

**YOUR 2024  
TRANSFORMATIVE  
KICKSTART**



***Progress Above All.***

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**POWERED BY  
TEN PERCENT  
PERFORMANCE**

# Preface From Ten Percent Performance

This book was written to guide you into the new year the RIGHT WAY! With the increasing growth of the fitness industry, and the face of varying opinions grow larger, knowledge is that much more powerful when it comes to understanding what can work best for you. Within this book, it is meant to guide you to the various ways you can improve your life, and form a better understanding of your body. That can be from how we can eat better, all the way to how you can improve your exercise routines.

I want to thank everyone that is taking the next step in putting themselves first, taking their health as a priority, and preparing to kick some serious ass!

# Preface From Pete

Growing up in a large Italian family, food was a second love right behind my parents. I was always active early on in my childhood, which helped me mesh both the newfound love for fitness, with my eating habits.

In my opinion, fitness is not one size fits all. As we may all be similar than we truly think, we are still unique in our own way, so what I learned early on in my journey, is that what may work for you, may not work for others, and that is okay. If we were all the same person, life would not be worth living.

Keep in mind that any routine you follow requires patience, consistency, and effort. 14-days will not get you to your dream body, but it can kickstart you to it.

This book contains the quick implements you can use to jumpstart your health in the new year. From nutrition, sleep, and exercise.

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# Introduction & Motivation

Thank you for taking the time to invest in yourself, and obtaining a copy of this guide. By digesting this information, while committing to the process to make this a long-term change, you have all the tools to become the best version of yourself. Whether that be physical, mental, or emotionally, we are rooting for you every step of the way.

## “It’s Not That Simple.”

Believe it or not, it is. The difference between who you are now, and who you want to become requires hard work. But simply put, the success that you can succeed does not require complexity, it requires consistency. Year by year, Month by Month, Day by Day, Meal by Meal.

## “It Can’t Be Done.”

You may be saying this to yourself, and I am here to tell you it can. I can say that because I have said the same thing for a long time. Years of not living to my true potential. You owe it to yourself to put yourself first.

## “It’s Impossible.”

Im sure you have heard this one before. Your mind is your own limit, so if you believe it’s impossible, it probably is. Callus your mindset in a way that whatever life throws at you, you will come back stronger from it.

# Making Your MACROS?

Macronutrients are the nutrients that provide us with the calories, otherwise known as energy, to help support our everyday living. That can be helping us grow, maintaining our organ functions, or just simply doing everyday basic tasks. Their pre-fix is the term 'macros,' because our body needs a large amount of them into a balanced lifestyle. These are comprised of the three macronutrients; fat, protein, and carbohydrates. Both carbohydrates and protein contain 4 calories per gram, while fat contains 9 calories per gram, Our body lacks the ability to make these on our own, so we need to get them through our diet.

## Figuring Out Your Goals:

Before determining anything, we must first figure out what your goals are. Is it purely Body Compositional (lose fat, gain muscle)? Get Stronger? Practice better eating habits (more protein, less junk food, etc.)? Once we have decided that, then we can break down what would be best for us. If it is body compositional, we should work towards learning how to track our caloric & macro intakes. If it is getting stronger, we should aim to improve upon our quality foods we consume via intuitive tracking. If it is better eating habits, we should work towards filling our day with a 70/30 rule.

## Body Composition Goals

If you are looking to either lose fat, or gain muscle, it does not happen overnight, and that goes for all goals for that matter. It takes time, so be sure to practice delayed gratification, because good things take time. With that being said, let's find your caloric maintenance. Your Caloric Maintenance is made up of the calories needed daily/weekly to maintain your weight. We do this by running ourselves through a "TDEE Calculator," here is the one that I recommend: <https://tdeecalculator.net>

This Calculator will be giving us a THEORETICAL maintenance based on the inputs we put in. Keep in mind that through these 15-days you will come to find out whether or not that is accurate, as long as your tracking is up to par.

Here are some things that may occur during this 15-day kickstart:

- You may stay the same weight as when you started
- You may lose some weight from when you started
- You may gain weight from when you started

We figure this with two ways: 1. Progress pictures you take, and 2. Weight logs.

When we weigh ourselves, we should do it semi-daily, in the morning after the bathroom. At the end of the first and second week, we should be taking our average weight from that week and comparing it to the start of the last week. That is going to ensure we know what you are doing is working, or not for that matter

### To Determine Your Calorie Intake, here is what you should do:

- To lose weight: take your calorie maintenance and subtract that from 250-750 cals
- To gain weight: take your calorie maintenance and add that by 200-500 cals
- To maintain weight: Eat at your maintenance

### To Determine Your Protein, here is what you should do:

- Take your bodyweight in lbs, and multiply it by 0.8-1.4g/lb
- If you are holding onto a fair amount of muscle mass or want to promote satiety, veer on the higher end. If you are not in those categories, veer to the middle to lower side
- (Refer to the Protein Food List Page for examples)

### To Determine Your Fats, here is what you should do:

- Take your bodyweight in lbs, and multiply it by 0.3-0.5g/lb
- Never drop below 40g of fats, and if you enjoy the tastier sides of food, or you are practicing a vegetarian/vegan-based diet, veer on the higher side
- (Refer to the Fats Food List Page for examples)

### To Determine Your Carbs, here is what you should do:

Multiply Your Grams of Protein by 4, as well as your Grams of Fat by 9. From there, add both of those up.

Once you add both of those up, take that number and subtract it from the amount of calories you are going to be aiming to eat.

Lastly, take that number and divide it by 4, there you have the amount of carbs you may be having daily in grams.

(Refer to the GI Index List Page for examples of when to eat what during the day)

As an added bonus, Gut Health is of equal importance when it comes to improved mood & digestion. By adding quality fiber into our diets, we can improve such health. A good rule of thumb is 15g of fiber per 1,000 calories that we eat. To determine what are good insoluble or soluble fiber sources, refer to a quick google search or reach out to me directly for a comprehensive list.

### REAL TIME EXAMPLE

Female aged 35, weighing 140lbs, standing 5'4", training 2-3x/week = 2,300 calorie maintenance  
2,300 calorie maintenance for someone looking to lose weight = 1,900 calorie intake  
1,900 calorie intake = 140g protein (1g/lb), 56g fat (0.4g/lb), 209g carbs

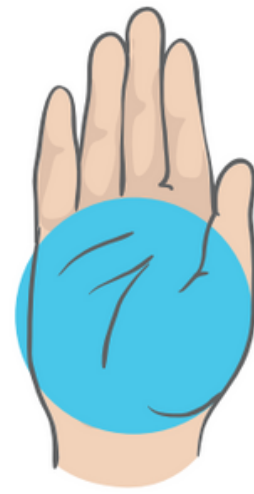
# Intuitive Tracking

Intuitively Tracking I would recommend for those individuals that want to get a taste of what tracking can be, while also optimizing some physical or strength goals. It is pretty simple:

For figuring out serving sizes of your food without using measuring cups or food scales, you can refer to this hand size portion guide.



**A serving of fats**  
= 1 thumb



**A serving of protein**  
= 1 palm



**A serving of vegetables**  
= 1 fist



**A serving of carbs**  
= 1 cupped hand

To Determine What You Should be Eating Per Meal, here is an easy way of figuring that out:

- Take all your macros, and divide them by the number of meals you plan to eat daily, whether that should be 3,4,5, or even 6.
- From there, Take each macro and the quantity amount that is prescribes per meal, ensuring that we can evenly spread out our macros through the day.
- If we want to optimize what we have daily, you can opt to have majority of your fats in the morning & night, as well as having your carbs centered closely around your training times.

## The 70/30 Rule

This Rule is a spinoff from the 80/20 rule, to help you stay consistent and sustainable as the option to eat more of what we enjoy is bit greater, as this is a good kickstart rule for someone just trying to get some benefits from healthier eating habits. What this means is you will be consuming 70% of your calories from Whole Foods (essentially following a plan), and the other 30% of calories you enjoy off plan.

# PROTEIN SOURCES

## Animal-based

- Beef, bison, and buffalo
- Lean cuts of pork and boar
- Lamb, Goat
- Wild game, such as elk, venison, caribou, moose
- Poultry such as chicken, turkey, duck, pigeon
- Seafood such as shrimp, squid, octopus, lobster, crayfish
- Mollusks such as clams, mussels, scallops, snails (escargots)
- Eggs and egg whites
- Dairy such as cottage cheese or strained Greek yogurt
- Reptiles and amphibians such as snake, alligator / crocodile, frog
- Insects
- Whale (non-fatty tissue) Seal (non-fatty tissue)

## Plant-based

- Beans, lentils, and legumes
- Tempeh, tofu, or edamame
- Seitan
- Protein powder such as whey, casein, egg, bone broth / collagen, cricket, plant-based blends (e.g., pea protein, rice protein, hemp protein)



# FAT SOURCES

## Plant-based

- Avocado and avocado oil
- Cacao (dark chocolate)
- Cold-pressed nut and seed oils
- Fresh coconut and coconut oil
- Nuts and seeds
- Nut and seed butters
- Olives and extra virgin olive oil

## Supplement

- Omega-3 fatty acid supplement (e.g., fish oil, krill oil, or algae oil)

## Animal-based

- Aged cheese
- Butter
- Higher-fat dairy
- Egg yolks

## Higher-fat animal proteins

- Fattier cuts of beef and pork
- Fattier cuts of lamb and mutton
- Fattier cuts of poultry (e.g., dark meat)
- Fattier fish (e.g., salmon or herring)

# GI INDEX

## Breakfast Cereals:

All Bran All Bran Fruit' n Oats Fiber One Oat Bran Oatmeal(not instant)

## Fruits and Fruit Juices:

Apples, Apricots Blueberries Cranberries Grapefruit Peaches Plums Tangerine Tomato juice

Apple juice Blackberries

Cherries (not dried)

Grapefruit juice Pears Prunes Raspberries

Strawberries

## Beans and Legumes:

black eyed peas, butter beans chick peas, green beans, kidney beans, pinto beans, lentils, lima beans, navy beans, snow peas, hummus

Non- starchy vegetables: asparagus, artichoke, avocado, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, greens, lettuce, mushrooms, peppers, tomatoes, okra, onions, spinach, summer squash, zucchini, turnips.

## Grains:

barley, rye, bulgur, wild rice, wheat tortilla, wheat pasta

## Nuts, olives and oils:

almonds, peanuts, pecans, sunflower seeds, hazelnuts, olives walnuts, oils that are liquid at room temperature

## Dairy, fish, meat, soy and eggs:

skim milk, soy milk, almond milk, lowfat cheese, yogurt (lowfat or greek) lean red meat, fish, skinless chicken and turkey, shellfish, egg whites, egg yolks( up to 3/week) soy products, Egg Beaters

## Low GI Foods (20-49)

### Breakfast cereals:

Bran Buds Just Right Special K

### Fruits:

Bran Chex Mini Wheats Swiss Museli

Banana (under ripe) figs grapes kiwi Mango oranges raisins

Cranberry juice, orange juice

### Beans and legumes:

boston type baked beans

canned pinto, kidney or navy beans, green peas

### Vegetables:

beets, carrots, Sweet potato, yam, corn on the cob

### Breads:

pita pocket pumpernickel bread wheat bread

### Grains:

cornmeal

brown and white rice couscous

### Pasta:

## KEY

**GREEN -LOW GI** = RECOMMENDED THROUGH MAJORITY OF MEALS

**YELLOW = MODERATE GI** = RECOMMENDED THROUGH MAJORITY OF MEALS/SOME WORKOUT TIMES

**RED = HIGH GI** = RECOMMENDED AROUND WORKOUT TIMES OR FOR QUICK ENERGY

# GI INDEX

## Breakfast cereals:

Bran Buds Just Right Special K

## Fruits:

Bran Chex Mini Wheats Swiss Museli

Banana (under ripe) figs grapes kiwi Mango oranges raisins

Cranberry juice, orange juice

## Beans and legumes:

boston type baked beans

canned pinto, kidney or navy beans, green peas

## Vegetables:

beets, carrots, Sweet potato, yam, corn on the cob

## Breads:

pita pocket pumpernickel bread wheat bread

## Grains:

cornmeal

brown and white rice couscous

## Pasta:

macaroni

ravioli (meat filled) pizza (cheese) spaghetti (white)

## KEY

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WORKOUT TIMES

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# GI INDEX

## Breakfast cereals:

Cheerios Corn Chex Grape Nuts Grits

Rice Chex Raisin Bran Total

## Fruits:

Dried Dates Watermelon

Corn Flakes Cream of wheat Grape Nut Flakes

Puffed wheat and rice Rice Krispies

Shredded Wheat

Pineapple

Over ripe bananas

## Beverages:

soda, sweet tea, pineapple juice

## Vegetables:

potato, baked, broiled, fried, mashed, french fries

canned or frozen corn, parsnips, winter squash

## Breads:

most breads (white and whole grain), baguette, bagels, bread sticks,

Kaiser roll, dinner roll

## Grains:

rice, instant, tapioca

## Snacks:

candy, crackers, chips, cookies, syrups, jelly, jam Donuts, corn chips,

tortilla chips, pretzels, jelly beans, rice crackers, pastries, cakes,

nutrigrain bars, Pop tarts.

## KEY

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# Make Your Own Program

While making this book, I was thinking what would be the easiest way in providing you a program for yourself that will work, but also have the ability to make it your own creation. That is where I came up with the idea of gifting you my own excel programmer, that I use myself.

How to use it is pretty simple:

Each tab has a list of exercises, as well as a description on how to program them. Now for those just starting out, I would recommend hovering over to the “Workout Templates” Section.

Over there, you will find an array of templates to choose from, each template consists of either two or three days of workouts for a week.

This gives you the luxury of choosing your own exercises, and putting your creative juices to the test. I would recommend for anyone new starting out, aim for a 3-5 set range per exercise, with around 5-15 reps per set. Each section has a dropdown menu to both change the movement/muscle group, or the exercise entirely.

I have kept a few curated workouts in there for you to try yourself, just be sure to do your due diligence of understanding the movements prior to doing them.

You can find that from some of the content I have released via my website and social media accounts, or my training groups on TrainHeroic if you are entered into there. If you aren't, a quick youtube search can do well for you.

Remember that I would not leave you in the dust, so once you have decided what your program will look like for the next 2 weeks, feel free to send it over to me to check it out. I will provide advice on anything that can be improved, and encouragement on a job well done.