

In order for this to be as relatable as possible, I believe it's important for you to know who I am and how I developed some of the concepts and ideals that I will introduce later in this ebook. My name is Quahlin Patterson, owner of Got Yolk. As I currently write this, I am working full time on developing this business, while being a content creator, competing as a professional bodybuilder, and working in person as a personal trainer. With that being said, you can imagine that my current life is quite hectic and every minute of my day is planned in order to check off my to-do list as the day progresses.

Although my main priority is providing a great service through Got Yolk, there are also other areas of my lifestyle/ career that I can not afford to slack in. Bodybuilding is a sport of discipline, it consists of eating clean, cardio and lifting daily. Speaking from personal experience, it takes quite a bit of energy to perform on a regular basis. But in order to optimize my time and energy the most effectively I had to make adjustments so that I will always be lean enough to make a presence on social media, have enough energy to continue to develop this business, train clients in person, and also eat enough food for my muscles to grow properly while training in the gym.

After several months of trial and error I had finally tailored my nutrition to specifically fit my goals and lifestyle, all without ever feeling an ounce of guilt from having the occasional cheat meal. And that should be the goal, you should ultimately aim to construct eating habits that best support your fitness goals, personal goals, and lifestyle. For example, I tend to eat 4-5 meals a day with an additional allowance of 2 protein snacks. Currently this consists of salmon and eggs for my first meals, so that I have a source of protein and healthy fats to take supplements.

My second meal consists of oatmeal and a protein bar, so that I will have enough energy to have a good workout. The third meal is chicken, rice and vegetables, to help with recovery. The fourth meal is chicken and vegetables to make sure that I'm consuming enough protein throughout the day and work efficiently on this business. While my fifth meal is steak and eggs, to make sure that I reach my protein goal and give my body the necessary nutrients to produce testosterone as I sleep. As you can see, I have made each meal that I consume throughout the day purposeful so that I can perform the best in each area in my life.

Knowing that these meals will become repetitive at one point, they are organized conceptually rather than saying, "I can only eat a specific food item for each meal." For example, eating carbs will cause an increase of insulin in your body. Eating carbs for breakfast will cause your energy to peak early in the morning, which can be both a good and bad thing depending on the activities that you plan on engaging in. My days typically start at 2:45 am, so this spike in energy will negatively affect me, knowing that a few hours later my energy levels will crash from the spike. So rather than relying on that increase of energy from carbs, I rely on the gradual increase of energy that I will have from sleep. As mentioned earlier, the sole purpose of my first meal is to have some source of protein to keep me feeling full, support my daily protein goal and have some form of healthy fats so that I can take vitamins and supplements. Some vitamins, such as A, D and K, are fat-soluble, meaning that they are broken down in fat. So rather than taking a fish oil pill or using butter, I resort to eating some form of fatty fish that contains omega-3. I minimize the amount of carbs that I eat throughout the day by only using them to my benefit. Eating carbs before a workout will supply your body with energy in the form of glycogen. This allows your body to use the glycogen as fuel rather than any stored protein that is in your body.

While eating carbs after a workout; in this case, high glycemic carbs like rice, stimulates insulin quickly. Insulin is a hormone that supports the creation of new muscle, by improving the uptake of protein.

Without going into the complexity of each meal that I eat, all of them have a purpose for the lifestyle that I live. The biggest obstacle to overcome was making sure that I was eating the right amount of food to stay lean and make progress in the gym, while at the same time staying away from tracking my food. But I conquered this by making protein the main priority in each meal and picking relatively sweet protein based snacks to crave any sweet tooth that I may have. I can assure you that tracking food is one of the most tedious parts of any fitness journey, but it is %100 necessary when starting any fitness journey. This will help with visualization, so that you know exactly how much you are consuming, while at the same time preventing the repercussions of reaching your fitness goals too quickly. But using a food scale should only be temporary. The goal is to understand portion sizes so that you will no longer need the food scale to maintain your dream body. To properly gain or lose weight, you should eat roughly +500 or -500 of your maintenance calories (BMR) to gain or lose 1 lb per week.

As I finally construct the framework for my nutrition I think to myself, “How can I possibly teach this to others without making the science-based information too overwhelming?” At that moment I began teaching what I call conceptual fitness, rather than all of the in depth science. This ideal allows me to teach fitness in a manner that clients of mine have been able to understand, retain, and use in their personal life. Through this I have been able to get clients of mine 2x better results, simply by setting a foundation that they could understand, use, and then

modify for their sustainability. For instance one of the biggest questions that people ask about is metabolism; how do I speed it up and how do I slow it down? Rather than talking about the complexities of thermogenesis, it's more important to understand the concept of how it works. For example, I want you to think of a campfire, in order to get that fire as big as possible you are going to have to feed it logs of wood and give it enough oxygen to grow. Visualize the food that you eat as the logs of wood and the oxygen as other external factors, such as meal frequency and weightlifting. If you want to lose weight you want to get the fire burning as big and hot as possible by giving it the correct sized log and oxygen, then put smaller logs (food) in the fire so they can be burned at a faster rate than they would be burned in a smaller fire. Make sense?

When starting any fitness journey, one of the most important things that you can do is construct your eating habits around your lifestyle and foods that you already enjoy. There are numerous diets that flood the internet that people believe is the easiest and quickest way to lose weight. I am here to tell you that there is no secret or special diet that is overwhelmingly better than the other. You can get results from nearly any diet that you choose, the biggest obstacles that you will have to overcome is understanding the nutrients that you need and how much you should be eating. For this reason, understanding how food works and selecting foods that you actually enjoy is the best way to get results, sustain them, and still enjoy your life.

Some of the most common diets are the Mediterranean, keto, low-fat, paleo, intermittent fasting, vegan, and vegetarian. The mediterranean diet consists of fruits, vegetables, whole grains, seafood, poultry, and healthy fat such as olive oil. Keto which restricts the intake of carbohydrates, often including foods like bread, pasta, and sugary snacks. The low-fat diet

consists of lean proteins, whole grains, fruits, vegetables, and low-fat dairy products and focuses on reducing the consumption of fatty foods. Paleo emphasizes lean meats, fish, fruits, vegetables, nuts, and seeds while avoiding processed foods, grains, legumes, and dairy. Intermittent fasting involves alternating periods of fasting and eating, typically by fasting for 16 hours and restricting eating to the remaining 8-hour window. The vegan and vegetarian diet focuses on consuming plant-based foods typically including fruits, vegetables, whole grains, legumes, nuts, and seeds while avoiding animal products.

All of these work for losing or gaining weight but as mentioned before, you must use the right portion size and make your protein consumption a priority. The idea is not to completely shift your entire eating habits, but to have a solid foundation of foods that are healthy and enjoyable to you, then find the best possible option that is geared toward your goal. If you want to lose weight but you struggle with having a large appetite, find the best low calorie options of the food that you are already eating and incorporate them into your diet so that you can eat the same amount of food that you typically would to feel full, but still lose weight because you are having less calories. If you want to gain weight but have a small appetite, find a higher calorie option of the foods that you typically eat, so that you eat the same amount of food that you typically would to full, but still gain weight because you are having more calories.

After reading this, I want you to pay attention to the next time you go to your favorite grocery store. Before putting the foods that you usually get into your cart, look at the items next to them and compare them to the items that you usually get. This may take an extra 10 mins for the first few trips but I guarantee you can find an item next to it that can be directed toward your

fitness goal. Rather than restricting yourself from your favorite foods immediately, resort to finding the best alternatives first, then progress into slowly cutting foods out. This will result in a much higher level of satisfaction, discipline and compliance from yourself. This is a lifestyle change not a short-term diet.

To be a part of group discussions and have all of your fitness questions answer join Got Yolk's free Facebook group <https://www.facebook.com/groups/517030530468718>

Sincerely,

Quahlin Patterson

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