

## Interview: Merzoug Cherbel Diet



**Name:** Merzoug Cherbel

**Age:** 18

**Height:** 5'10

**Weight:** 165 LBS

**Facebook:** [www.facebook.com/aesthetic.fitness12](http://www.facebook.com/aesthetic.fitness12)

**Youtube:** [www.youtube.com/user/merzougcherbel](http://www.youtube.com/user/merzougcherbel)

**Website:** [instagram.com/merzougcherbel](http://instagram.com/merzougcherbel)

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

Hello, my name is Merzoug Cherbel and I love living the aesthetic lifestyle. I've started training at the age of 15, since then I fell in love with lifting heavy and being the centre of attention between my friends. It was the best decision ever because it increased my confidence to be more out-going. I just graduated from high school and I can't wait to go to college in the U.S and put myself out there to be more known in the fitness industry and hopefully step on the Mens Physique stage and place 1st.

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

I just started my lean - mass phase, I don't have an on or off season anymore because it's better gain lean muscle easier this way due to the amount of testosterone in the body - it's higher if you're lean (below 12%) as well as being able to take your shirt off anytime during the year. My current macros are:

- Calories: 3300
- Carbohydrates: 454g
- Fat: 92 g
- Protein : 165 g

[caption id="attachment\_1052" align="alignright" width="300"]



Source: Merzoug Cherbel[/caption]

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

My main sources of food that I have to consume would be whole foods like chicken, 90% lean beef and egg whites. Also, I take a scoop of Optimum Nutrition whey protein in my breakfast and my post-workout meal . For carbs , I try to get more complex carbs when it's close to my workout because I need continous amount of energy before my workout like oatmeal, sweet potatoes and brown rice. For fats, I love almonds, they are like candy to me. In addition, my fiber intake has to be high (beans, fruits and vegetables) because it will help digest the protein and avoid constipation.

### **Cheat Meals?**

I don't have days where I schedule a cheat meal because if I feel like eating a pizza or a cake , I would just have it and just make sure I fit it in or burn off those extra calories before the end of the day.

I do all this using [www.myfitnesspal.com/food/diary/Faridmerzoug](http://www.myfitnesspal.com/food/diary/Faridmerzoug), it's a great tool because if I'm out with friends I can input how many calories that meal has. It's a great way of dieting because it gives you variety to eat any foods I want without restricting myself or stressing about it. I recommond it to everyone while dieting because it makes you feel better.

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

My current supplement stack include: Optimum Nutrition Whey Protein , Multi-Vitamans and a pre- workout (coffee or Craze). I don't have a lot of supplements in my plan because I feel like the nutrition provides a lot more nutritients in my diet and I don't need to take other supplements but only if I'm lacking nutrients from my diet. I might try to start supplementing with Creatine in



the future because some people I know have seen incredible results in-terms of strenght gains.

**What´s your favorite fitness recipe on [www.HealthyFitnessNutrition.com](http://www.HealthyFitnessNutrition.com)?**

My favorite recipe I tried would be the [Summer Protein Smoothie](#) - it tastes amazing and doesn't take a lot of time to prepare.

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

Consistency is what will get you results, having a great physique shouldn't be a goal, it should be a lifestyle. No one can take that away from you and you will feel so much confident and excited in life when you reach your fitness goals. Lastly, never be satisfied. Always set high expectations of yourself to be better than who you were and everyone else. Make sure to visit my facebook fitness page: Merzoug Cherbel Fitness - [www.facebook.com/aesthetic.fitness12](http://www.facebook.com/aesthetic.fitness12) if you have any questions that are fitness - related I can help you out.

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