

SUPERHERO NUTRITION

**Learn the techniques
for burning fat around
the clock while maintaining
your ripped, lean muscle.**



DENNIS HEENAN, CTT

DISCLAIMER

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A word from Dennis...

When it comes to nutrition, there are many different plans out there that will work. However, when it comes to a plan working **fast**... *Let's just say I am glad you have this manual in your hands.*

Nutrition is often times the toughest part of the battle when it comes to getting super lean. Working out three or four days per week is the easy part compared to nutrition.

Yet, like anything in life, **once you have a solid nutrition routine and follow it consistently**, your results will be better than ever.

With the information that I have put together for you below, I outline exactly how you should eat when going through the Superhero Body system. This way of eating is also perfect for when you finish the Superhero Body as well.

With the way its set up, I wanted to make sure you continued seeing results even after the 8-12 week Superhero Body program.

I need you to know that although the principles on the Superhero Nutrition plan may be simple, they work...

...IF you follow what it says. Please don't just read through this and not take action... Do what it says, eat what it tells you to eat, and you will be pleased when you have lost 5-10 pounds of fat after the first 2-3 weeks.

So without further ado, lets get started on the Superhero Nutrition plan.

To your fat burning success,

Dennis Heenan, CTT

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Nutrition Basics

When it comes to nutrition, it is always best to keep things very simple and that is exactly what we are going to do on this nutrition plan. Below I will break down everything you need to know when it comes to getting super lean and healthy. Let's get started...

Rule One: Eat Real Food

When you think of the words “real food” think of this: **Would a caveman eat that?**

If the answer is yes, then it is a safe bet that you are eating real food. The concept of eating real food is pretty simple in that you are eating food that is not manmade or processed. Instead, you are focusing on eating foods in their most natural state.

I am sure you have heard this before, however, this is a POWERFUL rule. Follow this and results will soar.

Some foods to focus on:

Protein: eggs, chicken, grass fed meats, wild fish, wild game, ...

Fats: coconut oil, grass fed butter, nuts, seeds, avocado, ...

Veggies: broccoli, asparagus, spinach, kale, cauliflower, ...

No matter what your goals are, the foods above should always be the staple in your diet. These are the foods that will give you long lasting energy and help keep you incredibly healthy. Each meal should consist of the foods above. This means a good source of protein, good fats, and lots of vegetables.

Rule Two: Properly Time Your Carbohydrates

Best Carb Sources: white rice, steel cut oats, beans, sweet potatoes, yams, fruits, ...

There are three prime times that you should eat your carbohydrates (#3 is best):

1. First thing in the morning.

When you first wake up, your metabolism is high and your glucose tolerance is typically highest making it a good time to eat carbohydrates.

It is important to note here that if you do include carbs with your first meal, to always eat at least 30 grams of protein as well.

2. 2-4 hours before a workout.

A better option to eat your carbs is to eat them 2-4 hours before your strength training workout. Carbs will help keep you energized as you go through your workout and allow for more fat burning.

Again, make sure you add in 30 grams of protein to your pre-workout meal.

3. (BEST OPTION) Immediately after your workout.

The best time to indulge in your carbohydrates is immediately post workout. After an intense training session, your body is primed to indulge in carbs to allow for recovery and to “refill” the glycogen stores in your muscles.

Essentially, when you eat your carbs after training sessions, they will NEVER get stored as fat. It will allow you to easily drop fat and maintain your lean muscle. (exactly what you want)

There is a science when it comes to getting lean and ripped in terms of manipulating the carbohydrates that you eat.

Essentially what this means is *you MUST cycle your carbohydrates in some way if you ever want that belly fat to disappear forever.*

Stick with option number three when eating your carbs the majority of your time and you will see results.

Rule Three: Do Not Drink Calories

Drinking calories is something you will not be doing on this nutrition plan. And although some drinks may be labeled “diet”, “zero calorie”, etc. those are also out on this plan. *Your drink of choice will be water and lots of it.* You must make sure you are hydrated so you can allow your body to recover from your workouts and burn fat easier.

You should not be drinking sodas, lattes, sports drinks, juices, mochas, alcohol, diet soda, etc. unless it is on your cheat day. Each of these drinks are loaded with sugar and most times (if not always) will be stored as straight fat.

Aside from water... black coffee and unsweetened teas are also ok in moderation. Just be sure you aren't adding any flavor shots, tons of sugar, or milk to them.

If you simply cut out all the calories you are drinking on a daily basis and focused on drinking water, you would start seeing results almost immediately!

Rule Four: Eat When You Are Hungry And Until You Are Satisfied

Starvation diets are one of the worst things you can do to your body. Not only will it absolutely kill your results but it will hurt your overall health as well. On the Superhero Nutrition plan, *you will be eating when you are hungry and until you are satisfied.* Simple as that.

Rule Five: Do Not Expect Perfection, The Cheat Day

On this nutrition plan, you will be able to eat all the foods you love each week. They will be perfectly

timed to help maximize results and help burn more fat. Each week after eating the foods from numbers one and two, you will get to enjoy a **cheat day**.

A cheat day is a day where you are *free to eat anything and everything* that you want with no restrictions. By doing this, you are boosting your metabolism and fat burning back up, hence helping your body to burn more fat.

After restricting certain foods for a short period of time, your metabolism will start to slow down so adding in foods like pizza, pancakes, and muffins will help in boosting your metabolism back up. Now one thing to note here, you cannot expect a cheat day to work if you are cheating on your meals throughout the week.

You must stay strong to eating healthy throughout the week and properly timing your carbs for at least 6-7 days to get the full affect of the cheat day.

A Few More Nutrition Tips:

- Eating the same few healthy meals over and over is the easiest way to eat healthy. Find 2-4 that you enjoy and stick with them.
- Prepare meals in advance and cook in bulk. This will always ensure you have incredibly healthy foods on hand and will make you less likely to go out and eat junk food. In your members area for the Superhero Body I have included a guide on how to cook all your meals in under 90-minutes a week.
- Remove all the junk food from your house. If there is no junk food to eat, there is a 100% guarantee you won't eat it!

So how should I eat on this plan?

Follow the rules below for best results (print these off):

1. All meals should include at least 30 grams of protein coming from chicken, beef, fish, or a whey protein shake (I only recommend ONE whey protein shake a day.)
2. When you eat your carbohydrates *during the week*, try keeping them immediately post workout, **preferably within 30-minutes of finishing your workout**. Option number two here is 2-4 hours pre-workout, and the third option is in the morning.
3. Don't drink calories. Drink water, and black coffee and unsweetened tea in moderation.
4. Eat when you are hungry and until you are satisfied. Do NOT starve yourself. Your results will suffer. Eating the right foods (and lots of them) will have your body naturally burning a ton of fat.
5. Enjoy one full cheat day every 6-7 days. This is important as it will help keep you sane and give you something to look forward to. **The key to remember is eat clean during the week.**

Other Tips To Follow:

- Enjoy the foods you eat. Food is supposed to make you **feel good not guilty**. Savor each bite and use all five senses when you eat.
- Make eating a time you enjoy with family and friends. Don't eat mindlessly in front of the TV. Socialize and enjoy.
- Start eating fresh foods. Shop more often and eat foods that are one ingredient.
- Enjoy it... Did I say that already? Food is essential no matter what your goals are. And really keep in mind that your body needs lots of food in order to function. Again, don't drastically cut calories. This will only bring you slowed results and low energy. Instead eat lots of wonderful foods and enjoy each bite!

“When you set rules for yourself, you stick to them more. That’s the reason you don’t see vegetarians eating meat. They have a set of rules and don’t go against them.”

Creating The Perfect Fat Burning Meal

Now, I understand that eating healthy is difficult. However, once you get in the groove it becomes easy. Here is how to create the perfect fat burning meal.

Choose a Protein Source:

- Chicken
- Grass Fed Beef
- Steak
- Fish
- Wild Game
- Whey protein shake (can only be one meal)

Choose Your Veggies:

- Broccoli
- Spinach
- Asparagus
- Kale
- Bok-Choy
- Mushrooms
- Onions
- Etc...

Choose a Fat Source:

- Grass fed butter
- Coconut oil
- Olive Oil
- Avocado
- Nut Butters

Now make your meal and eat it. Pretty simple, right?

I know what your thinking... What about my carb source? If you feel you need to add in some carbohydrates to your meals, choose from the ones below. And remember, immediately post workout is the best option to eat your carbs.

- Black or pinto beans
- Steel cut oats
- White rice
- Fruit
- Sweet potatoes
- White potatoes

If you referenced this list for 85% of your meals, you will start burning fat instead of storing it... Simple as that.

Here is a sample meal that you could prepare with the ingredients on this page:

Protein: Grass fed ground beef

Veggies: Asparagus, broccoli, spinach

Fat: Grass fed butter

Carb: Depends (will include in my post workout meal)

Just take the foods you have chosen, throw them in the microwave and you are good to go.

Fat Burning Meal Options:

Below are different meal options you can choose from. These are just a few of the many examples of meals you can eat while on this plan. Take any combination of the foods from rule one above and get creative. None of the meals below include carbohydrate sources, so you should add those in when needed.

Breakfast

Option 1: 4 whole vegetarian fed eggs, 2 cups of spinach, ½ cup asparagus, ½ tbsp grass fed butter, 4oz grass fed ground beef

Option 2: 4 whole vegetarian fed eggs, 1 tbsp grass fed butter, 1-cup asparagus

Option 3: 4 pieces of organic bacon, 4 whole vegetarian fed eggs, 2 cups of spinach

Option 4: Protein Shake (2 scoops)

Lunch/Dinner

Option 1: 8oz Chicken Breast, 2 cups of broccoli, 1 TBSP of coconut oil

Option 2: 8oz Chicken Breast, 10 spears of asparagus in ½ tbsp of butter, 2 cups of spinach, homemade salad dressing (1 tbsp of olive oil, spicy mustard, spices)

Option 3: 8oz grass fed ground beef patty, 1 cup of mushrooms, 1½ cup of brussle sprouts, ½ tbsp of butter

Option 4: 8oz grass fed beef steak, 10 asparagus spears and 1-cup broccoli (steamed)

Option 5: 6oz Salmon, 1 cup of green beans, 1 tbsp of coconut oil

Option 6: 8oz chicken breast, 1½ cups of broccoli, 2 tbsp almond butter

Option 7: 8oz bison steak, 10 asparagus spears, 1-cup shitake mushrooms

The meal examples above are simply there as a guide. You should determine the amount of food you need in order to best attain your goals. Each person is different so find what works and stick with it.

Remember to add your carbs in when needed.

Two Minute Breakdown

We have just covered everything you should know when it comes to how to eat while on the Superhero Nutrition program. The combination of workouts and the nutrition plan above are going to bring you incredible results. Below I would just like to give a quick two minute run down of what we just went over:

- **Rule One:** Eat Real Food

Focus on eating good sources of protein, fats, and lots of vegetables at each meal. Stay away from the manmade and processed foods. If a caveman wouldn't eat it, you shouldn't either!

- **Rule Two:** Properly Time Your Carbohydrates

Add in good sources of carbohydrates within 30 minutes after weight training workouts.

- **Rule Three:** Do Not Drink Calories

Drink water, simple as that. Black coffee and unsweetened teas are also ok in moderation.

- **Rule Four:** Eat When You Are Hungry And Until You Are Satisfied

If you are eating the right foods, you should eat when you are hungry and until you are satisfied. No need to count calories or weigh your food.

- **Rule Five:** Do Not Expect Perfection, The Cheat Day

Once per week you should enjoy a cheat day to eat any and all foods that you enjoy. This includes pizza, pancakes, donuts, etc.

Conclusion

As you can see, it really comes down to eating real food and properly timing your carbohydrates *the majority of the time*.

Remember, enjoy the foods you eat. Find some healthy meals you love and eat them over and over again.

I will say this again: ***IF, you can follow the rules on this plan... Incredible results will follow.***

When broken down, nutrition does NOT need and should NOT be complicated. Follow the rules you just read, stick to the plan, and then email me with your awesome success :)

If you have any questions, feel free to reach out. I am here to help every step of the way.

To your success,

Dennis Heenan, CTT

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