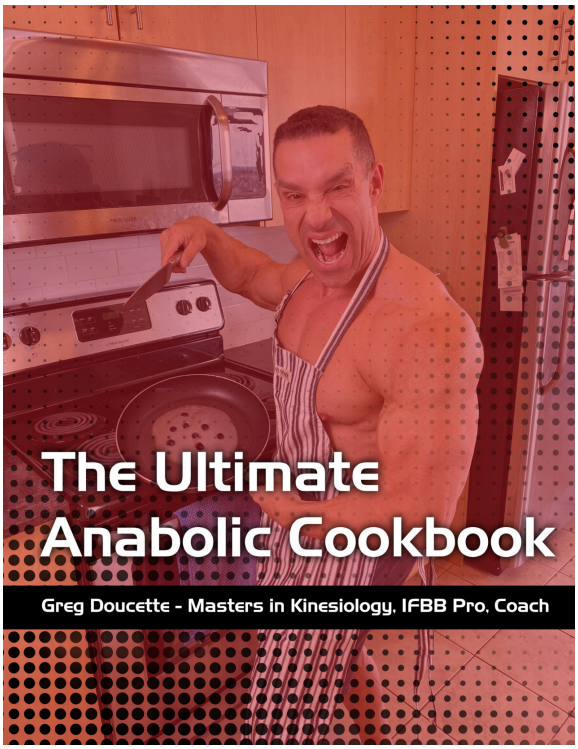


ebookbig.com

or scan the QR code to access the digital study portal.

About Greg Doucette

Masters in Kinesiology., IFBB Pro.. Coach... But Not a Doctor

Coach Greg discovered the weight room at a very young age from an unexpected place—the couch, while watching an episode of *That's Incredible!* which featured a 13-year-old competing in bodybuilding. Not too long after, Greg began to take weight training seriously and has built lifelong habits, training his whole body three days a week in a garage gym with equipment hand-made by his father.

Since his youth, Greg has balanced both strength and physique pursuits, competing on and off in both powerlifting and bodybuilding since his teenage years and well into his forties. Along the way, Greg set national and world records, won national and international competitions, and earned his IFBB pro card in 2012.

Not only is Greg a decorated athlete and bodybuilder, but he is also a student of sports science, having spent six years studying the science of human anatomy and movement and earning both his Bachelor's and Master's degrees in kinesiology.

Today, Greg draws from his formal education and his more than two decades of powerlifting and bodybuilding experience to coach people from around the world. From the newcomer to the IFBB Pro, he is passionate about helping people achieve lasting results and build habits that will keep them healthy for a lifetime. He has been coaching clients in-person and online in contest prep, general fitness, powerlifting, and nutrition for more than a decade, and has worked with thousands of people.

Recently, Greg has expanded his influence beyond his one-on-one clients to an audience of YouTubers, with more than 100 million views across all of his videos and more than 300,000 active subscribers. Greg works around the clock to entertain, to dispel common myths perpetuated by the fitness industry, and to help people achieve their best physiques.

"

It's the year 2020. Be a circle, it doesn't matter, okay? Be a female protein shake! Be a male protein shake. Be what you want, it doesn't matter. Be what you like!

Greg Doucette, in "Why You are Wrong About Counting Macros EXPLAINED!!!"

A message from Greg

I know that my one-on-one coaching costs are inaccessible to most people. But I still want to help as many people as possible achieve their goal physiques.

This is why I love YouTube. I get to reach hundreds of thousands of people across the world and share my love of bodybuilding as well as the strategies I've developed over many years to maintain my top physique and healthy lifestyle, in turn improving more lives.

There is a lot of bullshit in the fitness industry and I am here to help you navigate it.

I've developed this recipe book to make it possible for you to develop similar sustainable strategies. I truly believe that people will only stick to a diet if the food is delicious... plain and simple! The BEST diets are the ones that don't feel like diets. They are small changes added up over time that result in big changes as time compounds.

So, here are all of my secret recipes that I willingly eat all of the time and prescribe to clients who are trying to improve their physiques.

My team and I intend to release a new version of this as we come up with new delicious recipes, so subscribe to me on YouTube, follow my Instagram, and subscribe to my newsletter for more updates!

Forward any "before" and "after" photos to chefgreg@gregdoucette.com, as well as any reviews/testimonials or recipe suggestions/revisions for future versions!

Thank you so much for your support! Enjoy cooking and feel free to show me your delicious recipes on social media by tagging me or hashtagging **#CHEFGREG** and I'll make sure to check it out!



@gregdoucetteifbbpro

@GregDoucette

info@gregdoucette.com

"

Fuhgettaboutit! Throw it out the window! All that matters at the end of the day is CALORIES!!!

Greg Doucette, in "Why You are Wrong About Counting Macros EXPLAINED!!!"

Frequently Asked Questions

Although this cookbook has never been published before, this FAQ is to answer questions that I often get from clients.

1. What does "1 serving of veggies" in the recipes mean?

You will notice that this cookbook contains flexibility in each recipe. Many of the recipes reference “1 serving of veggies” or “1 serving of fruits.” At the very end of this cookbook is a references section which contains tables with common fruits and vegetables that represent 1 whole serving equal to 100 calories. By that logic, a half serving is equal to 50 calories.

If your recipe calls for 1 full serving of veggies, you can mix and match vegetable amounts based on the references table to equal 100 total calories from vegetables. As an example, you may choose to eat both cucumber and tomatoes. If 600g cucumber and 450g tomatos are each 1 full serving of vegetables, then you can eat 300g cucumber and 225g tomato in one recipe for one full serving of vegetables totaling 100 calories.

2. How do I use the nutrition facts when there is flexibility in the recipes?

You will notice that recipes that include either a serving size of “veggies” or fruits also have nutrition facts, even though the type of vegetable or fruit is not specified. The nutritional guidelines are all rough estimates, with up to a 20% deviation from what the true total calorie and macronutrient contents will be. It is up to you to do your own calculations. I encourage you, once again, to focus on the total calories of each meal instead of the total amount of each macro in each meal.

3. Why are there macronutrients listed if you don't count macros?

Because some of you MORONS are still going to count macros even when I tell you not to! See my video on MORONIC MISCONCEPTIONS ABOUT MACROS to understand my view on this issue!

4. Can I substitute X for Y???

There are NO RULES IN THIS KITCHEN! The kitchen is your oyster! Make as many substitutions as you like according to your taste preferences and dietary needs.

There are a few things to keep in mind when choosing a substitution.

The first is to ensure that whatever substitution you make serves a similar purpose as the ingredient the recipe calls for. As an example, let's say that the recipe calls for guar gum. Guar gum is a thickening agent, so you cannot just replace that with a banana which provides a sweet banana taste. You can substitute guar gum for another thickening agent such as xanthan gum, but not a banana.

The next thing is to ensure that you substitute ingredients with similar protein and calorie content. As an example, let's say a recipe calls for 100g grilled chicken breast, but you want to use chicken thigh. You cannot just simply use 100g of chicken thigh and expect to get the same nutritional value from the recipe. 100g of chicken thigh has 214 calories in it and 23 grams of protein, whereas 100g of chicken breast has 165 calories and 31 grams of protein. That's 49 calories more and 8 grams of protein less from the chicken thigh compared to the chicken breast.

This does not mean you are not allowed to eat chicken thigh. You can eat whatever you want. But if you want to maximize your protein and conserve calories and stick to the recipes as closely as possible, you should choose something that is more similar to chicken breast in terms of calorie content as well as protein content. An appropriate substitution for 100g of chicken breast might be 100g extra lean ground turkey (155 calories and 32 grams of protein).

Whatever you substitute, be sure to re-calculate the total calories so you can make sure your modifications are still appropriate for your diet and your goals.

5. Are your recipes friendly to vegan / vegetarian / gluten-free dieters?

See point #4. You can make as many substitutions as you want according to your taste AND dietary preferences. Not only that, I do actually have some vegan / vegetarian / gluten-free recipes as written. If a recipe is vegan / vegetarian / gluten-free as written, it will be listed on the upper left hand side of the recipe page.

There is also a page in the references section to be able to identify recipes based on the diet types they are friendly to.

6. Where do I buy supplements and special ingredients?

Special ingredient links can be found on the "Special Ingredients" page in the References section.

Supplements can be purchased from RYSESUPPS.COM with a 15% discount by using the code DOCGREG at checkout. All of my recipes are built in mind with RYSESUPPS supplements.

7. Can I use a different brand of supplements in the recipes?

You may, but be warned that the consistency and taste of the final product may be different from what was intended. If you want the recipes to have ZERO difference from the way that I eat them, you should use the RYSE supplements. Be prepared to have to make some modifications if you do use a different brand, such as adding more liquid, more sweetener, more guar gum, etc.

8. Do I need a coach after buying this cookbook?

This cookbook does not replace a human coach! It is just another tool in the toolbox to help you achieve your physique and lifestyle goals. A coach provides you with ongoing support, accountability, and advice. This cookbook provides you with delicious recipes! **To hire ME as a coach, visit gregdoucette.com/coaching for more information.**

9. Do I need to measure the food?

YES! You MUST measure your food with a food scale. **All recipes measurements are based on cooked meat and potatoes.**

10. What if the ingredient specified in the recipe is out of stock or unavailable in my country?

There is not much we can do about the fact that sometimes small companies are out of stock of our favorite products. Since a lot of my recipes reference special ingredients, you should follow the substitution guidelines in question #4 when a special ingredient is out of stock.

As an example, if your favorite brand of protein bread is not available, you can choose another brand of protein bread, or substitute regular ass white bread and add in another protein source. The objective would be to make sure you have some protein in each meal and are hitting caloric targets.

You can also substitute any meal for another meal altogether. No protein bread for a protein bread PB2 and jam sandwich? Make anabolic french toast instead! Remember, there are NO RULES IN THIS KITCHEN!

11. Are the nutrition facts accurate?

See my video on "ARE NUTRITION LABELS ACCURATE?"

Generally, you will never get the calories 100% accurate. Nutrition labels can be off by as much as 20% up or down. The best way to get as close as possible is to weigh everything yourself to the gram and do your own calculations. However, don't lose your mind obsessively trying to be perfect. **DON'T LOSE YOUR MIND!**

12. What is "regular ass white bread?"

All of my recipes that have "regular ass white bread" in them assume approximately 80 calorie slices of any brand of white bread. Here is a specific example: Pepperidge Farm Italian White Bread - 80 calories per slice

But, in some grocery stores you may not be able to find 80 calorie white bread. If you can only find 100 calorie white bread, that is fine. Just know that when you make a sandwich, it will be 40 calories more (because 2 slices of white bread will each add 20 calories to the entire sandwich).

Just make sure you are keeping a close eye on your total calories every day. **Do not use the calorie tables in this cookbook if you make substitutions.**

Breakfast