

NW Fit Club

"Hollywood Corn Diet"

Quick start guidelines

1. Stop eating and drinking the obvious bad things
2. Eat within 90 min of waking
3. Eat every 2 – 3 hour
4. Do not go to bed starving. (Eat within 90 min of going to bed)
5. Every meal needs a protein & carbohydrate source. Strive to eat a vegetable with each meal as well.
6. Drink a Glass of water with every meal, and during exercise.
7. Do Cardio at least 3 times per week
8. Weight train at least 3 times per week

Protein

Goal per serving generally 20 - 60 grams of protein per meal.
Strive for Tier 1 sources for quickest results

Tier 1 (Best) Protein examples

Meat of any kind:

Beef, 4-8 oz
 Buffalo 4-8 oz
 Chicken 4-8 oz
 Turkey 4-8 oz
 Pork 4-8 oz
 Fish (any kind) 4-8 oz
 Seafood (clam, crab, shrimp, ect) 4-8 oz
 Eggs 2-6
 Protein Powder (1-2 scoops or 20-60 grams of protein)

Tier 2 protein examples

Cottage Cheese
 High Protein Yogurt
 Protein bar
 Meal replacement drink.
 Milk
 Almonds, Legumes, ect

Carbohydrate

Goal per serving generally 20 - 60 grams of carbohydrates per meal.
Strive for Tier 1 sources for quickest results

Tier 1 (Best) Carbohydrate examples

Sweet Potato
 Yams
 Oatmeal (plain whole, slow cook)
 Beans (red, black, kidney, pinto, refried, ect)
 Lentils
 Quinoa

Tier 2 Carbohydrate examples

White potato
 Red Potato
 Yellow or Gold potato
 Rice

Tier 3 Carbohydrate examples

Most Fruit
 Pasta
 Yogurts
 Milk

Tier 4 Carbohydrate examples

Breads (Bread, muffins, bagels, ect)
 Crackers (Saltines, Ritz)

Strive to eat a large variety of vegetables throughout the day, with as many meals as possible.
 Strive to eat Tier 1 Protein and Carbohydrate sources in each meal for quickest results.

Train each body part once a week to with intensity (to failure)

3-6 sets per body part

1-2 sets per exercise

1-6 exercises per bodypart

Train each set to failure

Train with good form

Do not do movements that hurt do to a pre-existing injury

Example of weekly body part groupings

7 days/week program option

Day 1 Quads, Calves

Day 2 Chest

Day 3 Back

Day 4 Hams, Calves

Day 5 Shoulders

Day 6 Biceps

Day 7 triceps

6 days/week program option

1 Day off per week. You may adjust where your "Off day falls depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back

Day 4 Shoulders (deltoid, trapezius)

Day 5 Biceps

Day 6 Triceps

5 days/week program option

2 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back

Day 4 Shoulders (deltoid, trapezius)

Day 5 Biceps, Triceps

4 days/week program option

3 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Triceps

Day 3 Back, Biceps

Day 4 Shoulders (deltoid, trapezius)

4 days/week program option

3 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Shoulders (deltoid, trapezius)

Day 3 Back

Day 4 Biceps, Triceps

4 days/week program option

3 Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest

Day 3 Back, Biceps

Day 4 Triceps, Shoulders (deltoid, trapezius)

3 days/week program option

4Days off per week. You may adjust where your "Off days fall depending on your preference

Day 1 Legs (quads, hamstrings, calves)

Day 2 Chest, Triceps, Shoulders (deltoid, trapezius)

Day 3 Back, Biceps

Bodypart workout template example

Warm up set 20-40 reps

Exercise # 1

1-2 sets

12-20 reps

Exercise # 2

1-2 sets

8-12 reps

Exercise # 3

1-2 sets

4-8 reps

The Following is an example of an Elite daily meal plan following the Guidelines of the "Hollywood C.O.R.N" Diet. Keep in mind the portion sizes listed below are an example of the quantities for a male such as myself. You may cut the portions back if you are a female. Depending on what your daily intake is when you start it will likely be hard to get in the quantity of food listed below. If that is the case, start out with smaller meals and be sure to get in protein, carbs, and veggies. Balance is the key.

Example below is my new personal Meal Plan Goal, Following the "Hollywood C.O.R.N" Diet Guidelines:

Large glass water with fresh lemon or lime

Thermo Alert by Altered Image Supplements

Stamina Elite by Altered Image Supplements

Cardio

6am

Protein shake

50 grams of low carb protein powder **S.O.F Series Protein Blend** powder from Altered Image Supplements

Thigh								
Hips								
Waist								
Chest								
Shoulders								
Neck								
Arms								
Forearms								
Caliper skin fold measurement								
Thigh								
Oblique								
low back								
Subscapula								
Bicep								
Tricep								
Pec								
Bodyfat % if calculated								
Resting heart rate A.M								
Blood Pressure A.M								
Progress pictures reminder								

Date								
Energy level								
Sense of well being								
Mental clarity								
Strength								

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