

Your Complete Meal Replacement GUIDE

Everything You Need to Know About MRP's

by



with Clayton South

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Since the 1990's, MRP's - meal replacement shakes - have been a staple of every serious bodybuilder's supplement regimen.

Designed to be quick, nutritious and convenient meal alternatives, MRP's have evolved dramatically since their original design and development. Whereas first generation MRP's used primitive and unfinished ingredients, usually tasted bad and caused side effects like stomach upset, indigestion, and bloating, modern MRP's use high quality ingredients and deliver powerful results.

Choosing the right MRP and using it in conjunction with whole foods is the proven approach for fast muscle building results. While bodybuilders can make gains using only whole foods, high quality MRP supplement can accelerate muscle gains.

But, choosing a quality MRP isn't easy: **to make outstanding gains you should incorporate an MRP that delivers the right balance of muscle building protein and nutrients, carbohydrates, and essential fats.**

WHOLE FOODS...

A solid nutrition program is built upon the intake of quality whole foods like lean meats, complex carbohydrates and unsaturated fats. Make no mistake: your nutrition must be top notch if you want to gain muscle and lose fat.

But eating right for bodybuilding isn't always the same as "eating right" for basic health. For example, there are many people who eat healthy foods, but don't consume enough protein. Some bodybuilders find it difficult to get all of their nutrients from whole foods only.

WHOLE FOODS AND MRP'S...

Using whole foods in combination with MRP's can optimize your nutrition program allowing you to get awesome results.



As Figure 1 shows, whole foods form the foundation of a nutrition plan geared for results, and MRP's – meal replacement shakes – are the first basic supplement that you should add after whole foods. This makes sense when you consider the function and benefits of MRP's.

The benefits include:

MRP's maximize your results...

Because MRP's are engineered dietary supplements - concentrated super foods – they supply you with the highest quality proteins, carbohydrates and fats, as well as vitamins and minerals, in optimal amounts to help you get results, without overtaxing your digestive system. To make solid gains – to build muscle and burn fat – you should consider a ratio of 50/30/20 – 50% protein, 30% carbohydrate and 20% fat. This nutrient ratio is higher in protein and more sparse on energy calories.

While whole foods give you important nutrients, it's hard to control the nutrient ratio of every meal and, depending upon the foods you eat, your whole food meal may not contain the high quality proteins, carbohydrates and fats that your body needs for best results.

MRP's are easy to use and save you time....

It's virtually impossible to plan, pre-prepare and eat all of the food which you need. Preparing six or more solid meals daily is unrealistic – you'd spend your whole day cooking.

MRP's are easy to use and save you time because they minimize cooking, eating, and food preparation time. Simply tear open an MRP packet, mix your MRP shake with water or skim milk, and drink.

MRP's are that easy. From opening the package to mixing with liquid, your MRP takes as little as a minute to prepare!

MRP's can save you money...

MRP's save you money because often, they are cheaper than whole foods, or restaurant-prepared foods. You get more nutrient-dense-calories for your food dollar! For example, MRPs are often more economical in terms of time and money than preparing a grilled chicken breast, baked potato, and steamed vegetables, or eating the same dish at a restaurant.

MRP's and WHOLE FOODS TIMING FOR BEST RESULTS...

To get the best muscle building results, you must maximize nutrient uptake by using your MRP at the right times during the day. This is called nutrient timing.

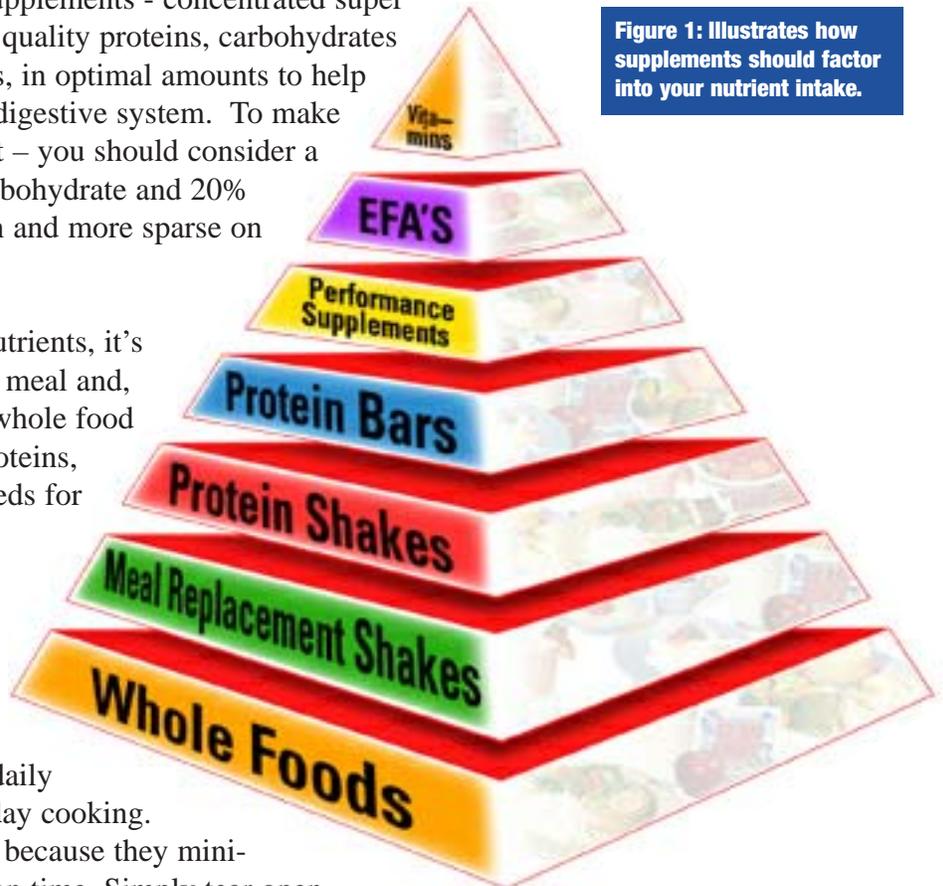


Figure 1: Illustrates how supplements should factor into your nutrient intake.

The two charts pictured here give you a sample of how best to use whole foods with MRP's on both training and rest days.

REST DAY TRAINING DAY

| | |
|-----------------------------|---|
| Meal 1 | 8 scrambled egg whites 1 cup oatmeal 1 piece fruit |
| Meal 2 | MRP Shake |
| Pre - Workout Mini-Meal | 20 grams simple carbohydrates 30 grams whey protein |
| Post - Workout Mini-Meal | 50 grams simple carbohydrates 40 grams whey protein |
| Meal 3 | 8oz lean beef 1 small potato 1 large salad 1tbsp olive oil & balsamic vinegar dressing |
| Meal 4 | 8oz grilled fish 1 cup grilled vegetables 1 small yam / sweet potato |
| Meal 5 | MRP Shake |
| Meal 6 | 1 cup low -fat cottage cheese vegetables and low - fat dip or fruit |

| | |
|--------|--|
| Meal 1 | 8 scrambled egg whites 1 cup oatmeal 1 piece fruit |
| Meal 2 | MRP Shake |
| Meal 3 | Chicken breast sandwich on whole wheat Banana |
| Meal 4 | 8oz turkey with shallots and tomatoes yam or potato |
| Meal 5 | MRP Shake |
| Meal 6 | 1 cup low -fat cottage cheese vegetables and low - fat dip or fruit |

As you can see, only quality whole foods are recommended and MRP's are used in between solid meals so as to allow for efficient digestion, continual nutrient delivery, and rapid nutrient uptake.

CHOOSING THE BEST MRP FOR YOU...

You'll get the best results by using the best MRP. But choosing an MRP isn't easy – most MRPs on the market today provide incomplete benefits and don't meet minimum quality standards for taste, ingredient profile, and quality control.

Optimally, your MRP should:

- Taste Incredible
- Provide a high protein to fat to carbs ratio
- Contain a high quality protein blend
- Be high in BCAA's (Branched Chain Amino Acids)
- Be high in Glutamine and Glutamic Acid
- Be high in dietary fiber
- Contain complex carbohydrates and EFA's (Essential Fatty Acids)
- Be an excellent source of vitamins and minerals
- Be free of artificial color, maltodextrin, and aspartame
- Mix easily

Here's why this "quality litmus test" matters:

Incredible Taste

Since you will use your MRP every day, it has to taste good or there's no way you'll keep using it for more than a day or two. You'll regret it if you buy a cheaper MRP that tastes bad. You'll end up wasting your money and squandering your results. Don't settle for less than top-of-the-line taste for your supplement dollars.

Your MRP should also come in a variety of flavors – and all of them must be delicious! Don't get stuck drinking the same flavor every day; incorporate different flavors into your MRP schedule as this will keep things fresh and let you look forward to drinking a new flavor every day.

High Protein to Fat to Carbs Ratio

Your body processes food, extracting energy and nutrients to support proper muscle, organ and nervous system function. But it's up to you to help your body do this. It's a fact: You can't build your dream body unless you take a scientific approach to your nutrition.

At Labrada Nutrition, we believe that a MRP with a balance of 50/30/20 – 50% protein, 30% carbohydrate, and 20% fat – is ideal for both muscle gain and fat loss. This balance is ideal because your body uses proteins, carbohydrates and fats for different purposes – proteins to repair and build muscle tissue, carbohydrates to supply energy, and fats to support hormone production.



Labrada's Lean Body® MRPs give your body the precise balance of nutrients it needs to support optimum function and yield outstanding muscle gains.

Professional Protein Blend

Many protein powders offered on the market today are whey proteins. Whey protein is marketed in fitness magazines as the highest quality protein on the planet and as the protein that is superior to all other proteins for muscle building and fat burning. Often, advertisements even go so far as to downplay and discredit other protein types.

From a scientific standpoint, however, whey protein is not always the best protein to use exclusively under every circumstance. Protein is a functional nutrient and different types of protein do different things. When it comes to using protein, the most important consideration is the protein's amino acid release rate. Proteins are composed of amino acid chains which break down at different rates, according to the protein type. The type of protein that is most suitable in a given situation depends upon the amino acid release rate.

The four most common types of supplemental protein are:

1. Whey protein
2. Casein protein
3. Egg protein
4. Soy protein

About each:

Whey protein: Whey protein is fast acting and has a high biological value. Its amino acids are quickly released and rapidly absorbed. However, because whey protein is quickly released, a large percentage of its amino acids may be used by the liver to make glucose for energy, leaving only a percentage of the total whey protein to be used to repair and build new muscle tissue.¹

So, while whey protein stimulates protein synthesis and strengthens your immune system², the quick release of its amino acids may prevent whey protein from being effective at preventing muscle wasting over a prolonged period of time. For this reason, whey protein is best used only immediately following your training, when your body needs protein as quickly as possible.

Casein protein: Casein protein "gels" in your stomach and releases a steady, continual stream of amino acids for up to five hours after ingestion.³ Studies show that whey protein outperforms casein protein at building new muscle tissue, but casein prevents muscle loss better than any other protein type. Casein protein is best used in between meal times and immediately prior to sleeping.

Egg protein: Egg protein is a high-quality complete protein that's almost 100% assimilated due to its high biological value. Egg protein releases its amino acids in about three hours and is best taken in regular intervals throughout the day either on its own or as part of a meal.

Soy protein: Soy protein is a vegetable protein and while there has been much controversy about soy protein acting as a phytoestrogen, studies prove that claims against soy protein are without merit, especially when soy protein is part of a diet that's high in protein. Soy protein has many benefits, including the stimulation of growth hormones and testosterone which can lead to increases in lean muscle mass and a reduction in body fat. Because soy protein digests slowly, it's a less than ideal post-workout protein. Instead, soy should be used in small amounts throughout the day with meals.

Here is a Protein Quick Reference Chart that outlines the different protein types, their amino acid release rate and how they're best used for maximum results.

PROTEIN QUICK REFERENCE CHART

| Protein Type | Source | Best Used | Amino Acid Release Rate |
|---------------------|---------------------|--|--------------------------------|
| <i>Whey</i> | <i>Milk / Dairy</i> | <i>Pre and Post Exercise</i> | <i>2 hours</i> |
| <i>Casein</i> | <i>Milk / Dairy</i> | <i>Between meals / during sleeping periods</i> | <i>5-7 hours</i> |
| <i>Egg</i> | <i>Eggs</i> | <i>Throughout the day</i> | <i>3 hours</i> |
| <i>Soy</i> | <i>Plants</i> | <i>Throughout the day</i> | <i>5 hours</i> |

As you can see, not all proteins are created equally. Some are more suitable at different times, depending upon your goals. Your MRP must contain a balanced protein blend to give you the best results.

BCAA's – Branched Chain Amino Acids

The branched chain amino acids (BCAA's) - leucine, isoleucine and valine - are essential for your health and are critical for your results in the gym. Your body can't make BCAA's, and you can't build muscle and burn fat without them. A quality MRP will help you get the BCAA's you need.

BCAA's are a rate-limiting factor in the amount of protein you can absorb and use for muscle building. If you don't get enough BCAA's you won't fully use the protein you eat, and you'll end up wasting your hard work in the gym.

But BCAA's don't just help you build muscle – they also prevent muscle loss⁴ and help you burn ugly fat.⁵ **Don't settle for an MRP that's low in BCAA's!**

Glutamine

Unfortunately, most bodybuilders are glutamine deficient, which causes muscle loss, fat gain, and an increased risk for overtraining and the flus and colds that accompany it. Being glutamine deficient can dramatically slow your recovery time and increase your chances of injury.

Branched Chain Amino Acids don't just help you build muscle. They also prevent muscle loss and help you burn body fat.

Research shows that glutamine increases your growth hormone levels by up to 430% and bodybuilders get bigger, stronger, and recover faster when they use it. ⁶

Fiber

Fiber is important because it keeps you regular, stabilizes blood sugar levels, eliminates hunger cravings⁷, and speeds fat loss.^{8,9} Your MRP should contain high-quality fiber.

Complex Carbohydrates and EFA's (Essential Fatty Acids)

Complex carbohydrates power your performance in the gym and supply your muscles, brain, heart, liver, kidneys, and intestines with long-term energy. Complex carbohydrates also accelerate your recovery after hard training and spare vital proteins from being destroyed so you build more muscle faster.

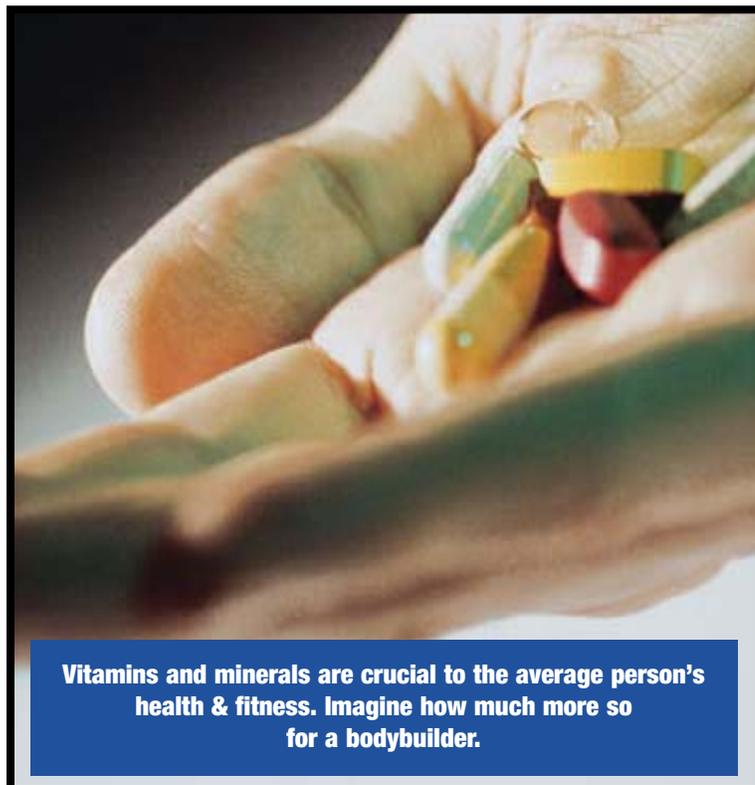
EFA's - Essential Fatty Acids – give you long-term energy, optimize your anabolic hormone levels, build muscle, and burn fat. It's estimated that 80% of the regular population is EFA deficient – and almost 100% of all bodybuilders. The fact is: you won't build muscle, burn fat or recover fast if you're EFA deficient. And, since your body can't make the EFA's you need, you must get them from food and your MRP.

Flaxseed oil, borage oil, medium chain triglycerides (MCT's) and omega-3 and omega-6 fatty acids are the best and highest quality sources of Essential Fatty Acids. These sources are high-octane, "clean" EFA sources that give your body everything it needs to produce the hormones you need to get a lean body.

For best results, make sure that your MRP contains flaxseed oil, borage oil, medium chain triglycerides (MCT's) and natural-source omega-3 and omega-6 fatty acids.

Vitamins and Minerals

MRP's are not the same as simple protein powders or even protein bars. While protein powders contain one or more types of proteins, – most don't contain vitamins, minerals, EFA's or other nutrients.



Choose an MRP with a solid vitamin and mineral profile - make sure that you're getting enough vitamins and minerals to get the best results.

Maltodextrin and Aspartame Free

Many MRP's on the market today contain maltodextrin and aspartame – ingredients that have no place in a high-quality MRP.

Maltodextrin – classified as a complex carbohydrate – is usually used as carbohydrate "filler" in cheap MRP products because of its low cost. However, maltodextrin is made from corn and it acts as a simple sugar when ingested; it spikes your insulin levels, cripples your muscle building, and makes you fat. Maltodextrin is not a desirable ingredient.

Aspartame is a widely used sugar alternative and is used by companies to flavor cheap MRP's. Aspartame is used widely in MRP's as

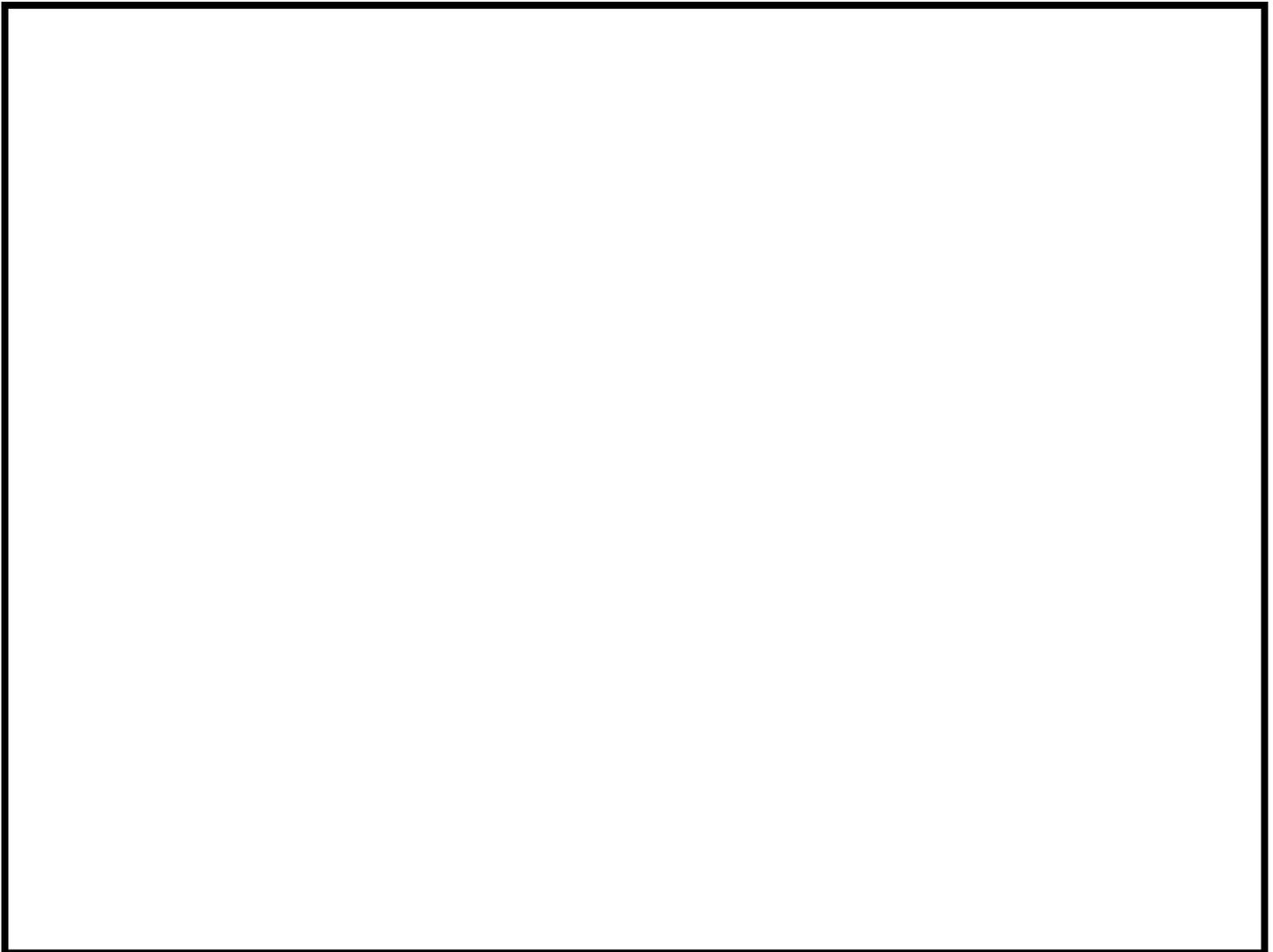
an alternative to sugar and companies that skimp out on quality see it as an inexpensive alternative to doing the research that's needed to correctly flavor an MRP.

Despite its wide use, aspartame may pose a risk to your health and makes some people ill. Make sure that your MRP does not contain maltodextrin or aspartame.

Easy to Mix

Your MRP must mix easily. If an MRP mixes easily, it's a sure sign that it's a quality product that's been made well. If it mixes poorly, it's a sure sign that the manufacture cheapened out on basic manufacturing steps. Sadly, many MRP makers cheapen out on the final steps of product development – because they want to save money. When they do this, your MRP ends up clumping instead of mixing, and you end up with an MRP “chew” instead of an MRP drink.

Don't get conned into buying a cheap MRP. MRP's are supposed to be nutritious, convenient, and easy to use. If an MRP doesn't mix easily, you're not going to want to use it and you won't end up saving money – you'll end up wasting it.



**Don't exhaust yourself searching for the perfect MRP.
Your search is over! See why on the next page...**

LEAN BODY® MRP's: The Trusted Choice of Pro and Amateur Bodybuilders

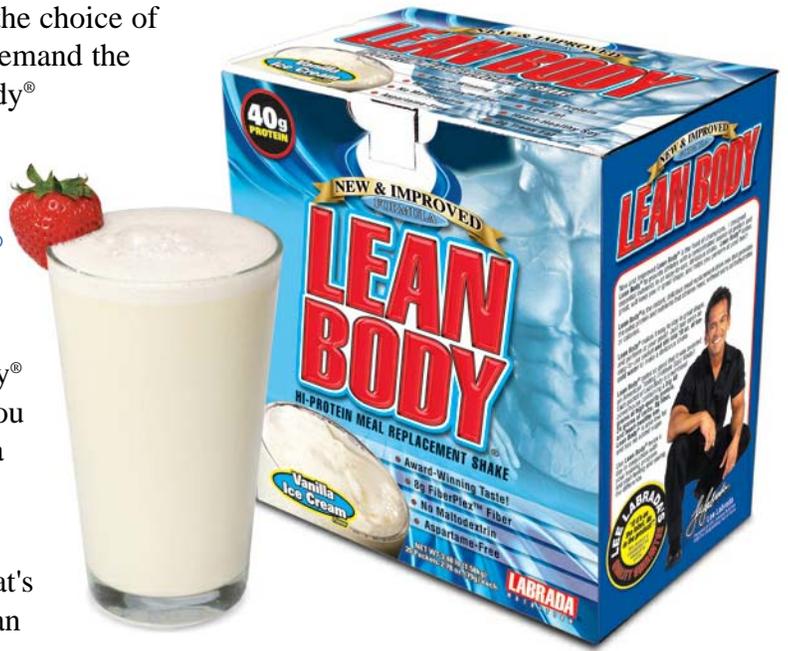
Since 1996, Lean Body® MRP shakes have been the choice of top professional and amateur bodybuilders who demand the best. Bodybuilders know they can trust Lean Body® MRP shakes for excellent performance and unmatched quality.

Today, the new & improved Lean Body® MRP's are even better than ever.

Each serving of the new and improved Lean Body® Meal Replacement Shake gives you everything you need for awesome results. Each serving delivers a “nutritional knock-out punch” featuring:

- **Incredible taste!** Lean Body is the best tasting meal replacement powder (MRP) ever made. That's why the American Culinary Institute awarded Lean Body its Gold Medal Taste Award for five years in a row.
- **50/30/20 (protein/carbohydrate/fat) ratio** of macronutrients consisting of highly bio-available, time-release proteins, high-fiber complex carbohydrates, and essential fatty acids, to support lean muscle growth, strength, and higher energy, all day long!
- **40g of LeanPro™** proprietary blend of fast-release and slow-release proteins, to give you a sustained flow of vital amino acids. Amino acids support intracellular nitrogen retention levels for faster muscle growth and strength increases.
- **Over 7,000mg of BCAA's** (Branched Chain Amino Acids) /serving. BCAA's have an anti-catabolic effect.
- **Over 8,000mg of Glutamine and Glutamic Acid.** Studies show that supplemental glutamine can also prevent muscle breakdown.
- **24g of an advanced blend of high-fiber carbohydrates** to help stabilize your blood sugar and insulin levels, to promote greater energy and fat burning.
- **8g of FiberPlex™ dietary fiber** per serving, providing over 30% of the RDA for fiber to support superior intestinal health and cardiovascular health.
- **8g of EFA-Plex™** containing natural-source of omega-3 and -6 fatty acids, medium chain triglycerides, Flaxseed Oil, and Borage Oil.
- **Excellent source of 24 vitamins and minerals.**
- **Easy to mix, easy to use.**
- **Only the best ingredients** make it into Lean Body® MRP's.

And, each box of the new and improved Lean Body® MRP's are personally guaranteed by **Lee Labrada** to be of the highest quality. For professional results, use a professional grade MRP that the top Pro's and amateur bodybuilders use and trust – use the new and improved Lean Body® MRP's!



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