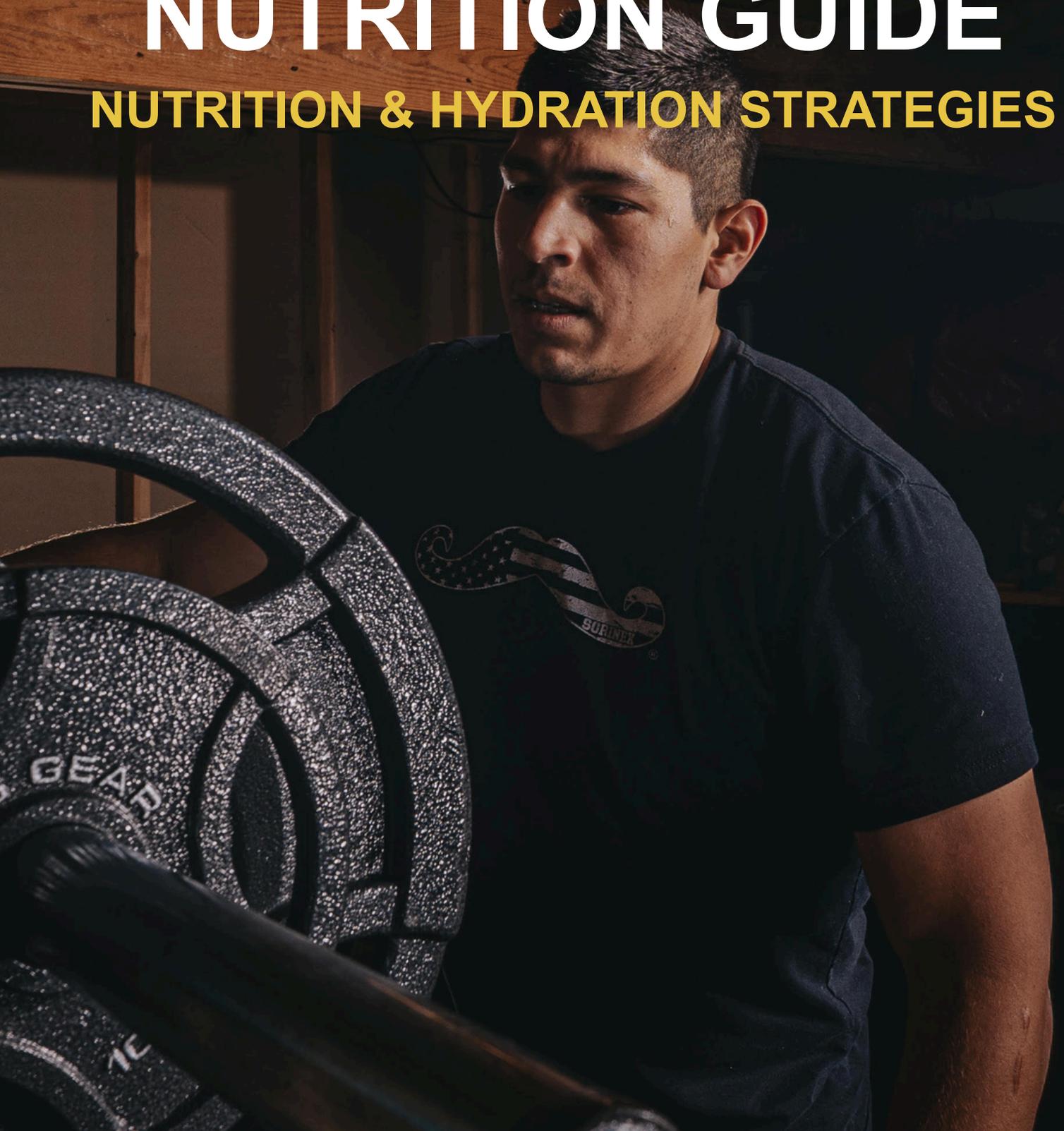


BUSYDAD STRENGTH NUTRITION GUIDE

NUTRITION & HYDRATION STRATEGIES



This nutrition guide is intended for educational and informational purposes only.

I am a Precision Nutrition–certified coach, not a licensed medical professional, registered dietitian, or physician. The information provided in this guide is not intended to diagnose, treat, cure, or prevent any medical condition.

By continuing beyond this page and using the information in this guide, you acknowledge and agree that:

- Any changes you make to your nutrition, diet, or lifestyle are done at your own discretion and responsibility**
- Individual needs, medical histories, and health conditions vary**
- If you are considering significant or drastic changes to your diet or nutrition habits—or if you have a medical condition, take prescription medications, or have concerns about your health—you should consult with a qualified medical professional (such as a physician or registered dietitian) before proceeding**

The strategies and recommendations in this guide are designed to support general health, performance, and lifestyle improvement for dads, but they are not a substitute for personalized medical advice.

By continuing to read and apply the information in this guide, you confirm that you understand and accept this disclaimer.

NON-NEGOTIABLES

**PROTEIN AT EVERY MEAL
AIM FOR CLOSE TO 1G PER LB BODYWEIGHT**

**CONSUME 16-24 OZ OF WATER BEFORE
COFFEE IN THE AM**

**EAT A MINIMUM OF 3-MEALS PER DAY. EVERY
MEAL HAS PROTEIN TO KEEP YOU FEELING
FULLER.**

SUPPLEMENTS

PROTEIN

FOOD FIRST. MEAL PREP OR COOK IN BULK.
THEN WHEY PROTEIN POWDER TO
SUPPLEMENT.



CREATINE

FUELS YOUR BRAIN, MUSCLES, AND CELLS.
KEEPS YOU FEELING ENERGETIC THROUGH
WORKOUTS.



ELECTROLYTES

ENHANCES HYDRATION THROUGHOUT THE
DAY VIA INCREASED WATER RETENTION.
LIMIT TO ONE SERVING PER DAY.



PORTION SIZES



PROTEIN

A portion of protein is your palm.



VEGETABLES

A portion of vegetables is your fist.



CARBS

A portion of carbs is your cupped hand.



FAT

A portion of fat is your thumb.

UNDERSTANDING PORTION CONTROL IS THE ISSUE FOR MANY DADS.

DEPENDING ON YOUR NUTRITIONAL GOALS, CONTROLLED PORTION SIZES DURING MEALS IS IMPORTANT TO NOT OVER/UNDER EAT.

**IF NEEDING TO DECREASE CALORIES:
*LIMIT TO 1 PORTION SIZE PER MACRO***

**IF NEEDING TO INCREASE CALORIES:
*INCREASE TO 2-3 PORTION SIZES PER MACRO***

MEAL PREP VS BULK PREP



MEAL PREP:

PREPARATION FOR THE WEEK
DESIGNATED 1-2 HOUR WINDOW (SUNDAYS)
BETTER CONTROL MEAL MAKEUPS/RATIOS
TIME & DEDICATION IS NEEDED



BULK MEAL COOKING:

EASY AND CAN COOK X2 FOR DINNER
USE THE LEFTOVERS FOR MEALS THE NEXT DAY
LESS DEDICATED TIME NEEDED FOR PREP
LESS CONTROL OR MEAL VARIETY

WEEKDAY VS WEEKENDS

WEEKDAYS ARE FOR...

STRUCTURE

PROTEIN AT EVERY MEAL

CONTROLLED PORTION SIZES

MEAL PREP/LEFTOVERS

SUPPLEMENTS TO SUPPORT GAPS

WEEKENDS ARE FOR...

CONTROLLED FLEXIBILITY

1-2 "CHEAT" MEALS - LIVE A LITTLE

ENJOY FOODS YOU DONT EAT DURING WEEK

SUNDAYS ARE FOR...

DIALING BACK IN FOR THE WEEK

MEAL PREP/GROCERY PLANNING

CREATE WEEKS SCHEDULE FOR FOOD

5 P's

"PROPER PREPARATION PREVENTS POOR PERFORMANCE"

-UNKNOWN

BUSYDAD
STRENGTH