

THE PROGRESSIVE ATHLETE

FITNESS E-BOOK

Your Key To A Healthier Lifestyle!



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Welcome

We are glad that you are reading this because what you are about to read will change your outlook on fitness. I'm sure you are aware of the saying that says "Success is in the detail." In this regard this is the case; what you eat and do, does affect the outcome. In this document, we will touch on a few aspects that will help you understand the basics of fitness.

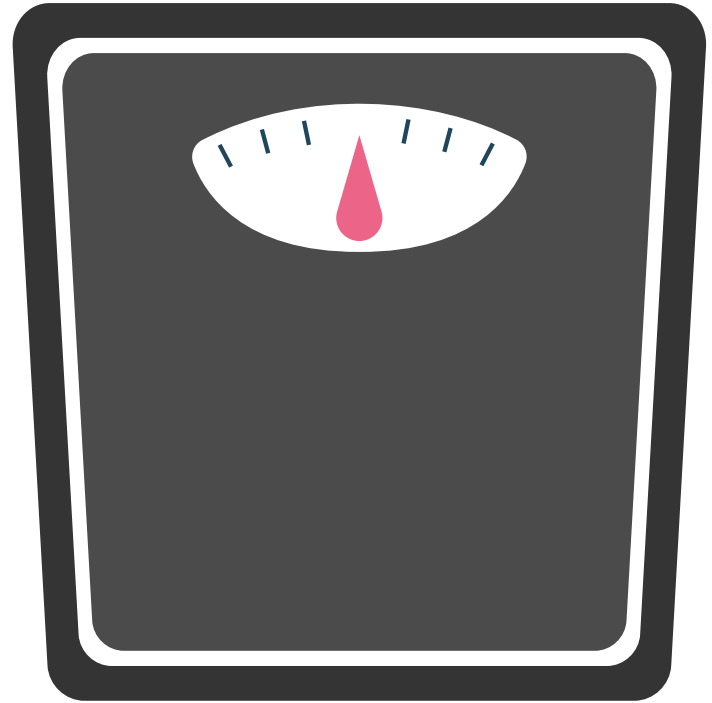
Mietani Chitambira
Founder, Head Trainer
The Progressive Athlete



Calories

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To lose weight/shred fat you need to maintain a calorie deficit. What does that mean? A caloric deficit is any shortage in the number of calories consumed relative to the number of calories required for maintenance of current body weight.



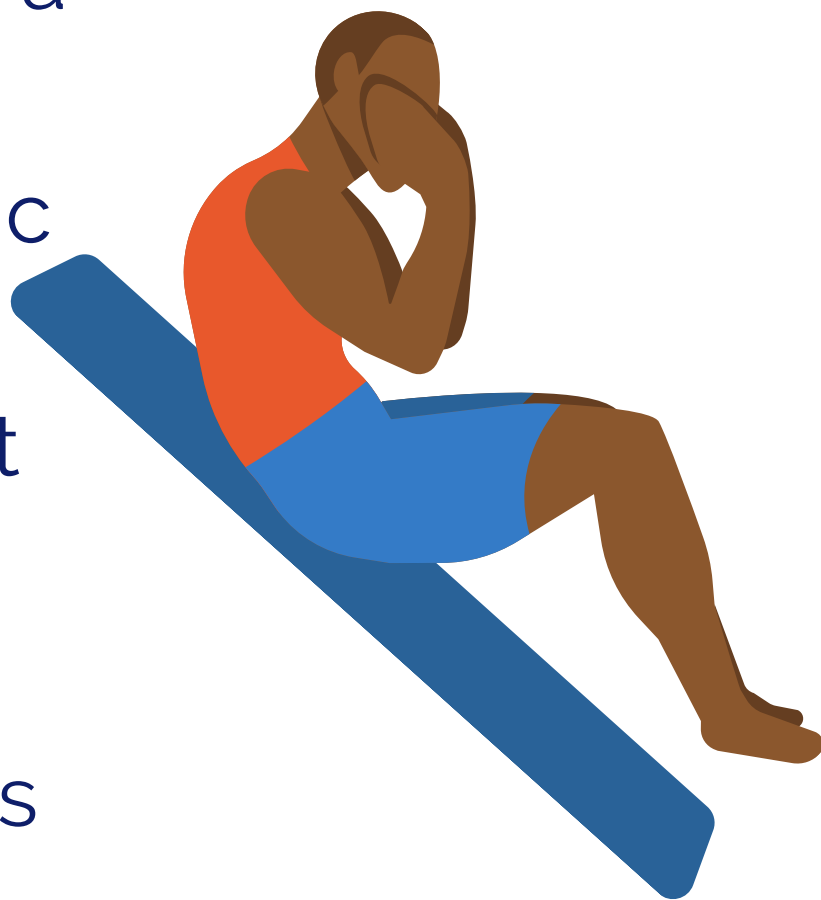
No this doesn't mean starve yourself, it means you need to know what your calorie maintenance is and consume foods that are lower than that calorie maintenance. Maintenance calories are precisely the number of calories your body needs to support energy expenditure.



Calories

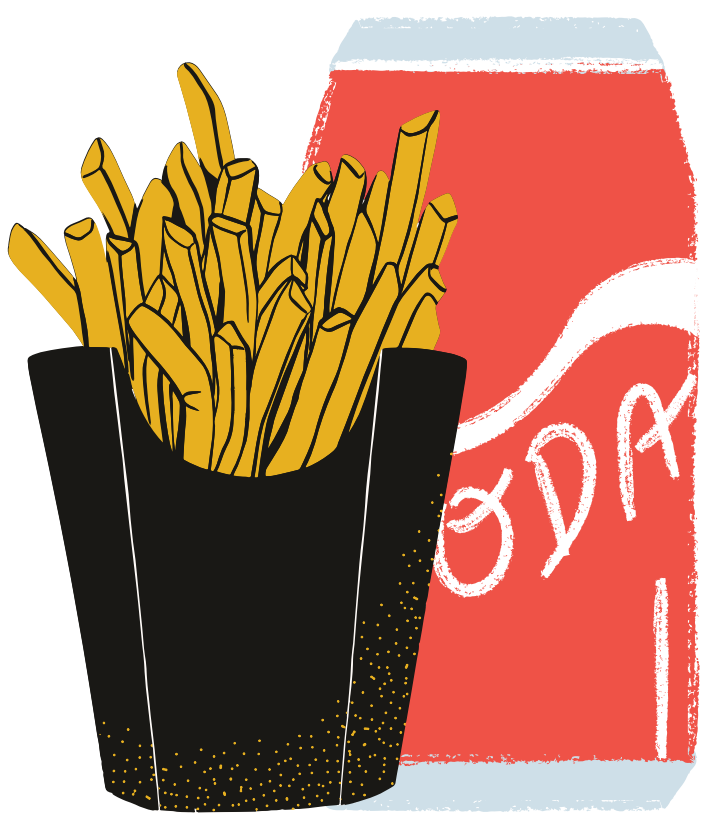
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But what if I want to gain? Then you go into a calorie surplus (weird names I know). A caloric surplus is when the number of calories that we consume is higher than the number of calories we burn. This is when you hear people say that they are bulking.



However, most people just decide to eat everything and anything.

A bulk shouldn't be an excuse to eat junk food every day, you still need to track your macros and calories. Remember, success is in the details. But one of the most key details is your food choice.





Macros



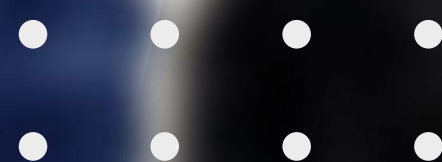
The term "macro" stands for a macronutrient. Describe a macronutrient.

Protein, carbs, and fats are the three nutrient groups you consume the most and which give you the majority of your energy. So, when you calculate your macros, you account for the grams of protein, carbohydrates, and fat you take in.

You may choose (or plan to choose) smart, healthful foods by keeping track of your macros. Although it is comparable to calorie or point tracking, it advances the philosophy.

Calories ARE important. If you want to put it simply, weight loss occurs when you burn more calories than you take in. You may better understand where those calories are originating from and how they influence your body by using macro counting.

Furthermore, it enlightens you to the fact that not all calories are made equal.



Food choice

Food choice is what separates you from the other person whom you think is on some crazy supplements but the truth is they are eating the right foods. But what are the right foods? If you think about it, eating the right foods is practically eating smart.



Let me explain with an example.

Brother John's calorie maintenance is 2700 calories. But Brother John would like to get lean, so he goes into a calorie deficit. He decides that eating 2400 calories is something that he can manage and stay consistent with. Keep in mind that he is eating 300 calories less than his maintenance calories, therefore he has created a deficit.

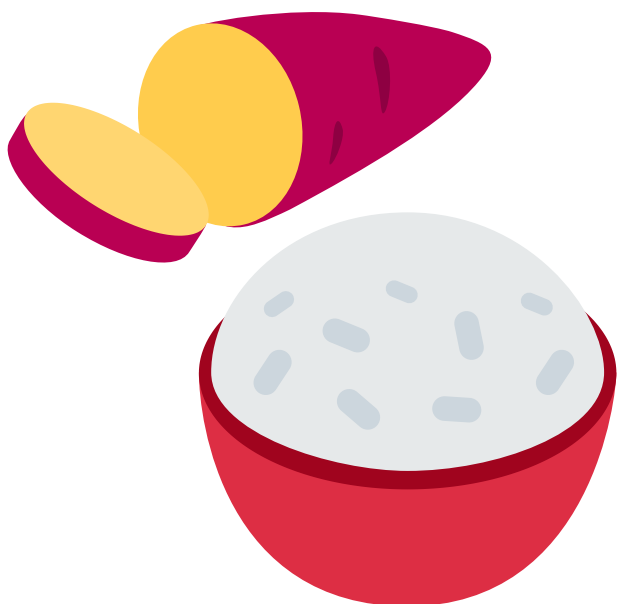


Food choice

So now Brother John is faced with a dilemma, he would like to have a snack after dinner but that would take him out of the calorie deficit. What can he do? This is where the choice of food comes in.



Brother John should add 100g of sweet potatoes to his dinner instead of white rice. But why? Sweet Potato per 100 grams has 80 calories while 100 grams of white rice has about 130 calories. I hope this is starting to make sense.



Brother John has now managed to have more on his plate while cutting the calorie intake by 50 calories. Do you see the power of food choice?



Meal Planning

So this can get quite controversial but just take some time to think about it. If you have ever been on a diet, you've probably have had an experience where you had a long day but on that specific day, you could only have a salad for lunch to fuel you for the rest of your day.

Sounds crazy right? I'm not saying that the salad is the enemy, I'm saying that if you plan for a busy day you'll need to eat foods that will fuel you to perform at an optimum level.



If you marry meal planning with clever food choices, it becomes a lot easier to turn your new way of eating into a lifestyle. Food is the fuel for the body. Now imagine if you put cooking oil in a car, would it work? It wouldn't because it is not what fuels a car. So give the body foods that fuel you for the actions needed for the day. This is why we sometimes don't hit our goals.



Meal Planning

Cycling calories is a frequent technique for such a thing. A diet strategy known as calorie cycling, sometimes known as calorie shifting, enables you to alternate between low-calorie and high-calorie periods. There are only the number of calories you can consume on particular days or weeks; there are no specific dietary limits or rules. It's not a "diet" in the traditional sense because of this; rather, it's a means to organize your weekly or monthly food intake.



Now we hope we gave you a bit of insight into the whole aspect of food. This is just the tip of the ice burg but this is the basis of how we tackle the food aspect at The Progressive Athlete. We are not saying go out and buy the expensive foods, you'd be surprised with what the simple foods have to offer from a nutritional aspect.



Exercise

So now let's talk about exercise and how we go about it here at The Progressive Athlete. For starters, what you do in the gym is important depending on your goal, how you are doing the exercises is very key. If you are not doing the exercise properly, you now run the risk of getting injured and this will affect your journey. So put your ego aside and make sure you are doing the exercises right, instead of just doing the heavyweight at the cost of your form. You don't want to be that person in the gym.



Frequency

This is probably one of those things about the gym that spark some of the weirdest arguments. You have one person trying to justify that dedicating a gym session to each muscle group makes sense and you have someone trying to say that doing 2 muscle groups is the sensible thing to do.



So what is the right thing to do? Your goal will define what you need to do. Brother John, for example, wants to put on some muscle and look good for the pool. He has to create the right environment for this to happen he needs to go into a calorie surplus, then when it comes to his exercise he needs to train muscle groups twice a week.



Frequency



So his workout plan would look something like this:

Monday- Upper Body (Chest, Shoulders, Core, Biceps & Triceps)

Tuesday- Lower Body (Cardio, Quads, Glutes & Calves)

Wednesday- Rest Day

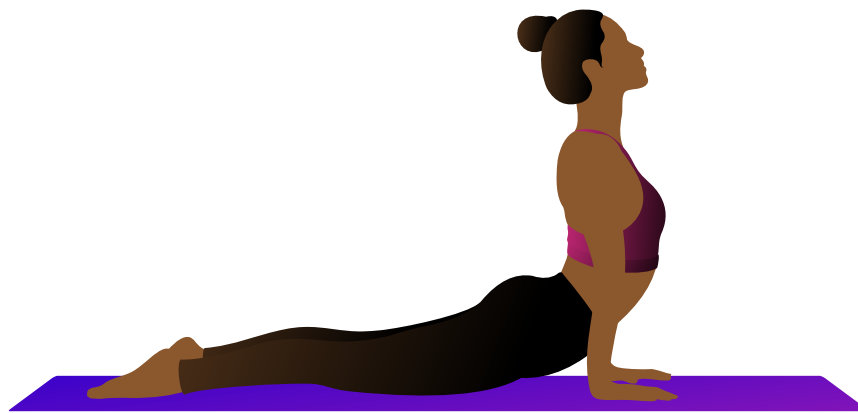
Thursday- Upper Body (Chest, Shoulders, Core, Biceps & Triceps)

Friday- Lower Body (Cardio, Quads, Glutes & Calves)

Saturday- Rest

Sunday- Rest

We hope this is giving you some insight on how one should go about their workout schedule.



Goal Setting

This is probably the most important part of your fitness journey. Are you an Athlete? Are you someone that wants to look good? Then everything you do on your fitness journey should bring you a step closer to that goal.

Don't let the media fool you. Your body will never look like my body and my body will never look like yours, simply because we are all built differently.

Focus on working on your best self and trying to nurture your body with the right nutrients and getting the right amount of activity in. This way you'll go on your journey a much better person.



THE PROGRESSIVE ATHLETE

SAMPLE MEAL PLANS



SAMPLE MEAL PLAN FOR WOMEN

BY THE PROGRESSIVE ATHLETE

1500 KCAL (FAT LOSS)

Meal 1:

1 Egg: 78 kcal (7 protein; 5.5 fat; 0 carbs)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Meal 2:

20 gram Mixed nutes: 116 kcal (4.7 protein; 9.8 fat; 2.3 carbs)

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1
carbs)

Meal 3:

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2
Carbs)

100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0
carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat;
6.6
carbs)

Meal 4:

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat;
29.2 Carbs)

100 gram salmon: 225 kcal (25.3 protein; 13.8 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat;
6.6
carbs)

Meal 5:

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1
carbs)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

Total: 1528 calories; 117.1 protein; 38.1 fat; 166.5 carbs



SAMPLE MEAL PLAN FOR WOMEN

BY THE PROGRESSIVE ATHLETE

1800 KCAL (MAINTANANCE)

Meal 1:

1 Egg: 78 kcal (7 protein; 5.5 fat; 0 carbs)

1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Meal 2:

25 gram Mixed nuts: 145 kcal (5.9 protein; 12.3 fat; 2.9 carbs)

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat;
1.1 carbs)

Meal 3:

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2
Carbs)

100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0
carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7
fat; 6.6
carbs)

Meal 4:

150 gram brown rice (cooked) : 209 kcal (3.9 protein; 1.7 fat; 43.8
Carbs)

125 gram salmon: 225 kcal (25.3 protein; 13.8 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7
fat; 6.6
carbs)

Meal 5:

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat;
1.1 carbs)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Total: 1702 calories; 125.2 protein; 44 fat; 199.1 carbs

You can fill the remaining 98 calories with whatever foods you like



SAMPLE MEAL PLAN FOR WOMEN

BY THE PROGRESSIVE ATHLETE

1950 KCAL (BULK)

Meal 1:

1 Egg: 78 kcal (7 protein; 5.5 fat; 0 carbs)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

75 gram oatmeal: 301 kcal (9.3 protein; 6.5 fat; 54.6 carbs)

Meal 2:

25 gram Mixed nuts: 145 kcal (5.9 protein; 12.3 fat; 2.9 carbs)

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1
carbs)

Meal 3:

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2
Carbs)

100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0
carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7
fat; 6.6
carbs)

Meal 4:

150 gram brown rice (cooked) : 209 kcal (3.9 protein; 1.7 fat; 43.8
Carbs)

150 gram salmon: 270 kcal (30.3 protein; 16.5 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7
fat; 6.6
carbs)

1 tablespoon olive oil: 90 kcal (0 protein; 10 fat; 0 carbs)

Meal 5:

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1
carbs)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Total: 1937 calories; 133.4 protein; 58.9 fat; 217.3 carbs



SAMPLE MEAL PLAN FOR MEN

BY THE PROGRESSIVE ATHLETE

2000 KCAL (FAT LOSS)

Meal 1:

2 Eggs: 156 kcal (14.1 protein; 11 g fat; 0 carbs)
1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Meal 2:

25 gram Mixed nuts: 145 kcal (5.9 protein; 12.3 fat; 2.9 carbs)
30 gram whey protein shake (isolate): 111 kcal (25.8 protein; 0 fat; 1.6
carbs)

Meal 3:

100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2
Carbs)
100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)
150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat;
6.6 carbs)

Meal 4:

200 gram brown rice (cooked): 279 kcal (5.2 protein; 2.2 fat; 58.4
Carbs)
150 gram salmon: 270 kcal (31 protein; 16.5 fat; 0 carbs)
150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat;
6.6 carbs)

Meal 5:

30 gram whey protein shake (isolate) : 111 kcal (25.8 protein; 0 fat;
1.6
carbs)
1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Total: 1969 calories; 155g protein; 52.8g fat; 214.8g carbs



SAMPLE MEAL PLAN FOR MEN

BY THE PROGRESSIVE ATHLETE

2500 KCAL (MAINTENANCE)

Meal 1:

- 2 Eggs: 156 kcal (14.1 protein; 11 g Fat; 0 carbs)
- 2 slices of whole wheat bread: 180 kcal (7.8 protein; 2 fat; 37.2 carbs)
- 1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
- 75 gram oatmeal: 301 kcal (9.3 protein; 6.5 fat; 54.5 carbs)

Meal 2:

- 35 gram Mixed nuts: 203 kcal (8.2 protein; 17.2 fat; 4 carbs)
- 30 gram whey protein shake (isolate) : 111 kcal (25.8 protein; 0 fat; 1.6 carbs)

Meal 3:

- 150 gram brown rice (cooked) : 139 kcal (3.9 protein; 1.7 fat; 43.8 Carbs)
- 100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

- 200 gram brown rice (cooked): 279 kcal (5.2 protein; 2.2 fat; 58.4 Carbs)
- 150 gram salmon: 270 kcal (31 protein; 16.5 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)
- 1 Tablespoon olive oil: 90 kcal (0 protein; 10 fat; 0 carbs)

Meal 5:

- 30 gram whey protein shake (isolate): 111 kcal (25.8 protein; 0 fat; 1.6 carbs)
- 1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
- 1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Total: 2467 calories; 170.4 protein; 72.5 fat; 285.9 carbs



SAMPLE MEAL PLAN FOR MEN

BY THE PROGRESSIVE ATHLETE

2900 KCAL (BULK)

Meal 1:

- 2 Eggs: 156 kcal (14.1 protein; 11 g fat; 0 carbs)
- 2 slices of whole wheat bread: 180 kcal (7.8 protein; 2 fat; 37.2 carbs)
- 40 gram avocado: 74 kcal (0.8 protein; 7.8 g fat; 0.7 carbs)
- 1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
- 75 gram oatmeal: 301 kcal (9.3 protein; 6.5 fat; 54.5 carbs)

Meal 2:

- 35 gram Mixed nuts: 203 kcal (8.2 protein; 17.2 fat; 4 carbs)
- 30 gram whey protein shake (isolate) : 111 kcal (25.8 protein; 0 fat; 1.6 carbs)

Meal 3:

- 150 gram brown rice (cooked) : 139 kcal (3.9 protein; 1.7 fat; 43.8 Carbs)
- 100 gram steak: 274 kcal (21 protein; 10 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

- 200 gram brown rice (cooked) : 279 kcal (5.2 protein; 2.2 fat; 58.4 Carbs)
- 150 gram salmon: 270 kcal (31 protein; 16.5 fat; 0 carbs)
- 150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)
- 1.5 Tablespoon olive oil: 135 kcal (0 protein; 15 fat; 0 carbs)

Meal 5:

- 30 gram whey protein shake (isolate): 74 kcal (17.2 protein; 0 fat; 1.1 carbs)
- 35 gram Mixed nuts: 203 kcal (8.2 protein; 17.2 fat; 4 carbs)
- 1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)
- 1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Total: 2903 calories; 169.4 protein; 109.5 fat; 290.7 carbs



CUSTOM 4 WEEK MEAL PLAN

It's about time you got the right fuel for your body! Our Custom 4 Week Meal Plan provides the following:

- 30 Minutes Consultation Call
- Custom 4-Week Meal Plan
- Shopping List Based On Your Budget
- Calorie tracking
- Macros Tracking

WHAT OUR CUSTOMERS SAY

When I hear the term "Meal Planning" I start to worry about the money I need to spend. The Progressive Athlete does a great job of putting together an affordable meal plan.

★★★★★

Njabulo D.

I'm glad I bought that Fitness E-Book that brought me here. I have struggled to gain weight and a simple change to my macros helped me gain 3kgs this month! Grateful for The Progressive Athlete Team.

★★★★★

Jabulani S.

I used to think to be able to build muscle, I just needed to eat everything. However, that isn't the full story, and taking this meal plan showed me that the quality of food matters a lot!

★★★★★

Darren T.

START TODAY!





The Progressive Athlete

Progression. Over. Everything

