

Cheat Meal Tips

8 Tips To A Successful Cheat Meal



Tip 1: You must earn it!

Being in a calorie deficit or new plan for a week doesn't warrant a cheat meal. Get results first, habits set and then a reward is earned!

Tip 2: It's a "Cheat Meal" not a "Cheat Day"

There people that believe in having a full day of crazy cheat meal eating from breakfast to sundown. I'm not one of them. This can derail everything if you're not careful. Whatever you can eat in one sitting is the meal. If you leave the table, then the meal is over!



Tip 3: Don't get manic with extra workouts or skipping meals to offset the cheat

This approach reinforces bad behaviours and isn't going to be healthy in the long term. Getting back into normal eating straight afterwards will help digestion and get you back on track ASAP!



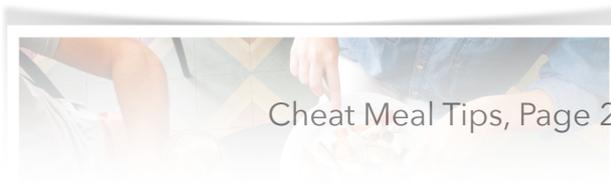
Tip 4: Cheating smart, food quality and if it's worth going dirty

If you know you are lactose intolerant and you would like to eat cheese or have a milkshake, then you need to ask yourself the question if it's worth it? If yes, then go for it, but just be ready to deal with the consequences. I'm always a big believer in having a "quality cheat meal" and not something cheap, nasty and poor quality. Try to stay away from preservatives, chemicals, GMOs, MSG and high fructose corn syrup. You are more inclined to find those ingredients in cheap fast food chains or packaged foods. So, go for the high-end expensive cheesecake!



Tip 5: Cheat with someone

Cheating with someone makes it fun, social and can create accountability for returning to your normal eating. Avoid doing it by yourself all costs!



Tip 6: Measure or not to measure?

My personal vote is not to measure, however it can depend on your specific short term goals. You want to enjoy yourself when you let your hair down! So, don't get hung up on how many calories you are consuming. Let go and enjoy.

Tip 7: Hydrate and up the fibre post cheat

The quickest way to feel good after a dirty burger and fries is to stay well hydrated and nail high amounts of fibre. This helps to eliminate the bad waste quicker and more effectively. Plus, try adding foods that contain resistant starch and have been through a fermentation process. This can help to restore gut health.



Tip 8: Schedule your total body or leg day resistance training for the cheat day

Resistance training increases your insulin sensitivity and in particular the bigger muscle groups have a greater effect. What this means is you will be able to utilize significantly more of the food you ingest, rather than having it all stored as fat. Doing HIIT style training or volume based weight training will deplete your glycogen (stored carbs) and thus your body will be able to utilize your cheat meal more effectively!

Thank You 🙏

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Remember to take action and if you are going to cheat make sure it's worth it!

Coach Adam