Professional Fitness Model Andrew Jones (AJ) Diet

Name: Andrew Jones (aj)
Age: 24
Height: 5' 10"
Weight: 168lbs
Facebook: Facebook.com/FitnessWithAJ
Youtube: YouTube.com/ajFitness
Website: FitnessWithAJ.com

Who are you and what are you doing?

My name is Andrew Jones, also known as AJ. I am a professional fitness model and personal trainer and I have been active my entire life, and I am on my way to becoming a leader in the health and fitness industry. I create videos on YouTube to help guide and inspire people worldwide to realize that they have the ability to achieve their fitness goals. I also create custom online personal training programs through my website.

How does your diet look?

At the moment I am trying to put on some weight, so my diet is quite enjoyable because I am able to eat the "good stuff" meaning more carbs and fats. But I try not to get too carried away because as a fitness model I need to maintain a certain level of conditioning to remain marketable.

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

Off season:

3,800 - 4,000 calories/day
Protein: 180-190g
Carbs: 400-500g
Fats: 70-90g

On Season:

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2,200 - 2,700 calories/day
Protein: 180-190g
Carbs: 100-400g
Fats: 40-70g

Which foods should not be missing from your diet plan?

WATER, Chicken, brown rice, olive oil, spinach, peanut butter, Greek yogurt. When going through college these were my "basics" and they never failed me. So when everything else fails, I can always fall back to these simple foods to get back on track.

Cheat Meals?

Yes please! When I am craving something off diet, it can range to a pack of sour patch kids to meal consisting of a triple Mooyah Cheese Burger with fries and a peanut butter cup milk shake. I am only human. But I am a human with self control.

What supplements do you take?

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Source: Andrew Jones AJ[/caption]

Supplements can be expensive so I try to keep it simple.

- Cellucor C4
- Optimum Nutrition Gold Standard Whey Protein

- Multi-Vitamin
- Fish Oil
- Flax Seed Oil

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

I am looking forward to trying the Strawberry Low-Carb High-Protein Ice Cream. I'm always looking for a healthy alternative for my desserts.

Do you have any special advice for your fans?

Never forget this:

- It's a long road. I know because I'm still on it.
- The advice you get from others is only advice. Only you know the most about yourself and can learn the most about yourself.
- Trial and error are your best friends.
- Never let another person make you jealous or feel inferior.
- Always make it a goal to break out of your comfort zone.
- And finally, never ever take no for an answer, especially when it's you against yourself.

Thank´s for the answers, AJ, and all the best for your future!