The 180 HG Diet

BUILD MAX MUSCLE AND TORCH BELLY FAT
BY EATING FOODS YOU'VE BEEN TOLD TO AVOID

by Tim Ernst, Del Monte Pro Team
BUILD MAX MUSCLE & TORCH BELLY FAT BY EATING FOODS YOU’VE BEEN TOLD TO AVOID!

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The question, can you LOSE FAT and BUILD MUSCLE Simultaneously?

A few may think that you have to choose one goal at a time, e.g., bulking up to build muscle by being in a caloric surplus or losing fat in a caloric deficit.

The truth is that this approach works very well. However, today I will show you an alternative and fun way to literally have your cake and eat it too” while building and maintaining muscle without getting fat. You may be thinking that this is too good to be true, but just hear me out.
I used to eat all the daily complex carbs I could get my hands on while following the dogma “eat 1 gram of protein for each pound of body weight”.

Do you know what I looked like?

I was 215 pounds of muscle and fat.

This reminds me what Arnold said ... before he became Mr. Olympia, “If it jiggles, it’s fat.”

I worked out for 10 years, 5 days a week with excessive cardio and there were seasons when I didn’t look like I worked out at all. In that moment, fitness became my focus and is a continual learning process for me.
I. Diet

To be in the best shape of your life, diet and exercise are king. However, if you’re not educating yourself on the importance of diet/nutrition as opposed to the gym, you could hit a major wall in your physique development. Diet is the #1 thing that will stop you from building any amount of muscle.

If you want to feel and look your best, you need to dial in your diet and nutrition at around 90–100% of the time. Truth be told, you can’t out train a bad diet.
If you glance around the gym, you will notice many people looking the same day after day.

**Why?**

They eat junk, but more importantly, they eat at the wrong times. Most people get on that treadmill thinking they are burning calories, when in fact they are only burning the calories they just consumed. Funny how we have created our own “hamster wheel” known as the treadmill.

So what is one of the best ways to build muscle without all the fat and enjoy the occasional “treat” food?

[Image of a person running on a treadmill]

[Link to website: www.TURNAROUNDFITNESS.COM]
First let’s talk about the building blocks to building muscle.

**PROTEIN**

Protein is a complex chemical structure of carbon, nitrogen, hydrogen and oxygen. Proteins function involves more than muscle tissue repair. There is a whole list of other important functions like:

1. Regulation of blood clotting.
2. The transport of nutrients to and from cells.
3. Digestion.
4. Regulating hormone secretion.
5. Repair of red blood cells.

The list goes on.

There is a BIG misunderstanding as to how much protein your body needs to build muscle. We’ve all heard about eating 1–1.5 grams of protein for every pound of bodyweight. The question I have is how much of that protein gets absorbed into the muscle and how much do you need to build muscle?

Once again it all depends on what your goals are.

**Let’s take 3 examples:**

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1. If you are overweight you won’t need the 1 gram for every pound of bodyweight. In fact it’s not total weight at all, its lean body mass. For instance, if a 225lb man wants to reduce his bodyweight to 180lbs through proper training and nutrition, he would consume a base of 180g of protein per day. Also, did you know that eating too much protein can raise insulin levels? SPIKING levels of insulin too high at the wrong times can lead to FAT STORAGE in the cells.

2. If you need to gain weight the rules are completely different. You may need to eat more protein but even still there is no proof how much of it gets absorbed into the muscle. A person who is underweight has to rely on other sources of nutrition like carbohydrates and fats.

3. For sedentary people the RDA (recommended daily allowance) is 0.36 grams per kilogram of lean bodyweight in protein is lost per day but recently that was bumped up to 0.45 grams and again to 0.75 grams.

4. What if you do intense exercise? Well if you are a bodybuilder or have intense workout sessions, you may need a little more. You don’t have to, but consuming a little more than the average person will result in an increase of lean body mass.

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Fats

The body needs dietary fat to survive. Fats have about two to three times the amount of energy per gram. Recently we’ve seen diets use fat as an alternative to carbohydrates for FUELING the body. It makes sense. Rather than using carbs for energy to fuel your workouts you would be using your own fat stores for energy.

Saturated Fat

Saturated fat is primarily found in animal products like MEAT, CHEESE and BUTTER. These are not the best fats to include in your diet, but there are a fewer health consequences when you take carbohydrates out of the equation. It’s ok to eat saturated fats in moderation when you restrict carbs.

Monounsaturated

Monounsaturated are your oils such as ALMOND, OLIVE, CANOLA etc. It’s a great source of oil for cooking due to its stability at high temperatures. It also has some benefits to aiding in WEIGHT LOSS. Once again, the benefits come in moderation. Too much on a carbohydrate diet will fill up your fat cells pretty quickly.
Polyunsaturated

These are the best fats to put in your diet. Polyunsaturated fats are mostly found in grass fed BEEF, EGGS, some FISH plant oils such as FLAX, ALMOND and CANOLA. It’s not a good idea to use these for cooking like flax seed because HIGH-TEMPERATURES lead to other types of fat. Polyunsaturated fats are comprised of omega 3’s and omega 6’s. Today most people probably get omega 6’s but not enough of omega 3’s. Make sure to SUPPLEMENT with omega 3’s as much as possible.

Trans-Fats

Not all trans fats are bad. Some good trans fats can be found in SUNFLOWER SEED OIL and BEEF. The problem is that a lot of your BAKERY ITEMS at your local supermarket contain artificial trans fat, mainly made up of margarines. There are so many bakery items with the label of 0 TRANS FAT, but do you know that the FDA only requires a certain amount to be placed on the package?

Just be careful.
Carbohydrates.

Carbohydrates can be a “Double Edged Sword.” They can be your best friend or your worst enemy. We’ve been told that there are good carbs and bad carbs, high glycemic and low glycemic, complex and simple.

Which one is optimal for fat loss and muscle growth?

It was believed that the brain needs carbohydrates for energy up until the late 60’s. It was discovered that the brain can use other sources for energy namely ketones.

Ketones are produced when your body begins to use fat for fuel and/or energy instead of carbohydrates.

When there is not enough insulin released in the body to transport sugar from the blood to the cells, the body relies on fat as an energy source. When fat is broken down, ketones are created and can accumulate in the body. In a nutshell, you start using fat for energy rather than glucose from carbohydrates.

When fat is broken down, KETONES are created and can accumulate in the body.

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To keep it simple, there are 2 types of carbs that the majority of the population recognizes:

a. Simple or high glycemic carbs which are fast acting.
   - White Rice
   - White Potato
   - Pastas
   - Breads
   - Fruits
   - Cereals

b. Complex or low glycemic carbs which are slow digesting.
   - Sweet Potato
   - Brown Rice
   - Oatmeal
   - Grains
Introducing the Ketogenic Diet

The ketogenic diet is a high-fat, adequate protein and low carb diet.

The diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glycogen, which is then transported around the body and is particularly important in fueling brain function.

However, if there is very little carbohydrate in the diet, the liver converts fat into fatty acids and ketone bodies. The ketone bodies travel to the brain and replace glucose as an energy source. An elevated level of ketone bodies in the blood is a state known as ketosis.

Researchers define a ketogenic diet as only consuming 30 to 50 grams carbohydrates a day. When to consume those carbs are critical to staying lean while building muscle. Being in a state of ketosis is not a direct benefit to weight loss, but rather the control of insulin spikes during the day. Keeping blood sugars low and controlling insulin spikes will lead to rapid fat loss.

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Within 2-3 days, your glucose reserves will be exhausted and your body will rely on fat when training. Don’t expect to have PR’s in the gym when training in a depleted state. Your volume is going to change based on your gym performance.

Removing carbs from your diet causes the central nervous system to function with greater efficiency. Your brain becomes more focused.

Going low carb, your adrenal glands release adrenaline with less stress. As a result, you’ll have super strength and power to have some awesome workouts. Eating carbs immediately before you train can cause poor performance.
Timing of Carbohydrates.

When sleeping and in a “fasted” state, your body naturally begins burning fat. When you awake in the morning, your cortisol levels are high. If you ingest carbs at this time, insulin begins to elevate which makes for a bad combination.

Skipping breakfast or having a high fat breakfast prolongs the natural fat burning (fasted) state. Eating a high fat diet will keep insulin levels low, while cortisol levels begin to taper off as the day progresses.

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Cyclical Ketogenic Diet

Cyclical Ketogenic diets have great benefits for people who want a little more flexibility for consuming carbs on one day of the weekend or everyday, post workout only.

Another great advantage to cyclical ketogenic diets is when you have a carb load day you restore the levels of glycogen, therefore recovery can be improved over the following week. The reason for this is that it takes a few days to deplete glycogen stores before your body goes back into ketosis.

This method also re-sets leptin levels in the body so that fat loss can continue due to the overfeeding of carbohydrates. To be quite honest, this approach also gives people a psychological break from abstaining carbs or keeping ultra low carb throughout the week.

When you chose to carb load once a week you end up resetting the switch to FAT LOSS.

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Examples of Cyclical Ketogenic Diets

1. Evening Post Workout Carbs

The goal is to eat a high fat, moderate protein diet everyday at the start of your day. Towards the end of your day, the best time to consume carbohydrates is after resistance training between 3–7 p.m. which will increase muscular insulin sensitivity, specifically, high glycemic carbs. How many grams of carbs you should consume will all depend on your goals, but I would recommend anywhere between 300–500 grams.

2. Once A Week Re-Feed Days.

Re-feed days or having a “cheat day” is where you’ll consume a massive amount of carbs once a week. This method are for guys who are above the 12–15% body fat range and desire to drop fat quickly while maintaining muscle mass. Basically you’ll start your week with a high fat, moderate protein diet ultra low carb diet. You should only consume 30–50 grams of carbs towards the end of your day, after resistance training between 3–7 p.m. Continue this regimen for seven days. On your seventh day, you will continue to have your high fat, moderate protein diet for the first part of your day, as mentioned above. However, this time instead of consuming 30–50 grams of carbs after...
Once A Week Re-Feed Days (180) Cont.

training, you’ll consume as many carbs as possible until bed time. After your 4–6 hour re-feed day, you’ll revert to the high fat, moderate protein low carb diet for another seven days, only consuming 30–50 grams of carbs post p.m. training.

Consuming a large portion of carbohydrates for one day will not make you fat the next day. It’s going to take a lot more than one day of eating like this to get fat. Don’t be surprised if you weigh a couple of pounds heavier the next day as this is normal. After 3 days, you will see your weight begin to drop.

So how was my success?
In 12 short weeks I lost 22 pounds of fat and can see my abs for the first time in years. That 4–6 hour window of my re-feed day was epic. You would not believe the kind of food I ate during this window. I ate things like Krispy Kreme donuts (a whole bag of them), cheese cake, fruity pebble cereal, breads, pastas, ice cream, you name it I ate it.

It’s quite amazing how our bodies are designed. If you think about it, our bodies tend to crave sugary foods at night before bed.
While I don’t advocate this kind of eating as a lifestyle for longevity purposes in overall health, but rather a tool used once in awhile as part of your arsenal in your quest to burn fat and build muscle.

These two diet protocols are great, but now I want to introduce you to the:

The 180 Rapid Muscle HG Diet

The 180 rapid muscle diet is a combination of the two diets I mentioned on the previous pages, but far more effective and different. This is a very flexible diet as it doesn’t matter how many meals you eat, but rather the amount of calories you consume.

Calories are crucial to building muscle and it will all depend on a number of factors:

a. Age
b. Height
c. Weight
d. How many days of training in a week. (4 days for “The 180 Muscle Method”)

The very first thing you need to figure out is what your maintenance calories are. In other words, how many calories does your body require to maintain weight.

To figure your maintenance calories take your body weight x 14=?? Here’s how it would look from week to week for a month.

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Once you figure out your maintenance calories it’s time to increase them each week. You’ll start off by consuming 400 calories more than maintenance and each week increase by 100. Look at chart below:

First start off with 400cal more than maintenance. After that, each week you’ll increase by 100 more from the previous week. Week number 4 you’ll go back to maintenance calories for 6 days.

On your last day (7) in the fourth week after training, re-load on as much carbs as you want. (This is your cheat day after training).

On the first day of week 5, step on the scale and see what you weigh. Take your new weight and refigure your maintenance calories. Body weight x 14=?? and start the process over again starting with plus 400 calories.

**NOTE:** This type of diet is not recommend for those above 12% body fat

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WHAT DOES A TYPICAL 180 MUSCLE BULKING DAILY DIET LOOK LIKE?

Meal 1. Protein/Fat (1–2 Hours Before Training)

**NOTE:** Wait an hour after training to consume a protein shake

Meal 2. Protein/Carb (Post Training, preferably between 1–5 p.m.)

Meal 3. Protein/Carb (Second Post Training Meal)

Meal 4. Protein/Carb (Before Bed Meal)

**NOTE:** Carbs should be “high glycemic”

a. On upper body workout days, take your body–weight and multiply by 2. This is how many grams of carbs you’ll need for those days.

a. On lower body workout days, take your body–weight and multiply by 3. This is how many grams of carbs you’ll need for those days.
If you have some fat to lose, you'll have to start off decreasing by 400 calories from maintenance. To figure your maintenance calories take your body weight x 14=?? Here's how it would look from week to week for a month.

- **WEEK 1**: -400 Cal
- **WEEK 2**: -500 Cal
- **WEEK 3**: -600 Cal
- **WEEK 4**: -600 Cal

**Caloric Deficit Each Week**

Notice on your last day of week 3 and 4 your calories will be in a surplus of 1000. The reason for this, is your body fat will stall and you’ll hit a wall. Your body is smarter than you and you’ll need to reset leptin levels so fat loss can kick start again. On your last day in week and 3 and 4, you’ll consume as many carbs as possible. Make sure you workout these 2 days then have a cheat day.

**NOTE:** Start your first meal at 12 p.m. and last meal by 8 p.m. You are only allowed to have one Carbohydrate a day and must be consumed with your post workout meal 2 hours after training.

On the first day of week 5, step on the scale and see what you weigh. Take your new weight and refigure your maintenance calories. Body weight x 14=?? and start the process over again starting with minus 400 calories.

**NOTE:** This type of diet is recommend for those above 12% body fat and want to get leaner.
WHAT DOES A TYPICAL 180 MUSCLE CUTTING DAILY DIET LOOK LIKE?

Meal 1. Start around 12 p.m. Protein/Fat (1–2 Hours Before Training)

**NOTE:** Wait an hour after training to consume a protein shake

Meal 2. Protein/Carb (High Glycemic 30–50g) only Post Training an hour after your protein shake, preferably between 1–5 p.m.)

Meal 3. Protein/Fat (Second Post Training Meal)

Meal 4. End around 8 p.m. Protein/Fat (Before Bed Meal)

Notice that this diet is for anyone who wants to cut fat while maintaining muscle.
The 180 Rapid Muscle HG Diet

YOUR GROCERY SHOPPING LIST

PROTEIN:
Boneless Skinless Chicken Breast
Tuna
Eggs
White Fish
Bison
Top Sirloin
Ground Lamb
Yogurt/Cottage Cheese
Ground Turkey

CARBOHYDRATES:
White Rice
White Potato
Pasta
Chex Cereal
Grits

CARBOHYDRATES ON CHEAT DAY:
Anything Goes!
Donuts
Cheese Cake
Sugary Cereals
Pizza

FATS:
Almonds, Cashews, Walnuts
Avocado
Natural Peanut butter/The kind you stir.
Olive Oil, Coconut Oil, Seeds
Cheese
Pepperoni

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180 Muscle
The 180 Rapid Muscle HG Diet

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Tim is the founder of TurnAroundFitness.com and 180Muscle.com. He is dedicated to helping Men and Women build max lean muscle while eating their favorite foods they’ve been told to avoid.

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