The 16/8 Lean Muscle Meal Plan

Natural Results
Through Scientific Methods

Version 6.0: Fully Updated
By Richard Andoh
DISCLAIMER
The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. If you have any doubts due to medical conditions, consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose to work with the forthcoming advice in this ebook, you are agreeing to accept full responsibility for your actions.
Hey I’m Rich from Bar Brothers Groningen.

A beginner with a passion for nutrition, calisthenics and movement in general.

I especially love hanging from bars, standing upside down and something else which I forgot to mention in the Starter Guide.

Eating.

Lots of eating.

You might not know this, but a good diet is 100% of your results, whether it’s building muscle, burning fat or simply becoming healthier.

Working out is 100% too in case you were wondering.
You don’t need to be a math genius to realize that it means you’ll need to give it 200% of your effort to get the results you want.

And not the ‘10%, or five minutes or 3 special shakes a day’, every marketer out there is trying to make you believe you need to put into your diet for 200% of the results.

I wish I could tell you that there is some shortcut to this whole ‘healthy eating stuff’, but there isn’t nor will there ever be for that matter.

Well...at least not in the coming 10.000 years. So you need a plan.

The good thing?

I’m going to help you.

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Eat healthy, enjoy tasty and nutrient dense food and get the body you want at the same time. It does not need to be one or the other.
Let me share a shocking fact with you.

You’ve been dieting your entire life.

So dieting in itself isn’t anything new to you. If you are reading this, your current probably ‘Western diet’, most likely hasn’t served you in the way you want it to.

Yes, you’ve been eating certain types of food and unknowingly have been following a diet. But since you’ve been doing so from birth, you don’t consider it dieting, but just eating even though it’s the same thing.

So the term dieting in this ebook doesn’t refer to doing something for a ‘short period of time’.

It’s a life decision.

That’s something I want you to keep in mind.
I know there is a lot of dieting information out there and as far as I know you have no reason to take my advice, that’s why I want to emphasize that all my recommendations are based upon solid scientific proof and personal experience.

I personally invite you to go research the statements in this book, be critical, because I would be too.

By now you might wonder why I am giving away advice which some people ask a fortune for?

Because I can.

I’ve had the chance to learn from some of the smartest minds on this planet and I don’t want to let that knowledge go to waste.

At the same time, perhaps it has something to do with my goal of helping at least 1 person in becoming a better, stronger and healthier version of themselves every single day.

*Today that person might be you.*

PS. In case you haven’t downloaded ‘The Bar Brother Starter Guide’ yet, make sure to leave your email address [here](#) and I’ll send you a full body workout circuit.
The Lean Muscle Meal Plan For Natural Results
Count Your Calories And Make Your Calories Count

Do you know the answer to 1+1?

If you do, you know how to count, which means you have all the mathematical knowledge you need to have to lose or gain weight.

Before I’m giving you any type of diet advice you need to know that if we dumb down the complete and complex process of gaining or losing weight it basically boils down to a simple formula.

• Energy Consumed – Energy Burned > 0 = Gaining Weight
• Energy Consumed – Energy Burned < 0 = Losing Weight
• Energy Consumer – Energy Burned = 0 = Maintaining Weight

So what is this ‘energy’?

In science it’s defined as a calorie.

1 > bigger than, < smaller than, = equal to
Which is a unit of energy. All your food consists of these energy units in different amounts. It’s what you eat. Just like a car needs fuel, you need calories.

Losing, gaining and maintaining is all about managing these units of energy.

So you think you are a hard gainer? Or big boned?

Stop believing the lie, you just don’t care about counting your calories.

The best diet is the one you can follow. Do what works for you, but stick to the principles.

This is what I don’t care about:

I don’t care about how much super supplements you take.

I don’t care about which of the 3145 fancy 7-day diet programs you have tried.

I don’t care about all the magic fat burning routines from Men’s Health which you’ve been doing for the past 10 years.
I don’t care about whether you are an endo, ecto, meso or whateverthemorph.

I don’t care about whether you like drawing stick figures with your 3-year old nieces or whether you have 2 or 3 dogs or cats.

I do care about your total caloric intake however and you should too from now on.

Here is why:

‘You will NEVER gain a single gram of weight if your caloric intake is not where you need it to be to gain weight.’

- You need to be in a caloric surplus. You need to consume MORE energy than you burn.

At the same time you will NEVER lose a single gram of weight if your caloric intake isn’t where you need it to be to lose weight.

- You need to be in a caloric deficit. You need to consume LESS energy than you burn.
Make sure you read ‘How To Easily Track Your Caloric State To Gain Or Lose Weight’ to get an exact break down of the app I recommend you use to calculate your daily needs for bulking, cutting and maintaining.

Keep in mind however, that not only the amount, but the type and quality of calories will make a huge difference.

Your body deals with 2000 calories consisting of Ben and Jerry’s ice cream in a completely different way than 2000 calories of meat, nuts, veggies and fruits.

That’s what a lot of ‘diet fads’ forget to mention. They will allow you to lose weight on a caloric deficit consisting of nutrient poor foods such as ‘weight loss shakes’.

Ever seen a 5-year-old play with a jojo that keeps going up and down endlessly?

That’s what happens to your weight when you only focus on the caloric intake, but not the quality of the calories and their effects on your hormones.

Once you return to your regular eating pattern, you gain even more weight, because the basic rate at which your body burns energy has been slowed down.
Not only did you starve your body of energy, but also of nutrients.

And you never really developed the underlying habits of a healthy lifestyle, because you were too consumed by the idea of a quick fix.

So basically you can still lose weight on a ‘bad food’ diet, but you will wreak havoc on your hormones, which will eventually backfire.

So it’s not one or the other, you need to combine both proper nutrition with the right amount of nutrients.

It’s something you need to realize.

And if you do you will stop being the helpless jojo going up and down and start being the one who’s pulling on the string.
Things To Do:

- Download the myfitnesspal app.
- Track your calories for at least 3 days based upon your current/improved diet to discover what you are actually consuming versus what you think you are consuming. Be honest with yourself.
3 Simple Habits To Improve Your Diet
3 Simple Habits
To Improve Your Diet

Since this is just a short PDF-document, I’m not going to give you a complete explanation of why these rules work and the underlying mechanisms and views.

2016 update: You can get more information in the newly released Bar Brother Nutritional System.

If you have read through the starter guide you probably already noticed that there is 1 simple overarching rule of thumb which you can use to improve your diet without knowing anything about eating healthy:

- If your great-great-great grandfather wouldn’t be able to eat it on this planet, neither should you.

Over thousands of years your body adapted itself to what we know as ‘healthy’ food nowadays. The reason why this is called healthy food, is because there is so much unhealthy food.
The food we consider healthy today is actually normal food and the foods we consider unhealthy nowadays didn’t even exist when our entire biochemical system was adapting over thousands of years.

Still wondering why people get sick and have overweight?

Connect the dots.

But that’s enough history for this ebook.

You can find more information in the articles if you are nerdy enough -like me- to read through them ;).

Here are the 3 simple rules which are based upon the before mentioned point of view:

**Habit 1: Get The Right Liquids**

Only drink water or tea (occasionally all black coffee) to stay hydrated and cleanse your body from toxins, skip the ‘so called healthy’ energy drinks and juices (study, study, study, study, study).

*These studies indicate that sport drinks contain tons of hidden sugars. Some sport drinks and juices (without the fibre) even*
contain a fair amount of 10 teaspoons of table sugar, just as much as in a can of Coke. Well if that isn’t unhealthy, I don’t know what is. Considering this fact, it’s clearly a waste of money and time. Coffee however has shown to increase the energy expenditure up to 11% which is beneficial to fat loss in addition to other benefits. But if you drink too much your body will become dependent and stopping abruptly will lead to withdrawal. Making ‘good old water’ still by far the best liquid.

Habit 2: Cut Refined Sugars, Processed Dairy & Processed Grains

Cut refined sugars, processed dairy and processed grains to prevent inflammation, keep your insulin levels in check to burn fat and testosterone levels high to build muscle (study, study, study, source, study, source).

Processed milk is associated with significantly weaker bones and diabetes amongst many other things. Most processed grains are no better, showing to increase gut inflammation and high insulin responses (especially in refined forms). But even non-refined forms of grains have been modified to such an extent that they cause auto-immune responses and hormonal imbalances. Refined sugars don’t need an explanation, basically all of the before mentioned and worse. Processed milk, grains and sugars aren’t
going to get you ripped, the opposite actually. Stick to non-processed and raw as much as possible. Keep in mind that some people are less tolerant than others, look for inflammation markers such as acne, eczema, constipation, gynecomastia etc.

**Habit 3: Experiment With An 8 Hour Window**

Eat all your food within an 8 hour window to optimize your digestion, supercharge your recovery and testosterone and anti-fragilize your body (study, study, study).

*Essentially what these three studies state is that by adhering to an intermittent fasting schedule you increase your testosterone by up to 180%, that a 24 hour fast can increase growth hormone levels up to 2000% while at the same time activating the cellular process which removes toxins from your body and starts repairs. Doesn’t sound bad does it?*
Some of this information might feel like a lie since it challenges your complete world view of healthy food.

Here is my critical challenge to you:
Drink water for 7 days, cut the processed stuff, eat real foods and stick to an 8 hour eating window for 1-3 days for the coming week.

If that’s too much, just give one of those three things a try.

“Some people don’t read, let alone scientific studies. They hardly know why they eat food in the first place. And those are the people who tell you they know what good nutrition is.”

I invite you to read through all the articles and look at the research methods and results.

Just beware of people who say you ‘just have to eat a balanced diet’ or that they have ‘a grandma or uncle who reached 90 while eating fast-food, in combination with smoking and drinking heavily’.
Because they are confusing the exceptional 3% of people with the majority which consist of the other 97%.
Which actually never reach it to 90 and spend most of their unhealthy lives, sick and immobile due to poor environments or decisions.

And even that exceptional 3% will never get the results you want. Perhaps if grandma would have known what you know now, she’d be doing handstands at 90.

I guess we’ll never know.
Things To Do:

- Replace all drinks with water for at least 5 of the coming 7 days.
- Cut processed foods such as: candy, chips, cake etc. for at least 5 of the coming 7 days.
- Stick to an 8 hour eating window for at least 1-3 of the coming 7 days.
- Have 3 cups of vegetables/fruits for at least 5 of the coming 7 days.
The 16/8 Hour Meal Plan For Natural Results
The 16/8 Hour Meal Plan

For Natural Results

Note: Take note that this is a plan specifically aimed at gaining weight and muscle and is not exhaustive by any means.

Drink 8am – 12pm: Prior to eating make sure you consume enough liquids. Tip: 10-15 minutes before your workout you can consume some black coffee. It’s a great pre-workout booster. Don’t drink it too much however, but every now and then. Read this blog for more information.

Meal 1 - 12pm: 2-3 Eggs\(^2\) boiled or baked in coconut oil with some spinach or other green vegetables and a hand filled with almonds or mixed nuts.

1 or 2 glass(es) of tea or water with/without lime or lemon\(^3\)

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\(^2\) Eggs should be eaten in moderation by some people, experiment.

\(^3\) As with anything, take lime/lemon in moderation. Or drink it through a straw every now and then to protect your teeth.
Meal 2 – 3:00 pm: 1-2 cups of rice or 2 sweet potatoes with 1-200 gram of chicken/tuna/beef with almonds and green vegetables with nuts

1 or 2 glass(es) of tea or water with ginger or and turmeric

Meal 3 – 6:00 pm: 1-2 cups of rice or 2 sweet potatoes with 1-200 gram of chicken/tuna/beef with almonds and green vegetables with nuts

1 or 2 glass(es) of tea or water with ginger or and turmeric

Meal 4 – 7:45 pm: mixed berries with 1-2 apples topped with cinnamon and sunflower seeds.

Note: Not sure about the serving sizes? Make sure you download myfitnesspal to track your caloric intake. It’s a completely free app. And keep in mind that you can always add or remove foods.

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4 White rice is only recommendable if you really want to gain weight and react positively to fast carbs. I recommend skipping grains and simple carbs as much as possible if you are keen on cutting.
List Of Foods You Can Eat

This list of foods is not exhaustive and there are many more foods which you can use as long as you stick to the basic rules.

When it comes to protein you want it to be from grassfed and free range sources primarily.

With regard to fruits, veggies and fats, going for organic/raw as much as possible will give you the highest quality of nutrients with the least amount of toxic compounds.

This might not always be possible, but is definitely worth aiming for.
Things To Do

☐ Go to the grocery store and buy at least 3 different vegetables to eat during the day.

☐ Go to the grocery store and buy at least 3 different fruits to eat during the day.

☐ Find some ginger and turmeric roots in a specialty store and add it to your water or tea on a regular basis.

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5 Ginger and turmeric are two extremely potent roots with a wide range of protective and anti-inflammatory benefits. These two roots will improve your recovery time and reduce the amount of post workout inflammation dramatically. Read this post for more information.
Beyond The Guide? So What’s Next?

By now you know that having the right diet requires more than just ‘following your gut’.

It will actually guarantee that you end up with a gut.

At least, if you keep being influenced by the stinky lies that are circulating around the web.

This guide has provided you with a glimpse of what essential changes in your diet and mind-set will give you better results.

And that’s just the tip of the tip of the iceberg.

Yes, there is more. We are just scratching the surface here.

It’s time to completely re-think what you consider to be an effective diet.

Only check it out if you are committed. Because it’s not a million bucks, but isn’t for free either.

And I don’t want you to get something you don’t end up using even if there is a full money-back-guarantee.

Then again, would you be willing to sacrifice 2 dinners at a restaurant for the body you want?

If so, click on the red button below and get the new specific diet plan by Dusan And Lazar now.
Final Word
Just Before You Jump In
Final Word

Just Before You Jump In

One final note: ‘Never follow any advice blindly and follow those who walk the talk’. Always question everything, including my advice.

I’m definitely not someone who holds the gospel truth to anything and I’m still learning.

Still, I’m not going to recommend you something I don’t believe in 100% and haven’t been doing myself successfully. But, I know it might still take a leap of faith.

Always keep an open mind, but not so open that your brains fall out. That would be kind of silly.

It might feel like jumping into a giant ocean without any swimming skills. Waves keep crashing while you are frantically
paddling to get back to shore. With every daring stroke you seem to get closer, but when you look up nothing has changed.

Dieting sometimes feels like drowning. Being overwhelmed by waves of information and not making any visible progress at all despite your honest efforts.

If you find the right current however and time your strokes to float along with the waves instead of against them you can make it back to shore effortlessly.

I don’t want to see you drown so make sure you use this ebook as a life vest if you are too tired to paddle on your own.

Just keep in mind, the best diet is still the one that works for you.

So take a deep breath. Jump in the water. Paddle into the depth.

I’m sure you won’t sink, you’ll swim.

Beast Mode ON!

*Inspirational stories, errors or anything else which you want to share? Make sure you send an e-mail to info@barbrothersgroningen.com, or leave a comment on the website. It means a lot to me. Really, I’ve had my food for the day so won’t bite.*
Genes alone do not determine whether you are skinny, fat or muscular. Genes alone do not determine whether you can or cannot do a pull up or push up. Genes function only by being activated or expressed and the nutrition you choose to put into your body plays a critical role in determining which genes, good or bad you allow to be expressed.”

- Rich Andoh