and tracking your food intake is essential in assessing the amount of energy you are consuming through the food you eat. Simply put, the more consistently you track your daily food intake, the more likely you are to adhere and reach your goal.

NOTE: AN EFFECTIVE WAY TO EASILY TRACK THE NUTRITIONAL CONTENT OF YOUR MEALS IS TO USE A FOOD TRACKING APP SUCH AS MYFITNESSPAL WHICH CALCULATES THE CALORIE AND MACRONUTRIENT CONTENT OF EACH MEAL.

MY FITNESS PAL
CLICK HERE

HOW TO CREATE YOUR OWN MEALS

As part of the Transform 2.0 Fat Loss Nutrition Plan, our focus is on educating you on how to create your own nutritionally balanced meals which fit your nutritional requirements. You will have the option on Sundays to 'build your own meal' for you to begin implementing some of the information from this information document to create your own nutritionally balanced meals.

Alternatively, if you find you are stuck or need further assistance, refer back to the option provided for Sundays.

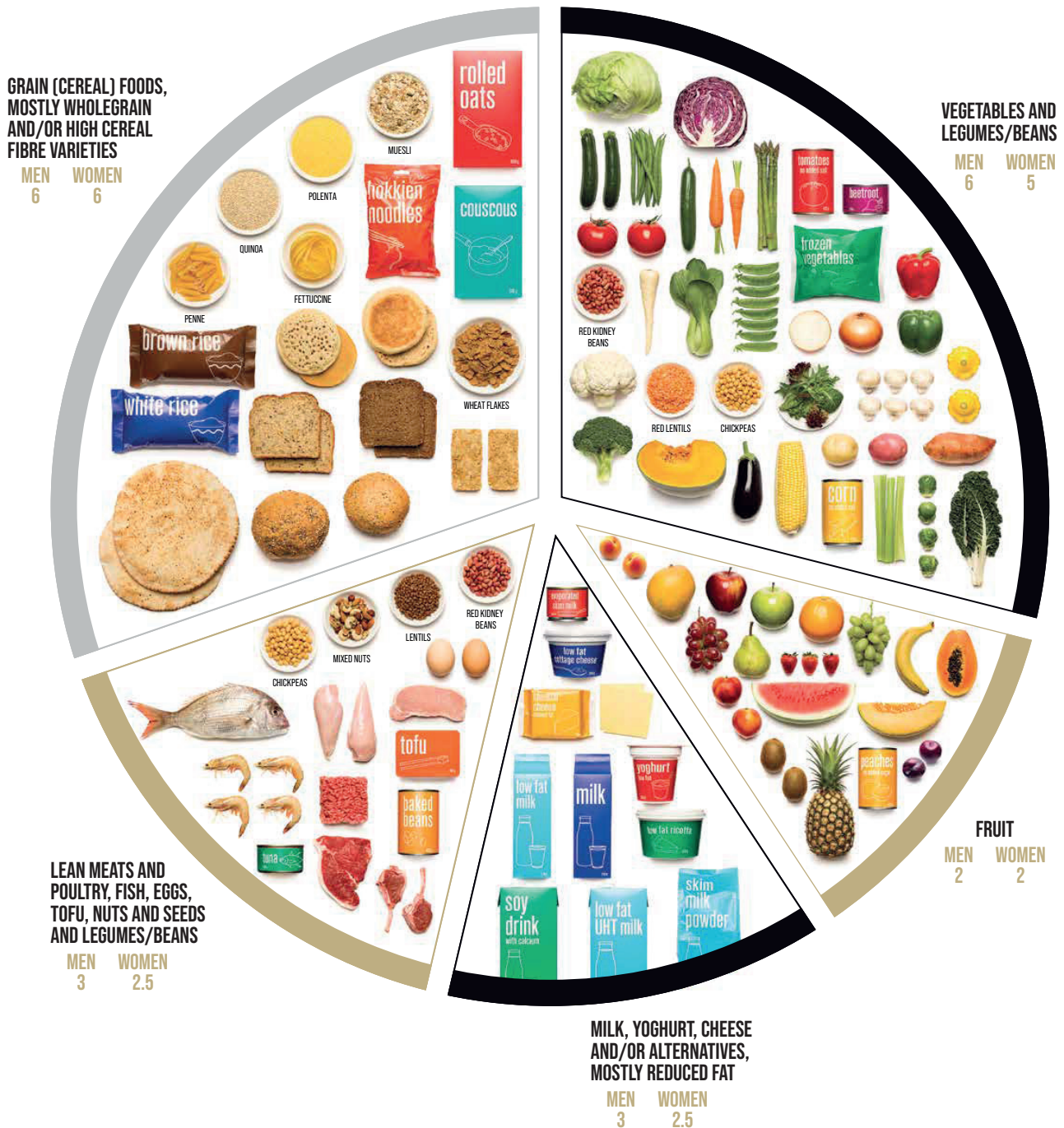
WHEN CREATING YOUR OWN MEALS, THE FOLLOWING PRINCIPLES ARE KEY IN ENSURING YOU ARE BUILDING A NUTRITIONALLY BALANCED MEAL WHICH MEETS YOUR OWN INDIVIDUAL NEEDS BASED ON YOUR GOALS;

- 1. ENSURE THE MEAL IS BUILT TO FALL WITHIN YOUR TARGET CALORIE RANGE BASED ON YOUR BODY COMPOSITION SCAN.**
- 2. ENSURE THE MEAL HITS YOUR TARGET MACRONUTRIENT RANGE (PROTEIN, CARBOHYDRATES, FATS).**
- 3. ENSURE THAT YOUR RANGE OF ' BUILD YOUR OWN MEALS' THROUGHOUT THE DAY FOLLOW THE RECOMMENDED CONSUMPTION GUIDELINES FOR THE 5 ESSENTIAL FOOD GROUPS.**



FOOD GROUPS

- To ensure that you consume all the necessary nutrients required for a healthy and balanced diet, a variety of foods from each of the five fundamental food groups should be consumed daily.
- Below is a diagram showing the **recommended daily servings** (19-50 years old) based on gender, which is highlighted in Gold





FOOD LABELS

- When checking information about serving size, remember that what the food company considers a 'serving size' may be different from what you usually eat.
- By law, all food labels must have a 'per 100g' column. Ensure you always compare foods based on 'per 100g' rather than 'per serve'.
- Low Fat Foods are those that contain less than 10g of fat per 100g
- Low Sugar Foods are those that contain less than 5g of sugar per 100g
- Low Sodium (Salt) Foods are those that contain less than 120mg per 100g

The following Food Label will give a clear indication of what all food labels must contain (by law) and how to read a food label.

NUTRITION INFORMATION		
SERVINGS PER PACKAGE – 16		
SERVING SIZE – 30G (2/3 CUP)		
	PER SERVE	PER 100G
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
INGREDIENTS: <i>Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.</i> Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

TOTAL FAT ▶
Generally choose foods with less than 10g per 100g.
For milk, yogurt and icecream, choose less than 2g per 100g.
For cheese, choose less than 15g per 100g.

SATURATED FAT ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

FIBRE ▶
Not all labels include fibre.
Choose breads and cereals with 3g or more per serve.

100G COLUMN AND SERVING SIZE
If comparing nutrients in similar food products use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

ENERGY
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

SUGARS
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar [or alternative names for added sugar] is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

SODIUM (SALT)
Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.

Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

FOOD LABELS CONTINUED...

- Every individual is different and has varying dietary requirements and preferences. It's important to design your diet based on the following guideline and what works for you.
- The most important consideration of a healthy eating plan is developing healthy eating habits which are sustainable for the future, not just based around quick changes in body composition.
- The first step is to develop a nutrition program based on your individual Macronutrient requirements which are provided from your Evolt Body Scan.