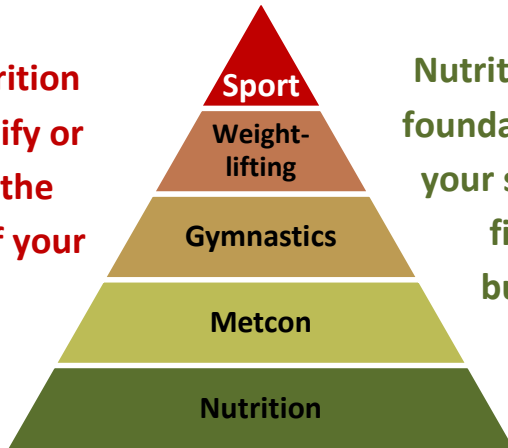


Your nutrition will amplify or diminish the effects of your training efforts.



Nutrition is the foundation that your sport and fitness are built upon.

**QUALITY** refers to the foods our bodies adapted best to perform with over millennia of human evolution: a **diet based on lean meats, vegetables, nuts and seeds, some fruit little starch and no sugar**. This is often called the ‘paleo diet’ mimics the types of foods a person (hunter-gatherer/stone tools) ate prior to the Agricultural Revolution (from 2.5 million years ago to 12,000 years ago, about 10,000 BC). This period of time comprises 99% of human history and is the diet to which the human species is genetically adapted.

**QUANTITY** refers to the amount of food you eat to optimize performance. **Your metabolism is like a fire. If you put the right amount of fuel in the fire it will burn hot, too much fuel and it will smolder.** There is an optimal quantity that you will thrive on. You should strive to keep intake to levels that will support exercise but not body fat.

**Performance nutrition = QUALITY + QUANTITY**

**WHAT** should I eat? **You should base your diet on lean meats, vegetables, nuts and seeds, some fruit, little starch, no sugar and keep intake to levels that will support exercise but not body fat.**

	QUALITY	QUANTITY	EXAMPLES	DESCRIPTION
<b>PROTEIN</b>	Should be predominantly <b>whole, varied, meat and eggs</b> . They should come from animals raised on grass and not corn or grain for an optimal fat profile.	<b>Min 30%</b> of your total caloric load 0.7 – 1 g protein per gram of lean body mass (LBM)	<b>Leanest:</b> Turkey Buffalo Chicken  <b>Lean:</b> Beef Eggs Pork  <b>Less lean:</b> Sausage Bacon Salami	<b>Moderate:</b> Highly processed meats, high-sodium meats  <b>Avoid:</b> Fried, peanut, hydrogenated, trans, margarine
<b>FATTY ACIDS</b>	Should be predominantly monounsaturated from nuts and quality oils. Omega-3 EPA + DHA should be obtained from diet and also from supplements.	<b>Min 30%</b> of your total caloric load	<b>Best nuts:</b> Walnuts Macadamia Brazil nuts  <b>Good:</b> Almonds Cashews Hazelnuts	<b>Best oils:</b> Olive, coconut, Ghee, walnut, mac nut  <b>Avoid:</b> Fried, peanut, hydrogenated, trans, margarine
<b>CARBO-HYDRATES</b>	Should be predominantly <b>varied, low-glycemic vegetables</b> , secondarily, from varied low-glycemic fruit.	<b>Max 40%</b> of your total caloric load	<b>Large quantities:</b> Collards, Kale, Broccoli, Asparagus, Brussels, Bok choy. <b>Additionally:</b> Sweet potato, Squashes, Peppers, Root vegs, Spinach, Cabbages  <b>Best fruits:</b> Berries Grapes Citrus, Apples	<b>Moderate:</b> Tropical fruits  You only <u>need</u> a small amount of dietary carbohydrate, the large majority of which should come from a variety of vegetables and low-glycemic fruit. The body can make glucose (its #1 fuel) from fat.

**Total caloric load** should start with the calculation of protein required to maintain/build lean muscle mass: **0.7 – 1 g per pound mass that is not fat**. From there you can calculate the remaining macronutrients (carbohydrate and fat).

# EXAMPLES

Quantity for a male - large, lean, muscular, active

	<i>Best</i> <b>3 QUALITY MEALS + SNACKS EACH DAY</b>	<i>Good</i> <b>“FAST (PALEO) FOOD” WHEN NECESSARY</b>	<i>Do better next time</i> <b>LAST-MINUTE/PACKAGED</b>
<b>Breakfast, Lunch, Dinner</b> Each should include: ~5 oz or 30g Protein + 7.5 g min Fat + 45 g max low-glycemic load Carbohydrate	Example meal: 5oz buffalo burger 1 c sautéed collard greens & asparagus with peppers and herbs 1 c steamed garlic broccoli 1 baked acorn squash with 1T crushed walnuts and orange	Example snack: 2 Hardboiled eggs, 2 oz deli meat or 2 sardines Small handful nuts or ½ avocado and 1T olive oil dip 3 c leftover green vegetables and 1 c fresh berries or orange	Example meal: 2 oz Jerky (high sodium) 3T premade guac mix 1 pkg aby carrots, lettuce, dried cranberries.
<b>Post-Workout (PWO) meal =</b> Protein + Starchy vegetable / Carbohydrate	Example PWO meal (long workout/game): 3-egg, 3 oz turkey omelet with herbs, 1 c kale + small sweet potato <i>Example PWO meal utilizing dairy:</i> 1-2c Raw milk or goat kefir + 3oz turkey	Protein shake (PWO only): 30g Whey protein isolate or egg protein with water + 1c berries	Larabar brand (whole fruit/nut bar) + jerky
<b>Eating out</b>	Ask the chef to surprise you with something tasty that has a large serving of a meat and an even larger serving of their best vegetables.	Order meat without the bun/bread, extra, extra veggies, no chips/fries/rice	Go easy on the fried, breaded stuff, skip the sweets, load up on vegetables first.



Modern diets are ill-suited for our genetic composition and under-serve our metabolic performance needs. In addition, diabetes Type II, coronary heart disease, depression, Alzheimer’s, hypertension, osteoporosis & obesity have all been scientifically linked to a diet too high in processed carbohydrate. Also linked with many of these diseases are diets high in low-quality fats from processed foods and include *trans* fats and hydrogenated oils which are often found together.

**MODERATE** Most dairy should be consumed in moderation or specifically as calculated for mass gains during a post-workout meal. Alternative: grass-fed raw, whole dairy.

## AVOID

- **High glycemic carbohydrates** are those that raise blood sugar and insulin too rapidly. They include **rice, bread, pasta, cereals, candy, regular potato, sodas, etc.**
- **Hydrogenated and processed vegetable oils** including margarine may contain *trans* fats and generally are also very high in omega-6 fats and should be limited.
- **Legumes/beans (incl. peanuts and soy)** are nutritionally far inferior as a source of protein or carbohydrate to nutrient-dense meats and vegetables for athletes and cause negative digestive and inflammatory responses in many people.