



# Nutrition KEYS!

Helpful pointers! Apply where necessary.

Eat 5-6 times a day. Every 3 hours or so. Choose one of these options:

2-3 meals (Breakfast, Lunch, Dinner) and 2 snacks (Between Breakfast-Lunch, Between Lunch-Dinner)

o 2-3 snacks (Morning-Lunch, Lunch-Dinner, After Dinner) and 2 meals (Lunch, Dinner)

Drink Plenty of water. Clear urine is the goal.

Include plenty of fruits and veggies, the more colorful the plate the better!

Remember, **NO AMOUNT OF TRAINING HOWEVER HARD OR LONG CAN OFFSET A POOR DIET.** They are not mutually exclusive; they must co-exist to be successful.

## Carbohydrates



- FUEL. Primary energy source for the body and the BRAIN
- ~5-10 g of Carbs per kg of Bodyweight. However, these ranges can change based off of goals and needs of the athlete (Ex: 140 lb athlete (63.6 kg) would need between 318g – 636g of carbs per day)
- ~55-65% of your diet
- Ex: Brown Rice, Whole Grain Pasta, Oatmeal, Quinoa, Granola, Cereal & Cereal Bars, English Muffins, Potatoes, Vegetables, Fruits



## Protein



- Crucial for muscular growth, development, and repair
- 1.4g – 1.8g by kg of Bodyweight (Ex: 140 lb athlete (63.6 kg) would need between 89g – 115g of protein per day for optimal results
- ~20-30 g of Protein per meal/snack
- Ex: Chicken Breasts, Turkey Breasts, Lean Ground Turkey, Tuna, Eggs, Trail Mix, Hummus

## Fats



- Important for nervous system functioning and fuel reserves for slower longer lasting events
- ~20-30% of your diet
- Ex: Canola Oil, Olive Oil, Guacamole, Nuts, Fish, Avocadoes, Egg Yolk Good Snack Examples 8
- Fruit and Greek Yogurt, Handful of Peanuts, Protein Shake, Handful of Almonds, Granola Bars, Dried Fruit, Carrots (Or other veggie) and Hummus, Hard Boiled Eggs, Tuna, Trail Mix, Jerky, Peanut Butter



## Recovery KEYS!

Nutrition, sleep, and adequate hydration are the most basic and effective forms of recovery. Focus on these 3 FIRST

### Nutrition



- Without proper nutrition, the body would be in a constant state of using what little resources it has left instead of using new nutrients from food.
- Think of the analogy of the bank account and our body's. If we are to constantly withdrawal money from our bank (our body) without depositing the right currency in proper amount, our bank account would eventually be empty. HUGE PROBLEM! GET YOUR MONEY!
- Eating as mentioned in the previous sections will allow the body to re-build faster, stronger, and better for future training.

### Sleep



- Shoot for 8-10 hours (OPTIMAL!!!)
- Use short 20-min naps to boost energy and increase rest duration (If longer than 20-min is needed, that's ok)
- Lack of sleep can lead to injuries, illnesses, decrease in mood, and more 11 Hydration



## Hydration



First, other liquids such as milk, 100% juice are also ok but not as great

- Hydrated muscles are less likely to tear/strain
- Hydrated blood allows for faster oxygen uptake and removal of waste
- Clear Urine is the goal.

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