

# Shearers Meal Plan Guide

How to gain or lose weight when shearing

This guide is designed to show you how to make changes to your body composition. Gaining weight (muscle) or losing weight (extra body fat) is a matter of energy balance. This is how much energy you put in vs how much you put out on a day to day basis. If you are gaining weight you have an energy surplus, If you are losing weight you have an energy deficit, if you are staying the same you have energy balance (maintenance). Manipulating this is a skill but can be mastered easily with a couple of tools.

Gaining and losing weight is simple but not always easy. It will always come with some form of uncomfortableness. When you are losing weight you will have to be hungry and may have lower energy. When you are gaining weight you may feel over full or slightly bloated. The key is to accept this but also accept that slower is often more comfortable and will generally be easier to stick to. Losing or gaining 0.5-1 kg per week is a lot and will need to be monitored so you can adjust if you are outside of these numbers each week.

If you lose weight too fast – You risk losing quality muscle will feel fatigued and likely to blow out and binge if you are too restrictive.

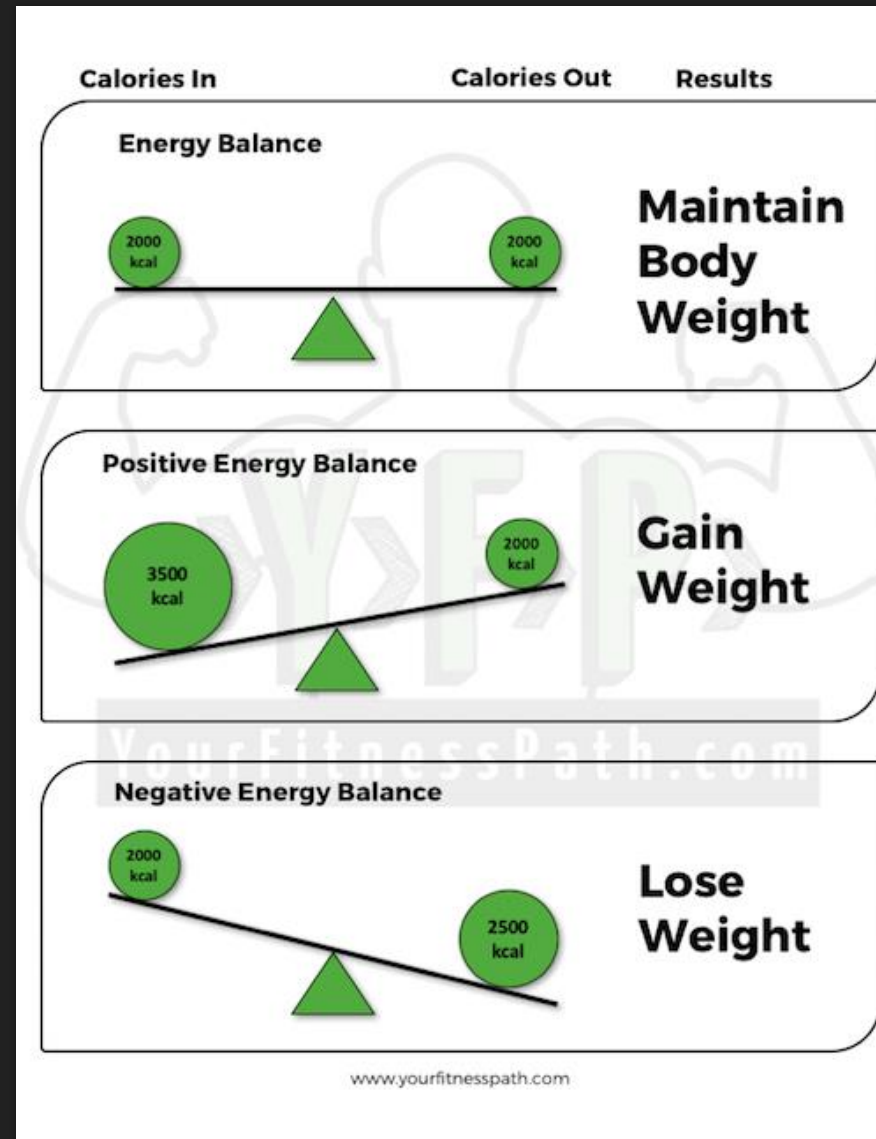
If you put on weight too fast – You can add excess body fat (which you want to keep at a minimum) and just become fat and heavy without getting maximum benefits from the muscle you are trying to add.

The easiest way is to accept that it will take some time and tweaking and that patience and persistence will pay off big time.

If you get stuck I recommend seeing a qualified dietician to get it spot on for you. The Evolved Shear Fitness has some great contacts if you need help.

Ok lets go!

Energy balance – The key to making changes to your body



# Step 1: Finding your energy balance

Before we start to make changes the best place to start is finding your energy tolerance. This means finding how many calories a day you need before you start to gain weight.

To do this we will use an App called My Fitness pal – picture right. Before you go any further download this from the app store

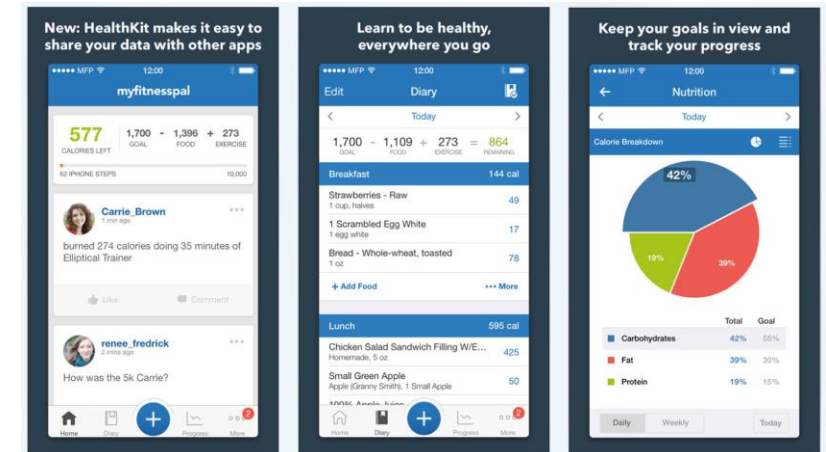
The average shearer will burn around 3000-3500 calories per day. Use My Fitness Pal to put your normal days food in to total up how much you are getting in throughout the day.

Here is a video on how to input your food into My Fitness Pal - [How to use my fitness pal](#)

Once you have figured out your current daily amount we can start to adjust from here. With all tracking this is only a rough guide. There are variables but this is a good place to start. When you have your daily baseline. Weigh yourself and then continue to increase your daily calories until you gain 0.5kg. For the most accurate testing weigh yourself daily first thing in the morning.

After a week or so this will give us an indication of your energy tolerance this can also vary due to workload but we will talk about that later.

- Questions to ask
- Are my calories enough to sustain my work through the day?
- To perform at my best will I need to make some adjustments?
- What sort of foods will I need to eat to hit my Energy goals for the day?
- The Evolved Shear Fitness Meal Plan is roughly 3500 cals and a good place to start – you can find this at the end of this guide



## Step 2: Protein & Fiber

Our next part of building your meal plan is to get your protein and fiber needs on track. Once again these will be different for everyone but for a good starting point for shearers and shed workers will need 2 grams of protein per kilo of bodyweight. So for a 80 kilo shearer they would need 160 grams of protein per day. This is roughly 550 grams of chicken (half kg) eating that much chicken can be tough for some people so topping up with a protein shake can be fine most have around 20-30 grams of protein per serve. Fiber can be described as our internal cleaner. It generally comes with a lot of nutrients. When you are not getting enough fiber we might get digestion issues and find it hard to absorb all the nutrients passing through our bodies. Aim for 25 grams per day roughly equivalent to 5-6 cups of vegetables per day. You can also track this in my fitness pal in the macro and micro sections of the app.

If we are not getting enough protein it can lead to a loss of lean muscle and connective tissue mass, which will either slow metabolism (slower to lose weight) or decrease our overall fat to lean muscle ratio which will have negative impacts on strength and conditioning and body composition changes.

Today's task – Track your protein to see if you are getting enough to maintain your work load.

Track your fiber to make sure you are getting enough to maintain a healthy digestive system



## Step 3: Carbs + Fats

Carbs and fats are essential to anyone who is working hard, training or living a very active lifestyle. Carbs are our easiest to breakdown energy source and fats support a lot of our bodies systems including energy production, hormones, transporting of nutrients and protecting our organs and joints.

For most shearers you will want a good serving of carbs throughout the day. Make the majority of your carbs slow burning carbs – sweet potato, rice, grains, pastas, whole grain breads

With some fast burning carbs for a quick energy hit – fruit, honey, rice cakes, dried fruit, juice etc

The majority of your days energy will come from carbs. if you feel you have an afternoon slump try adding more slow burning carbs at lunch time and having a piece of fruit at smoko or spoon of honey on the hour to top up the carbs in your body.

Getting good fats in is essential and the right ones come with a lot of extra nutrients and are also calorie dense. For those who struggle to eat large quantities of foods adding in high fat foods such as – avocado, nuts, seeds, eggs and dairy can help top up your daily needs pretty quick. They also have a lot of support functions in the body and can be a good way to improve your health.

Avoid processed carbs and fats as they can have negative effects on your health and performance, Increasing inflammation in the body (achy pains) fatigue and other health conditions.

To find which macro fat or carbs you perform better on try adjusting your macro breakdown on My fFitness Pal

Calculate protein and cals first then fill the remaining with carbs and fats in general start with higher carb 40-50% for 3-4 weeks and then try opposite to see which you run better on. Everything is individual and you will know what feels best for your body.





# Step 4:

## Tracking and adjusting

What we want to change we must measure.

When you are building your meal plan to either change your body or improve performance the biggest key is consistency. If you are all over the place with your food it is very hard to tell what is working and what is not. Tracking doesn't have to happen everyday but you have to check in regularly to make sure you are on track.

One of the best ways to make this easy is a weekly track and measure. Track your weight in the morning and then enter into My Fitness Pal your food for next week according to your results. Do you need to increase your cals to gain weight or do you need to decrease to lose weight? Do you want to adjust your carbs and fats to see how it affects your performance? Do you want to eat something different this week?

Tracking is essential to knowing where to go with your nutrition. One tool we use with shear fitness is called habit stacking. This means to stacking new habit on top of one that is already established. This could be when you do your weekly gear check or grinding you could STACK tracking and adjusting your meal plan onto that current habit. After a while it will become second nature and you wont have to check as much once you are getting the result you want.

Easy tips for tracking

- Be a robot – Eat the same thing every day to make it simple and take the guess work out
- Measure twice cut once – Do the work upfront with getting your macros and cals right and then print out your meal plan and stick it on the fridge
- Be consistent – It takes a month to get real noticeable results. Spend the first four weeks tracking at least once a week and adjusting after a month it will be easy





## Step 5: Increase the quality of your food!

Building a meal plan is one of the quickest wins anyone can have in the shearing game. It's a skill that has instant results and will give you great rewards once mastered. Once you have your energy balance sorted, macros and fiber on track then work on increasing the quality of your food. Go for foods that are high in nutrients. Leafy green veges are rich in magnesium, iron and other vitamins. Nuts and seeds are high in all sorts of trace minerals and have a lot of health benefits. Quality fresh meats and protein sources can have big benefits to how your body feels when you eat it. And fresh local sourced food can't be beaten.

Treat foods and takeaways are ok every now and then, But if you are having low quality food too often you will have a low quality life. So many studies have linked food quality to the persons quality of life. The old saying goes you are what you eat.

Take notes of how your body feels with certain foods. When you eat it do you feel energized or sluggish, do you feel sore or does your body feel indestructible. You'll be amazed how good feeling good actually feels and how much of a difference it makes to your daily work and life.

You can check out a video we made on our view of food quality here <https://youtu.be/1D-yDnLXlo8>





### Primary Goals:

- Eating consistent meals throughout the day within 2 -3 hours.
- Fuel & recover appropriately around shearing and training sessions.
- Eating a well balanced diet to ensure you are providing your body with all the essential vitamins and minerals.

### Key Focus Points:

- Increase your body's ability to use fuel by making sure you eat your "engine parts". Vegies and fruit are rich in vitamins and minerals that help turn calories into energy. They also reduce the stress placed on your body from high training loads.
- **Optimize protein distribution throughout day** – making sure you are getting your protein hits every 3-4 hours to enhance muscle growth and adaptation. We need about ~3g of leucine as an optimal amount to turn on the protein stimulating machine. This is roughly 20 -25g of good quality protein.
- **Optimize carb distribution throughout the day**- this is particularly for allowing your muscles to grow. This is important to have a good amount of carbs throughout the day to support your high activity levels associated with shearing. In regards to training, it is also **really important** around training. Recovery meals containing both carbohydrate and protein will help to refuel muscle fuel (glycogen) stores and repair and build lean tissue. Aim to eat recovery meals **within 30 minutes** of finishing training to optimize their effectiveness.
- **Proactive recovery nutrition** is especially important if you complete two or more training sessions in **one day or two sessions in close succession** (e.g. evening session followed by early morning session the next day).  
Eating more energy-dense snacks and drinks to increase your energy intake. without having to significantly increase the volume of food you're eating
- Get organised – being prepared or knowing where you'll get your food from across the day will pay off in spades.
- FINDING BALANCE – nutrition, training, recovery and day-to-day activities.

Breakfast 6:00am			
Option 1	Option 2	Option 3	
<ul style="list-style-type: none"> <li>2-3 x multigrain pieces of toast</li> <li>2-3 eggs + egg whites</li> <li>1 cup of free veggies</li> <li>½ an avo</li> </ul>	<ul style="list-style-type: none"> <li>80g of car man's fruit free muesli/ homemade muesli</li> <li>½ cup of skim milk</li> <li>1 cup of berries OR ½ banana</li> <li>Drizzle honey</li> <li>200g of chobani plain yoghurt/ 1 scoop of WPI</li> </ul>	<ul style="list-style-type: none"> <li>1-1.5 cup of oats</li> <li>1 scoop of protein powder (WPI) OR Low fat Greek Yoghurt ( 150g)</li> <li>1 cup of berries OR 1 banana</li> <li>1 tbsp of LSA</li> </ul>	<p>Have breakfast everyday- it's the most important meal of the day!</p> <p>Please see attached resources regarding free veggies</p>

Morning tea 9:30am	Comments
<ul style="list-style-type: none"> <li>1 x carmans protein muesli bar + 2-3 boiled eggs OR</li> <li>tuna and beans snack pot+ piece of fruit</li> </ul> <p>Additional serve of nuts ( 25g) throughout the day * if hunger persists</p>	<p>Choose one of the following</p>

LUNCH 12:30pm			Comments
Protein Rich Option	Carb-rich option	Mandatory Veg	
Choose one: <ul style="list-style-type: none"> <li>150- 200g (small palm size) of lean meat or heart smart mince, <b>salmon</b></li> <li>150 -200 g of chicken/turkey/ white fish</li> <li>3 eggs (e.g. hardboiled)</li> <li>2 can of light tuna drained</li> <li>70g lean meat + 25g reduced fat cheese (feta, cottage cheese etc)</li> <li>60g reduced fat cheese</li> </ul>	<b>3 serves of carbs</b> 1 carb serve equals: <ul style="list-style-type: none"> <li>1 slice of bread/ ½ large bread roll/wrap</li> <li>1 Goodness Superfoods barley wrap/ Wattle Valley Sourdough wraps/ Mountain Bread Wraps</li> <li>½ cup of whole wheat noodles/pasta</li> <li>1/3 cup rice/ quinoa/cous cous</li> <li>½ cup potato/sweet potato/corn</li> <li>½ cup legumes/lentils</li> <li>4 vita-wheats or 2 Ryvitas</li> <li>1 medium pc fruit</li> </ul>	2 cups salad or 1 ½ cups cooked veg	Make sure to keep drinking water through out the day
		Essential Fats	
		Choose 2 serves of fat: <ul style="list-style-type: none"> <li>1 tsp olive oil</li> <li>1 tbsp nuts/ seeds</li> <li>¼ avocado</li> </ul>	AIM to have one handful of green veggies and 2 handfuls of coloured free veggies.
Examples	<ul style="list-style-type: none"> <li>Roasted chicken and salad on barley wrap</li> <li>Turkey meatballs served with either rice and quinoa with roasted vegetables</li> <li>Asian beef stir-fry served with rice</li> </ul>		

AFTERNOON 2:00 pm		Comments
<ul style="list-style-type: none"> <li>4 x rice cakes + 1.5 tbsps. of peanut butter + piece of fruit ** if needed</li> </ul>	<ul style="list-style-type: none"> <li>1 x carman's protein bar + piece of fruit</li> </ul>	Have one of the following options

BEFORE TRAINING 4:30pm (before 1 hour)		Comments
Medium to Hard Sessions <ul style="list-style-type: none"> <li><b>2 x crumpets with 2 teaspoons of honey</b></li> <li><b>OR</b></li> <li><b>1x honey sandwich (white bread)</b></li> </ul>		<p>If doing hard intense training sessions.</p> <p>Have one of the following options.</p>

POST TRAINING (within 30 minutes)		Comments
<ul style="list-style-type: none"> <li>1 x 500ml low fat chocolate milk <b>OR</b> Protein shake (WPI) made on milk + 1-2 pieces of fruit</li> </ul> OR <ul style="list-style-type: none"> <li><b>DINNER (within 30 minutes)</b></li> </ul>		

DINNER: 7:30- 8:30pm			Comments
Protein Rich Option	Carb-rich option	Mandatory Veg	
Choose one: <ul style="list-style-type: none"><li>150- 200g (small palm size) of lean meat or heart smart mince</li><li>150-200 g of chicken/turkey/ white fish/salmon</li><li>3 eggs (eg hardboiled)</li><li>2 can of light tuna drained</li><li>100g lean meat + 60g reduced fat cheese (feta, cottage cheese etc)</li></ul>	Non training/recovery: 2-3 serves of carbs  Training days: 3-4 serves of carbs 1 carb serve equals: <ul style="list-style-type: none"><li>1 slice of bread/ ½ large bread roll/wrap</li><li>1 Goodness Superfoods barley wrap/ Wattle Valley Sourdough wraps/ Mountain Bread Wraps</li><li>½ cup of whole wheat noodles/pasta</li><li>1/3 cup rice/ quinoa/cous cous</li><li>½ cup potato/sweet potato/corn</li><li>½ cup legumes/lentils</li></ul>	2 cups salad or cooked veg	Try to fill your plate up with vegetables first and then go for the carb, protein and fat options
		Essential Fats	
		Choose 2.5: <ul style="list-style-type: none"><li>1 tsp olive oil</li><li>1 tbsp nuts</li><li>¼ avocado</li><li>8 - 10 olives</li><li>1 tbsp of dukkah</li></ul> Non training days choose 2 serves	
Examples	<ul style="list-style-type: none"><li>Chicken stir-fry with Asian vegetables served with rice</li><li>Fresh chilli, lime and ginger base on salmon served with fresh herbed salad</li></ul>		