

Mass Machine Nutrition

Organizing Principles for Effective Weight Management

By Skip La Cour

Six-time National Champion Bodybuilder and Success/Leadership Coach

Improving your health, getting your body into awesome shape, and becoming more attractive in the process doesn't have to be complicated. Here are 13 simple—and incredibly effective—eating and exercise strategies that will help you take control of your physical body. Whether you want to build muscle, lose body fat, or do them both at the same time, following these guidelines will get you to the next level.



1. Eating properly must be your number one priority. The way you eat will have far more of a positive affect on the way you look and feel than weight training and cardiovascular training *combined*. It's been established that at least 80 percent of the way you look and feel will be determined by how well you eat. You will look MUCH BETTER simply by making the necessary changes to your eating habits than by turning into an exercise maniac. Remember that fact because it counterintuitive to the way most people think. The majority of your focus and energy MUST go to this important area of your life.

2. Control your metabolism. The key to effective weight management (fat loss and muscle gain) is controlling your metabolism. The choice of foods you eat, the number of meals you eat each day, the amount of food you eat during each one of those meals, and the timing of your meals will all affect your metabolism and its efficiency. Weight training and cardiovascular training play their parts as well—but not as big of parts as you might think.

3. Eat smaller, more frequent meals throughout the day. Eating smaller, more frequent meals throughout the day is the best way to control your metabolism.

4. Eat at least FIVE meals each day. You should eat at least FIVE smaller, more frequent meals every day. Eating in this manner stabilizes your blood sugar and keeps your metabolism burning at a smooth and consistent rate. If you are only eating three or fewer meals a day, your metabolism will peak and fall around meal times. This inconsistency causes you to burn fewer calories and less body fat throughout the day.

5. All meals you eat each day are to be treated equally in importance and with their macronutrient breakdown. Each of your five meals should have just about the same proportion of protein, carbohydrates, and fat. Each of your five meals should total just about the same number of calories. Your body doesn't differentiate between a "breakfast" food and a "dinner" food. You just need to make sure that each meal is healthy and stays within your allotted amount of calories.

6. Eat every THREE hours. Your meals should be spaced out every 2 ½ to 3 hours apart from one another. Eating in this manner keeps your metabolism operating at an efficient, steady rate.



7. You must make sure you eat *enough* food. Although the basic rule for weight loss is “eating fewer calories than you burn,” you must be certain that you eat enough food every day. Otherwise, the human body’s metabolism will slow down in order to “save itself” from grinding away its tissue through too much work—and too little food. The body will do whatever it must to prevent “killing” itself. Your body will not only slow down its metabolism if you don’t eat enough, it will aggressively hold onto body fat in an effort to make itself “famine proof.”

8. Just concentrate on eating in a healthy manner for now. As you get started with a new, healthy eating and exercise program, don’t worry about exactly how many calories you are eating—just eat in a healthy manner. Follow the organizing principles that I have listed. Use good judgment. At the beginning stages of a new eating program, if you were to just take out the *obvious* junk food, it is likely that you are NOT eating enough good, healthy food. We can zero in on what the “right” amount of calories (if there really was such an *exact* number) is for you later on as your metabolism gets regulated. Remember that “some is always better than none.” Just get started with your nutrition program—and then you can figure out all of the less important details once you’ve committed to and followed through with what I’ve recommended on this list.

9. Drink plenty of water. Drink at least ½ gallon of water a day. Get in the habit of carrying a water bottle around with you and sip from it throughout the day. Water helps your body function properly, flush out toxins, look good, and stay young.

10. Avoid starchy carbohydrates. During this beginning phase of your new and improved eating habits, avoid starchy carbohydrates such as bread, pasta, baked potatoes, and rice. We want the glycemic index of your foods to be low. By eating foods lower on the glycemic index, your metabolism will stay regulated. It won’t have to endure all of the highs and lows that the starchy carbohydrates bring with them. The following tip provides an awesome alternative to those starchy carbohydrates.

11. Eat lots of green vegetables. This one distinction alone can take your body to the next level immediately! You can eat as many green vegetables as you want. The more you eat—the better. Eat them for breakfast, lunch, dinner, between meals, and midnight snacks if you wish. You certainly shouldn’t worry about calories in the vegetables because your body will use just as much energy to digest them as the vegetables contain. Vegetables will make you feel full and satisfied. Vegetables clean out your digestive system. Because you are eating so many vegetables, the mind is confused and your hunger will be satisfied in an extremely healthy manner. Spice them up with some hot sauce. Eat them raw; microwave them; steam them; or overcook them until they are like a stew—it doesn’t matter. Just eat them.

12. Take advantage of modern sports nutrition. Meal replacements and weight gainer supplements will be your best friends. They’ll help you get all of those metabolism-controlling meals eaten every day. They are great when you are traveling and/or on the run. Sports Nutrition bars are okay—but not the ideal choice because they contain a lot of sugar and filler ingredients. You should rotate “real” food meals with sports nutrition meals throughout the day.

13. Budget your “cheat” meals. If you eat and train like a “machine” the majority of the time, there’s no real harm in eating two or three “bad” meals every week. The key here is that these “cheat” meals are planned in advance—as opposed to spontaneous decisions. That’s what makes these scheduled breaks perfect for your structured eating program. Use them wisely. Enjoy them—and then forget them!

About Skip La Cour

Skip La Cour is a six-time national champion bodybuilder. At the peak of his competitive career, he was the most recognized drug-free bodybuilder on the planet—and he continues to guide people as a proven leader all over the world as a bodybuilding and training success coach and as men's leadership skills coach.



He's written 10 books; produced seven DVDs; and four audio seminar courses that have been sold in over 53 countries around the world.

La Cour's over 25 years of being heavily involved in the personal development/motivation business and over 20 years in the bodybuilding and fitness industry have given him the unique ability to create instant change for people who want to improve their body, mind, and spirit effectively, efficiently, and in the shortest period of time.

Learn how you can become a Mass Machine Training WARRIOR by visiting Skip La Cour's web site at www.SkipLaCour.com. When you go to Skip La Cour's web site, sign up for the free weekly bodybuilding and training newsletter that will be sent to you email address—and you'll receive a free eBook when you do.

MANformation® - Alpha Leadership Strategies

Skip La Cour is the creator of the MANformation® personal development program for men.

MANformation teaches men of all ages the qualities, characteristics, and actions of the most powerful, charismatic, and influential Alpha males in the world. MANformation outlines Alpha Leadership strategies that transform you into the MAN you really want to be.



When you become more aware of these Alpha male characteristics; appreciate how they can affect the quality of your life; learn how to adopt them into your own personality; and practice these skills, you'll have more options in life. "Options" are all the things in life you REALLY want—and they are far more than all of those things in life that you merely settle for. Money, power, and sex are examples of the options in life many that men want, want more of, or a better quality what they already have.

You can learn more about the MANformation personal development program for men by visiting the website at www.MANformation.com. When you go to the MANformation web site, sign up for the free weekly newsletter that is sent to you email address—and you'll get a free Alpha Leadership ebook when you do.

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