



◀ NICK SCOTT'S ▶
14 WEEK DIET
CONTEST PREP

14 Weeks

Cardio (Mon-Sat):

Morning - 40-45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

DIET:

MEAL 1

60g Hydro Whey Protein Powder
50 Carbs from Cream of Rice

MEAL 2

8oz Chicken
1 Cup White Rice

MEAL 3

8oz Chicken
8oz Red Potato

MEAL 4

6oz Chicken
8oz Red Potato

MEAL 5

8oz Chicken
1 Cup White Rice

MEAL 6

60g Hydro Whey Protein Powder
1tbs All Natural Peanut Butter

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

13 Weeks

Cardio (Mon-Sat):

Morning - 40-45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

DIET:

MEAL 1

60g Hydro Whey Protein Powder
50 Carbs from Cream of Rice

MEAL 2

8oz Chicken
1 Cup White Rice

MEAL 3

8oz Chicken
8oz Red Potato

MEAL 4

6oz Chicken
8oz Red Potato

MEAL 5

8oz Chicken
1 Cup White Rice

MEAL 6

60g Hydro Whey Protein Powder
1tbs All Natural Peanut Butter

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

12 Weeks

Cardio (Mon-Sat):

Morning - 40-45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

8oz Lean Sirloin Steak
1 Cup White Rice

MEAL 3

8oz Chicken
6oz Yam

MEAL 4

7-8oz Chicken
1 Cup White Rice

MEAL 5

8-10oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Lean Sirloin Steak
1 Cup Broccoli

2tb: Apple Vinegar between Meals 2-3 & 5-6

Water: 1-1.5 Gallons

11 Weeks

Cardio (Mon-Sat):

Morning - 40-45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

8oz Lean Sirloin Steak
1 Cup White Rice

MEAL 3

8oz Chicken
6oz Yam

MEAL 4

7-8oz Chicken
1 Cup White Rice

MEAL 5

8-10oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Lean Sirloin Steak
1 Cup Broccoli

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

10 Weeks

Cardio (Mon-Sat):

Morning - 40-45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1 Cup Brown Rice

MEAL 3

6oz Chicken
6oz Yam

MEAL 4

6oz Chicken
1 Cup Brown Rice

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Lean Sirloin Steak
1 Cup Broccoli

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

9 Weeks

Cardio (Mon-Sat):

Morning - 40-45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1 Cup Brown Rice

MEAL 3

6oz Chicken
6oz Yam

MEAL 4

6oz Chicken
1 Cup Brown Rice

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Lean Sirloin Steak
1 Cup Broccoli

2tb: Apple Vinegar between Meals 2-3 & 5-6

Water: 1-1.5 Gallons

8 Weeks

Cardio (Mon-Sat):

Morning - 40-45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 30 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1 Cup Brown Rice

MEAL 3

6oz Chicken
6oz Yam

MEAL 4

6oz Chicken
1 Cup Brown Rice

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Lean Sirloin Steak
1 Cup Broccoli

2tb: Apple Vinegar between Meals 2-3 & 5-6

Water: 1-1.5 Gallons

7 Weeks

Cardio (Mon-Sat):

Morning - 45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1 Cup Brown Rice

MEAL 3

6oz Chicken
6oz Yam

MEAL 4

6oz Chicken
1 Cup Brown Rice

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Lean Sirloin Steak
1 Cup Broccoli

2tb: Apple Vinegar between Meals 2-3 & 5-6

Water: 1-1.5 Gallons

6 Weeks

Cardio (Mon-Sat):

Morning - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1 Cup Brown Rice

MEAL 3

6oz Chicken
6oz Yam

MEAL 4

6oz Chicken
1 Cup Brown Rice

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Lean Sirloin Steak
1 Cup Broccoli

2tb: Apple Vinegar between Meals 2-3 & 5-6

Water: 1-1.5 Gallons

5 Weeks

Cardio (Mon-Sat):

Morning - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 50 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1 Cup Brown Rice

MEAL 3

6oz Chicken
6oz Yam

MEAL 4

6oz Chicken
1 Cup Brown Rice

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Tilapia
1 Tbs Avocado

2tb: Apple Vinegar between Meals 2-3 & 5-6

Water: 1-1.5 Gallons

4 Weeks

Cardio (Mon-Sat):

Morning - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1/2 Cup Brown Rice

MEAL 3

6oz Chicken
1/2 Cup Brown Rice

MEAL 4

6oz Chicken

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Tilapia
1 Tbs Avocado

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

3 Weeks

Cardio (Mon-Sat):

Morning - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1/2 Cup Brown Rice

MEAL 3

6oz Chicken
1/2 Cup Brown Rice

MEAL 4

6oz Chicken

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Tilapia
1 Tbs Avocado

2tb: Apple Vinegar between Meals 2-3 & 5-6

Water: 1-1.5 Gallons

2 Weeks

Cardio (Mon-Sat):

Morning - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1/2 Cup Brown Rice

MEAL 3

6oz Chicken
1/2 Cup Brown Rice

MEAL 4

6oz Chicken

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Tilapia
1 Tbs Avocado

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

9 Days Out

Cardio (Mon-Sat):

Morning - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1 Cup Brown Rice

MEAL 3

6oz Chicken
1 Cup Brown Rice

MEAL 4

6oz Chicken
1 Cup Brown Rice

MEAL 5

6oz Tilapia
1 Cup Brown Rice, 1 Cup Broccoli

MEAL 6

6oz Tilapia
1 Cup Brown Rice, 1 Tbs Avocado

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

7 Days Out

Cardio (Mon-Wed):

Morning - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 60 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

MEAL 1

60g Hydro Whey Protein Powder
1/2 Cup Oatmeal

MEAL 2

6oz Lean Sirloin Steak
1/2 Cup White Rice

MEAL 3

6oz Chicken
1/2 Cup White Rice

MEAL 4

6oz Chicken

MEAL 5

6oz Tilapia
1 Cup Broccoli

MEAL 6

6oz Tilapia
1 Tbs Avocado

2tb: Apple Vinegar between Meals 2-3 & 5-6
Water: 1-1.5 Gallons

3 Days Out

Cardio (Last Day):

Morning - 45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

► First Thing on Empty Stomach

Night - 45 Mins: Heart Rate 130-140 every 3 mins then 1 min of 150

DIET:

Carbohydrate
Loading Phase

MEAL 1

60g Hydro Whey Protein Powder
1.25 Cup White Rice

MEAL 2

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 3

60g Hydro Whey Protein Powder
1.25 Cup White Rice

MEAL 4

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 5

6oz Tilapia
1.25 Cup White Rice

MEAL 6

6oz Lean Sirloin Steak
12oz Red Potato

Water: 3 Liters

2 Days Out

No Cardio

Last Day Training

DIET:

Carbohydrate
Loading Phase

MEAL 1

6oz Chicken
1.25 Cup White Rice

MEAL 2

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 3

6oz Chicken
1.25 Cup White Rice

MEAL 4

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 5

6oz Tilapia
1.25 Cup White Rice

MEAL 6

6oz Lean Sirloin Steak
12oz Red Potato

Water: 2 Liters

BEAST

1 Day Out

No Cardio
No Training

DIET:

Carbohydrate
Loading Phase

MEAL 1

6oz Chicken
1.25 Cup White Rice

MEAL 2

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 3

6oz Chicken
1.25 Cup White Rice

MEAL 4

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 5

6oz Tilapia
1.25 Cup White Rice

MEAL 6

6oz Lean Sirloin Steak
12oz Red Potato

Water: 1 Liters

Show Day

No Cardio

No Training

Start pumping up 45-60 minutes before going on stage and continue going out on stage, for both prejudging (morning) and finals (night show).

DIET:

Carbohydrate
Loading Phase

MEAL 1

6oz Chicken
1.25 Cup White Rice

MEAL 2

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 3

6oz Chicken
1.25 Cup White Rice

MEAL 4

6oz Lean Sirloin Steak
12oz Red Potato

MEAL 5

6oz Tilapia
1.25 Cup White Rice

MEAL 6

6oz Lean Sirloin Steak
12oz Red Potato

Water: No Water, sips to get food down. Only if needed

After Prejudging:

1 Hamburger with 8oz of coke

***then continue on diet through finals**