

# POWER NUTRITION GUIDELINES



## Dietary Regimen:

### 1 Protein comes from:

- Eggs
- Chicken
- Fish
- Lean pork
- Lean red meat
- Protein shake (8oz of milk or almond milk and ONE other ingredient if desired)

### 2 Carbs come from:

- Veggies (Low Cal)
- Sweet potatoes (Low Cal)
- Fruits (Low Cal)
- Rice/quinoa (High Cal)
- Oat Meal (High Cal)
- Ezekiel bread (High Cal)

### 3 Fats come from:

- Animal protein fats
- Avocado
- Nuts
- Cheese

### 4 Restrict processed foods as much as possible.

Food processing is defined as any action that changes a food's original form. The more processes a food has gone through, the fewer nutrients it has and the less healthy it is for you.

### 5 Logging your meals is imperative.

- My Fitness Pal

### 6 Meal Prepping/Weighing each meal is imperative.

- Meal Prepping:
  - 2-4oz protein (chicken/fish), 2-4oz low calorie carbs (vegetables/sweet potatoes), and 2-4oz high calorie carbs (rice/quinoa)
- Plan on having 4-5 meals every day: Breakfast, Early/Late Lunch, Early/Late Dinner, Snacks

### 7 Eat every 2-4 hours.

- Healthy snacks if meals will be greater than 3 hours apart:
  - Greek yogurt, humus, tuna, nuts, cottage cheese, Ezekiel toast, avocado

### 8 Protein before/after EVERY workout (shake or animal protein)

For post-workout protein, it is important to have it in the 45 minutes immediately following your workout (anabolic window)

### 9 1 Cheat Day allowed per week

- No sugar, sweets, processed food, or junk food outside of cheat day.
- Do not log cheat day.
- Enjoy cheat day – you earned it.

### 10 Alcohol is permitted on cheat day and one other day.

- Non-cheat day alcohol is limited to two glasses of red dry wine or 2oz vodka

# POWER NUTRITION GUIDELINES



## Grocery/Food Option List

### Protein:

- Eggs
- Chicken Breast
- Boneless Skinless Chicken Thighs
- Chicken Sausage
- Pork Loin
- Steak (Any Cut)
- 90% Lean Ground Beef
- Fish (Any)
- Seafood
- Cottage Cheese
- Greek Yogurt
- Protein Powder
- Canned Tuna
- Deli Lunchmeat

### Fats:

- Avocados
- Almond Butter
- Peanut Butter
- PB2
- Almonds
- Peanuts
- Mayo
- Shredded Cheese
- Hummus
- Olive/Cooking Oil

### Carbs:

- Fresh Fruits
- Fresh Berries
- Fresh Veggies
- Sweet Potatoes
- Frozen Veggies
- Rice (Any Kind)
- Quinoa
- Cauliflower Rice
- Jewish Rye Bread
- Ezekiel Bread
- Rice Cakes
- 90 cal Dinner Rolls (For Sandwiches)
- Whole Grain Crackers

### Other:

- Sparkling water
- Almond Milk
- 2% Milk
- Siracha
- Hot Sauce
- Salt
- Pepper
- Onion Powder
- Garlic Powder
- Pickles
- Dried Fruit