

## Fitness Interview: Anthony Catanzaro Diet & Diet Plan



**Name:** Anthony Catanzaro

**Age:** 43

**Height:** 5' 10"

**Weight:** 178

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### Who are you and what are you doing?

My name is Anthony Catanzaro. I am the Superman of Fitness. I was born and raised in Bay shore, NY. I've been working out since the age of 15. I began competing in fitness and bodybuilding competitions in my mid-twenties and have won many titles since then. I am 100% lifetime drug free and I teach the importance of being natural to everyone I meet. I am a true believer in good health both in body and in mind. I own a fitness studio where I offer personal training, motivation and nutritional plans. I love what I do and plan to be the biggest motivational teacher on health and fitness since Jack Lalanne!

### How does your diet look?

I'm a big believer in eating wholesome foods only. I don't eat anything that comes from a box or a can. I eat fresh foods like meats, poultry, organic eggs, potatoes, salads, vegetables nuts and seeds. I have a saying "If God made it use it, if man made it lose it! We are not designed to eat processed foods loaded with toxic chemicals, we are also not meant to drink beer, wine, soda and other sugar or non-sugar drinks, our bodies are designed to drink water only! What would happen if you poured some wine into your nice healthy house plant? So why would you pour it into you?

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

I don't believe in a (On- and Off-Season) I'm the type of bodybuilder who wants to be fit and lean all year round. I don't believe in bulking up because a huge majority of weight that will be



gained will be mostly water and fat. To gain muscle I would just focus more on heavy lifting and more rest. You don't need extra calories to gain muscle just the right calories!

My diet at the moment goes something like this ...

Meal one: 6 egg whites, 1 bowl of oatmeal or grits, some fruit and coffee

Meal Two: Protein Shake some nuts

Meal Three: Grilled Chicken and mixed salad

Meal Four: Protein Shake some fruit

Meal Five: Grilled Chicken, Beef or Fish and mixed Salad

Meal Six: 6 egg whites, glass of almond milk

### **Which foods should not be missed from your diet plan?**

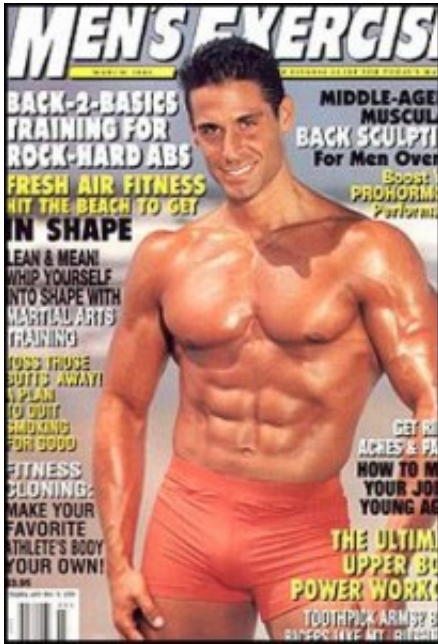
Well it's all important but you definitely don't want to miss your proteins as protein is the key nutrient for growth and repair. But protein also needs carbohydrates to balance out properly. So eating low carbs all the time will definitely cause you to lose muscle mass and will also deplete not only your muscles but your brain and nervous system as well. Carbohydrates are the main fuel source for the body. It's basically the gasoline of the engine and the engine is your body.

### **Cheat Meals?**

Well a lot of people call them cheat meals and I really don't know why. I would never consider eating a slice of pizza or a hamburger a cheat meal. It's not even good to even say it's a cheat meal because psychologically you're telling your body you're cheating and doing something you shouldn't be doing. When you eat fast food like ice cream, candy, cookies, cake and drink alcohol etc, these are considered in my book as toxic meals. You should never eat anything your body would reject. When I do eat foods that are not on my daily diet they would be foods like, homemade pasta, pizza, homemade hamburgers that's about it! I will have these foods when I want them I wouldn't make a big deal out of it. I know my body would burn it up anyway. And it's still wholesome food.

### **What supplements do you take?**

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Source: Anthony Catanzaro[/caption]

I'm not a huge believer in supplements but I do take a multi mineral multi vitamin daily just to be safe. The thing is in today's world the soil isn't rich like it used to be and even the seeds are genetically modified so the vitamin density in foods today are about 60 % less of what they were prior to genetic modification. So supplements may be needed in some cases.

### **What is your favourite fitness recipe on [www.HealthyFitnessNutrition.com](http://www.HealthyFitnessNutrition.com)?**

Honestly I can't say as I love all of them! I highly recommend them as they are natural healthy and wholesome!

### **Do you have any special advice for your fans?**

As always thank you for all your love and support. I will continue to bring you knowledge, motivation and Inspiration for my entire life. Remember you are responsible for you! Don't wait till tomorrow to take care of yourself you only get one life, one mind don't waste it eating the wrong foods, hanging around the wrong people, or thinking the wrong thoughts. Your life is precious and meaningful. Search your inner soul and find out who you are. Connect with God and he will drive you into your destiny!

**Thank you for the answers, Anthony, and all the best for the future!**

Thank you,

Anthony Catanzaro



“The Superman of Fitness”  
[www.anthonycatanzaro.com](http://www.anthonycatanzaro.com)