



**MATA FUEGO**  
TRAINING

# BASIC LIFESTYLE GUIDELINES



There are 24 hours in a day; apply work and rest appropriately.



You will one day die; get over it and get living.



Water: 1/2 of your bodyweight in ounces per day, as a starting point.



Go to bed and wake up at the same time every day to maintain a great circadian rhythm.



The earth spins and the sun and moon correlate with our energy patterns. We need sun exposure, and to sleep with the moon.



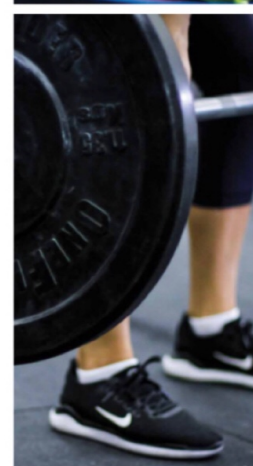
Water, moving blood, and proper digestion are essential daily routines.



Recovery: blood flow facilitates recovery and healing faster, get moving every day.



Digestion: food is a 36 to 44-hour investment. Sit down, chew your food, set the phone aside and have a conversation.





## Basics on Nutrition

(We are **NOT** Medical Professionals. All information provided on this article are just recommendations)

### Macronutrients. (Macro counting)

- Carbohydrates - **4** calories per *gram* (meaning 4 calories of carbohydrates equals to 1 gram)
- Protein - **4** calories per *gram*
- Fats - **9** calories per gram

Each meal should have a healthy balance of **Macronutrients**. Keeping in mind meals should be based on your fitness goals and your daily activities. You need adequate **nutrient dense** (refers to the nutrients {Vitamins, minerals and proteins} present per calorie of food) foods to supply your energy demands.

**FOR EXAMPLE** {\*g = Grams} \*This is just an example...speak with your coach and see what works best for you....

If your coach prescribes you **2705** calories per day based on your inBody data.

You prep **5** meals per day. (\*You decide how many meals you want as long as you hit your Marco goals)

Your **daily** calories per gram breakdown should read as follows:

- Carbohydrates 300g
- Proteins 185g
- Fats 85g



Divide each of the numbers in grams by the number of meal you wish to have per day.

For example if you want 5 meals:

- **Carbohydrates 300g** / 5 meals = **60g** of Carbs per **each** of the **5 meals**
- **Proteins 185g** / 5 meals = **37g** of Protein per each of the **5 meals**
- **Fats 85g** / 5 meals = **17g** of Fats per each of the **5 meals**

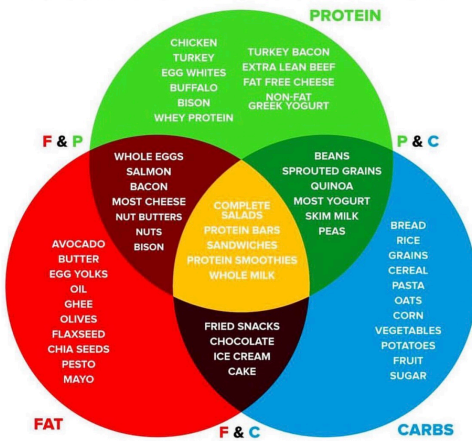


I know this sounds very confusing and hard to follow. There are a plethora of apps that help you count and keep track of your Macros. The one that I use the most is MyFitnessPal. ([www.myfitnesspal.com](http://www.myfitnesspal.com)) downloadable on any apple or android phones.

## Rule of Thumb

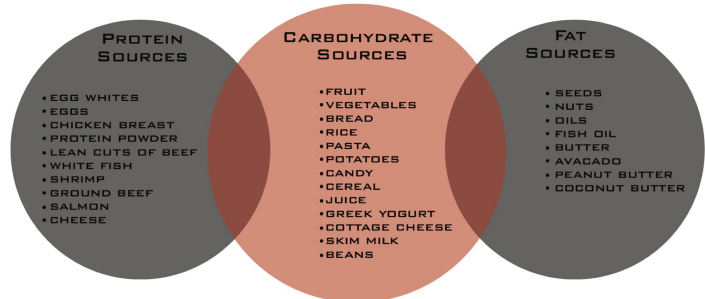
- When energy "**in**" (**calories**) equals energy "**out**" (**activity**), weight and energy stay the same.
- 1 lb. = 3500 calories {lb. = pounds}
  - More going in + less going out = **weight gain**
  - More going out + less going in = **weight loss**

# MACRO CHEAT SHEET



For those looking to lose some extra weight, here is our recommendations for at least a 30 day period:

- Avoid any and all **Sugar** (eat some fruits and NO artificial



- Avoid industry oils like *Canola, Vegetable and Grape seed*
  - Use *Coconut Oil & Olive Oil*
- Avoid some Grains like white bread and pasta
  - Sprouted Grains, Quinoa and white rice are acceptable

## BASIC LIFESTYLE GUIDELINES

- The environment around how/where you eat - What do those conditions look like?

✓ **Stress** - Are we still in a state of stress while we're eating? We have the rest-and-digest parasympathetic and we have the fight-or-flight sympathetic nervous system.

- If you're in a heightened state of stress in a sympathetic state, your body will react by wanting to "fight" which means your body will focus on the stress, not the proper digestion process. When you are in that heightened sympathetic response:

- Your saliva glands will be suppressed which means that you won't begin the food breakdown process.
- Your stomach will suppress hydrochloric acid which will hurt food digestion in our gut.
- Your small intestines won't "sense" that they need to continue the food digestion process.

- Being in a household or a work scenario where you are under stress while you eat is an issue.
- Having an emotional conversation or an argument with someone will be an issue.
- When you are under stress, in any capacity, your body will not digest your food properly which will lead to bigger chunks of food moving through your system. When you have bigger chunks of food in your system, your intestines won't "receive" the nutrients from the food that you need.



✓ **Cooking your food** - Whether that's on the stove top or you're re-cooking your food, when you have the opportunity smell your food as it cooks, that smell triggers your body to prep to eat. That prep is the starting point for quality digestion. What happens in this process?

- ☐ You smell your food
- ☐ The food smells good
- ☐ Merely thinking about your right food for a certain purpose can trigger saliva to start building up

✓ **Sitting down to eat your food** - Sitting down is a huge piece because when you stand, your body interprets it as work. Avoid the stress by sitting down to eat.

✓ **Calming your mind before you eat** - Anything that relaxes you so that you're comfortable is a great way to start the digestion process. For some, saying a prayer is the starting point for this relaxation into the parasympathetic system.

✓ **Staying calm after your meal** - You don't want to calm down prior to eating, stay calm while you eat, and then run right back into stress after your last chew. The digestion process takes time, so stay calm after you eat.

## **MEAL PREP**

- Take 1 day a week to prepare your meals for the week. (I typically do it on Sundays)
  - There are tons of articles and books out there to help you, Google some

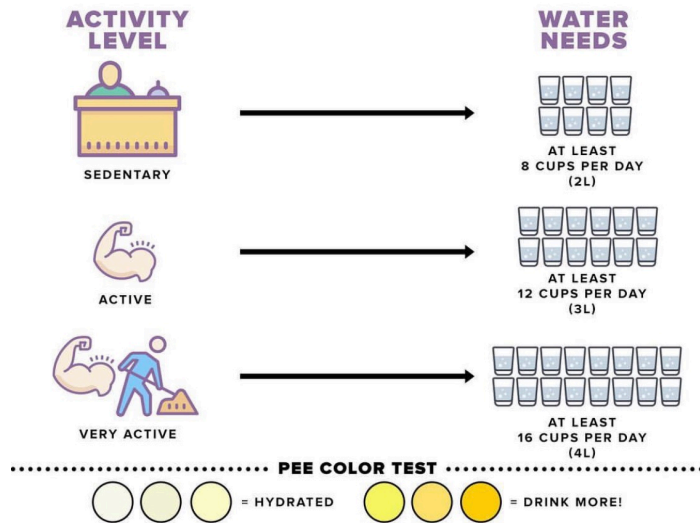
### **Here are some steps to follow:**

1. Check your calendar
  - A. Determine how many breakfast, lunch, dinner and snacks you need for the week.
2. Make a Menu
  - A. Keep in mind you need nutrient dense meals (follow the sample chart above)
  - B. Don't be afraid to get creative
3. Go food shopping
  - A. With your menu already set, make a grocery list
  - B. Pick 1 day a week to do a big food shop, in your case Saturdays will be optimal
  - C. Organize your list by sections, so that you can waste zero time looking for items
    - a. Produce, meats, dairy etc etc.
4. Prep and pack your food
  - A. Prep your ingredients. No matter what's on the menu, you can always find a way to prep it ahead of time.
    - a. **Proteins:** Roast, bake, or poach poultry, meat, or fish
    - b. **Produce:** Steam or roast vegetables in a big batch, bake potatoes or sweet potatoes, and wash and chop raw fruits and vegetables for salads and snacking.
    - c. **Grains:** Simmer a big batch of rice that'll feed you all week long.
    - d. **Other components:** Make sauces, dressings, or dips, and any other items on your list.
  - B. Assemble what you can. Toss hearty grain or bean salads, layer a casserole so you can pop it straight in the oven, and put solid ingredients for individual smoothies in zip-top bags so you can quickly throw them in the blender.
  - C. Store smart. Pack food in clear glass or plastic containers so you can access them easily and know exactly how much you have. (Refrigerate cooked ingredients you'll use within 2 to 3 days; freeze the rest and thaw them later in the week.) Divide single servings of finished dishes into individual containers for easy portion control.
  - D. Pack up to-go meals. Things like wraps, sandwiches, and leafy salads can get soggy if they sit in the fridge all week. If you're having those things for lunch, assemble them the night before.

Go to this link below to get a sample meal prep menu for the week. Keep in mind you need to support your energy expenditure.

<https://www.menshealth.com/nutrition/beginners-guide-to-meal-prep>

# ARE YOU DRINKING ENOUGH WATER?



**EAT MEAT AND VEGETABLES,**  
NUTS AND SEEDS. SOME FRUIT. LITTLE STARCH AND NO SUGAR.  
KEEP INTAKE TO LEVELS THAT WILL SUPPORT  
**EXERCISE BUT NOT BODY FAT.**  
PRACTICE AND TRAIN MAJOR LIFTS:  
**DEADLIFT, CLEAN, SQUAT,**  
PRESSES, CLEAN & JERK, AND SNATCH.  
SIMILARLY, MASTER THE BASICS OF GYMNASTICS:  
**PULL-UPS, DIPS, ROPE CLIMB,**  
PUSH-UPS, SIT-UPS, PRESSES TO HANDSTAND,  
PIROUETTES, FLIPS, SPLITS, AND HOLDS.  
**BIKE, RUN, SWIM, ROW, ETC,**  
**HARD AND FAST.**  
FIVE OR SIX DAYS PER WEEK  
MIX THESE ELEMENTS IN AS MANY COMBINATIONS AND PATTERNS  
AS CREATIVITY WILL ALLOW.  
**ROUTINE IS THE ENEMY.**  
KEEP WORKOUTS SHORT AND INTENSE.  
REGULARLY LEARN AND PLAY NEW SPORTS.

FITNESS IN 100 WORDS BY GREG GLASSMAN

Visit [matafuegotraining.com](http://matafuegotraining.com) for any questions, programming help and/or future training advice.

MATA FUEGO TRAINING IS NOT LIABLE FOR ANY ALLERGIC REACTIONS TO SAID RECOMMENDATIONS.