

## Interview: James Ellis Diet



**Name:** James Ellis

**Age:** 33

**Height:** 5'11"

**Weight:** 180 lbs

**Facebook:** [www.Facebook.com/JamesEllisFitness](http://www.Facebook.com/JamesEllisFitness)

Youtube: [www.YouTube.com/JamesEllis3](http://www.YouTube.com/JamesEllis3)

Website: [www.JamesEllisFit.com](http://www.JamesEllisFit.com)

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

Well, on the inside I am a little boy that continues to dream bigger & better dreams that are impossible to reach, but on the outside I am an adult that is making those dreams a reality through the power and favor of my Lord and Saviour, Jesus Christ. It has been a blessing to be able to transform my skinny 135 pound body at the age of 19, to my now 180 pound body at the age of 33.

I got serious about weight training when I was in college at the age of 20 and have been serious about it since then. After winning two bodybuilding shows when I was in college in Indiana I decided to make the move to California to pursue a full time career as a fitness model and actor. Since that move I have been blessed with over 40 fitness magazine covers, the title of 2011 WBFF World Champion, and being a sponsored athlete of Magnum Nutraceuticals supplements and Schiek Fitness gear.

On the acting side I've managed to have some success by appearing on the following: Gene Simmons Family Jewels, Sunset Tan, Bones, Scrubs, Party Down, Mayne Street, Rizzoli & Isles, All My Children, Days of Our Lives, Young & the Restless, Happy Endings, Breaking-In, & 300 Rise of an Empire. I've also appeared on several talk shows, such as, The Tonight Show with Conan O'Brian, Chelsey Lately, The Marie Show, Bethenny Frankel. Furthermore, I've had over 30 appearances on The Ellen DeGeneres show, and over 5 appearances on Late Night with Jimmy Kimmel & on The Talk too.

I continue to do all the above mentioned stuff as much as possible, but now my focus is also on

my website, [www.JamesEllisFit.com](http://www.JamesEllisFit.com) where I currently selling workout video downloads and my e-books will be coming soon too. I'm hoping to turn the website into a fitness membership website by the end of the year too.

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Source: James Ellis[/caption]

### **How does your diet look?**

For diet I typically eat some good lean protein. So, chicken breast, fish, turkey, egg whites, Greek Yogurt & lean protein shakes are the foods I typically eat. I find that the good carbs I like to eat are sweet potatoes, brown rice, oats/oatmeal, rice cakes, & fibrous carbs (steamed broccoli & grilled asparagus). Another tasty thing I like to eat is Greek Yogurt with chocolate protein powder & blueberries mixed into it.

If anyone would like to get a good diet plan tailored to your specific needs they should go to my diet and training company page and drop us a note there:

[www.facebook.com/scientificbodysculpting](http://www.facebook.com/scientificbodysculpting) . \*Just leave a note there saying that I sent you via this interview and I'll give you all a great deal. :)

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

To be honest I don't really have an off-season since my full time job is fitness modelling. My bodyfat always stays between 4-8% and I rarely let it get as bad as 8% to be honest. I just try to eat as clean as possible all the time and I'm always training like a beast as I never really know when I'll get a call to do a fitness cover shoot. It's important to ...

... ALWAYS be as close to cover ready shape as possible. Furthermore, I don't really focus on my calorie intake as much as I do my macros. I'm usually taking in close to 1.5x my body weight in grams of protein (270 grams protein), about 200 grams of carbs (most taken around my workout), and less than 50 grams of fat per day. Those are the main things I focus on and I'll usually allow myself a cheat meal each week too.

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

I think this answer will vary depending on the individual you ask. For me, I like to make sure that I am always getting in my fibrous carbs (broccoli & asparagus) to keep me regular. I personally always like getting my antioxidants (blueberries) in as well as this keeps my energy high & keeps me healthy too.

### **Cheat Meals?**

I find that cheat meals are certainly important to incorporate into your diet plan, but you must realize that every person is different. You'll have to see how your body reacts to the cheat meal and figure out how often you can get away with a cheat. I usually just do one cheat meal per week and I don't 'stuff' myself when I have the cheat meal. Too many people 'stuff' themselves so much that they feel sick and that is never a good thing. Cheat meals are great because they shock your system into getting great results. Changing up the diet shows your body how good it has it with the healthy/clean food too. :) I usually like to cheat with pizza and cheesecake as those are two of my very favorites.

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Source: James Ellis[/caption]

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



I am always taking BCAA's, Whey Isolate Protein, Glutamine, CLA, & Vitamins. When I am really trying to cut up for a shoot or something I'll usually add a fat burner to the mix as that typically gives me some amazing results.

**What's your favorite fitness recipe on HealthyFitnessNutrition?**

My favorite fitness recipe on HFN is the [Scrambled Eggs with Spelt Flakes](#). However, I use all egg whites to keep it even lower fat. : )

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

Yes, I'd love to leave some special advice. Seek out advice from people that have the body that you would desire to have someday. I have always found that individual in the gym or online that looks the way I would like to look and I ask what they do to look that way. Get diet, training, & supplementation advice from them and try it out. I've had a lot of people ask me what I do and that's why I came up with the workout video downloads that I have on [www.JamesEllisFit.com](http://www.JamesEllisFit.com). That's also why I'll be putting my own e-books up there soon too. Keep an eye out for the membership website launching there late this year too. : )

**James, thank's a lot for your answers and all the best for the future!**