

Interview: Regie Simmons Diet



Name: Regie Simmons

Age: 37

Height: 6'0

Weight: 185-190 (in-season) 236 (off-season)

Facebook: [facebook.com/Fitnupe1911](https://www.facebook.com/Fitnupe1911)

Youtube: [youtube.com/Rsimmons1911](https://www.youtube.com/Rsimmons1911)

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Who are you and what are you doing?

I am a Men's Physique competitor, sponsored athlete, and working professional. I have been competing in the Men's Physique division of the NPC for 3 years. In addition to the aforementioned things, I have written 2 eBooks and countless articles for several websites in the US and internationally. I possess an MBA in pharmaceutical marketing and I work full-time in the biotechnology industry.

How does your diet look?

My diet is pretty straightforward; I eat whole foods every 2-3 hours depending upon my schedule. Each meal is a combination of healthy fats, carbs and protein. I typically drink two protein shakes per day: post-workout and before bed. My protein sources include: beef, turkey and fish (tilapia, cod and salmon). My carb sources include white potato, sweet potato, vegetables, Jasmine rice and oatmeal. And, my healthy fats come from walnuts and olive oil.

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

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Source: Regie Simmons[/caption]

Off-season my caloric intake is around 5,500 calories per day. These calories come from lean meats, healthy fats and complex carbs like oatmeal, Jasmine rice, and potatoes. My in-season diet isn't all that different; I eat similar foods but in lower quantities.

The dieting process from off-season to in-season takes about 16 weeks. During this time numerous changes are made to the amount of cardio that I perform, as well as, the amount of calories that I consume. I am not fan of fad diets, whether they be carb cycling, IIFYM, keto, etc.

Which foods should not be missing from your diet plan?

In my opinion, people should always consume a combination of protein, carbs and healthy fats at every meal. The body needs these macronutrients so it's vital that a diet include them. As mentioned, I am not a fan of fad diets that eliminate certain macronutrients.

Cheat Meals?

When I'm in-season I don't deviate from my diet in the slightest. In the off-season, however, I enjoy the occasional cheat meal—if you can call it that. My go-to meals are sushi and burgers minus the fries. When I first started getting into shape I consumed cheat meal weekly, then monthly, but over time those meals became more infrequent.

What supplements do you take?

In the beginning I took too many supplements thinking that supplements would transform me into a super hero. I believe that supplements are just that...supplemental to your diet. I try to get what I need from "whole foods" and use supplements to support my healthy diet. Here is a list of my supplements:

- Iso-Fuse, whey protein
- Natural Selection, multi-vitamin
- Casein
- Creatine monohydrate
- Glutamine
- Fish oils
- Vitamin C

What's your favorite recipe on www.HealthyFitnessNutrition.com?

The [Protein Chocolate Cookie recipe](#) looks amazing. I've always been a huge fan of cookies, but I haven't had one in several years.



Do you have any special advice for your fans?

First, I recommend that everyone pickup my eBook FitBodiez Fundamentalz when it becomes available in 2014 at fitbodiez.com. Here is some of the advice that is contained in the eBook:

I think people have to define success in concrete terms that can be measured. It kills me when people say that they want to “get in shape” because that’s a nebulous goal that is non-specific. Fitness goals should be specific, actionable and measurable. Nothing breeds success like success, so by setting goals that are broken down into milestones, you have an ability to have “wins.” And, who isn’t motivated by winning? People should also track their progress. This can be done in a number of ways but I’ve found that progress pictures work best.

Thank you for your answers and all the best for the future!