



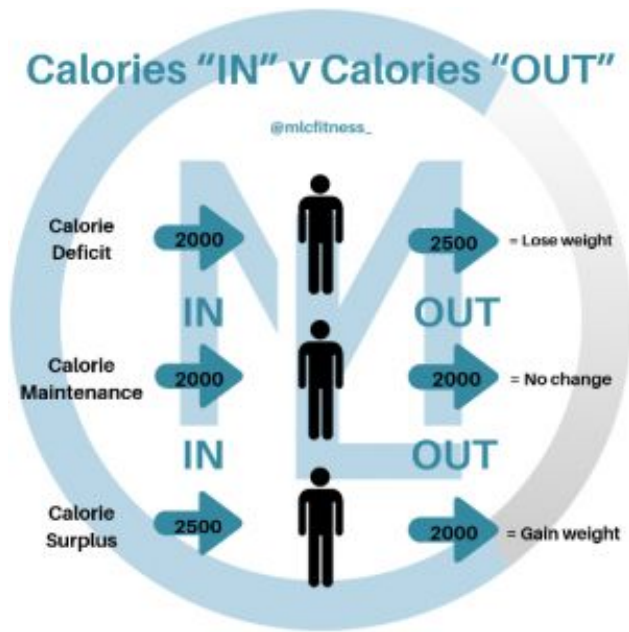
# NUTRITION

“COACH, WHAT  
SHOULD I EAT?”



# WEIGHT GAIN / MAINTAIN / WEIGHT LOSS DIETS

- **DEPENDING ON YOUR GOAL YOU WILL BE TRYING TO DO ONE OF THESE THREE THINGS.**
- **CALORIC SURPLUS / CALORIC DEFICIT**



# WATER

- **ESSENTIAL FOR SURVIVAL. HELPS BREAK DOWN FOOD, CARRIES NUTRIENTS THROUGH THE BODY, REMOVES WASTES AND KEEPS THE BODY AT A COMFORTABLE TEMPERATURE.**
- **SWEATING IS HOW THE BODY COOLS ITSELF AND KEEPS IT AT A ITS NORMAL TEMPERATURE**
- **BEING PROPERLY HYDRATED WILL ELIMINATE THE RISK OF DEHYDRATION AND OTHER MEDICAL PROBLEMS THAT COME WITH IT**

## Water & Hydration



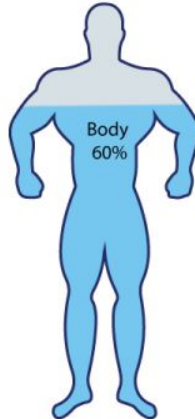
Brain  
75%



Lungs  
80%



Liver  
86%



Heart  
79%



Bones  
22%



Skin  
64%



# GETTING JACKED

- **EAT WELL ROUNDED, QUALITY CALORIE DENSE MEALS EVERY 2-3 HOURS.**
- **EAT WITHIN AN HOUR OF WAKING UP.**
- **EAT UNTIL YOU'RE FULL (NOT STUFFED...FULL)**
- **EAT ALL THE WAY UP UNTIL BEDTIME, JUST EAT THE RIGHT THINGS. (HIGH CARB = NO GOOD)**
- **EAT FRUITS IN THE MORNING AND UP UNTIL TRAINING, NOT RIGHT BEFORE BED.**
- **EAT VEGGIES THROUGHOUT THE DAY WITH MEALS.**



# GETTING JACKED

- **FALL IN LOVE WITH PEANUT BUTTER OR ALMOND BUTTER - IT IS HIGH CALORIE, NATURAL, HEALTHY AND WILL GET YOU JACKED!**
- **DRINK WHOLE MILK**
- **IF STRUGGLING TO GAIN WEIGHT HAVE A PB OR PB&J SANDWICH WITH EVERY MEAL. IT ADDS QUALITY CALORIES.**
- **CONSUME 1G PROTEIN/LB OF BODYWEIGHT IN A DAY. 200LBS = 200G PROTEIN.**
- **CONSUME PROTEIN AND SIMPLE CARBOHYDRATES IMMEDIATELY AFTER YOUR WORKOUT. (WITHIN 30 MIN)**



# FOOD GROUPS

## Group 1 (Proteins)

**\*\*\* Bake, Broil, Grill, Steam, Slow Cook, Sauté (with healthy oils), or Boil to prepare these proteins \*\*\***

**Refrain from preparing with high sugar or high fat sauces / marinades**

- **Eggs • Top Sirloin • Beef Tenderloin • London broil • Extra Lean Ground Beef • Bison • Skinless Chicken Breast • Skinless Chicken Thigh • Skinless Turkey Breast • Pork Tenderloin • Ham • Pork Chop • Salmon • Cod • Tuna • Trout • Mackerel • Snapper • Shrimp • Tilapia**



# FOOD GROUPS

## Group 2 (Fruits)

**\*\*\* Fruit Juice does NOT constitute a serving of fruit (packed with sugar)**

**\*\*\* Focus on a variety of different fruits (different colors is the easiest approach to take)**

- **Orange • Grapefruit • Apple • Banana**
- **Melon Fruit • Grape • Pineapple • Kiwi**
- **Strawberry • Blueberry • Blackberry • Raspberry • Peach • Pear • Plum • Star Fruit • Dragon Fruit • Acai • Cranberry**



# FOOD GROUPS

## Group 3 (Vegetables)

**\*\*\*Vegetables have a small effect on your blood sugar and they are nutrient dense.**

**\*\*\*They aid in digestion of all food.**

**\*\*\*As with fruit, you should focus on variety (as many colors as possible)**

**Spinach • Cabbage • Broccoli • Cauliflower •  
Zucchini • Squash • Carrots • Peppers •  
Artichoke • Brussel Sprouts • Onions •  
Mushrooms • Tomato • Bean Sprouts •  
Asparagus • Green Beans • Green Peas • Beets  
• Snow Peas • Kale • Collard Greens • Turnip  
Greens • Cucumber • Eggplant • Okra • Lettuce  
(mix greens)**





# FOOD GROUPS

## Group 4 (Energy Rich Carbs)

**\*\*\* Avoid high sugar, white flour, and processed carbs**

**\*\*\* Focus on as many NATURAL foods as possible**

**\*\*\* Choose Fresh foods over canned whenever possible**

- **Beans (preferably fresh) • Corn • Lentils**
- **Black Eyed Peas • Sweet Potato • Red Potato • Whole Wheat Pasta • Brown Rice**
- **Wild Rice • Whole Wheat Bread • Whole Grain Cereal • Oatmeal (old fashioned preferred) • Whole Wheat Pancakes**



# FOOD GROUPS

## Group 5 (Healthy Fats)

**\*\*\*These fats are of the UN-Saturated category (stay away from the saturated kind)**

**\*\*\*These fats have a ton of health benefits (promote mental health, natural secretion of Anabolic Hormones, help break down stored fat for energy, etc.)**

**\*\*\*Although healthy, they are still high in calories...make sure to measure to insure you don't over consume**

**• Canola Oil • Almonds • Walnuts • Pumpkin Seeds • Avocado • Cold Water Fish (salmon, tuna, mackerel, etc.) • Whole Eggs (in moderation) • All Natural Peanut Butter • All Natural Almond Butter**



# CREATING A MEAL PLAN

**\*\*\*1g Protein/lb of Bodyweight per day**

## **Meals Food Combinations**

**Meal 1** (breakfast) • Group 1 • Group 2 (1 serving) • Group 4 (2-3 servings) • Group 5 (1 serving)

**Meal 2** (snack) • Group 1 • Group 2 (1 serving) • Group 4 (1-2 servings) • Group 5 (1 serving)

**Meal 3** (lunch) • Group 1 • Group 3 (1 serving) • Group 4 (2-3 servings) • Group 5 (1 serving)

**Meal 4** (recovery shake) • Group 1 • Group 2 (1-2 servings) • Group 4 (2-3 servings) • Group 5 (1 serving)

**Meal 5** (dinner) • Group 1 • Group 3 (1 serving) • Group 4 (1-2 servings) • Group 5 (1 serving)

**Meal 6** (before bed) • Group 1 • Group 4 (1 serving) • Group 5 (1-2 servings)



# SAMPLE MEAL PLAN

## Sample Menu (200 lb. Male)

**Meal 1** • Boiled Eggs (3 whole) • Medium banana • Oat Meal (1-1/2 cups) • Whole Milk (1/2 cup) • Peanut Butter (1 tbsp.) • 30g Protein • 830 calories

**Meal 2** • Whey Protein (1 scoop) • Whole Milk (1 cup) • Peanut Butter & Honey Sandwich (2 slices whole wheat bread, 1 tbsp. honey, & 1 tbsp. peanut butter) • Orange (1 medium) • 33g Protein • 650 calories

**Meal 3** • Chicken & Vegetable Stir Fry (6 oz. chicken, 1 cup mixed vegetables, 1 tbsp. canola oil) • Brown Rice (1-1/2 cups prepared) • 30g Protein • 850 calories

**Meal 4** (post-training) • Whey Protein (2 scoops) • Mixed Berries (1 cup) • Raw Oats (1/2 cup) • Honey (1 tbsp.) • Whole Milk (1 cup) • Almond Butter (1 tbsp.) • 52g Protein • 730 calories

**Meal 5** • Top Sirloin (6 oz.) • Steamed Vegetables (1 cup) • Baked Potato (1 Lg) • 38g Protein • 770 calories

**Meal 6** • Casein Protein (1 scoop) • Whole Milk (1 cup) • Whole Wheat Bread (1 slice) • 450 calories • Peanut Butter (1 tbsp.) • 32g Protein

**Totals** • 4,280 calories • 215g Protein



# SCHOOL DAY MEAL PLAN

Timing	Meal 1: Breakfast	Macro Layout
6:00am - 7:00am	Ex: Scrambled Eggs, Sliced Avocado, and Whole Wheat Toast	High Protein, High Carb, Moderate Fat
Timing	Meal 2: Mid-Morning Snack	Macro Layout
8:30am - 9:30am	Ex: Protein Shake OR Grilled Chicken, Mixed Nuts, and Fruit	High Protein, Moderate Carb, Moderate Fat
Timing	Meal 3: Lunch	Macro Layout
10:18am - 11:07am	Ex: Lean Protein (Chicken/Steak), Green Salad, Mixed Nuts	High Protein, Moderate Carb, Moderate Fat
Timing	Meal 4: Mid-Afternoon Snack	Macro Layout
1:00pm - 2:00pm	Ex: Protein Shake OR Sandwich (Deli Meat, Whole Wheat Toast)	High Protein, Moderate Carb, Moderate Fat
Timing	Meal 5: Post - Workout	Macro Layout
3:25pm - 4:25pm	Ex: Protein Shake or Peanut Butter & Jelly Sandwich	High Protein, Moderate Carb, Moderate Fat
Timing	Meal 6: Dinner	Macro Layout
6:00pm - 7:00pm	Ex: Lean Protein (Chicken/Steak/Fish), Green Salad, Sweet Potato	High Protein, High Carb, Moderate Fat
Timing	Meal 7: Late-Night Snack	Macro Layout
9:00pm - 10:00pm	Ex: Casein Protein Shake OR Cottage Cheese	High Protein, Low Carb, Moderate Fat



# SUPPLEMENTS

- **Dietary supplements are NOT the miracle potions that their manufacturers make them out to be.**
- **When judging on whether or not you should buy and use a supplement, ask yourself this question... “Does their products claim sound too good to be true?” Odds are it is just that!**
- **The plain and simple truth is that results come from hard work in the gym matched up with a well-rounded nutrition plan that is specific to your goals.**
- **The second you realize supplements are meant to “supplement” your natural dietary intake with the macro and micro nutrients that your body is in need of because of your training, then the better off, healthier off, and WEALTHIER OFF you will be.**



# PROTEIN – WHAT IS IT?

**Protein is used for tissue repair and growth, enzyme and hormone production, etc. After resistance exercise, your body goes into a state of catabolism (breakdown) in order to feed itself with nutrients for growth and repair, primarily amino acids-the building blocks of proteins. It is recommended to consume protein and a balanced meal post workout for optimal recovery.**



# PROTEIN – WHAT IS IT?

**Whey- Fast absorbing. Best for post workout within 30 minutes.**

**Casein- There are many forms of casein protein, but the primary purpose is for its unique ability to slowly digest into the system, either to provide more protein over a longer period of time to your muscles post workout mixed in with your whey protein, or to provide muscles with nutrition during nighttime hours where you can be fasting from 6-10 hours, depending on your sleep schedule.**





# HOW MUCH PROTEIN?

- **The reality is it depends on how hard you go with the weights. The daily-recommended intake of protein is 0.6 to 0.8 grams per pound of bodyweight. This would be perfect for the average person, with maybe a 1 or 2 day per week stint at the local gym. Though, it has been recommended for the more elite athletes to take upwards of 1.0 to 1.5 gram of protein per pound of bodyweight to keep or even add lean muscle mass.**
- **Let me guess, you have heard that your body can only take 25-30g of protein at a time and anything else goes to waste? Well this isn't exactly true. What needs to be understood is that your body will take what it requires, so if that means a 200lb athlete eating 4-6 meals a day at 40-50g of protein per meal to keep or even add muscle mass, then so be it.**



# WHAT IS CREATINE?

- **Creatine is a natural substance that turns into creatine phosphate in the body. Creatine phosphate helps make a substance called adenosine triphosphate (ATP). ATP provides the energy for muscle contractions.**
- **The body produces some of the creatine it uses. It also comes from protein-rich foods such as meat or fish.**



# FINAL THOUGHTS

**At its route the word supplement is just that. A “Supplement” to what should be consumed already in your natural daily intake of macronutrients. As well as a solid daily intake of quality food, you must also train using an intense and intelligent training regimen on a consistent basis. If not, you shouldn’t expect to get any of the results that the supplements claim you can get or that you wish to achieve.**

