Fitness Model: Mike Stalker Ernährungsplan (Englisch)

Name: Mike Stalker
Age: 22
Height: 5'10
Weight: 180
Facebook: www.facebook.com/TheMikeStalker
Instagram: TheMikeStalker
Twitter: TheMikeStalker
Website: **www.mikestalkerfitlife.com** **(SUBSCRIBE !!!)**

Who are you and what are you doing?

I am Mike Stalker, a fitness model, trainer/consultant, writer, finance professional, and entrepreneur. I have my own blog and website where I will be offering a lot of free content, articles, interviews, and videos (www.mikestalkerfitlife.com). I also have a personal coaching tab where I take clients and do serious one-on-one online coaching. I have done modeling and acting campaigns for companies such as Diadora, Sketchers, Garnier Fructis, Reebok, Citizen K International Magazine, fitness magazines, and a global underwear campaign. I just graduated college, where I was also a Division 1 soccer player.

How does your diet look?

My diet is efficient and simple. I eat three whole meals each day (breakfast, lunch and dinner) and some sort of snack or small meal. I am not one who has 6-8 meals a day. That philosophy is "bro-science" and doesn't help build muscle and burn fat any quicker or more efficiently than 3 regular meals a day. I am an athlete, and have trained like an athlete my entire life, which allows me to stay in great shape while eating the foods I love. Here is a sample of **...**

... my daily meals during the week (I like to have fun on the weekends):

Breakfast: 5 eggs (2 whole, 3 egg whites), cup of spinach, cup of black beans
Lunch: Salmon, brown rice, asparagus
Dinner: Steak or salmon, sweet potatoe, broccoli.

Snacks: Handful of almonds or brazil nuts. Celery with peanut butter or almond butter. Cup of fruit.
Protein Shake: (30g immediately following workout)

I do have a high protein diet, with healthy fats and carbs. Essentially, I follow a low-glycemic diet, which is a diet that controls blood sugar intake. If I am focusing on really cutting down for a shoot or project, then the main goal is to avoid raising blood glucose too much to get me as shredded as possible in a certain amount of time (Usually I only focus on “cutting” not too much longer than a week if I have a project). This is because I stay lean all year. But, I do this by avoiding foods that are high in sugars and starches. For example, I try to stay away from “white carbs” as much as possible when really cutting (grains, oats, bread, pasta, cereal, any foods with flour, etc.) because these foods are digested and turned into sugar very quickly which can lead to weight gain and increase in body fat %. I get in a high amount of protein and vegetables, which keeps me lean all year around, all while adding muscle mass. When I am maintaining my current state of my body (which I do all year) then the foods lists below are the foods that work best for me and that I enjoy most:

Which foods should not be missing from your diet plan?
My favorites of each category:

Proteins/Meats: Chicken, Fish, Eggs, Pork, Beef
Vegetables: Green/Red/Yellow pepper, Broccoli, Asparagus, Spinach leaves, celery, carrots, zucchini
Carbohydrates: Brown Rice, Sweet Potatoe, Quinoa, Oatmeal
Fruits: Apples, Bananas, Blueberries, Strawberries
Oils/Fats: Coconut Oil, Olive Oil, Avocado oil
Seeds/Nuts: Walnuts, Almonds, Brazil Nuts, Coconut, Hazelnuts
Legumes: Kidney Beans, Pinto Beans, Black Beans, Hummus

What is your daily calorie and macro´s intake? (On- and Off-Season)

I do not have an “On or Off-season.” I am always “on.” There is never a time in the year where I am bulking or cutting. I like to maintain my look all year round. I like to maintain a lean, shredded muscle mass physique where my weight stays around 178-182 pounds a year and by body fat percentage stays anywhere from 5.5%-6.5%. I am an athlete and eat the foods that keep me lean and energized. That being said, I do not count my calories. I let the mirror do the talking. If I were to estimate my daily calories, it would be around 3,500 calories a day.

As for macronutritnets, I try to set my protein between 1.10 and 1.5 grams of protein per pound of lean body mass. Honestly, as long as you are getting a little more than 1 gram of protein per pound of lean body mass, then you are in a good position for fat loss and lean muscle mass gain. As for carbs, I am blessed with a great metabolism and as an athlete, I can experiment with carb intake since I handle them well. That being said, I try to limit carb intake anywhere from .5 to .75 per pound of lean body mass. That doesn’t mean I am eating unhealthy carbs,

though. I do work hard in the gym and playing sports so that does allow me to enjoy certain meals, though. In a healthy diet, ‘fats’ should take up about 30%. I probably get around 60-80g of fat per day.

Which foods should not be missing from your diet plan?

Good Protein- Chicken, Eggs, etc.
Dark green vegetables.
Healthy Carbs- sweet potatoe, brown rice, etc.
Healthy Fats and Oils- Coconut Oil, olive oil, fish oil, etc.
Don’t forget a cheat day!

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Quelle: Mike Stalker[/caption]

Cheat Meals?

Give me a 6-pack of coronas, a pizza, some candy, and some sun and a pool and I’d be a happy dude.

What supplements do you take?

Multivitamin
Fish Oil- (Omega 3 Fatty Acids)
Whey Protein
C4- Icy Blue Razz (When you work long hours, sometimes you need a boost)

What´s your favorite fitness recipe on www.HealthyFitnessNutrition.com?

I went directly to deserts, and the Protein Chocolate Cookies look amazing. I definitely will have to try these cookies!

Do you have any special advice for your fans?

Be patient and stay positive. Many people give up after a couple weeks or working out because they don't notice results. Getting a great body takes hard work. At the gym you need to focus- lift hard, heavy and often. Focus on "big lifts"- lifts that target the biggest muscles of you body. Also, you need to focus on nutrition. You can lift and workout all you want, but to get that shredded, lean muscle physique, you nutrition plan needs to be a priority.

Raise your standards. Lasting change requires you to change and raise your standards. You are better than what you think. Find something that excites you and that inspires you, and don't stop until you get it.

Lastly, have fun. Experiment. Do stupid things. Make mistakes and learn from them. Question everything. Read. Laugh a lot. Work hard as hell.
Thank you for the answers, Mike, and all the best for the future!