



NUTRITIONAL GUIDELINES



Healthy Fats

- Avocado
- Nuts-unsalted and unroasted
- Peanut or almond butter with no added oils or salt
- Salmon
- Fresh Tuna
- Olive Oil
- Coconut oil
- Coconut milk/water
- Shavings of coconut
- Eggs

Dairy Products

- Almond, oat or lactose free milk
- 5% all natural Greek yogurt
- Eggs

Carbohydrates

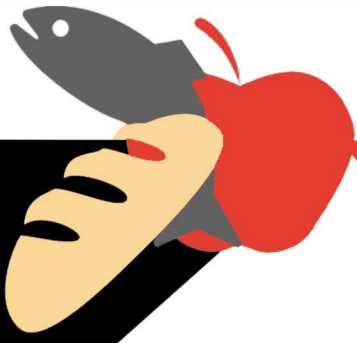
- Sweet potatoes-baked, boiled, mashed with no fillers or baked fries
- Quinoa-whole grain or regular
- Couscous-whole grain or regular
- Wheat pasta
- White or brown rice
- Oatmeal (not flavored packets)

Protein

- Chicken Breast
- Lean red meat-pork, venison, bison buffalo and steak.
- Salmon
- Tuna-canned in water or fresh/frozen (wild caught)
- Shrimp
- Lean turkey breast fillets
- Lean turkey mince-93/7 fat ratio
- Chicken sausages- nitrate free, hormone free, organic



Pick foods by the amount of ingredients they have in them. The less ingredients the better! Keep it natural. Raw whole foods are the best for you.



Vegetables

- Asparagus
- Mushrooms
- Turnips
- Butternut squash
- Spaghetti squash
- Peppers
- Onions
- Fresh corn
- Chick peas
- Black beans
- Spinach

- Tomatoes
- Cucumber
- Hot peppers
- Olives
- Carrots
- Broccoli
- Eggplant
- Zucchini

- Oranges
- Plums
- Pears
- Peaches
- Nectarines
- Pineapple
- Pomegranate
- Avoid dried and canned fruits as they contain excessive sugar.

Fruits

- Apples
- Bananas
- Blueberries
- Strawberries
- Grapes



Cheat days once in a while. Pick good quality foods. If you're going to do it, do it the best way possible!



Supplements

- Try to get all necessary nutrients through food as it is best absorbed this way. Protein shakes can be used post workout or as a breakfast substitute.
- Ensure that you are using the protein you put in your body otherwise it will turn into fat.
- BCAA are useful as a muscle recovery aid. These can be taken as a separate supplement in pill form or can also be found in some protein powders.
- Make sure your supplements are not on the NCAA banned substance list. Check www.nfsport.com before using or buying any supplements.



Serving Sizes



1 fist = 1 cup

For Carbs, Fruits & Vegetables |



Palm = 3 oz.

| For Meat, Fish, Poultry, Avocado, Eggs

Thumb (tip to base) =

For Cheese |



Thumb tip = 1 teaspoon



**Index finger
(1st joint to 2nd
joint) = 1 inch**

| For Oils and Condiments



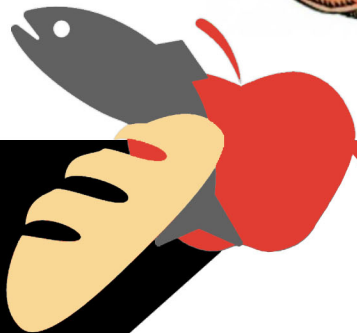
Handful = 1-2 oz.

| For Nuts & Nut Butters



1 tennis ball = 1/2 cup

| For Rice and Pasta



Condiments

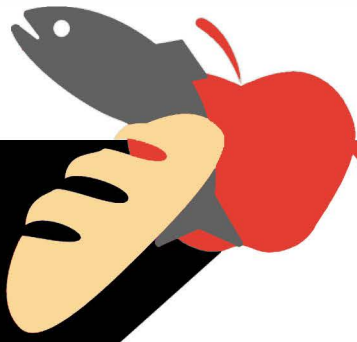
- Olive oil
- Balsamic vinegar
- Coconut oil
- Sugar free ketchup
- Low sodium soy sauce
- Stay away from pre-made and low fat salad dressings. Make your own.
- Hot sauce
- Fresh herbs
- Pepper-all kinds
- Mustard

More Helpful Tips

- Eat 6 small meals per day using the serving size as your guide.
- Drink at least 6-8 cups of water.
- Ensure your plate has a variety of things not just a plate of carbs or a plate of protein. Use the serving guide to make sure you aren't over filling the plate also.
- Make sure you eat something no later than 30 minute after you wake up to kick start your metabolism.
- Fuel yourself sufficiently for workouts by eating about an hour before. Don't leave it any later or your food will not be effective.
- Re fuel yourself no longer than 30 minutes after workout. It doesn't have to be a protein shake it can be food.
- 1-2 small cups of black coffee can enhance athletic performance.
- Green tea has calming properties and is also an antioxidant. Replace a cup of coffee with this once a day.



Prepare your food in advance on a Sunday. Put it in portioned containers and store in the fridge.



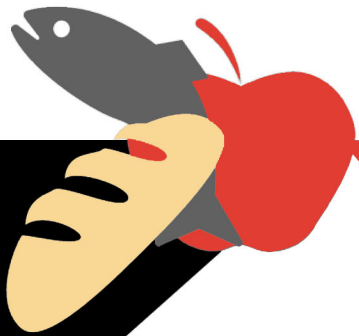
Meal Tracker

	Food used	Food used	Food used
Day 1			
Breakfast			
Meal 2			
Lunch			
Meal 4			
Dinner			
Meal 6			
Day 2			
Breakfast			
Meal 2			
Lunch			
Meal 4			
Dinner			
Meal 6			



Meal Tracker

	Food used	Food used	Food used
Day 3			
Breakfast			
Meal 2			
Lunch			
Meal 4			
Dinner			
Meal 6			
Day 4			
Breakfast			
Meal 2			
Lunch			
Meal 4			
Dinner			
Meal 6			



Meal Tracker

	Food used	Food used	Food used
Day 5			
Breakfast			
Meal 2			
Lunch			
Meal 4			
Dinner			
Meal 6			



Frozen or canned vegetables offer a cheaper option and also have a longer shelf life.

