

Meals on refeed days should emphasize carb-rich foods with moderate amounts of protein and limited fats. The bottom line Refeed days are designed to give a temporary break from calorie restriction.





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Best refeed foods and macrosplit? : r/bodybuilding - Reddit

# HIT YOUR MACROS

@KRUCKIFITNESS

EXAMPLE: 200 LB PERSON

FAT LOSS	MUSCLE GAIN
	
PROTEIN: 200G CARBS: 260G FAT: 85G	PROTEIN: 200G CARBS: ~400G FAT: 110G

1 of 6 Dragon Images / Shutterstock What Is a Refeed Meal? A refeed meal is a calculated increase of foods—typically healthy foods —that's meant to combat mental fatigue, help you continue to train, and keep you on your diet. During a refeed, you're going to eat more of what you typically eat to feel better. That said, a refeed isn't a cheat meal.

## How To Maximize The Benefits Of Your Refeed Day - Bodybuilding



### How To Maximise The Benefits Of Your Refeed Day

To keep your body functioning well as you diet, on refeed day you should: Maintain your normal protein intake Double or even triple your normal carb intake (minimum: 200 grams) Reduce your normal fat intake, unless you are already using a low-fat approach, in which case, maintain your level of fat intake Why Less Fat During A Refeed?

## Refeeds For Fat Loss: The Science Behind Leptin - Bodybuilding



JUMP\_SUIT • 9 yr. ago Take a day and eat enough to reach your calorie maintenance level. Keep your protein intake the same on the reseed day and the rest of your calories comprised of 70-80% carbohydrates, 20-30% fats. Eat slow digesting carbs (rice, sweet potato, etc. )

**r/bodybuilding on Reddit: Doing my first refeed tomorrow. What're your .**



For some bodybuilders, refeed days serve as their break from caloric deficits. For others, cheat meals are where it's at. But in the battle of having a refeed day versus cheat meal, you'll.

## 6 Things to Know About Refeed Meals - Muscle & Fitness



A refeed day refers to the practice of consuming additional calories, and usually extra carbs, one or more days per week. Most often, people use refeed days as part of their fat loss strategy. And the primary purpose of a refeed day is to accelerate the fat loss process. But research suggests there may be other benefits, too. In this article, you'll learn what research says about refeed days .

### Best Refeed Foods - Bodybuilding Forums



In bodybuilding, everything is individualized, and after years of trial and error and feedback from coaches, Hollingshead found it's necessary for him to consume some pretty extreme refeeds. .

## The Complete Guide to an Optimal Refeed | U. P. Blog



Lots of cereal with fat free yogurt. Also a rice/chicken/veggie stir fry [deleted] • 9 yr. ago Mo-joe2113 • 6 mo. ago The first comment I am reading here are confusing a refeed day with a cheat day. Refeeds need to contain a big amount of carbs a minimal amount of fats.

### Refeed Food Ideas : r/bodybuilding - Reddit



Basically this has to do with how low leptin levels are. The lower the levels, the more calories above maintenance you will be needed to bring them back up. Usually, a refeed should consist of 20-50% more

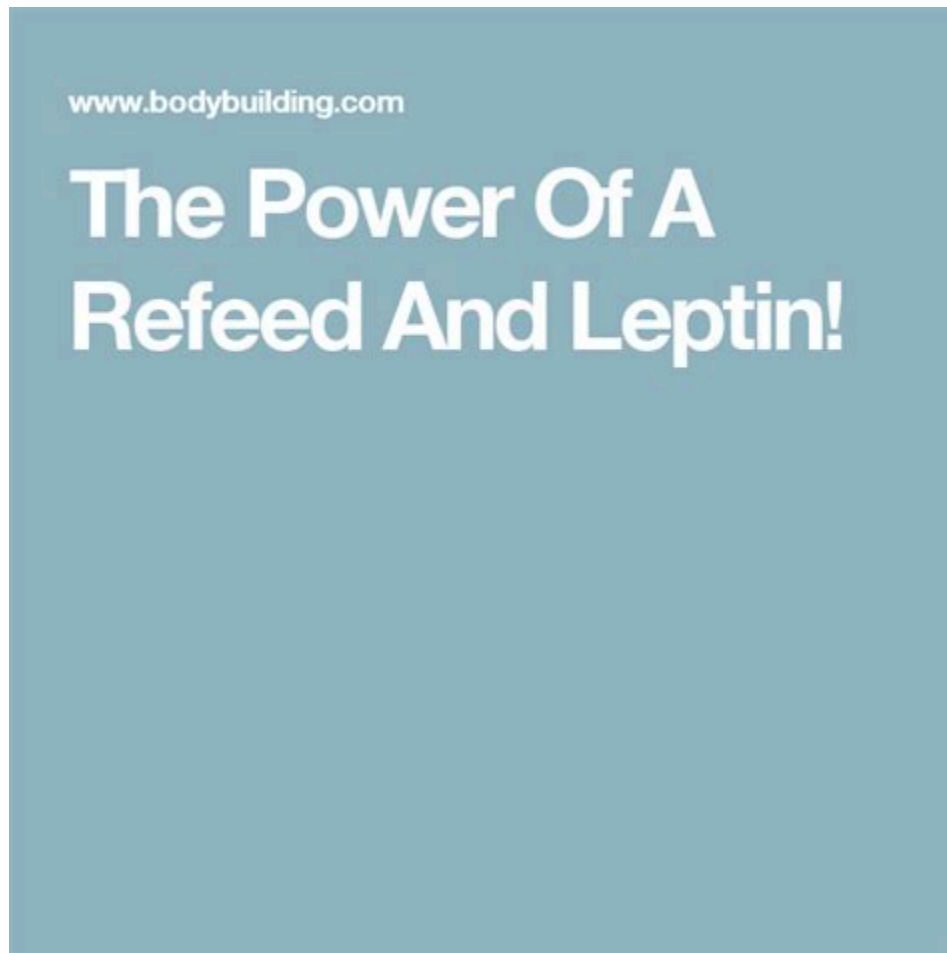
calories than required for maintenance for 12 hours to two days. The higher you decide to bring your calories, the shorter period of time you .

## Refeed Day Vs. Cheat Meal — Which to Do and When | BarBend



Brown rice, russet potatoes, and sweet potatoes would be your best bet. Macros should be the same amount of fat and protein you eat normally under your deficit, and then eat enough carbs to eat at maintenance. Remember 1g carbs = 4 calories. Post up your cutting macros and I'll do the calcs for you if you're having trouble.

## The Power Of A Refeed And Leptin! - Bodybuilding



Intrigued? Hungry? A little of both? Read on. Why Refeeds Work There are many reasons, both physiological and psychological, that refeeds can be beneficial, including: Potentially enhancing fat loss by decreasing some of the body's adaptive responses to chronic caloric restriction



## 31 Bodybuilding Meal Prep Ideas to Build Muscle - All Nutritious



7. Mexican Meal Prep Bowls with Cauliflower Rice. Veto carbs and highlight protein with my Mexican meal prep bowls. These bowls use cauliflower rice, lean chicken, and plenty of avocados to create a well-rounded meal. Visit your spice cabinet to create a delicious rice dish that's cheap, easy, and super healthy. 8.

## Here's How Bodybuilder James Hollingshead Approaches Cheat Meals During .



Cereal is my #1 refeed food. Captain Crunch all day. Your poor poor mouth. Cereal, pretzels, tortillas, pretzel rolls. Hell I just love any kind of food. Tuna or chicken sushi. Sushi. Just don't get any fried, cream cheese, aioli sauce bullshit and you're good to go. Chirashi bowl is a great option.

### Suggestions/Advice for Refeed Day while Cutting? : r/bodybuilding - Reddit



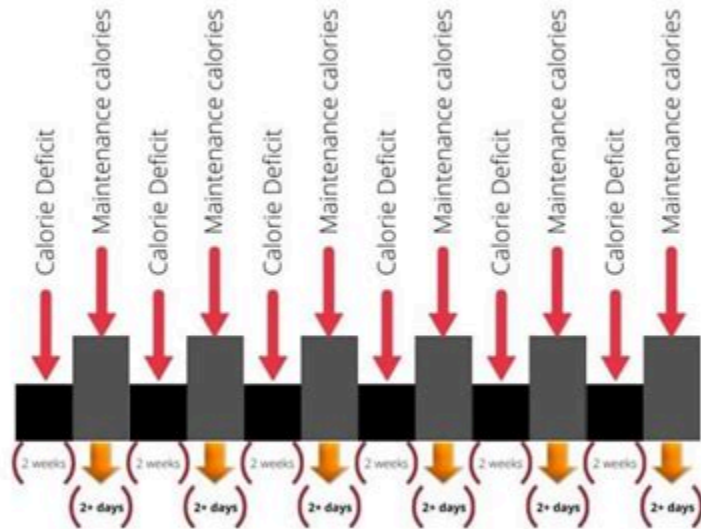
A refeed day fights cravings, boosts metabolism, & helps you lose more weight. Try the refeed day calculator and get your free plan!

## **Carb Refeeds: Your Guide To Eating Big And Torching Body Fat - JCD Fitness**



Results. Mean preparation time for a competitor was  $22 \pm 9$  weeks. Nutrient intake of bodybuilders reflected a high-protein, high-carbohydrate, low-fat diet. Total carbohydrate, protein and fat intakes decreased over time in both male and female cohorts (  $P < 0.05$  ).

# Planning Refeed Days



12 weeks calorie deficit

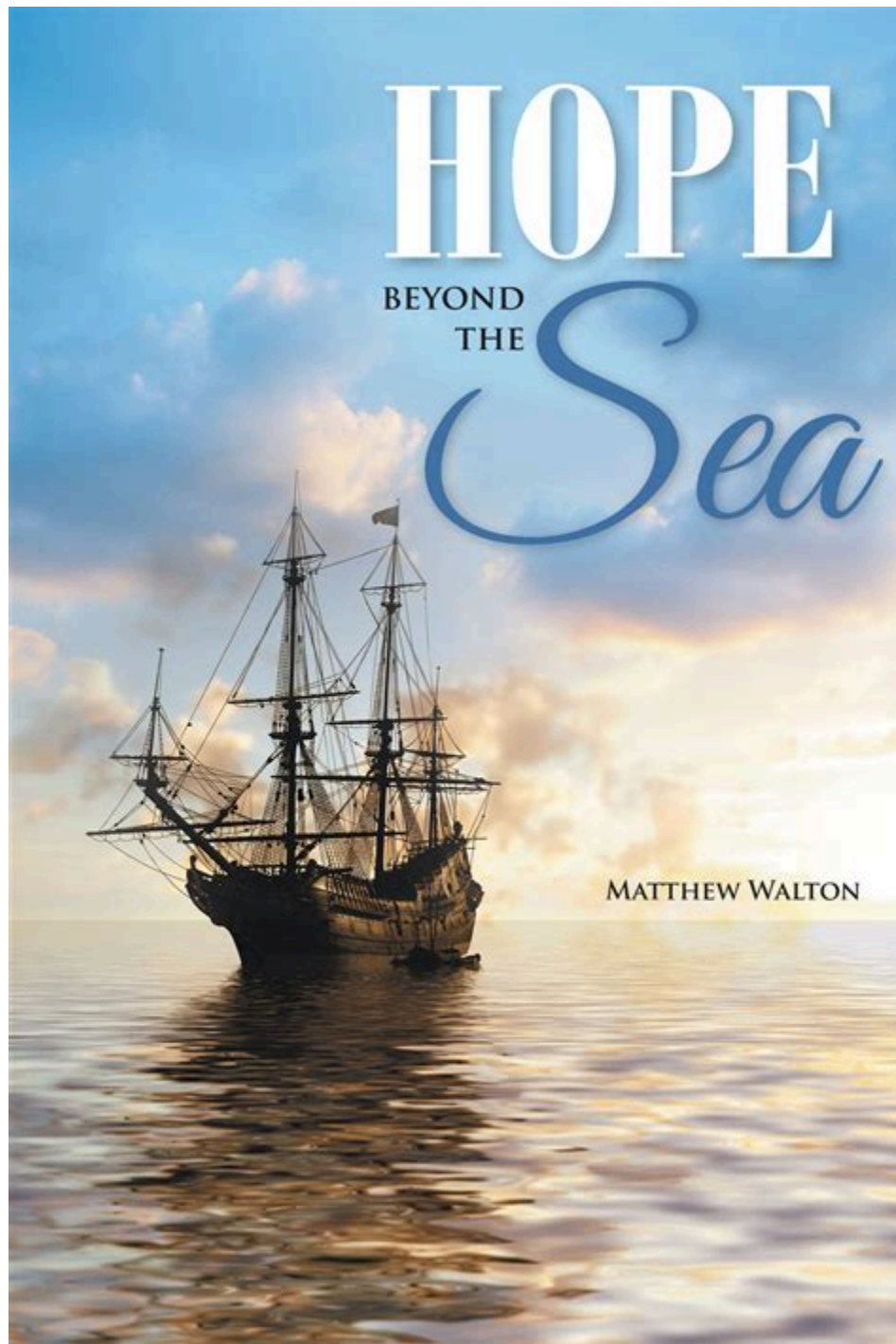
When we're refeeding, maintenance calories are important because we need to be at maintenance (rather than in a deficit) to (1) continue burning calories at a faster rate, (2) increase our energy levels, and (3) give us a mental break from dieting.

## Refeed Day Plan Helps You Boost Metabolism & Lose More Weight



Seems pretty simple. However, as most of us know, cutting calories is no easy feat, especially when working toward a 10-, 12-, or even 16-week transformation challenge. Following a regimented diet requires focus, determination, and a lot of willpower.

## Is A "Refeed" The Key To Successful Dieting? - Bodybuilding



Fruit, other than a couple of apples or a handful of berries, should be off the list. Fructose has very limited impact on spiking leptin levels. An example of drastic fat loss results through careful, correctly implemented refeeds When should you refeed?

## Refeed Day Example: Sample Meal Plan With Macro Breakdown



Best Supplements for Bodybuilding; Best Supplements for Men; Best Supplement Stacks; . Here are some of the key ways that refeed days and cheat meals or days are different:

## Nutritional strategies of high level natural bodybuilders during .



Updated: May 22, 2019 Carb refeeds are like magic when it comes to fat loss. If you follow a carbohydrate refeed properly, you'll retain more muscle, lose more fat, and perform better over the long term. And they're also a good way to enjoy your favorite foods on a semi-regular basis if done correctly. **Dieting Is Hard On Your Body**



## **Bodybuilding Meal Plan: What to Eat, What to Avoid - Healthline**

# Bodybuilding Meal Plan For Beginners

Typical meals to eat on a day of bodybuilding by lowcarbalpha



## Breakfast (8 a.m.) 2 Boiled eggs & 1 Banana

Rushed for time in the morning?  
Nothing too fancy here. just a couple of eggs to top up your protein reserves and a banana.



## Post Workout (3 p.m.) Chocolate Protein Shake

No need to worry about lengthy food preparation here. Consume post workout to kickstart the muscle rebuilding process.



## Mid Morning Snack (11 a.m.) Yogurt, Fruit, Seeds

Begin preparing yourself for an afternoon workout. Small brunch consisting of natural yogurt, 1 sliced kiwi topped with chia seeds



## Dinner (6 p.m.) Chicken Breast, Rice & vegetables

Repair your muscles you just worked on with some healthy lean meat e.g. chicken or fish, & veggies e.g. broccoli & peas



## Pre Workout Lunch (1 p.m.)



## Night Time Snack (9 p.m.) 2 Avocados

Get my Ultimate Guide To Body Recomposition here: [shop.jeffnippard/product/the-ultimate-guide-to-body-recomposition/](http://shop.jeffnippard/product/the-ultimate-guide-to-body-recomposition/) Subscribe to the MASS Research.

## Refeed Day: 6 Benefits, The Science Behind It & How to Do It

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### How Should You Structure Your Refeed Days

The primary considerations for refeed days are calories, macros (especially carbs and protein), rest and recovery, and exercise (or lack of exercise). Your food selection isn't as important as the other variables above, but it can still make a difference in your results.




#### Calculate your macros and calories

Consume a caloric surplus of protein, fat and extra carbs. Carbs stimulate insulin release and replenish glycogen stores, which helps rebuild muscle.



#### Plan your refeed days and times

The best refeeding approach is to schedule 1-2 refeed days per week during rest days prior to weight training days or on weight training days.



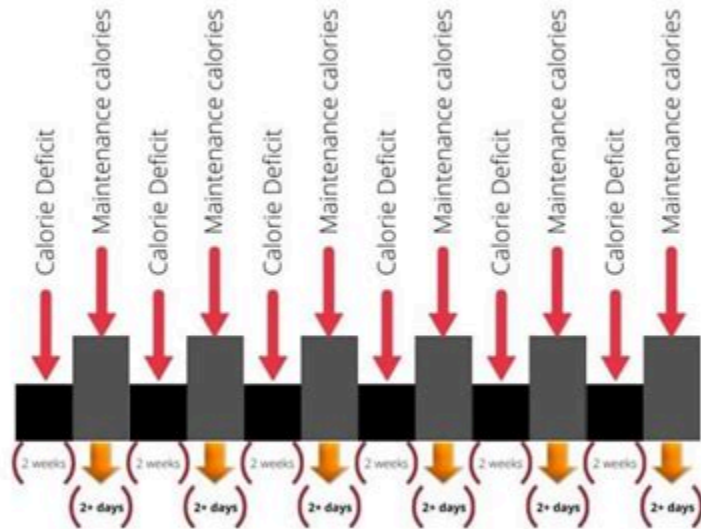
#### Avoid strenuous cardio

Refeed days are most effective on rest days. Should you decide to include cardio on a refeed day, make sure its a minimal amount.

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fat free cheese pancakes poparts??? (5g fat per pastry) maybe to much fat though because I will easily down a box what are you favorites? I want to avoid boring things like rice, oats, and potatoes if possible.  
07-02-2013, 08:57 PM #2 bambam601 they call me bam. Join Date: Oct 2012 Location: Oxford, Mississippi, United States Age: 30 Posts: 3,248

## Planning Refeed Days



12 weeks calorie deficit

Foods to Focus On. The foods you eat don't need to differ between the bulking and cutting phase — usually, it's the amounts that do. Meats, poultry, and fish: Sirloin steak, ground beef .

- <https://publiclab.org/notes/print/44275>
- <https://publiclab.org/notes/print/44266>
- <https://publiclab.org/notes/print/41557>