



NUTRITION

SECRETS TO A RIPPED BODY

ROBERT L. BARNETT



LEARN ABOUT

**THE FAT POINT
INSULIN LEVELS
NUTRIENTS**

**EATING FOR
MUSCULARITY**

**SIMPLE AND
EFFECTIVE NUTRITION
PROGRAM FOR A
RIPPED BODY**

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As with any new exercise program you are advised to seek medical advice before you begin. The author is not responsible for any injury resulting from the material contained within this eBook.

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Robert Barnett is the author of several new eBooks and his groundbreaking “The Barnett Training System” was first published in 2002. He was a Powerlifting champion and he is currently a 7th Degree Blackbelt in Kenpo. Robert is a graduate of USC and Cornell University. He has been a fitness trainer for the last 17 years and has been weightlifting himself for over 40 years. He is married and has four children.

NUTRITION

SECRETS TO A RIPPED BODY

Our Nutrition Plan is based upon “The Zone Diet” by Dr. Sears. Good nutrition must always accompany fitness training. The practice of good nutrition is a critical success factor in achieving a Ripped Body. Our program recommends small, frequent, and balanced meals that help regulate insulin levels in our quest for a Ripped Body.

THE FAT-POINT

Our genes do not determine the amount of fat that we carry. The amount of fat that we carry is determined by what we eat and by what activities we do. Our body has no internal reference for a fixed fat level, only for a habitual level. When we remain at a particular level of fat for a year or two, the body develops cells, capillaries, nerves, enzymes, and hormones to support it. The body will vigorously defend its habitual fat level.



This habitual fat level is called our fat-point. The body monitors its fat-point and will act to maintain it even if a single ounce is used for fuel. Appetite suppression and calorie reduction will result in weight loss; however, we will lose muscle mass as well as fat. This form of dieting signals the body that it is starving, and thus the body attempts to maintain its fat-point. Those who lose lean body mass will inevitably regain the lost weight in fat and end up back at their original weight fatter than when they started (yo-yo syndrome). The yo-yo syndrome is very common with most of the “diet industry cures”. The yo-yo syndrome will sabotage your goal of a Ripped Body.

Remember, it is not about weight loss. We need to reduce fat to build a Ripped Body and we need a sound program of nutrition and exercise that emphasizes losing excess fat at a rate of approximately 5 pounds per month. We need to maintain vital lean body mass that is an asset to our muscularity, health, metabolism, calorie burning, etc. Eating frequent, balanced meals is the best way to reduce our fat-point. Lose fat – not muscle!

INSULIN LEVELS

Frequent and balanced meals help us regulate insulin secretion. One of the objectives of our program is to manage insulin levels by reducing carbohydrate consumption and slowing its conversion into blood sugar. When our blood sugar rises quickly, the pancreas will secrete insulin. Insulin is a storage hormone and will cause us to store fat and stop using fat as an energy source. Eating high glycemic foods has resulted in high blood sugar levels, high insulin levels, high blood pressure, high cholesterol levels, low antioxidant levels and significant weight gains. High insulin levels will destroy muscularity.

NUTRIENTS

Carbohydrates

The first basic principle of nutrition is to emphasize low glycemic carbohydrates. The majority of our carbohydrates ought to come from fruits, vegetables and nuts. Carbohydrates are stored in our liver and muscles as glycogen. Glycogen strongly influences our level of energy and endurance. A diet rich in low glycemic carbohydrates does more than builds up glycogen stores; it ensures that we replenish glycogen stores quickly. Additionally, carbohydrates also limit the amount of protein our body burns for energy, sparing that protein for building muscle. Attempt to consume 40% of your calories in carbohydrates.

Protein

The second basic principle of building a Ripped Body is to consume more protein than the USDA recommends, however, keep it to a sensible amount. Protein helps build and repair body tissue and is of paramount importance to building a muscular body.

Most bodybuilders eat too much protein. In actuality, excess protein impairs muscle growth and slows muscular development. Excess protein will be stored as fat and excess protein causes increased urine production. An appropriate amount of protein is the cornerstone of the balanced diet. Try for ½ gram of protein per pound of bodyweight.

The volume of low-fat protein we are going to eat determines the volume of carbohydrates we can consume at the same time. Our target protein consumption should be about 30% of our calories.

Try for ½ gram of protein per pound of bodyweight.

Fats

The third basic principle of good eating is to eat fewer but better fats. A certain amount of dietary fat is essential for health, but eating too much is very detrimental to your health. Fat is closely connected to cholesterol levels and heart disease, and may even be connected to cancer. No more than 30% of our calories should come from fat. Saturated fats, such as butter, ought to be eliminated. Monounsaturated and polyunsaturated fats, such as sunflower oil, safflower oil, corn oil, and olive oil, are better fats and tend to lower the HDL's in our blood, and thus helps us to prevent coronary artery disease. As with the Mediterranean diet I suggest the use olive oil on salads.

Eating well is not complicated but good nutrition does require that we take the nutrients in the proper balance. When possible try to adopt a 40/30/30 split between carbohydrates, proteins, and fats and focus on low glycemic carbohydrates. Balanced nutrients are a key element of good nutrition. Eating balanced meals will help you to reach your goal of building BIG Bench and you will be healthier and have much more energy.

Balance is the objective, an imbalance or excess of nutrients can cause several problems, for example: Excess protein stresses our liver and kidneys, and insufficient fat intake interferes with the absorption of fat soluble vitamins A, D, E, and K. The bottom line is that the percentages of 40/30/30 will go a long way toward creating a balanced nutritional intake.

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EATING FOR MUSCULARITY

The first thing I would suggest is for you to keep a food journal and record what you eat. You will learn a lot about nutrition and foods if you have the discipline to keep a food journal. Next, you need to ascertain our caloric requirement for your ideal body weight and the corresponding amounts of carbohydrates, proteins, and fats based upon the 40/30/30 split. I also recommend the consumption of five to six meals daily. Even if you eat right, consuming your nutrients in three meals or less may lead to increased fat synthesis.

If you eat five or six meals a day you will increase our metabolism, decrease our transit time, process food faster and more efficiently, and you will store less fat and enhance muscularity. Breakfast, Lunch and Dinner ought to be basic, well balanced meals, conforming to the above ratios of carbohydrates, proteins and fats. We suggest that you consume “Meal Substitutes” as needed for additional meals.

We also suggest that you drink water often. Drinking additional water will increase our metabolism; it will promote elimination, it will allow for optimum absorption of nutrients, and it will help suppress our appetite. Try to drink at least 10 eight-ounce glasses of water a day.

If you eat more high-bulk foods such as cabbage, lettuce, celery, zucchini, tomatoes you will tend to eat less and be less hungry. You can eat less by enhancing satiety. If you consume more soluble fiber, like oat bran, kidney beans or oatmeal, you will diminish your appetite. Portion size can be estimated. Try not to eat any more protein than can fit on the palm of your hand. If you are eating favorable carbohydrates, then you can double the volume of the protein portion and reach $\frac{1}{2}$ a gram of protein per pound of bodyweight



Chicken and Rice is a very good selection for an evening meal. Adding vegetables is also a good practice. Many people who Weight Train consume Chicken and Rice daily.

HEALTHY FOODS ACCORDING TO DR. OZ

Low Fat Yogurt
Nuts - Almonds, Walnuts and Pistachio
Eggs
Kiwis
Quinoa
Beans – Soybeans (Be careful they increase estrogen)
Salmon and Halibut
Broccoli
Sweet potatoes
Berries – Blueberries, Cranberries and Acai
Red Wine (In moderation with one meal)
Olive Oil
Turkey, Lean Chicken and Lean steaks

Try to Avoid

- Fructose and other Sugars
- Saturated Fats including most marbled Meats
- Trans Fats
- Alcohol in excess (Red Wine with Dinner is ok)
- Eating less than 2000 calories per day
- Fad Diets that claim to work for everyone (No one diet works for everyone)

Try To Include These Supplements for a Ripped Body

- A Potent Daily Multiple Vitamin
- Additional Vitamins C and E
- Additional L-Glutamine for Muscle Growth and Repair
- Creatine Supplementation for Size and Strength
- Nitric Oxide for Size and Strength
- Whey Protein Supplementation for Muscle Growth and Repair
- Caffeine, Green Tea Extract for the fat loss.

MEASUREMENTS

If you are trying to become muscular, it is important to track certain measurements, and one is not your weight; you will measure your fat percentage instead. The following chart gives you some ballpark percentages. Age correlates with fat percentages, however, it over complicates the analysis.

Category	Fat Percentage
Ripped	3 – 6
Very Lean	7 – 9
Lean	10 – 14
Average	15 - 19
Below Average	20 -25
Poor	26 and above

OTHER MEASUREMENTS

Remember, nutrition and supplementation will strongly affect the following health related numbers. There is a direct correlation with cholesterol. I have listed the numbers I try to obtain.

[Check with your doctor regarding his or her recommendations for you.](#)

Blood Pressure	115/75
Cholesterol	
• LDL	< 100
• HDL	> 40
Resting Heart Rate	60

Summary

As I stated previously, eating well is not complicated but good nutrition does require that you take the nutrients in the proper balance. When possible try to adopt a 40/30/30 split between carbohydrates, proteins, and fats and focus on low glycemic carbohydrates. Balanced nutrients are a key element of good nutrition. Eat small, frequent, and balanced meals that help regulate insulin levels and you will have a Ripped Body.