

Cory Holly - Typical Year Round Standard Diet

Upon rising (6am) 250ml filtered water

Pre-Workout Shake (6:30am) 250ml freshly squeezed grapefruit juice

Take Supplements 50g whey protein isolate

Vitamin complex 2 T. Sport Oil

Mineral complex 5g calcium ascorbate

Vitamin E 10g Hawaiian Spirulina

Gingko Biloba 5g L-glutamine

Tyrosine 5g D-Ribose

Phosphatidylserine 1 T. raw honey

Acetyl-L-carnitine

Glucosamine/Shark Cartilage

HMB

Panax Ginseng extract 1 cup strong black coffee

Grape seed extract

CoQ10

Workout (8am) 1 ½ liters filtered water / ElectroQuench C7

1. Warm-up 2. One Bodypart 3. Core Training 4. Cardio 5. Full Body Stretch

Post-Workout Shake (10:30am) 250ml filtered water

Take Supplements 75g whey protein isolate

Vitamin complex 2 T. Sport Oil

Mineral complex 5g calcium ascorbate

Vitamin E 5g L-glutamine

CoQ10 6g creatine monohydrate (micronized)

R+ Lipoic Acid 5g D-Ribose

Phosphatidylserine 250ml fresh/frozen fruit (banana, mango, berries, papaya)

Glucosamine/Shark Cartilage 1 T. raw liquid honey

HMB 1 T. raw bee pollen

Grape seed extract

Bowl of oatmeal (water, no milk or cream)

Grated apple & black currants

Sweetened with blackstrap molasses & honey

or

1-2 slices of sprouted manna bread

Meal (1pm)

Sardines, mackerel or turkey breast
Raw vegetables (carrots, broccoli, cucumber, mushrooms, radishes, cauliflower, celery, etc...)

Vege Dip (extra virgin olive oil, freshly squeezed lemon juice, Dijon mustard & 1 bulb raw grated garlic)

1 cup strong black coffee

Protein Shake (4pm)

Take Supplements

Vitamin complex
Mineral complex
Vitamin E
CoQ10
R+ Lipoic Acid
Phosphatidylserine
Glucosamine/Shark Cartilage
HMB

MRP (Meal Replacement) (blended with 250ml filtered water & ice)

5g L-glutamine
or
250ml filtered water
50g whey protein isolate
2 T. Sport Oil
½ cup fresh pineapple/papaya
5g calcium ascorbate
5g L-glutamine

Meal (6:30pm)

Large onion, feta & green salad (same dressing as vege dip)

Bison, top round, halibut, turkey breast, salmon, etc...

Steamed kale, mustard greens, broccoli, green beans, etc...with ghee (clarified butter)

Brown or wild rice, yams, lentils, etc...

Evening Walk (8pm)

20 minutes

Protein Shake (10:30pm)

Take Supplements

Probiotics
Melatonin

250ml filtered water
50g whey protein isolate
2 T. Sport Oil
½ cup blueberries, ½ green apple
5g calcium ascorbate
5g L-glutamine

Filtered Water

30ml per kg of lean mass consumed throughout the day between meals (not with meals)

Contest Diet & Training Routine – 100 Days Out

Day 100 – 70

Regular daily workout
Increase evening walk to 30 minutes

Cut out starchy carbs normally eaten with evening meal
No bread or flour (muffins, bagels, pasta)
Alcohol – 1-2 days per week only (beer or wine)

Day 69 – 39

Cut out carbs normally taken after post-workout shake
No red meat, all animal protein <20% fat
Increase protein intake by 20%
Alcohol – 1 day per week only (beer or wine)

Regular daily workout

Practice mandatory poses for 15 minutes

Day 38 – 15

Cut out salad dressing oil & vege dip
No ghee or feta (no dairy)
No alcohol

Regular daily workout
Walk up & down stairs with high knees for 30 minutes (medium pace)

Practice mandatory poses and posing routine for 30 minutes

Day 14 – 5 (10 days)

No shakes, No fruit, No vegetables, No carbs
8-10 small meals throughout the day of tuna sashimi or white fish mixed with egg whites
(fresh lemon juice & spices acceptable)

Double-split gym routine (two workouts daily 8am & 4pm)
Increase exercise volume – increase reps & sets

Wind sprints – 60 meters x 6 (after morning workout)

Practice mandatory poses and posing routine for 30 minutes

Day 4 – 1

Begin carbing-up on the night of day 4 and continue throughout the next 3 days with manna bread, yams, figs, dates, brown rice, whole grain pasta (small meals with small portion of low-fat protein)

Protein shakes (low protein, high carb, no oil)

Light-Medium intensity full body daily workouts

Practice mandatory poses and posing routine for 30 minutes

Muscle Primer Mix

Mix 50ml glycerol with 12 oz of water, 4 oz of red wine and one serving of a high performance creatine/high-glycemic carbohydrate powder mix. Consume the night before a photo shoot or competition, and then again (1/2 serving) the next day 20 minutes before you start pumping up.

