

BURIED

Uncovering nutrition. Discovering you.

When you first begin your fitness journey, the overwhelming amount of information compounds in little time. There is too much to digest, too little time to implement, and too many conflicting schools of thought regarding fitness... in particular nutrition. Assuming you have been on the journey long enough to consider yourself a practitioner of fitness, this will be your difference maker. With nutrition, if you are not actively tracking your intake you are lying to yourself in most cases. It is no different in the strength and conditioning profession : if you aren't testing, you're guessing. However, if you aren't tracking... you're lying. Health precedes performance and if you take care of the former, you get to espouse the latter. Your body is a machine, it needs maintenance in physical nature and the fuel via nutrition. Beauty will be the byproduct of your efforts.

HONESTY

If you are beginning to take nutrition seriously, the first priority must be, being honest about our “why?”. Extrinsic inputs will not carry you down this road long enough to create everlasting change. Aesthetics are hollow if they lack reason and of course, vanity lacks function. This is not a “yo-yo” where you get to choose your phases of when you eat like a child or choose to identify as a healthy, well performing adult. This is certainly a decision in deciding who you want to be and with a little bit of curiosity and



discipline... you might just discover it. The ground rules are simple, you are given a “recipe” and you stick to the dish. The only time we change the recipe is when we are substituting for something different, that functions as the same thing. However, we will never stray away from the root recipe. Curiosity paired with diligence. Track your calories with the *My Fitness Pal App* or *Cronometer*.

WHERE TO BEGIN

The hardest place to start is determining where to begin. First, understanding your basic needs of calorie intake for a given day is a good place to start. We call this BMR (Basal Metabolic Rate). Click the [link](#) to find your BMR. Use one of the middle numbers as a starting point. In order to lose weight, you would eat 500 calories less than your BMR number per-day, if you want to gain weight eating slightly over your BMR will suffice. However, we must be conscious about what it is we’re choosing as our intake.

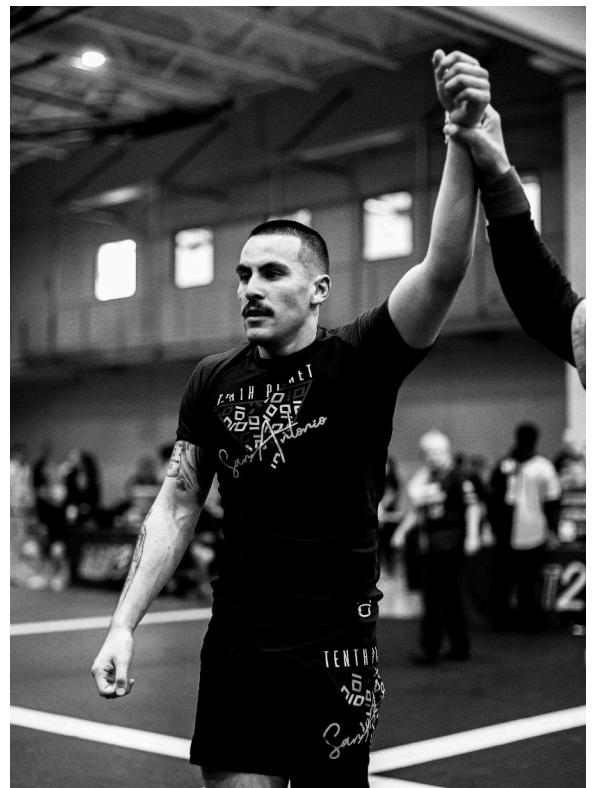
1 Gram of Protein = 4 calories

1 Gram of Carbs = 4 calories

1 Gram of Fat = 9 Calories

- For protein: make it easy, eat 1 gram of protein per pound of bodyweight. If you weigh 200lbs, eat 200g of protein. Protein is the building block of cells and is absolutely crucial for muscle tissue development.

- For fats: 20-30% of your BMR should come from fats. Fats play a vital role in hormones, hormonal regulation, and all encompassing health.
 - Example: BMR:2500
calories : $2500 \times .2 = 500\text{cals}$ / $9\text{cals} = 55.6\text{grams of fat}$
- For carbs: 1-3grams for pound of bodyweight. Carbohydrates are the PRIMARY energy source for muscular tissue. Beware of salesmen or fear mongers who try to convince you otherwise. Its anatomical and physiological fact. If your performance output is dwindling we need to look at 1) your recovery/training program 2) your carbohydrate intake



Here is a full example and breakdown for a theoretical 200lbs active adult
BMR 2800 Calories

- Protein : 200g = 800calories
(200lbs x 1)
- Fats : 2800 * .3
=840calories/9calories=93g Fat
- Carbs : 2800 - protein - fat = 1160
calories / 4calories = 290g of carbs

BASIC CONCEPTS

If you aren't tracking, you're lying to yourself, coming from experience.

- Weight gain? Eat 2-500 calories more than BMR, increase carbohydrates
- Weight loss? Eat 2-500 calories less than BMR, decrease carbohydrates
- Recovery? Increase protein and sleep
- TRACK EVERYTHING. Real measurements, not ice cream

scoops of peanut butter that you justify as a tablespoon.

TIMING NUTRITION FOR PERFORMANCE

Pre Training Timing

- Time protein and carbohydrate intake 60-120 minutes before your training session. 20-40 grams of both protein and carbohydrates.
- Be sure to replenish your carbohydrates as soon as possible after your training session, this ensures we resupply our muscles with necessary nutrients.
- If something isn't agreeing with your stomach, begin the process of removal... with TIME

Performance

- Keep track of intuitive performance
- Keep track of weights and improvement over the coming weeks
- Weight gain? Weight loss? Adjust your numbers



THE TRUTH

This is the beginning of YOUR evolution, the tools of course are at your disposal. In addition... Here is your “recipe”.

RECIPE (STRUCTURED DAY OF EATING)

Meal 1: Breakfast

- 3-5 Whole Egg Whites
- 1 Egg
- 3oz of lean protein (chicken sausage, turkey sausage, turkey bacon)
- 1 cup of spinach
- Banana or cup of fruit

Meal 2: Lunch

- 4-8oz of lean meats (chicken, turkey, lean porkchops)
- 1 oz of cheese
- 30-100g of carbohydrates (rice, sweet potato, etc)
- 2 servings of veggies

Meal 3: Protein Shake/Protein Snack (preferably time pre or post workout)

- 1-2 Scoops of preferred protein powder (preferred whey or Equip lean beef protein powder)
- 1 tablespoon of almond butter
- .5-1 cups of old fashioned oats
- 2 servings of berries
- 5-10g of creatine

- Mix with water or coconut water (if mixing with milk, be diligent with measurements)

Meal 4: Dinner

- 6-10oz of fattier protein (steak, salmon, lean ground beef) (30-50g of protein)
- 2 servings of veggies
- 30-100g of carbohydrates (gold potatoes, jasmine rice, etc)

SAVE YOUR TASTE BUDS

For the most part it seems we must keep ourselves “interested in our food”. Hot sauces, primal kitchen, vinaigrettes, and other low calorie sauces are good additions to your meals if you want to remain interested. Of course, taking the time to season your food should take care of most of these issues.

SUBTLE TRICKS

Base your carbohydrates around your training sessions. It can be overwhelming to be overly concerned with “timing”. At the end of the day, the quality and quantity you consume throughout the day will have the greatest impact. If you are going to **OVER CONSUME** anything, I would much rather it be **protein**.

TRAINING CONCERNS

For our athletes, training is a concern. It will be impossible to create a game plan without evidence and information to build off of. First, find your BMR and let's see how we perform at your base level for a week or so. After we have some evidence, if breaking through strength plateaus or training plateaus we can begin to increase our nutrition intake. If recovery is the issue, we can look at protein and fats. If our PERFORMANCE is hindered, we will look at our carbohydrates. Regardless of our evidence, we can increase our intake by 5-10%. Slow and steady.

STATE OF THE UNION

The issue with most of us is that we have poor relationships with our food. We do not appreciate it, we do not respect it, and most of us are not truly grateful for it. We've been unconsciously unconscious with what we eat, how we play, and what we value. We need to be able to say, "this is where i'm honestly at." Then, we go to fucking work. A little bit of curiosity and an immense amount of discipline will yield the results that you want. The truth is, building muscle is extremely difficult and curating a new relationship with nutrition is daunting. This is hard work. No more lying to yourself, you have the tools... and beauty will be shown by the cumulation of your efforts. If the results aren't there, I suppose we can root back to step one:

HONESTY.

