NUTRITION GUIDE

CULTIVATE PERFORMANCE

HOW MUCH SHOULD I BE EATING?

STEP 1

Determining how much to eat each day can be challenging for athletes. Most athletes are highly active, and need to consume a relatively large amount of calories to fuel their bodies.

The first step in determining how much you need to eat is to calculate your Resting Metabolic Rate (RMR). Below is a link to an online calculator to help you determine your RMR.

CLICK HERE

STEP 2

The second step is to take the number you calculated as your RMR & multiply it by your activity factor.

Activity factor:	Stress Factor:
Sedentary = 1.2 (little or no exercise)	**Minor Injury** (ankle sprain, dislocation) = 1.2
Lightly active = 1.375 (light exercise/sports 1-3 days)	**Minor surgery** = 1.2
Moderately Active = 1.55 (moderate exercise/sport 6-7days)	**Clean wound, bone fracture** = 1.2
Very Active = 1.725 (hard exercise everyday or exercising 2x/day)	**Infected wound** = 1.5
Extra Active = 1.9 (hard exercise 2+times/day; training for long endurance event)	**Major trauma** (UCL surgery) = 1.5
	Severe Burn = 1.5

METABOLISM LEVEL — LOW / HIGH

EXAMPLE ATHLETE

Gender: Male
Age: 15
Height: 5ft, 8in
Weight: 160lbs

RMR = 2009 kcal/day

Activity factor: lightly active **(RMR x 1.375)**

Caloric needs: 2009 x 1.375= **2,762 kcal/day**

Goal: Gain weight

New daily caloric goals: 2,762 kcal/day + 500 calories = 3262 kcal/day

Use the **Cronometer app** to track your calorie intake. This number is just a guide to get into a routine. **Once you understand how much food you need to be eating to reach your goals you don't need to continue to track calories daily.**

Most athletes will fall in the **lightly active or moderately active category**. For many athletes, this number will be above what they are already eating. This number is a good measurement of the amount of calories you will need to perform at your best and properly recover.

STEP 3 (OPTIONAL)

GAINING/LOSING WEIGHT

If you have a goal to gain or lose weight, you will need to slightly change this number to reach your goals. It's important that you don't go more than 300-500 calories outside of your caloric needs.

Goal- Gain Weight: add 300-500 calories

Goal-Lose Weight: subtract 300-500 calories

WHAT SHOULD I BE EATING?

Now what exactly should I be eating within these calories? One way to break-up food content is by macronutrients. There are 3 types of macronutrients: **Protein, Fat, and Carbohydrates**. Each of these are very important to a quality diet. Here is list of quality choices for each group:

PROTEINS

We all know protein helps repair and build muscle, but the body also uses amino acids, which it gets from protein, to help produce hormones and digestive enzymes.

Meats:
- Ground Beef
- Steak
- Chicken
- Ham
- Turkey
- Pork
- Bison

Fish:
- Salmon*
- Tuna
- Shrimp
- Tilapia
- Cod

Animal products:
- Eggs
- Whole Fat Dairy Products (yogurt*, milk, cheese, butter)

*eating fermented foods daily has been shown to aid in digestion

FAT

CARBS

PROTEIN

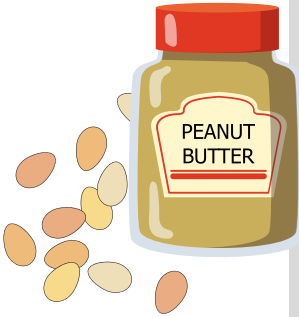*Omega-3s play crucial roles in brain function, growth and development, & inflammation.

FAT

Many athletes do not consume enough quality fat sources. Consumption of quality fats helps to support immune function.

- Peanuts
- Peanut butter
- Avocado
- Coconut
- Almonds
- Cashews
- Pecan
- Pistachios
- Walnuts

- Flax seed
- Pumpkin seeds
- Chia seeds
- Sesame seeds

Oils:
- Olive oil (extra virgin)
- Coconut oil
- Avocado oil

PEANUT BUTTER

CARBOHYDRATES

Carbs help fuel our bodies for long athletic events. Carbs are the main source of energy for many athletes.

Vegetables:
- Broccoli
- Squash
- Potatoes
- Corn
- Carrots
- Collard greens
- Peppers
- Brussel sports
- Tomatoes
- Green beans
- Beats
- Asparagus

Fruit:
- Apple
- Berries
- Grapes
- Dates
- Oranges
- Bananas
- Kiwi
- Cherries
- Mangoes
- Avocado
- Pomegranate

Locally grown organic honey is a great sweetener to add to your diet.

Grains:
- 100% whole grain bread and bread products (pasta, bagels, muffins, wraps, etc.)
- Oats
- Barley
- Rice
- Quinoa
- Beans

IN GENERAL, I RECOMMEND MOST ATHLETES EAT:

20-30% PROTEIN
20-30% FAT
40-60% CARBS

As you can see, these are very wide ranges. Here are a few things to consider when determining your macronutrient needs:

1

Extended time spent practicing/ training or in-season: When athletes are in season or they are spending an extended period of time practicing & training, they may want to consider increasing carbohydrate intake. Having a sufficient amount of carbs to fuel long periods of exercise can be very important for athlethes.

3

2

Injuries: Injured athletes need to increase protein consumption. Protein is needed to help heal wounds and rebuild tissue. If adequate amounts of protein are not consumed within the diet, the body will begin to break down muscle to get the nutrients it needs to heal properly. Every athlete should be getting at least 1.4 to 2.0 grams of protein per kg of body weight per day. Injured athletes may need to consider consuming 2.0-3 grams of protein per kg of body weight per day.

Variability: Having variety in your diet is very important. Eating the exact same thing everyday is unsustainable. Some days you might have have higher amount of one macronutrient than others, and that is OK.

Example: 73kg athlete (160lbs)
73x 1.4- 2.0= 102- 146 grams of protein per day

MACRO EXAMPLE

If we take the athlete from page 1 who had a goal of **3262** cal/day, then they should be consuming:

Protein (20-30%)= between 652- 979 calories or 163- 245 grams of protein (1 gram of protein = 4cal)

Fat (20-30%)= between 652- 979 calories or 72- 109 grams of fat (1 gram of fat = 9cal)

Carbs (40-60%) = between 1305- 1957 calories or 326- 489 grams of carbs (1 gram of carb = 4cal)

TOP 3 RULES TO LIVE BY WHEN PICKING WHAT FOOD TO EAT

ONE

Eat real foods & LIMIT PROCESSED FOODS.

If you couldn't eat it 100 years ago, you probably shouldn't be eating it now. This includes the vast majority of fast-food restaurants. Purchase foods as close as possible to their natural state. Take the time to buy these items from the grocery store and cook them on your own. Many of the quality food choices listed above are over processed by fast-food restaurants and can lose much of their nutritional benefit.

Always read the labels on foods and try to limit the amount of items you consume containing:

- Sugar and other sweeteners (high fructose corn syrup, glucose, sucrose, dextrose)
- Soy (or Soy lecithin)
- Certain vegetable and seed oils (soybean oil, palm oil, canola oil, corn oil, sunflower oil)

TWO

Plan Ahead

You should have a pretty good idea of what you will be eating for the majority of the week. Taking the time to sit down and plan out 1-2 meals a day for the week can make a huge difference. Here are a few helpful meal prep tips:

- Make a list of the foods you will need, and go to the grocery store before the week begins. It might be hard to gauge exactly how much food you will need to purchase to start, but you will quickly get the handle of it after a few weeks.

- Pre-cook all of your meats. Store all of your meats for the week in containers and add it to your meals as needed.

- Cook meals in large batches. Make 2-5 servings worth of something instead of just 1.

- Use cook books to find meal planning recipes.

THREE

Consistency is key

I highly recommend purchasing a scale to weigh yourself daily: https://amzn.to/434lFhT.
Be sure to weigh yourself at the same time everyday. Instead of focusing on day to day weight changes, I recommend weighing yourself everyday for a week and averaging those weights out to get your "true" bodyweight , This will give you a much more accurate number. **A realistic goal would be to gain/lose about a pound per week or 3-5 pounds a month.**

*IF YOU FAIL TO PLAN, YOU PLAN TO FAIL

THE IMPORTANCE OF MICRONUTRIENTS

Micronutrients are the vitamins and minerals our bodies need to function properly. By eating a variety of fruits and vegetables, we can consume much of our micronutrient needs through our diet. Here is a list of several micronutrients, and why they are important to health and performance:

Magnesium and Potassium are two very important micronutrients for hydration.

Sources of magnesium: almonds, cashews, spinach, avocados, pumpkin seeds and many different types of legumes

Sources of potassium: watermelon, banana, coconut water, and potatoes are great options

Pasture-raised eggs: While conventional and free range eggs are still a great option, eggs from pasture-raised chicken contain significantly more nutrients. Pasture-raised eggs are a great source of Vitamins A, D, and E, as well as very important omega 3 fatty acids.

Vitamins A, C, D, and E are important for immune support and reducing inflammation.

Bell peppers, carrots, broccoli, oranges, berries, cantaloupe, mangos, extra virgin olive oil, avocado oil, etc.

Other great sources of micronutrients.

Whole fat grass fed dairy products (milk, yogurt, butter, etc.): Whole fat diary products are vastly superior to low fat and fat-free options. Taking away the fat from these products also takes much of its vitamin content. On top of that, whole fat grass fed diary products contain higher amounts of Vitamin A, Vitamin K, and Omega 3's than whole fat grain-fed diary products.

WHAT SHOULD I BE DRINKING?

There are hundred's of products today advertising as sports drinks that give you energy and keep you hydrated. However, many of these drinks are packed with sugar. These drinks tend to give a very short burst of energy and then a quick crash. High amounts of sugar can actually cause dehydration as well.

You should also avoid "zero calorie" sports drinks. Many of these drinks contain artificial sweeteners like **Sucralose** and **Dextrose**, which have been shown in recent studies to increase glycemic response. Glycemic response is the effect that food or drink has on blood sugar levels after consumption. The "zero calorie" sports drinks aren't much better than their sugar-containing counterparts.

As boring as it is, water should be your go to for hydration. Here are some other options:

- **Fruit juices with pulp**
- **Pomegranate juice**
- **Tart cherry juice**
- **Coconut water**

Adding in ¼ of a teaspoon of Sea Salt or Pink Potassium Cave Salt to your drinking water can also be a great way to make sure you are getting the electrolytes you need.

EXAMPLE MEAL PLANS

Here are 3 example meal programs ranging from 3000 to over 4000 calories. Feel free to mix and match these meal meal plans to fit your needs and food preference.

EXAMPLE MEAL PROGRAM: ATHLETE #1

Age: 16

Height: 5"10

Current weight: 150

Goal weight: 180

Estimated time to reach goal: 6-9 months

If your goal is to gain weight, choosing calorie dense foods is a must. Making sure you eat often by snacking between meals is also very important.

Daily calorie goal: - 3200-3500 calories

HERE IS A LIST OF FOODS THAT ARE DENSE IN CALORIES:

- nuts & nut butters
- avocados
- whole fat dairy products (milk,yogurt, cheese, etc.)
- beef, pork, or fish
- eggs
- many different fruits (dates, bananas, etc.)
- 100% whole grain bread and bagels
- extra virgin oil olive and avocado oil

BREAKFAST

- **Omlet**
- pasture raised eggs : 3
- pork sausage: 4oz
- shredded cheese: ¼ cup

- **Oatmeal**
- sprouted rolled oats: ½ cup
- sun dried Dates: 5
- strawberries: 1/2 cup

In a rush? Overnight oats can be a great pre-made option.

SNACK

- **Perfect bar (dark chocolate chip)- 1**

LUNCH

- **Chicken breast**: 6-8 oz
- **Brown Basmati rice**: ½ cup
- **Red bell pepper,chopped**: 1

SNACK

- **Whole milk yogurt:** 3/4 cup
- **Blueberries:** ½ cup

DINNER

- **Tacos**
- 100% whole wheat tortillas: 2
- 85% lean ground beef: 6-8 oz
- pineapple: ½ cup
- black beans: ½ cup

SNACK

- **Smoothie**
- whole milk: 1 ½ cups
- banana (frozen): 2
- spinach: 2 cups
- mango chunks (frozen): 1 cup

EXAMPLE MEAL PROGRAM: ATHLETE #2

Age: 14

Height: 5'5

Current weight: 120

Goal weight: 160

Estimated time to reach goal: 9-12 months

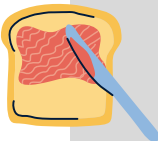**Food allergies:** lactose intolerant

Daily calorie goal: 2800-3100

BREAKFAST

- **Toast**
- Dave's Killer Bread: 2 slices
- strawberry jelly (no high fructose corn syrup): 2 tbsp
- banana: 1
- peanut butter (no sugar added): 2 tbsp
- **Uncured thick sliced bacon:** 3 slices
- **Orange Juice:** 8oz

SNACK

- **Cashews:** ½ cup

LUNCH

- **Burger**
- Beef burger patty, 85% lean: 6 oz
- 100% whole wheat bun: 1
- baked white or sweet potato: 1

SNACK

- **Epic Bar** (Beef): 1
- **Apple:** 1

DINNER

- **Spaghetti**
- Banza chickpea pasta: 4oz
- beef meatballs: 6oz
- tomato sauce: 1 cup
- spinach: 2 cups
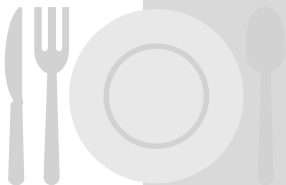
Age 18

Height: 6'4

Current weight: 220

Goal weight: maintain current weight/ fuel body for peak performance

Caloric needs: 3800- 4100

Notes: recovering from major elbow surgery (increase protein)

BREAKFAST

- **Pancakes**
- Kodiak Power Cakes pancake mix: 1 cup
- 100% pure maple syrup: ¼ cup
- strawberries: 1/2 cup
- **Eggs: 2**
- grated cheese: ¼ cup

SNACK

- **Albacore tuna**: 1 can
  - 42g of protein in one 7oz can!

LUNCH

- **Burrito Bowl**
- chicken breast, chopped: 8oz
- sour cream: 1 tbsp
- Jasmine rice: ¾ cup
- bell pepper: 1
- avocado: ½

SNACK

- **Snack Mix`**
- almonds: ¼ cup
- pistachios: ¼ cup
- flax seed: ¼ cup
- dark chocolate, 72% cacao: 2 tbsp

DINNER

- **Salmon:** 8oz
- **roasted red potatoes:** 2 medium
- **yellow squash:** 1 medium

SNACK

- **Smoothie**
- whole milk: 2 cups
  - Can be substituted for coconut or almond milk if needed
- dates: ½ cup
- almond butter: 2 tbsp
- blueberries: ½ cup
- banana: 1 medium

MEAL PLANNER

If you want to actually see consistent progress nutritionally then planning out as many meals/snacks as possible is a **must**. On this plan you will see 21 meals planned out and 7 snacks.

This might seem daunting at first, but it's really not as much as it seems. For many Middle/High Schoolers, your family already has dinner planned out every day, so that's already 7 meals taken care of.

Many of the meals are also **repeated** and/or use some of the same ingredients. As you can see there are really just **2** different options for breakfast, **2** different options for lunch, **2** different options for dinner, and **3** different snack options. This plan just alternates between the options. You could have more or less options on your own plan. It just depends on how much of a variety of different meals you prefer.

EACH MEAL SHOULD CONTAIN:

4-8oz of meat

4-8oz or 1/2 cup of carbs

After that just make sure you getting some vegetables and/or fruit with at least one meal a day, preferably 2. I also recommend having some kind of dairy product at least once a day.

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	**Breakfast Burrito:** sausage (4-6 oz), 2 eggs, peppers, onions, shredded cheese, tortilla	**Mexican Chicken Bowl:** chicken (6-8oz), rice (1/2 cup), salsa, stir-fry vegetables, soy sauce/coconut amminos	**Fish Bowl:** Salmon/Tilapia (6-8oz), Rice (1/2 cup), black beans, Salsa	**Plain Yogurt:** Whole Milk Yogurt (5oz), strawberries, honey, granola
TUE	**Omlet:** 2 eggs, bacon (4 oz), peppers, onions, spinach shredded cheese **Oatmeal:** instant oatmeal (2-3 packs) milk, blueberries, bananans	**Mexican Chicken Bowl:** chicken (6-8oz), rice (1/2 cup), salsa, stir-fry vegetables, soy sauce/coconut amminos	**Pasta W/ beef:** Ground Beef (8oz), pasta (6oz), Marinara sauce, shredded cheese, spinach	**Smoothie:** frozen fruit (1 cup), spinach, banana (1/2), whole milk (1 -2 cups)
WED	**Breakfast Burrito:** sausage (4-6 oz), 2 eggs, peppers, onions, shredded cheese, tortilla	**Burger W/ Potatoes:** Ground Beef (8oz), Potatoes (6-8oz), Cheese, Barbecue sauce	**Fish Bowl:** Salmon/Tilapia (6-8oz), Rice (1/2 cup), black beans, Salsa	**Snack bar:** 1 Perfect bar **Dark chocolate:** dark chocolate chips (1-2oz)
THU	**Omlet:** 2 eggs, bacon (4 oz), peppers, onions, shredded cheese **Oatmeal:** instant oatmeal (2-3 packs) milk, blueberries, bananans	**Burger W/ Potatoes:** Ground Beef (8oz), Potatoes (6-8oz), Cheese, Barbecue sauce	**Pasta W/ beef:** Ground Beef (8oz), pasta (6oz), Marinara sauce, shredded cheese, spinach	**Plain Yogurt:** Whole Milk Yogurt (5oz), strawberries, honey, granola
FRI	**Breakfast Burrito:** sausage (4-6 oz), 2 eggs, peppers, onions, shredded cheese, tortilla	**Mexican Chicken Bowl:** chicken (6-8oz), rice (1/2 cup), salsa, stir-fry vegetables, soy sauce/coconut amminos	**Fish Bowl:** Salmon/Tilapia (6-8oz), Rice (1/2 cup), black beans, Salsa	**Smoothie:** frozen fruit (1 cup), spinach, banana (1/2), whole milk (1 -2 cups)
SAT	**Omlet:** 2 eggs, bacon (4 oz), peppers, onions, shredded cheese **Oatmeal:** instant oatmeal (2-3 packs) milk, blueberries, bananans	**Burger W/ Potatoes:** Ground Beef (8oz), Potatoes (6-8oz), Cheese, Barbecue sauce	**Pasta W/ beef:** Ground Beef (8oz), pasta (6oz), Marinara sauce, shredded cheese, spinach	**Smoothie:** frozen fruit (1 cup), spinach, banana (1/2), whole milk (1 -2 cups)
SUN	**Breakfast Burrito:** sausage (4-6 oz), 2 eggs, peppers, onions, shredded cheese, tortilla	**Burger W/ Potatoes:** Ground Beef (8oz), Potatoes (6-8oz), Cheese, Barbecue sauce	**Fish Bowl:** Salmon/Tilapia (6-8oz), Rice (1/2 cup), black beans, Salsa	**Plain Yogurt:** Whole Milk Yogurt (5oz), strawberries, honey, granola

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WEEKLY GROCERY LIST

As you can see this list is broken down into categories. Because I have planned out all my meals for the week first, I also know just how much of each thing I will need.

PROTEINS:

Sausage (1 lb-1.5 lbs)- 4 meals
Bacon (1 pack/12 oz) - 3 meals
Eggs (1-2 cartons/12-24 eggs) - 7 meals
Chicken breasts or tenderloin (1.5lbs) - 3 meals
Beef (3 1/2 lbs) - 7 meals
Fish: Pink Salmon, Tilapia, or Cod (2lbs)- 4 meals

CARBS:

Tortillas (1 Pack) - 4 meals
Instant Oatmeal (1 box) - 3 meals
Rice (1 bag/3.5 cups) - 7 meals
Potatoes: (1.5-2lbs) - 4 meals
Chickpea pasta: (2 boxes) - 3 meals
Black beans (1 can)

DAIRY:

Cheese (1 bag) - 4 meals
Milk (half-gallon)
Butter (1 pack/ 8 oz)
Whole Milk Yogurt (1 carton/32 oz) - 6 snacks

FRUITS & VEGGIES

Peppers (3)
White Onion (3)
Spinach (1 bag)
Frozen Stir Fry Veggies (1 bag) -
3 meals
Bananas (2-3)
Blueberries / Strawberries (1
pack each)
Mandarin Oranges (1 bag)
Apples (1 bag)

CONDIMENTS

Salsa (1 jar)
BBQ sauce
Italian Seasoning
Extra Virgin Olive Oil or
Avocado Oil
Soy Sauce or Coconut Aminos
Pasta Sauce (1 jar)

SNACKS, ETC

PERFECT bar
Granola
Honey
Peanut or Almond Butter
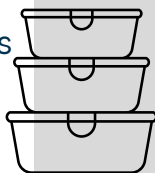Dark Chocolate
Frozen Fruit (for smoothies)

MEAL PREPPING TIPS

1. BUY A FOOD SCALE

I **HIGHLY RECOMMEND** you buy a food scale to measure out your protein and carbs. Here is one for less than $15 on **Amazon**.

2. GET GLASS CONTAINERS

You will need a set of containers of various sizes for your food. Glass heats up better in the microwave and will last longer. **These are what I use**.

3. PICK 2 DAYS TO MEAL PREP

Pick 2 days to meal prep on so your food stays fresh. For example, cook 4 days worth of food on Sunday, Which would be enough food for Monday-Thursday. Then cook 3 days worth of food on Thursday, Which would be enough food for Friday- Sunday.

4. PRIORITIZE PREPPING THE FOOD THAT TAKES THE LONGEST TO COOK

You might find it easiest to only meal prep things that take a considerable amount of time to cook. Things like meats, potatoes, pasta, rice, etc. You would then cook things that cooked quickly whenever you were having the meal or just the day of. This could be things like eggs, vegetables, oatmeal, etc.

OTHER THINGS YOU MAY NEED

- Pots & Pans
- Baking Sheets
- Knives
- Measuring Cups
- Measuring Spoons
- Blender
- Rice Cooker
- Cooking Utensils
- Oven Mitts

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