

GLADIUS



Dynamic Nutrition - Maximal Results

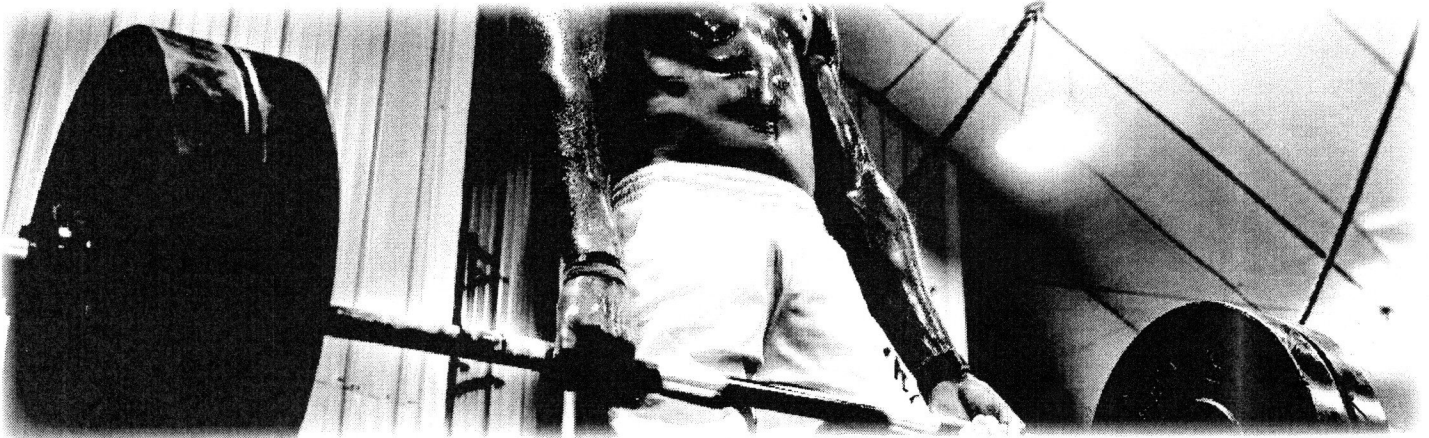


Operation Werewolf
by Seth Maggener

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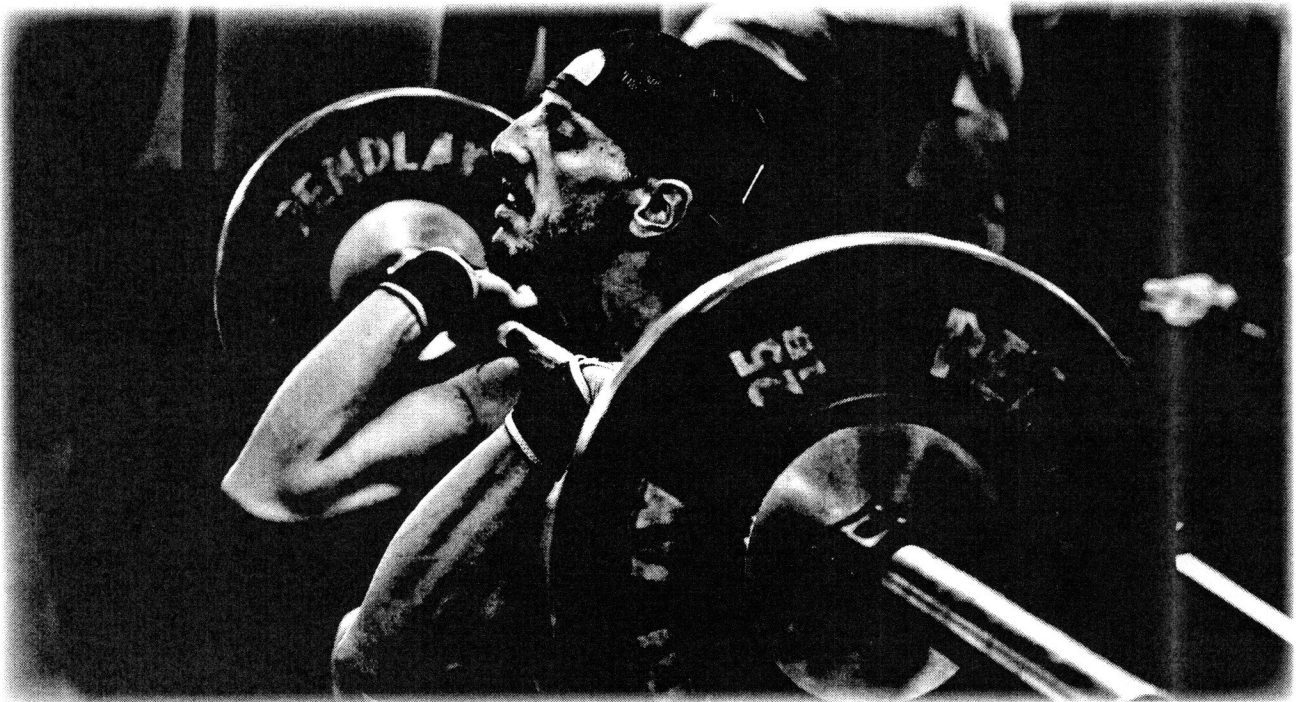
Uh... What's a Macro?

It sounds super complicated and scientific – and using this term around your less educated friends can make you seem really smart – but it's actually super simple. Macronutrients, or macros for short, are just protein, fat and carbohydrates. Each gram of protein or carbs contains 4 calories. Each gram of fat contains 9 calories. Macros are not separate from calories – they are what make up calories.

For example, I'm eating yogurt right now and it has 5 grams of fat, 25 carbs and 10 protein. I don't have to look at the total calories to know that the fat equals 45 calories, the carbs equal 100 and the protein 40, for a total of 185 calories.

Now, the science behind logging your food is also simple – calories in, calories out. If your Total Daily Energy Expenditure, or TDEE (the estimation of how many calories you burn per day with your exercise factored in) is say 3000 calories – and you eat 2000 calories a day, you will lose weight. That's science. However, what will your body look like and how will your workouts feel if you are consuming nothing but olive oil for your daily calorie intake? I have serious doubts that any of you want to look like that.

We've all seen the clickbait bullshit articles like "How did this man eat nothing but Twinkies and lose 20lbs?" Well the answer is very simple – he restricted his calorie intake. But you're here because you want to get jacked, you want to lean out, you want abs, you want veins running through your arms. You want to look like me...trust me, I get it. I was a soft piece of shit for years – I was overweight for many of those and for the rest I was big, muscular...and had a soft stomach. Then I started logging my food and using a macro-based approach to my nutrition. Now I have veins in my legs, and I can see my abs. I'm not some massive bodybuilder, but I don't want to be. I favor performance over aesthetics – but aesthetics are pretty cool too when you take your shirt off at the pool.



Counting your macros and hitting a predetermined number, ensures you are fueling your body the right way. You wouldn't drive around in a car with a broken fuel gauge, and just put random amounts of gas in it, because eventually you'll overfill the tank or run out of gas. Your body is the same way. So let's start treating it that way.

People who tell me "I eat clean" – can go play in traffic. I don't know what that means. What's clean food? What's dirty food? Carbs are carbs, protein is protein, fat is fat. Your body doesn't care if you get carbs from Skittles or rice, it's just carbs. Yes, carbs have different glycemic index values and impact your body in different ways – but from a losing weight standpoint – and for our purposes here, they are basically the same.

Foods have different benefits. Vegetables are loaded with additional micronutrients that you should be taking in as well. There's also a distinct trade-off between some of these "junk" foods and veggies. You can eat a lot more broccoli than you can skittles (starting to pick up on the fact I love skittles?)

If you are very hungry, a handful of skittles is not going to placate your hunger the way half a pound of broccoli will. Plus you will get the added benefit of the micronutrients in the broccoli. Again, it's all about learning the trade-offs.

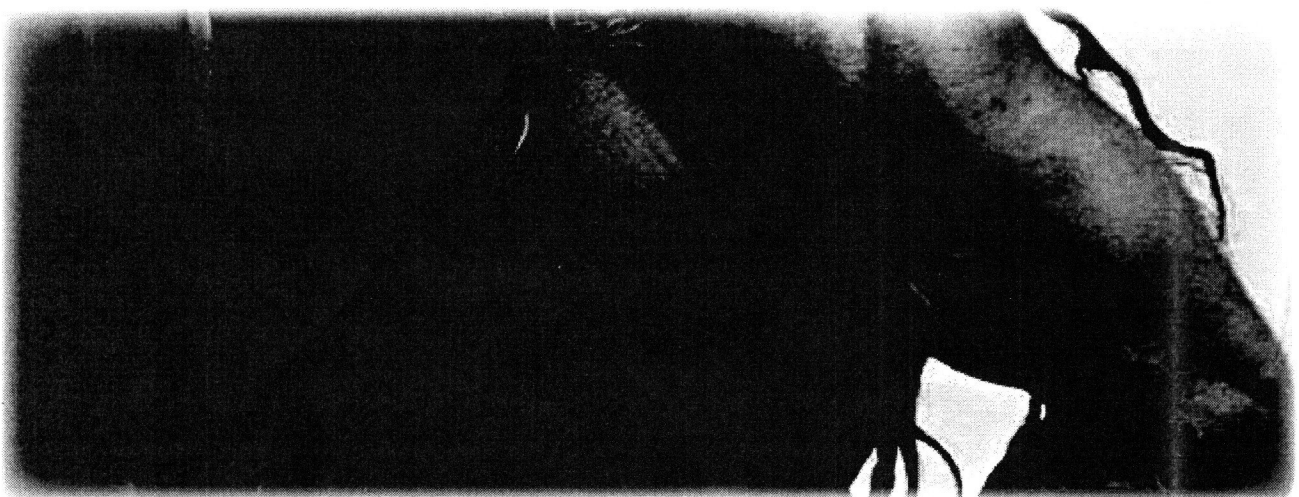
How Many of These Macros Should I Be Eating?

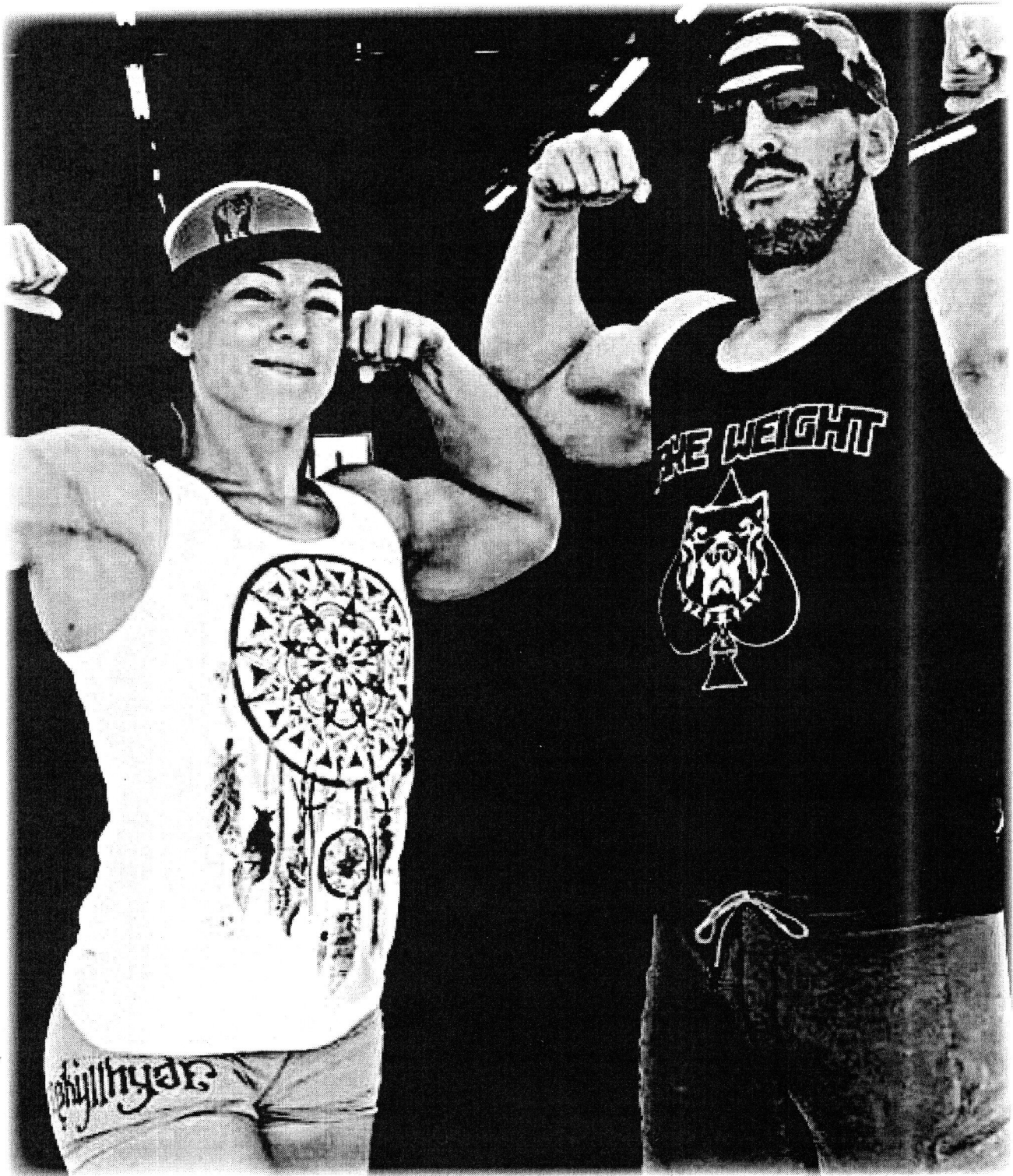
So you've realized you should be logging what you eat, you realize you should be fueling your body the right way. So what does it take to fill up YOUR tank? That's a tough question to answer, but there are formulas out there that can ballpark it for you. These are not exact, but they are a far cry better than just running blind. They take into consideration your age, height, weight, exercise program, job etc.

While there are a number of formulas for estimating your TDEE and then your macro needs, these are all only good at that, estimating – but we are talking about beginning this process and getting you started. Of all the calculators out there that estimate these numbers, the only one I recommend if you are going to go this route, is the one at IIFYM.com (if it fits your macros).

These calculators also fail at figuring out something important that is different for all athletes I have coached. Every single one of them processes fat and carbs for energy a bit different. I can go over on my carbs and not see a real change, but even a slight overage over a couple weeks on my fat and I can see it in the mirror. Figuring out what works for you is something a coach can certainly help with - again, this calculator is just an estimate and for my clients who have been using one of these, we generally change their numbers quite a bit – but it's what you need to get started.

Calculator URL: <https://www.iifym.com/>





Yeah, There's an App for That

Actually there are hundreds of apps for logging your food and counting your macros – but in my opinion, one stands head and shoulders over the rest. I have tried as many of these apps as I can and My Fitness Pal is the best in my opinion.

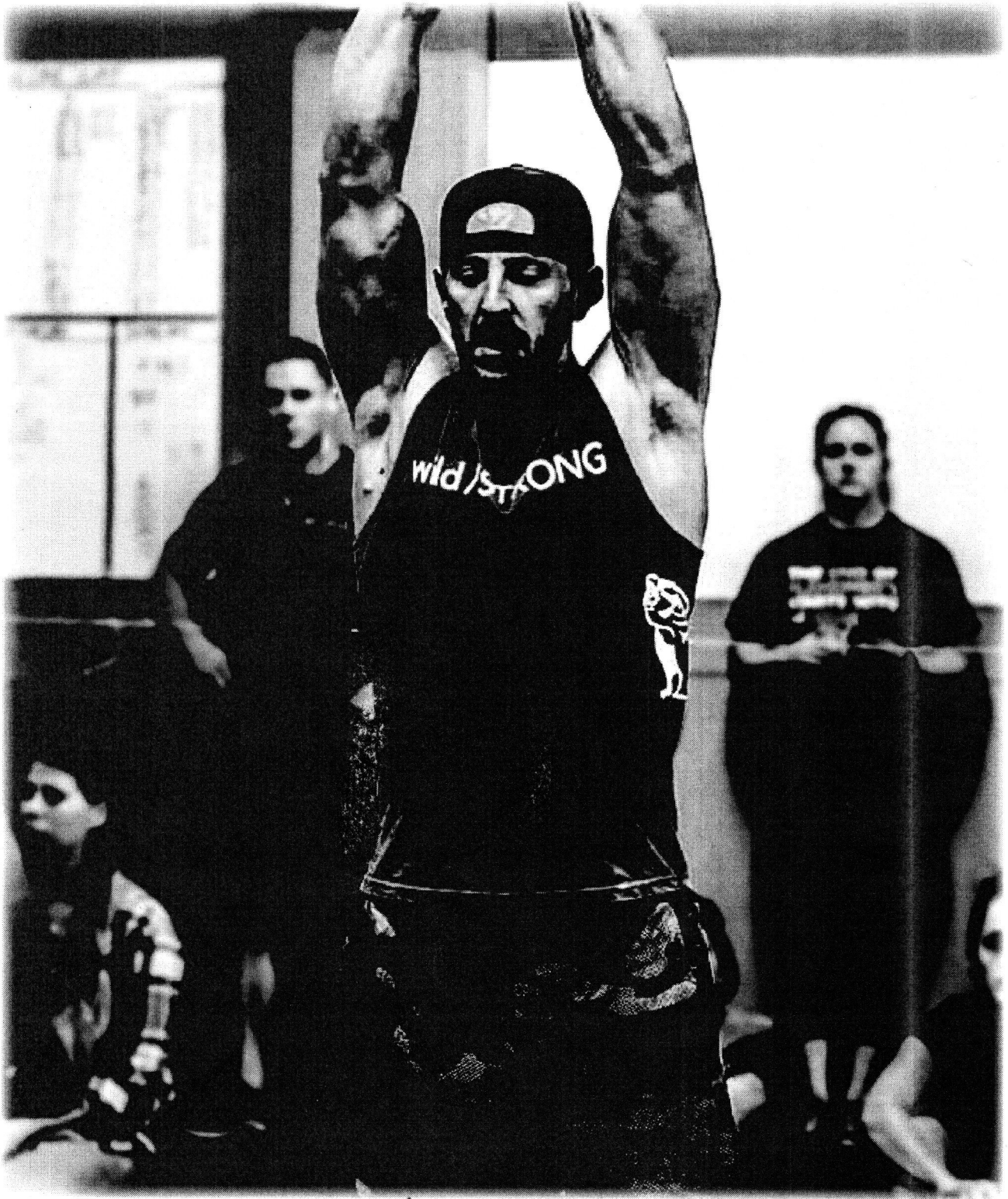
The paid version is \$9.99 a month and it allows you to put in your macro goals to the precise number you like. The free version only allows you to put in your percentages of total calories, so if your breakdown was pretty close to 40-40- 20 (40 percent carbs, 40 percent protein, 20 percent fat) that's fine, but it won't get you precisely to the goals you set or your coach sets for you.

Once you input your goal macros – you are ready to get started logging. When you wake up in the morning – you open the app and your “day” is in front of you. The dashboard shows you your remaining calories and macros for the day. It breaks it down by meal, so you as you're cooking your 2 eggs, 4 ounces of egg whites, toast and salmon – you click in “breakfast” and hit “add food.” Using the search button you type in “eggs” and a number of options come up. One of them might say “large egg” and you select that, then change the servings to “2” and it automatically logs 2 eggs for you, logs the 14 grams of protein and the 10 grams of fat and subtracts those from your total for the day.

My Fitness Pal is also responsive and the next day when you go to log your breakfast, it will show you your commonly logged foods and you can simply tap each of the items for a quicker process.

If you prep your meals ahead of time like I do, I will go into the menu and select “add meal” and will input all my lunch ingredients. 10 ounces of chicken breast, one cup of rice, two servings of green salsa and an egg. I'll title it “Seth Lunch” and then I can add that to my entire week for lunch, clicking over to Tuesday, Wednesday etc and adding it in, so my prepared lunch is already logged every day for the week.

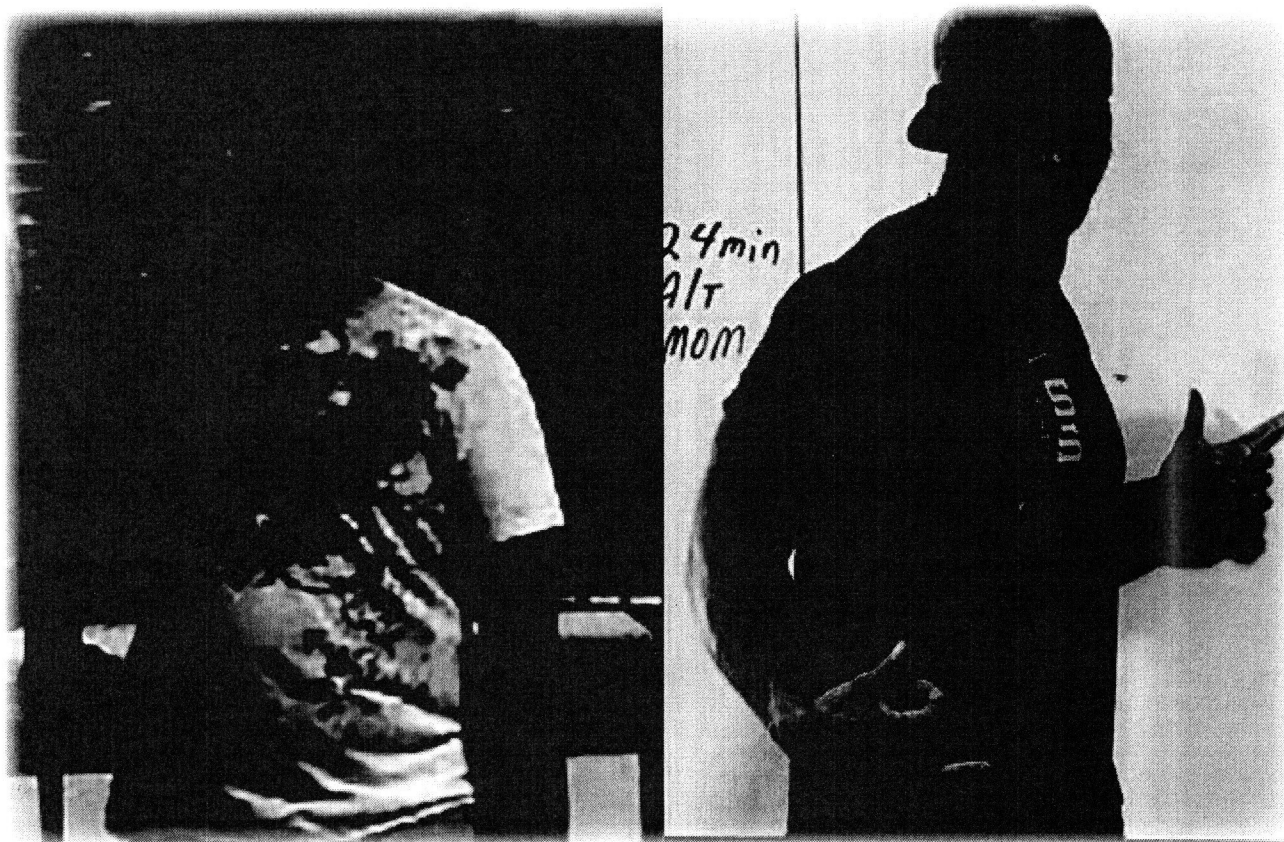
That brings me to another fun way to sort of “hack” (yes I know, I hate that term too) this process. I love eating ice cream and so does my woman. If we have plans to hang out on a Friday night and I know we are going to eat ice cream, when I wake up Friday morning, I logged half a pint of Ben and Jerry's before I even eat breakfast. That fat and carbs are now gone from my dashboard.



Sure it means less fat for breakfast, lunch and dinner – but if the numbers are already gone, I’ll just subtract one of my eggs at breakfast and add a few more ounces of egg whites instead. Boom, I just saved 5g of fat. I’ll eat chicken breast instead of thighs for lunch for a savings of probably 20g of fat, sirloin steak at dinner instead of pork, you get the picture. It’s actually quite easy to save up 40g of fat or so, if you have ALL day to do it.

Fast forward to 10pm and I’m enjoying half a pint of ice cream, and I know that even as I’m eating it, I’m still hitting my numbers dead on for that day. No “Cheat Meal” needed.

That’s one of the beauties of this way of looking at food. It’s about making trade-offs. Sure you can eat a bag of Skittles at the gym, and Lord knows I do it, a lot...but that also means I’m eating veggies with my chicken at dinner instead of rice because I don’t have the carbs left...thanks to me eating an entire bag of candy like a fat piece of shit earlier in the day.



Tetris Isn't Just a Video Game

Anyone who has ever logged their food knows what this chapter title means – and you will soon enough. We have all been there...11pm, done with all your meals and you look at the app.

“Hmmm, I have 35g of carbs left, no fat and 60g of protein.”

Now I look at that and see a number of different options. Mostly I see two scoops of protein powder and a handful of Skittles. But when you begin logging, you will be faced with this on a regular basis. We call it Macro Tetris. In my first month of logging, I can remember eating sandwiches made of egg whites on hamburger buns to hit my numbers.

Just remember, this will happen. Also remember, don't be a dipshit and post on public forums “what should I eat when I have 20g of protein and 64g of carbs and 2g of fat?” First of all, we all hate that person, second of all, read a fucking nutrition label you idiot. You have numbers, there are numbers on the labels, make it work.

Generally eating the same things for lunch and dinner corrects most of these issues. You learn to dial in your numbers – if you are consistently under on protein but are having a hard time going over on carbs – the answer is relatively simple. Cut some carbs out of your earlier meals and add some protein. This is not rocket science, it's just basic math.



Meal Prepping (And Why You Should Stop Using That Term)

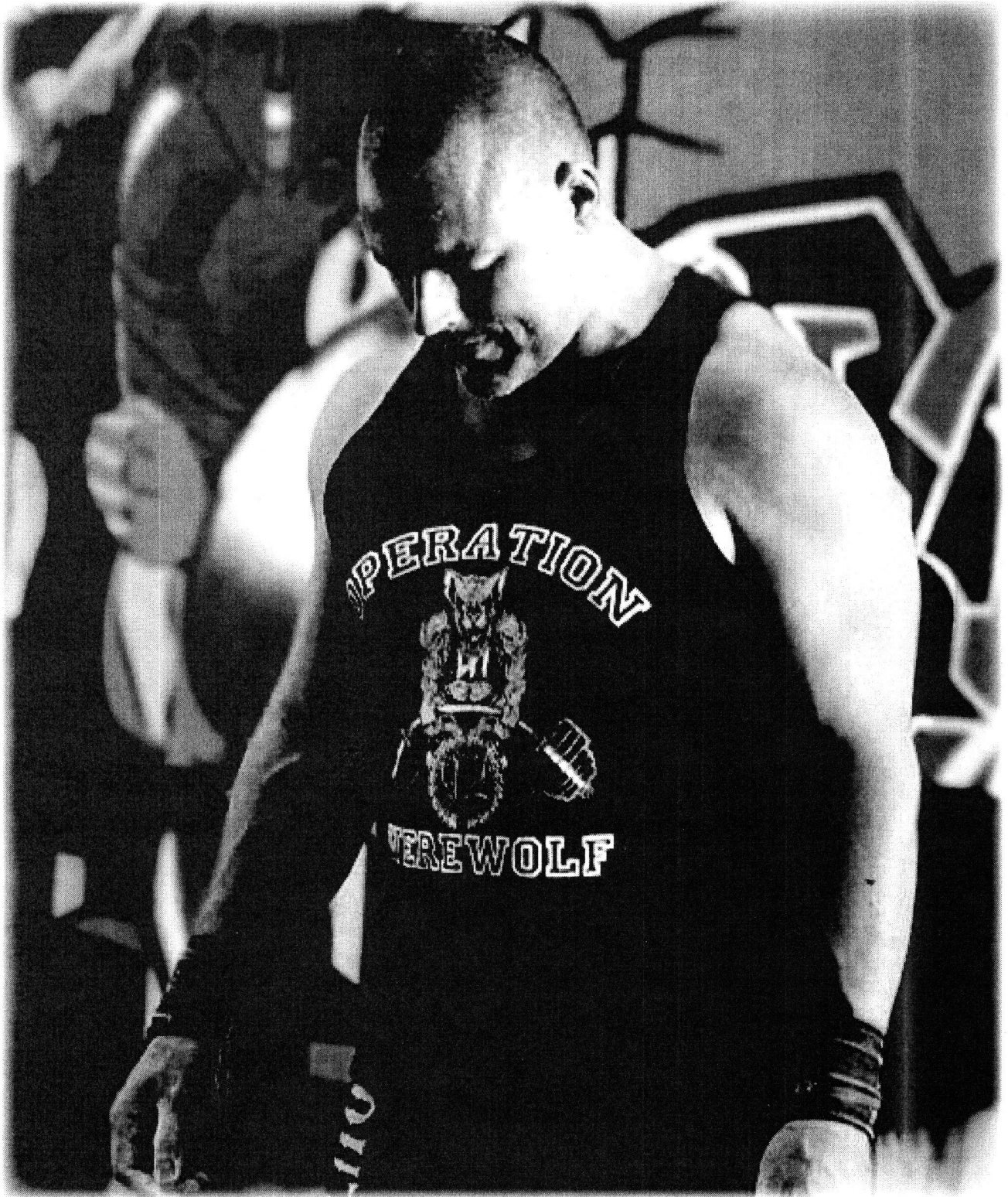
This is another over used term that I hate, but I'll use it here because most of you know what it means. You are putting food in a Rubbermaid container so you can take it to work with you instead of eating out – so stop making it sound like you are Rachel Ray's skinnier half-sister. You cook dinner, you make enough for leftovers, you put leftovers in the fridge. It's the same thing your parents did – they called it cooking and then called it eating leftovers. You don't sound like an athlete when you use this term, you sound like a self-important douche.

Ok, so I got a little sidetracked there. Planning ahead is important, whatever you choose to call it – but seriously, stop calling it food-prepping or meal-prepping.

Once you get a feel for what numbers you need to hit at lunch, that's when this practice becomes really valuable. I know I need about 10 ounces of chicken thighs and a cup and a half of rice or some noodles at lunch to make sure I don't have a big deficit to deal with after the gym and dinner. So I typically will just play around with some different vegetables or sauces to give my meals a little variety during the week. I'll cook it all up on Sunday afternoon, put the meals in containers and if I'm feeling really ambitious, I'll use a piece of tape and mark the macro breakdown of each meal on the top of the container (if you are logging your prepared lunches ahead of time like you should be, this is not necessary, but if you like logging the day of for some reason, then put those numbers on the lid).

I also find that having a few containers in the fridge during the week with just one macro source can be helpful with hitting your numbers later in the day, so I will weigh out portions of fruit and make a mixed fruit bowl worth about 25g carbs and stash those in case I get a sweet tooth during the week.

Preparation is key to having a successful week – so remember, plan ahead, and don't call it prepping, because you aren't stashing MRE's in a cellar for Y2K, you are just putting food in a container.



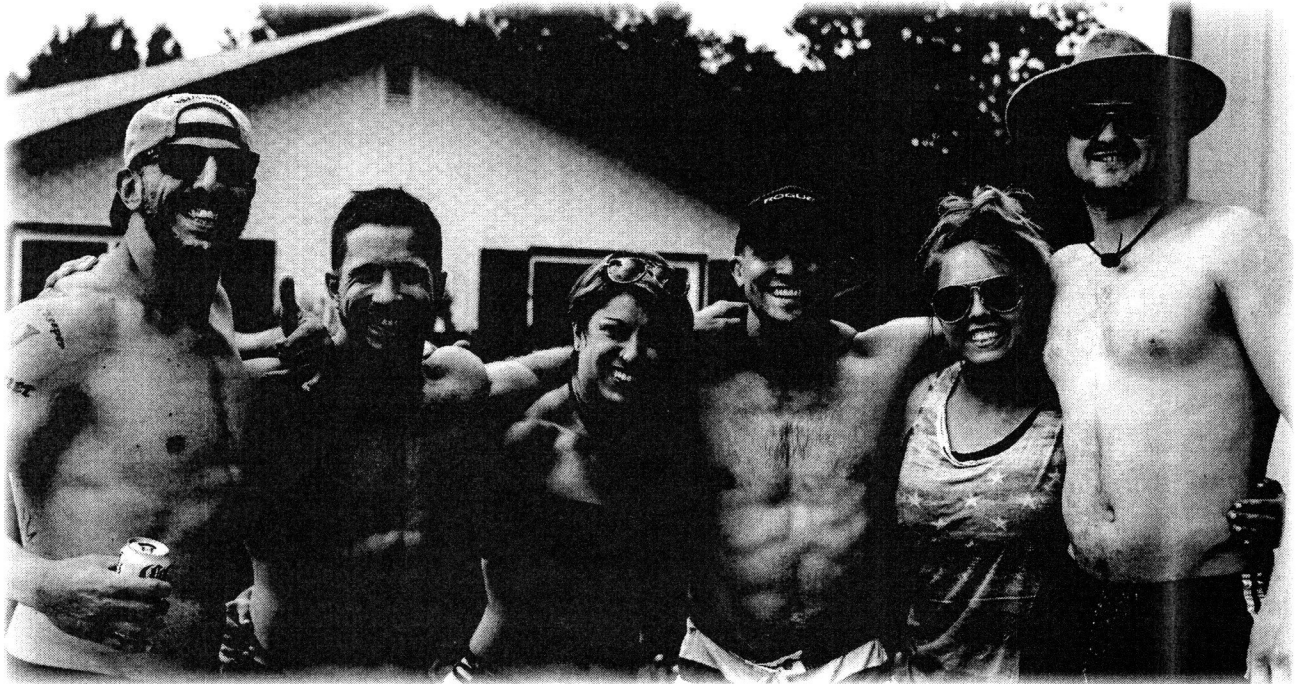
No, You Can't "Eyeball" It

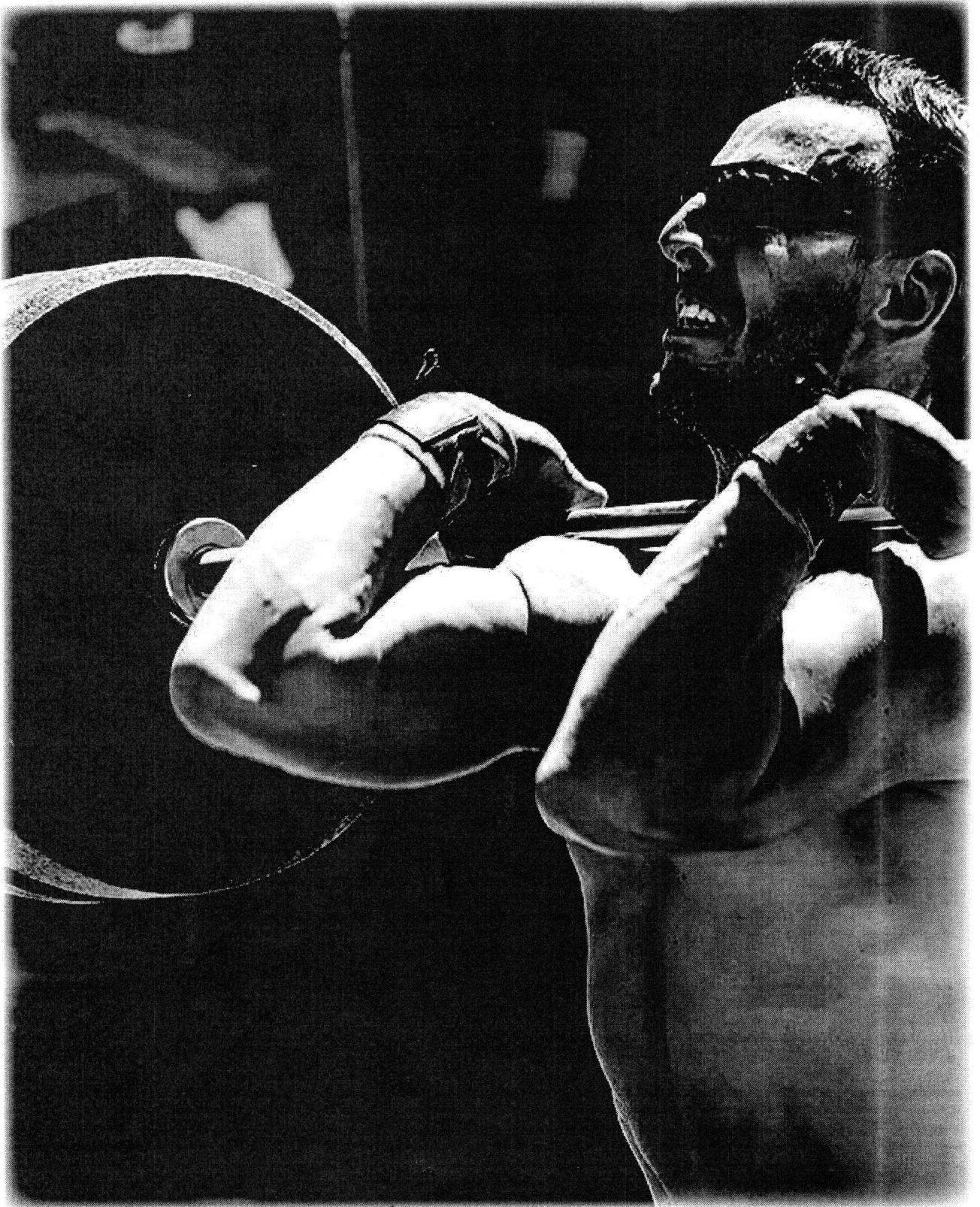
Just like you couldn't guess that girl's weight at the bar last night (she was 254lbs) you also can't guess how many ounces of chicken you just threw in the frying pan. Trust me – you're off and probably by a decent amount unless you've been logging for quite a while. You need a food scale. It makes things so much easier and more accurate, so go get one before you get started.

A chicken thigh is ABOUT 4 ounces – so you grabbed 3 of them and threw them in your lunch. Here's the problem, one of them was 2.5 ounces, the other was 3 ounces and the last one was 3 ounces. You just logged 12 ounces of chicken thighs in your app – that's 32g fat and 77g protein. What you actually ate was 27g fat and about 45g protein. That's a significant difference – but hey, you can eye-ball it!

Weigh your food – once you've been logging for a year or more, if you want to start eyeballing it, be my guest, you'll still be missing, but at least you won't be nearly as bad at it as you are right now.

Scales are cheap. Buy one that weighs in grams, ounces and pounds – or just break out the one you used to use when you sold weed – same thing, if it still works.





“I’m way over on my fat, and under on my protein!”

The number one first week (for some first year) issue. You have been educated to believe ribeye steaks, eggs, cheese, yogurt etc are all sources of protein. They are, but a lot of them are also sources of fat...a lot of it. So let's just take a look at my numbers for example. I try to hit 205g protein every day. My fat right now sits at 82g. If I eat 5 eggs with my breakfast – great, 35g of protein, plus whatever I get from my toast, maybe some bacon or salmon etc. I'm off to a good start, right? *record skips* Wrong. Those five eggs contain 7g of protein per egg AND 5g of fat per egg. Do the math – you cannot afford to make that trade-off if you are looking for 200 plus grams of protein and only 80 plus grams of fat. The numbers won't add up. You just gave up 25g of fat for the day, more than a quarter of your total – in exchange for about one sixth of your protein. Not gonna cut it. Oh you also had two pieces of (center cut) bacon? You also had some butter on your toast? Sorry, you're fucked and you're now sentenced to eating nothing but egg whites and chicken breast like some insecure, cat petting bodybuilder for the rest of your day.

Now let's see what my breakfast looked like because I didn't just start slamming egg yolks like Rocky this morning. I had one egg, mixed in with 8 ounces of egg whites. 39g protein, 5g fat. I had a piece of center bacon, two pieces of bread and used some greek yogurt butter. Total numbers for my breakfast: 50g protein – 20g fat – 44g carbs. Notice my protein number is about a quarter of my daily total...and would you look at that, so is my fat! Now I can eat real food for lunch and dinner because I didn't just choke down some paleo-ish breakfast with 65g fat in it.

This the single biggest issue people face when they start logging. Unlearning bullshit about their food sources. Dr. Oz is a functional retard – so don't listen to him when he tells you peanut butter is a good source of protein – it's FAT.

It's not about eating a low-fat diet, it's about not eating an ALL THE FAT diet. Small changes like the ones I laid out above will have you deftly hitting those numbers every day – without playing macro Tetris at 11pm every night.

Keep It Flexible - But Don't Cheat!

The most common term for this type of eating is “flexible dieting” or “flexible nutrition” – so let’s keep it that way. Yes, I want you logging every day and yes you should be shooting to be within 5g of your goal macros every day – but this is about being flexible – so enjoy those good foods – and if you plan ahead like I showed you in an earlier chapter – you can enjoy your favorite foods without hating yourself afterwards. In the more than two years since I started logging – I have logged every day. My Fitness Pal keeps a counter for you on the app so you can see how many days in a row you have logged.

In those two years – I had one day where I said “fuck it” and ate an entire pizza and didn’t log it. Now, I have had other days where I simply went way over on my numbers, but I always still log those days.

Here’s why I think “cheat meals” and even worse “cheat days” are fucking stupid. You are following a nutrition guideline where you can make trade-offs to eat the foods you want. If you were one of my clients and you were trying to lose weight – I might have you on a daily total calorie number that is 250 calories UNDER your TDEE. So at the end of the week, you were 1750 calories under for the week. You logged every day and hit your numbers.





Sunday rolls around and you want to watch the big game with your boys so you say “fuck it” and don’t log. You eat pizza and wings during the game, slam a couple of beers – well the day is shot, so on the way home you hit the drive-thru, because hey, it’s a cheat day, you earned it. Boom, a couple McDoubles and a shake and you go to bed.

So the weeklong deficit we ran for you of 1750 calories – you just destroyed in one day and now looking back on your week, that deficit is actually an overage of about 3500 calories. Congratulations on your hard-earned cheat day. Your week is ruined, and you gained a pound. Thankfully for you, all your friends are fat asses who watch football and slam pizza all day too, so you’ll fit right in.

Cheat meals can happen every so often, but I say, you still log it – it will keep you a little more honest and disciplined. Cheat days are not a thing – so stop it.

Hey You, Keto!

Flexible nutrition, logging your macros, whatever you want to call it – is not a nutrition or meal plan, or even a diet. It's a lifestyle and it's one that can go hand in hand with however you fuel your machine. I am not telling you to only fill your car with Super Unleaded from Conoco. I am simply telling you to use a fuel gauge and make sure you put the proper amount of fuel in the tank.

I have clients who follow a strict paleo diet – despite me thinking the Paleo Diet is the Nickelback of athletic nutrition. Intermittent fasting, Keto, whatever you want to follow – you should be logging your food and hitting a specific calorie/macro count every day.

In this day and age of clickbait articles, horribly misguided Netflix nutrition documentaries and bro-science research – you can find a “study” to back up whatever idea you have come up with when it comes to food. The very few things we should all agree on however – we need food, we need a certain amount of food and if we have more or less than that certain amount – our body will make changes and will perform differently. The only way to gauge that amount is by logging your food.



When Do You Need a Coach?

There are a number of reasons why you may need a coach to hire nutrition coach to help you with your flexible dieting:

1. You have been logging consistently for more than a year and you want to make sure your numbers are correct.
2. You need the oversight and accountability of weekly check-ins from a coach
3. You want your numbers updated as you make progress and lose weight, rather than just winging it.
4. You are intimidated by all the information you have to process at the beginning and you're more likely to get started with someone guiding you step by step through the process.

Number 4 I hope I have addressed here. My goal is not to make a bunch of money off people from teaching them these basics. My goal is for more people to learn how to eat properly to perform well. Even my clients, I teach them for a 6 week course with the goal being that they learn how to do this on their own. I only continue to work with clients after the initial 6 weeks if they request it for reasons like 2 and 3.

Reason 1 is the only time I have ever hired an outside coach to work on my numbers with me. It was nice to finally have someone holding ME accountable instead of the other way around and I learned a lot from the process.



