



Nutritional Platform

The most important platform you can launch your human performance success from is proper nutrition. Whether you are an elite athlete or simply seeking a long-term life change, consuming the proper fuel is essential. There is a dizzy array of fad-diets and ideals out there that can utterly confuse. My approach has always been that any steep increase or decrease in any of our essential needs as a human machine will have an adverse impact in our everyday performance. This is why establishing an intelligent and research based nutritional platform is so important. Too many of these fad-diets address the symptom- weight loss or increasing energy- but never truly get to the root cause- poor nutrition.

Our goal is to eliminate the poor choices that we make in our daily nutritional intake and replace them with positive, fuel-efficient choices. Addressing the cause rather than the symptom will transform your current machine into an efficient metabolic furnace. This metabolic shift takes place by simply making proper and practical choices, planning our meals, monitoring our portion size, and consuming appropriate calories consistently throughout the day. Think of it as adding logs onto a fire to maintain a constant burn. We underestimate the power that our bodies have in response to consuming quality calories. This equation is not rocket science and can be easily followed. Just a small dose of discipline and planning and you are on your way to transforming your machine!

Now, let's break it down in a language that everyone can understand.....

Lean Protein- This is a growth and maintenance nutrient, made of sub-units called amino acids, which are restructured on order to make and repair body tissues. Primary source is from animal foods, and found in some vegetables. Functions: can elevate metabolism for longer duration and involved in building tissue in your body, mainly muscle. Fact, adding one pound of muscle to your body helps you burn an additional 18,000 to 25,000 calories per year. There are 4 calories per one gram of protein. I recommend you consume .6-.8 grams of protein per pound of body weight a day. It needs to be noted: in order to build muscle, proteins must be consumed with enough carbohydrate calories to provide the body with energy.

Lean Proteins

Bass	Bluefish	Chicken, White	Clams
Cod	Egg whites, cooked	Flounder	Game meats
Haddock	Halibut	Lake trout	Longhorn Beef
Non-fat Cottage Cheese	Non-fat tofu	Non-fat, no sugar yogurt	Ocean Catfish
Ocean perch	Pike	Rainbow trout	Salmon
Sea bass	Shrimp	Skim milk	Snapper
Soybeans	Sugar free soy milk	Swordfish	Tuna
Turkey, white meat			

Carbohydrates- foods derived from plants. Function: provide energy for the muscle function and act as primary fuel for the brain. The body converts carbohydrates into blood glucose, which circulates in the bloodstream, or glycogen, which is stored in liver or muscles. Its presence is required for the cellular processes involved in burning fat and spares protein from being used as energy. Carbohydrates from natural resources (whole grains, vegetables, and beans), rather than those from refined processed carbohydrates (cakes, cookies, sweets, etc. pose little nutritional value), restock the body with glycogen without instigating the release of too much insulin. (Insulin is a hormone that stimulates fat production) Metabolizing carbohydrate increases metabolic rate more than fat. There are 4 calories per one gram of carbohydrates.

**A side note about low-carb diets: If you go on a diet with a significant decrease in carbohydrate calories, it is like taking a sponge and wringing the water out. You'll lose the water weight but as soon as you eat carbs again then the sponge is going to fill up again. Research shows that the weight will come right back and people often gain all the weight lost while following a diet that severely reduces carb intake. As with all dieting, you will lose lean mass in the process. **

Main carbohydrates are found in the form of *starch*, *sugars*, and *fiber*. Advantages of consuming *starchy carbohydrates* (whole grains, potatoes, yams, legumes, etc.) in the diet are that during digestion they require a prolonged breakdown and thus release glucose at a slower rate. This helps maintain energy levels and deters carb's from being converted into body fat. *Simple sugars* such as honey, syrup, table sugar, and brown sugar release glucose very quickly. This triggers the surge of the hormone insulin. (This may promote fat storage) *Refined, highly processed carbohydrates* such as muffins, rolls, bagels, and pasta are problematic if you are trying to burn fat. These are easily converted into sugars and are stored as fat.

Starchy carbohydrates

Barley	Bran	Beets
Beans	Black-eyed peas	Bran
Bread-100% stone ground	Corn-white	Corn-yellow
Corn-sweet	Corn tortillas	Cream of wheat
Kasha	Lentils	Oatmeal
Peas	Popcorn, oil-free, air popped	Potatoes
Pumpkin	Rice, brown, wild	Rice, puffed
Shredded Wheat	Wheat Germ	Winter Squash
Sweet potatoes	Yams	

The starchy and fibrous carbohydrates provide a third type of carbohydrate, *fiber*, the non-digestible portion of food plants. Fiber delays glucose absorption, this means glucose is released slowly and energy levels are maintained. Advantages of consuming fiber, fiber makes you feel full, more energy is spent digesting and absorbing high-fiber foods, fiber lowers insulin levels, and controls appetite.

Fibrous Vegetables

Alfalfa sprouts	Asparagus	Beans, green
Beans, yellow or wax	Beet greens	Broccoli
Celery	Cucumbers	Eggplant
Leeks	Lettuce- romaine, red leaf, looseleaf	Mushrooms
Mustard greens	Turnips	Spinach
Onions	Peppers, green, red, yellow	Radishes
Summer squash	Tomatoes	Tomato juice
Turnip greens	Vegetable juice	Zucchini

Almost all calories supplied by fruit are in the form of simple sugars. Most are found as fructose (fruit sugar). Fructose can be fat forming if you have a slow metabolism. If not used immediately as energy, fructose is directly converted into fat in the liver. It is then transferred into the bloodstream to be stored as fat cells. Fruit is a great source of nutrients and should be part of your diet. But to maximize fat burning, limit fruit intake to moderate servings each week to the suggested table below. These fruits contain less fructose than others do.

Low Sugar Fruits

Blackberries	Blueberries
Boysenberries	Cranberries
Granny smith apples	Green apples
Green pears	Kiwi fruit
Raspberries, black	Strawberries

Dietary Fats

Of all nutrients, dietary fat is the one that is of most concern in our nutrition plan. America's diet is overloaded with fats (particularly animal fats). There are 9 calories per one gram of fat. Daily fat intake, initially, should not exceed 10-15 percent of your total calories. The body stores calories from fat much more easily than from carbohydrates. Dietary fats, mainly from vegetables sources, are vital to health because it provides nutrients that are called *essential fatty acids*. To get the right amount of EFA's all you have to eat is two to three teaspoons of EFA's each day.

The misconception that fats are bad however should be addressed. Consuming good fat is critical to good health and the makeup of cell membranes. Fats release energy slowly, keeping the body sated and regulating blood sugar and thus lowering glycemic response to other foods. Good fats provide powerful nutrients and antioxidants for cellular repair of the joints, organs, skin, and hair. Fats, such as those found in fish oil help with cognitive ability, mental clarity, and memory retention, and they have a very strong anti-inflammatory property. Bottom line is, good fat, in moderation, is very healthy for the body.

Ideal Essential Fatty Acids Sources

Canola Acids	Evening Primrose Oil
Flaxseed Oil	Safflower Oil
Salmon Oil	Soybean Oil
Sunflower seed Oil	Avocados
Seeds: Pumpkin, Sunflower, Flaxseeds	Nuts: Almonds, Cashews, Pecans, Macadamias

Water Intake:

Ideal water intake should be around 75-90 ounces. Our bodies consist mostly of water. Unfortunately, as a society we are very dehydrated. This inherently effects every physiological aspect in our bodies. Water has a direct impact on the aging process, and regulates our appetite. We recommend that the quickest way to reduce caloric intake from useless sugars is DO NOT DRINK YOUR CALORIES. A typical can of 'regular soda' has about 150 calories, all from sugar. A non-fat, no whip café mocha from Starbucks has 220 calories, 32 grams coming from sugar. By simply cutting out your caloric consumption from drinks alone you can see how quickly you can reduce your caloric intake. Drink two glasses when you wake up, two glasses at every meal, and plenty of water before, during, and after working out or competition.

Nutritional Time Management 101:

Here are some options for managing your nutritional intake throughout the day. The key component to your success in fueling your machine is planning ahead. If you workout or your event is in the morning, afternoon, or evening here is a template to go by:

Option 1: Working out before work/school or compete very early

6:15am

Pre Workout shake (see shake options)

6:30-7:30am

Workout

7:30am

Meal #1 (Breakfast: ex: Egg white omelet with veggies)

10:30am

Meal #2 Shake or Snack

1:30pm

Meal #3 (Lunch: ex: Tuna with fat-free mayonnaise and/or celery, lettuce, and a tomato on rye bread, or as a salad)

4:00-4:30pm

Meal #4 Shake or Snack

7:00-7:30pm

Meal #5 (Dinner: ex- Grilled salmon with veggies and whole wheat couscous)

10:00-10:30pm

Meal #6 (Shake or Snack)

Option 2: For those who workout during lunch

7:00am

Meal #1 (Breakfast: ex: Oatmeal and a small piece of deli meat)

10:00am

Meal #2 Shake or Snack

11:45am

Meal #3 Pre Workout Shake

Noon-1pm

Workout

1:00 pm

Meal #3 (Lunch: Chicken Breast on sourdough, pumpernickel, or rye bread with veggies)

4:00pm

Meal #4 Shake or Snack

7:00pm

Meal #5 (Dinner: a grilled cut of lean red meat with brown or wild rice with vegetables)

10:00pm

Meal #6 Shake or Snack

Option 3: For those who workout after work

7:00am

Meal #1: (Breakfast: a bowl of kashi cereal with blueberries)

10:00am

Meal #2 Shake or Snack

1:00pm

Meal #3 (Lunch: Chicken breast on a bed of spinach or lettuce with sliced tomatoes, a small sprinkling of nuts, and olive oil for dressing)

4:00 pm

Meal #4 Shake or Snack

5:30-6:30pm

Workout

6:30pm

Meal #5 (Dinner: Lean Pork with seasoning and veggies)

9:30pm

Meal #6 Shake or Snack

Option 4: For those who workout or compete in the early evening

7:00am

Meal #1 (Breakfast: low fat, low sugar yogurt with flaxseed oil and/or oatmeal)

10:00am

Meal #2 Shake or Snack

1:00pm

Meal #3 (Lunch: lean turkey on rye, pumpernickel, or sourdough bread with veggies or a salad)

4:00 pm

Meal #4 Shake or Snack

6:00pm

Meal #5 (light dinner: Seasoned grilled swordfish fillet with veggies)

7:00 pm

Workout/Competition

9:00-9:30pm

Meal #6 (Post workout shake or snack)

Nutritional Combo's Example

Breakfast

Lean Protein Option (pick 1)	Starchy Carbohydrate Option (pick 1)	Breakfast Blends
4 scrambled egg whites or 10 oz. Skim milk or	1 cup of raw oats 12 oz. Potato or sweet potato or	1 cup of raw oats plus One of the following lean proteins: 8 oz. Yogurt (fat free, sugar free) or
8 oz. Yogurt (fat free, sugar free)	3 cups natural grain cereal, or 300 calories or	10 oz. Skim milk or
3 oz. Chicken or turkey, fish, or longhorn beef or	1 ¾ cups of shredded wheat or	2 oz. Protein powder (add water and ice cubes; blend thoroughly) * You may add a high fiber, low sugar fruit such as strawberries or raspberries.
1 oz. Protein powder mixed with water	2/3 cup grits	

Mid morning/ Mid afternoon (Shake or Snack)

Mock meal	Mini meal
1 scoop each of protein and carbohydrate powder or	A combination of: 2-3 oz. Lean protein (chicken or turkey, fish, longhorn beef, or shrimp; or 1 cup skim milk; or 8 oz. Yogurt; or 3-6 scrambled egg whites)
Sports nutrition bar	And carbohydrate (1/2 cup of rice, beans, corn, or peas; or 8 oz. Potato or sweet potato; or 100 calories of whole grain cereal)

Lunch/ Dinner

Lean Protein Option (pick 1)	Starchy Carbohydrate Option (pick 1)	Fibrous Carbohydrate Option (pick 2)
6 oz. Of lean protein (chicken or turkey, fish, longhorn beef, or shrimp)	1 cups of rice, corn, beans, or peas or	1 cups of broccoli, cauliflower, asparagus, green beans, Brussels sprouts, summer squash, cabbage, carrots, Chinese vegetables, mushrooms, eggplant, onions, tomatoes, of leafy greens
	16 oz. Potato or sweet potato	

Pre Workout Shake: ½ cup of orange juice + 1 cup of water + 1 scoop of protein powder

