



HIGH PERFORMANCE

NUTRITION

BASE MEAL PLAN



**GARAGE
STRENGTH**



GETTING STARTED

Congratulations on making the commitment to improving your health and making one of the biggest strides toward improved athletic performance!

To get started, please follow the steps below and read over this ENTIRE document before getting started. There is a lot of information, but we want to make sure you are fully prepared to not only begin eating healthy but learn practices that will shape your eating habits for the rest of your life.

1 Calculate Base Calorie Needs

Use the linked google sheet to calculate your calorie needs. Please be sure to enter all values as accurately as possible and indicate whether you want to lose, maintain, or gain weight. Read the next page if you need instructions.

[Access Calculator](#)

2 Plan Your Schedule

Use the instructions below or the table in the spreadsheet to plan out how many points you will receive to spend over the next week. Browse over the meal and snack options, and pick the meals you like to eat. Pick a day of the week to plan and cook a couple of meals to make eating throughout the week simple and easy!

3 Eat, Learn, and Adapt

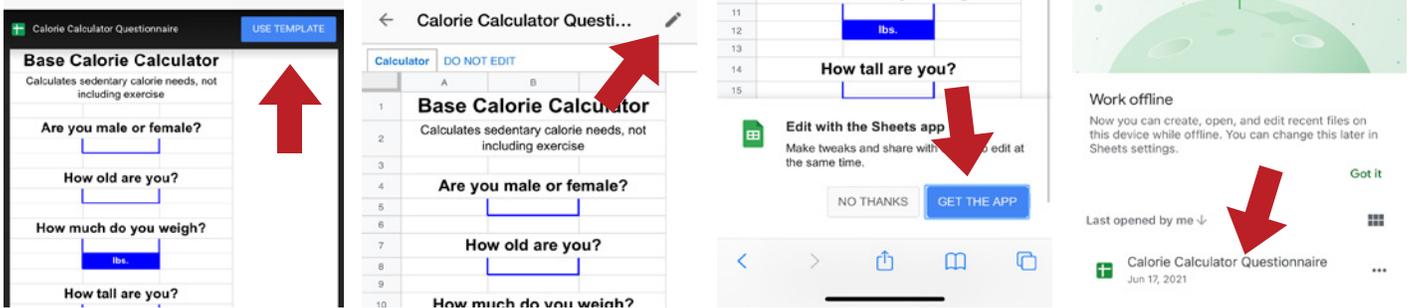
You can try as many or as few of the meal options as you prefer. We do, however, suggest having a varied diet and always eat three meals per day. As you use the meal plan, you will learn how your body reacts and feels to the change in diet. It is okay to change the amount of points you receive based on how you feel and how your body is adapting. The plan is fluid and adaptable for that precise reason. If you get tired of the meal options, watch out for different meal plans that we come out with on our website!



BASE CALORIE CALCULATOR

The advantage of the calculator is that as you change weight and develop different goals, you can refer back to the calculator and find out how your needs have changed. We recommend not to change your base calorie needs more than once per month.

Access Calculator



Base Calorie Calculator

Calculates sedentary calorie needs, not including exercise

Are you male or female?

Female

How old are you?

20

How much do you weigh?

150
lbs.

How tall are you?

67
In.

Do you want to lose, gain, or maintain your current bodyweight?

Maintain weight and optimize nutrition

Your Base Calorie Needs

1750

Points

7

Answer all questions to find out your calorie needs

Calories your body requires without exercising to achieve your weight goals

Total points you are able to spend per day outside of exercising

Note that the calculator only determines your **Base Calorie Needs** that does not take into account your exercise amounts. You will end up eating more calories based on your exercise schedule.

The advantage of this is the meal plan can adapt to your levels of exercise to ensure that you are continuously providing your body with the fuel that it needs. Read on to find out how exercising will change how much you will eat.

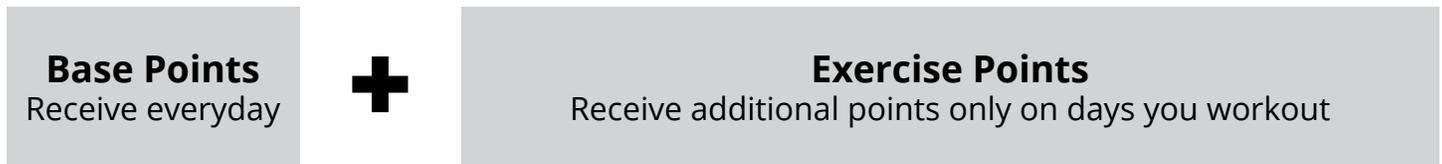


CALCULATING POINTS

In order to find success on the meal plan, you need to eat the right amount of food. Our ideal macros are built into the meal options, but in order to lose, maintain, or gain weight, determining the appropriate calorie intake is essential.

Every day you will need to consume the base calories (points) that will be determined by the calorie calculator. That is the minimum you will eat each day. You earn additional points when you exercise. The additional points you earn from working out can be added to make your meals bigger or to add snacks during the day. Read below to find out how much more you should eat on days that you work out.

1 POINT = 250 CALORIES



Calorie Calculator

[Use Here](#)



**Lifting Weights
or Sports Practice**

**1 POINT
PER
60
MINUTES**



**Constant Cardio
Exercise**

**1 POINT
PER
30
MINUTES**



**Physical Job or
Active Day**

**1 POINT
EXTRA**

EXAMPLES:

John used the calculator to determine his base points are 9 (2250 calories). He started the plan on Sunday, a day he doesn't work out, so he allotted only those 9 points to his meals. On Monday, John went for an hour bike ride (+2 points from cardio), lifted for an hour (+1 point from lifting), and works as a landscaper, so he added an extra 1 point for his physical job. On Monday, he planned his meals around 13 points in total (3250 calories).

Sarah has a base point total of 7 (1750 calories) and started her plan on a Wednesday. That day she had a two-hour soccer practice (+2 points from sports practice), so she planned her meals for 9 total points (2250 calories). On Thursday, she had a shortened practice, only 1 hour (+1 point), but went on a 30 jog on her own (+1 point). Again on Thursday, she totaled 9 points.



APPLYING POINTS TO MEALS

Every meal is divided into three different portion sizes based on points. You can divide your points for the day however you want across all three meals and snacks. However, you must eat three meals every day. Each day you may choose from any of the options for each meal.

On days that you don't work out, you will only have your base points to spend across each meal. You can spend your points across all three meals and snacks however you prefer. On days you workout, you will gain additional points to spend on meals and snacks (see the breakdown on the previous page). When you gain additional points from working out, you can eat bigger meals or add a snack for the day. See below for how we suggest eating pre and post workout.

EXAMPLE:

	2 500 cal	3 750 cal	4 1000 cal	
Breakfast	Oatmeal and Yogurt	2	3	4
	Oatmeal	1 cup, cooked	1 1/2 cup, cooked	2 cup, cooked
	Plain Greek Yogurt	8 oz	12 oz	16 oz
	Blueberries	1/2 cup	3/4 cup	1 cup
	Maple Syrup	1 tbsp	1 1/2 tbsp	2 tbsp
	Whey Protein	1 scoop	1 scoop	1 1/2 scoop
Lunch	Zucchini Boat	2 500 cal	3 750 cal	4 1000 cal
	Lean Ground Beef	4 oz	6 oz	8 oz
	Brown Rice	1 cup, cooked	1 1/2 cup, cooked	2 cup, cooked
	Cheese	1 slice	1 slice	2 slice
	Zucchini	1 cup	1 1/2 cup	2 cups
Dinner	Turkey & Roasted Potatoes	2 500 cal	3 750 cal	4 1000 cal
	Turkey	4 oz	6 oz	8 oz
	Potatoes	1 medium	1 1/5 medium	2 medium
	Butter	1 tbsp	1 tbsp	2 tbsp
	Steamed Veggies	1/2 cup	1 cup	1 1/2 cups
Snack	Raisins	1 150 cal		
	Raisins	1 1/2 oz		

On Sunday, John has 9 points to spend on his meals. He could simply spend 3 points for each meal; however, he knows he gets hungry in the middle of the day and likes to eat a snack. He decides to just spend 2 points for breakfast, 3 points for lunch and dinner, and 1 point on a snack.

He will then prepare his meals using the given portions for each ingredient.

*If you have trouble judging portion sizes, refer to the resource at the bottom of this packet. Also, you may substitute certain food items if you prefer based on the substitution resource also at the bottom of the packet.

PRE AND POST WORKOUT SNACKS

We strongly suggest planning your snacks and meals around your workouts. If you are lifting for an hour, **ALWAYS** use your extra point gained for a post-workout protein shake. If you receive 2 or more points from your workout, spend the extra point on one of the listed pre-workout snacks. If you still have additional points that need spent from your workout, add them to your next meal after your workout.

Planning meals around your workouts is essential to maximizing the effect of your exercise. See all of our meals and snack options below.



PLANNING FOR SUCCESS

One of the biggest challenges to following a meal plan is execution. You can have the best intentions, but following through is always the hardest part. Planning and creating habits is the key to finding long-term success and confidence in your eating. Follow the steps below to master your eating and gain control over your weight!

1 Meal Prepping

Taking the time each week to prep and plan meals is key to making healthy eating sustainable long-term. Where we see countless clients slip back into bad habits is when the busyness of life makes every meal revert back to what the quickest and easiest option is. Eating healthy requires time, but when you build good habits, you will become such a well-oiled machine in your meal prep that it won't feel like work.

- Set aside one day per week to plan which meals you will be eating, do some grocery shopping, and cook at least one meal for the upcoming week
- Make big meals that you can eat for two or three days with leftovers
- Find which meals you and your family enjoy and are easy to eat, and save the recipes

2 Bring Everyone On Board

The biggest successes or failing points can often boil down to whether the people in your life that are close to you support and join in with you on your eating practices. If you or your parents cook for the entire family, they will most likely all be following much of the same meal schedule as you. Encourage your family or roommates to join in with you on the process, and it will be much easier to sustain. Eating is a social experience!

3 Take the Training Wheels Off

You are on this meal plan because you want to improve your eating, your health, and your performance. The biggest success you can achieve is when you become capable of optimizing or diet without our help. If this meal plan is the training wheels, we want you to get to the point where you are comfortable and confident enough to take them off and manage your eating by your own intuition. Use this plan to learn what foods are good to eat, how much food you feel confident eating, and how to adapt your food intake based on your exercise levels and the demand of your body.

BREAKFAST

BASE PLAN

Option 1



Toast the bread. Fry the eggs on the skillet along with the ham slice. Melt the cheese slice over the eggs. Combine all in between slices of toast.

[View Recipe](#)

Egg Sandwich	2 500 cal	3 750 cal	4 1000 cal
Eggs	2 large	2 large	2 large
Ham	2 oz	4 oz	6 oz
Cheese	1 slice	2 slices	2 slices
Whole Grain Toast	2 slices	2 slices	4 slices
Orange	-	1 medium	1 medium

Option 2



Cook oatmeal on the stove or in the microwave. 1 part oatmeal, 2 parts water. Keep in mind that the volume of oatmeal will double when cooked. Mix the rest of the ingredients into the oatmeal.

[View Recipe](#)

Oatmeal and Yogurt	2 500 cal	3 750 cal	4 1000 cal
Oatmeal	1 cup, cooked	1 1/2 cup, cooked	2 cups, cooked
Plain Greek Yogurt	8 oz	12 oz	16 oz
Blueberries	1/2 cup	3/4 cup	1 cup
Maple Syrup	1 tbsp	1 1/2 tbsp	2 tbsp
Whey Protein	1 scoop	1 scoop	1 1/2 scoop

Option 3



Eat cereal with milk. Choose from the cereal options to the left, no or very little added sugar. Spread peanut butter onto the banana as a side.

Good cereals are non-sugary types including corn flakes, rice krispes, cherrios, wheates, and rice chex.

Cereal and Fruit	2 500 cal	3 750 cal	4 1000 cal
Cereal	2 cups	2 1/2 cups	3 cups
Milk	8 oz, 1%	12 oz, 1%	12 oz, whole
Banana	1 medium	1 medium	1 medium
Peanut Butter	2 tbsp	2 tbsp	3 tbsp
Fruit Juice	-	8 oz	8 oz

BREAKFAST

Option 4



Beat the raw eggs, milk, and cinnamon together in a bowl. Soak both sides of each slice of bread in the egg mix, and cook both sides on the skillet. Top with peanut butter and maple syrup.

[View Recipe](#)

French Toast	2 500 cal	3 750 cal	4 1000 cal
Whole Grain Bread	3 slices	4 slices	5 slices
Milk	4 oz, 1%	4 oz, 1%	4 oz, whole
Eggs	1 large	2 large	1 large
Maple Syrup	1 tbsp	1 tbsp	1 1/2 tbsp
Peanut Butter	-	1 tbsp	2 tbsp
Cinnamon	1/2 tbsp	1/2 tbsp	1/2 tbsp

Option 5



Mix the protein pancake mix with water according to the directions on the package. Cook pancakes on the griddle. Top pancakes with peanut butter and maple syrup. Scramble or fry eggs on the side.

[Buy Pancake Mix Here](#)

Protein Pancakes	2 500 cal	3 750 cal	4 1000 cal
EFM Protein Pancakes	2 scoops	3 scoops	4 scoops
Maple Syrup	1 tbsp	1 tbsp	1 1/2 tbsp
Peanut Butter	-	1 tbsp	2 tbsp
Eggs	1 large	2 large	2 large
Orange	1 medium	1 medium	1 medium

Option 6



Mix all ingredient in a blender and blend until smooth.

[Buy Protein Powder Here](#)

Protein and Fruit Smoothie	2 500 cal	3 750 cal	4 1000 cal
Plain Greek Yogurt	8 oz	12 oz	16 oz
Milk	8 oz, 1%	8 oz, 1%	12 oz, whole
Whey Protein	1 scoop	1 scoop	1 1/2 scoop
Strawberries	1 cup, frozen	1 cup, frozen	1 cup, frozen
Banana	1/2 medium, frozen	1 medium, frozen	1/2 medium, frozen
Maple Syrup	1 tbsp	1 tbsp	1 tbsp
Chia Seeds	-	1 tbsp	2 tbsp

LUNCH

BASE PLAN

Option 1



Grill or bake a large amount of chicken at the beginning of the week. Combine with lettuce, cheese pieces, extra veggies of choice, sunflower seeds, and oil and balsamic vinegar for dressing. You may substitute for half amount of other types of dressing.

[View Recipe](#)

Grilled Chicken Salad	2 500 cal	3 750 cal	4 1000 cal
Chicken	4 oz	6 oz	8 oz
Lettuce	3 cups	3 cups	3 cups
Cheese	1 slice	1 1/2 slice	2 slices
Assorted Veggies	1 cup	1 cup	1 cup
Sunflower Seeds	1/2 oz	1 oz	1 1/2 oz
Oil and Vinegar	1 tbsp	1 tbsp	1 1/2 tbsp

Option 2



Brown the hamburger and cook the rice separately. Keep in mind that rice doubles in volume when cooking. Combine hamburger and cooked rice. Cut the zucchini in half long ways, stuff with filling, sprinkle with cheese, and bake

[View Recipe](#)

Zucchini Boat	2 500 cal	3 750 cal	4 1000 cal
Lean Ground Beef	4 oz	6 oz	8 oz
Brown Rice	1 cup, cooked	1 1/2 cup, cooked	2 cups, cooked
Cheese	1 slice	1 slice	2 slice
Zucchini	1 cup	1 1/2 cup	2 cups

Option 3



Make together in a sandwich. May also prepare hot as a panini!

[View Recipe](#)

Ham and Cheese Sandwich	2 500 cal	3 750 cal	4 1000 cal
Ham	3 oz	4 oz	6 oz
Cheese	1 slice	2 slices	2 slices
Whole Grain Bread	2 slices	2 slices	4 slices
Lettuce	2 cups	2 cups	2 cups
Mayonnaise	1 tbsp	1 tbsp	1 tbsp
Potato Chips	-	1 oz	1 oz

LUNCH

Option 4	 <p>For simple preparation, either bake or cook chicken in a crock pot. Cook rice separately, then combine and eat with hot sauce. Dip veggies into hummus as a side.</p>	Chicken and Rice	2 500 cal	3 750 cal	4 1000 cal
		Chicken	4 oz	6 oz	8 oz
		Brown Rice	1 cup, cooked	1 1/2 cup, cooked	2 cups, cooked
		Hot Sauce	1 tsp	1 tsp	1 tsp
		Assorted Veggies	1 cup	1 cup	1 1/2 cup
	View Recipe	Hummus	2 tbsp	2 tbsp	4 tbsp

Option 5	 <p>For simple preparation, mix mayo and tuna in a bowl, then place on bread with the cheese on top.</p>	Tuna Sandwich	2 500 cal	3 750 cal	4 1000 cal
		Tuna	1 can	1 can	2 cans
		Whole Grain Bread	1 slice	2 slices	3 slices
		Avocado	1/2 medium	1/2 medium	3/4 medium
		Cheese	1 slice	2 slices	2 slices
	View Recipe	Mayonnaise	1 tbsp	1 tbsp	1 tbsp

Option 6	 <p>Brown the hamburger with the taco seasoning mixed in. Layer all ingredients together and enjoy.</p>	Taco Salad	2 500 cal	3 750 cal	4 1000 cal
		Lean Ground Beef	4 oz	6 oz	8 oz
		Lettuce	2 cups	2 cups	2 cups
		Cheese	1 slice	1 1/2 slice	2 slices
		Tortilla Chips	10 chips	15 chips	15 chips
		Tomato	1/2 medium	1 medium	1 medium
		Taco Seasoning	1 tsp	1 tsp	1 tsp
	View Recipe	Sour Cream	-	2 tbsp	5 tbsp

DINNER

BASE PLAN

Option 1



Saute raw veggies on the skillet. Cube raw chicken and add to the veggies. Cook rice separately; remember that dry rice will double in volume when cooked. When veggies and chicken are tender, add to rice.

[View Recipe](#)

Chicken Stir Fry	2 500 cal	3 750 cal	4 1000 cal
Chicken	4 oz	6 oz	8 oz
Brown Rice	1 cup, cooked	1 1/2 cup, cooked	2 cups, cooked
Assorted Veggies	1 cup	2 cups	2 cups
Eggs	1 large	1 large	2 large
Soy Sauce	1/2 tbsp	1/2 tbsp	1/2 tbsp

Option 2



Brown the hamburger and cook the noodles. Mix the spaghetti sauce in with the hamburger and heat. Use oil and balsamic vinegar on the side salad or one-half portion for other dressings.

[View Recipe](#)

Spaghetti and Side Salad	2 500 cal	3 750 cal	4 1000 cal
Lean Ground Beef	4 oz	6 oz	8 oz
Whole Grain Noodles	1 cup	1 1/2 cup	2 cups
Spaghetti Sauce	1/2 cup	1/2 cup	3/4 cup
Lettuce	2 cups	2 cups	2 cups
Assorted Veggies	1/2 cup	1 cup	1 cup
Oil and Vinegar	1/2 tbsp	1 tbsp	1 tbsp

Option 3



Cook chicken in the crockpot or oven with taco seasoning. Combine chicken, lettuce, cheese, and salsa together in a soft or hard tortilla.

[View Recipe](#)

Chicken Tacos	2 500 cal	3 750 cal	4 1000 cal
Chicken	4 oz	6 oz	8 oz
Tortilla	2 tortillas	3 tortillas	4 tortillas
Lettuce	2 cups	3 cups	4 cups
Salsa	4 tbsp	4 tbsp	4 tbsp
Cheese	1 slice	2 slices	2 slices
Black Beans	1/2 cup	1/2 cup	1 cup

DINNER

Option 4



Grill the hamburger patty. Combine all ingredients together on a bun.

[View Recipe](#)

Hamburger	2 500 cal	3 750 cal	4 1000 cal
Lean Ground Beef	6 oz	8 oz	12 oz
Hamburger Bun	1 medium	1 medium	2 medium
Lettuce	1 cup	1 cup	1 cup
Ketchup	1 tbsp	1 tbsp	1 tbsp
Cheese	1 slice	2 slices	2 slices

Option 5



Bake or cook the salmon on the skillet. Cook rice; remember that rice doubles in size when cooked. Steam broccoli on the side.

[View Recipe](#)

Salmon and Rice	2 500 cal	3 750 cal	4 1000 cal
Salmon	6 oz	8 oz	10 oz
Brown Rice	1 cup, cooked	1 1/2 cup, cooked	2 cups, cooked
Broccoli	1/2 cup	1 cup	1 1/2 cup

Option 6



Cook turkey in a crockpot or bake in the oven. Either bake or mash potatoes (see recipe). Steam veggies on the side.

[View Recipe](#)

Turkey & Roasted Potatoes	2 500 cal	3 750 cal	4 1000 cal
Turkey	4 oz	6 oz	8 oz
Potatoes	1 medium	1 1/5 medium	2 medium
Butter	1 tbsp	1 tbsp	2 tbsp
Steamed Veggies	1/2 cup	1 cup	1 1/2 cup

Pre Workout Snacks

Choose these snack options if you are looking for something to eat before working out. It is best to eat 30-60 minutes prior to your workout.

Apple & Peanut Butter	1 250 cal	Crackers & Hummus	1 250 cal	Fig Bar	1 250 cal
Apple	1 medium	Crackers	15 count	Fig Bar	1 package
Peanut Butter	2 tbsp	Hummus	2 tbsp		

Post Workout Protein Shake

Always drink a protein shake after working out. Follow the instructions below to choose the right shake for whether you are cutting, maintaining, or bulking in weight. In addition, if you are cutting or maintaining, drink the shake within 30 minutes of working out before your next meal. If you are bulking, eat a meal after working out and drink your protein shake after your meal.

Cutting Shake	1 150 cal	Maintaining Shake	1 250 cal	Bulking Shake	1 350 cal
Whey Protein	1 scoop	Whey Protein	1 scoop	Whey Protein	1 1/2 scoop
Water	8 oz	1% Milk	8 oz	Whole Milk	8 oz

Cutting/Maintaining Snacks

If you are cutting weight and not choosing a pre or post-workout snack, pick from these options. Use the satiation snack if you are feeling hungry and have some time before your next meal.

Satiation Snack	1 150 cal	Veggies and Dip	1 150 cal	Raisins	1 150 cal
Dark Chocolate	1/2 oz	Veggies of choice	1 cup	Raisins	1 1/2 oz
Coconut Oil	1 tsp	Ranch Dressing	2 tbsp		

Bulking Snacks

If you are bulking weight and not choosing a pre or post-workout snack, pick from these options. Do not have more than two protein shakes per day.

Extra Shake	1 350 cal	Chocolate & Nuts	1 350 cal	Peanut Butter & Jelly	1 350 cal
Whey Protein	1 scoop	Almonds	1 oz	Whole Grain Bread	1 slice
Whole Milk	8 oz	Dark Chocolate	1 oz	Peanut Butter	1 tbsp
				Jelly	1 tbsp



FREEBIES

You may add these drinks to any meal or at any time during the day. We suggest drinking 15 cups of fluid a day for men and 11 cups for women.

- **Water**
- **Coffee** (little to no sugar/creamer)
- **Tea** (little to no sugar/creamer)
- **Zero calorie drinks** (1-2 max per day)

SUPPLEMENTS

The following are supplements that we suggest to take. They do not require spending additional points. All supplements are optional. Earth Fed Muscle is our preferred supplement company, and in addition to the following supplements, we suggest purchasing your whey protein from them as well. Their supplements contain as few ingredients as possible and are all of the highest quality.



Creatine

Take everyday according to the instructions on the product container.



Collagen

Take for improved recovery or for joint pain. Mix in with coffee or tea.



Pre-workout

Take 20 minutes prior to your workout. Primary active ingredients are caffeine and beta-alanine.



ZMA

Take zinc and magnesium for better sleep quality and recovery.

[Purchase Supplements Here](#)



FOOD ADDITIONS

The meal plan is designed to be minimalist, focusing on calorie sources and not necessarily on the flavor of food. We encourage you to use spices and other methods to increase the flavor of your food as long as you don't add or subtract calorie providing foods. Below are listed some additions that you are free to add and those that you should be wary of.

GOOD ADDITIONS

- Spices
- Seasonings
- Water
- Zero Calorie Drinks
- Unsweetened Tea
- Black Coffee
- Multi-Vitamins

SMALL ADDITIONS

- Butter/Oil for cooking < 1 tbsp
- Salt < 1 tsp
- Non Starchy Vegetables < 1 cup
- Creamer (Drinks) < 1 tbsp
- Sugar (Drinks) < 1 tsp
- Sauces/Dressings < 1 tbsp
- Cheese topping < 1 tbsp

ADDITIONS TO AVOID

- Soda/Sugary Drinks
- Juices
- Desserts*
- Alcohol*

DESSERTS (Re-feeding Day)

We don't program desserts into our meal plan because to maintain optimal nutrition to be able to reach the highest level of health and performance possible, sugary and extra fatty foods cannot be a part of your day-to-day eating.

That said, you don't have to say goodbye to your favorite dessert forever. What we stress, however, is that you refrain from eating ANY sweets for the first 5-6 weeks of the meal plan OR when you reach your first nutrition goal. By taking a month off of sweets, you will wean your body off of the craving for those foods, giving you more cognitive control over what you eat going forward. After that initial 5-6 weeks, you can build in one dessert (in moderation) once per week. Count each dessert as 1 point in your total.

ALCOHOL

Alcohol contains a very large amount of calories, almost as much as fat and oils. Think about taking a shot of high-proof liquor as essential, taking a shot of olive oil as far as calories are concerned. In addition, alcohol inhibits your recovery by decreasing sleep quality and promoting inflammation in your body.

If you are looking to fully optimize your nutrition, we suggest eliminating alcohol from your diet completely. If you are not willing to do that, we suggest limiting consumption to special occasions every 1-2 months. Red wine is the best choice of alcohol for health.



FOOD SUBSTITUTIONS

Everybody has different food tastes and preferences. Although we suggest sticking to the meal plan as closely as possible, if there are certain foods you just can't stand or if you have food intolerances (see more on the next page), we provide substitutions that might only have a small effect on the total calories and macronutrients.

The following boxes included foods that can be interchangeable in the meal plan.

MEATS

Salmon/Halibut
Tuna
Lean, grass-fed beef
Skinless chicken
Turkey (fat trimmed)
Pork Chop (fat trimmed)

GRAINS

Rice
Pasta
Quinoa
Couscous
Oatmeal

VEGETABLES

Carrots
Peppers
Broccoli
Cauliflower
Tomatoes
Snap Peas

MILK

1% Milk
Almond milk (x2)
Whole Milk (3/4 amount)

STARCHES

Potatoes
Sweet Potatoes
Corn

SPREADS

Peanut Butter
Almond Butter
Hummus

FRUIT

Apple
1/2 Banana
Orange
1/2 cup grapes
1/2 cup blueberries
1/2 cup strawberries

SAUCES

Mayo
Ketchup
Hot Sauce
Sriracha Sauce
Ranch Dressing
BBQ/Steak Sauce

LEAFY GREENS

Spring Mix
Spinach
Kale
Romaine



SLEEP GUIDELINES

OPTIMIZING RECOVERY

Sleep is one of the most underrated forms of recovery and is essential to capitalizing on your nutrition goals. Elite athletes don't fool around with their sleep schedule. If you are training at a high level, your body needs 8-10 hours of sleep a night in order to run at full steam day after day.



NO CAFFEINE AFTER 2:00PM

(Unless MAXING out in the weight room)



60 MINUTES BEFORE BED

- NO CELLPHONE OR TV
- 6 ounces water/milk w/1.5 scoops [Nocturnal EFM](#)
- 15 minutes mobility, yoga, meditation, prayer



30 MINUTES BEFORE BED

- STILL no CELL PHONE OR TV
- 6 ounces water w/ lemon juice
- [FORTY WINKZ EFM](#)
- Personal Hygiene
- 5 minutes of calm breathing drill
- Black out curtains, no computer light or excess blue light (TV/cell phone)



ALLERGIES AND HEALTH CONDITIONS

Please be aware that we are not doctors or registered dietitians. If you have any food allergies, eating disorders, or health conditions, see your doctor before starting this meal plan or changing your diet. Although we do provide substitutions for some foods, these substitutions may still not be approved for individuals with some allergies to consume. The nutrition advice provided in this resource are strictly recommendations. You are ultimately responsible for your diet and nutrition. If you have any questions on how your diet may impact your health, please see your doctor.

In addition, be aware that this meal plan and dietary recommendations are based on our individual research and observations in athletes and individuals that we have coached, and do not reflect any single governing body in the field of nutrition. If you find that this meal plan is affecting you negatively in any way, we suggest visiting your doctor or a licensed dietitian.

MEAL OPTIONS

We do not alter the meal plan based on health conditions, food allergies, intolerances, or preferences. However, we do provide options for every meal as well as substitutions for many food types. If you do have certain dietary restrictions, you may, with the help of your doctor or dietitian, decide which meal options are safe and healthy for your individual dietary needs.

WEIGHT CHANGE

Your given meal plan points are based on your current height, weight, age, and activity levels. If you are losing or gaining weight on this nutrition plan, after 30-60 days of weight change or any significant change in exercise habits, your dietary needs will be different than when you started. For weight loss or weight gain, you may find that after 30-60 days of following the plan that the degree to which you are gaining or losing weight starts to taper.

If you have had a 10-20lb weight change and are interested in losing or gaining more weight, calculate your calorie needs again with the point calculator to reflect your change in weight.