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Introduction

We need a new paradigm for the food we eat. We need to view food as nourishment to our body as opposed to solely calorie units. We need to consider what that food represents in terms of energy and nutrients. Just one food or one nutrient is not the answer to more energy, an optimal weight, better health, and improved performance. The key to success lies in the collection of our habits that fuel our bodies, activities, minds, performance, and most importantly our lives.

There are 5 areas of nutrition focus in the Fueling Series. You will find that the handout series and builder systems revolve around these 5 areas.

Eat Clean Eat Often Hydrate Recover Mindset

1. EAT CLEAN

Eating clean means trying to choose the least processed types of foods most of the time. Typically, the closer the food is to its original form (from the earth or the animal); the better it is for you.

Simply put: Try to eat foods in the most natural form possible.

Nutrient density plays a large role in the mentality of eating clean. Nutrient density is the relationship of the amount of nutrients that a food has to amount of calories. It is critical to try to choose nutrient dense foods as often as we can to ensure we get the nutrients we need. Focus on trying to choose the types of foods that have the highest amount of nutrients for the calories within the foods.

The 3 macronutrients:

Carbohydrate = Fuel **Protein = Build** **Fat = Energy Density**

2. EAT OFTEN

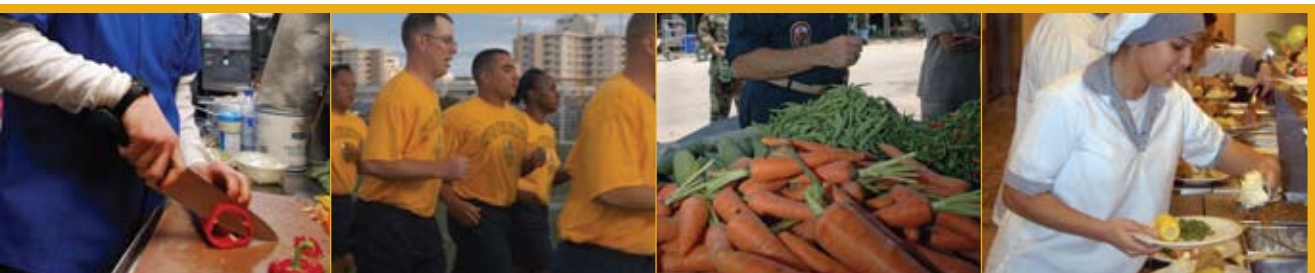
The key to energy and sustainability (beyond the types of foods you choose) is how often you eat. By eating mini-meals every 2-3 hours, your body is given a steady flow of fuel. The goal here is to maintain blood glucose (fuel) in an optimal range. This will help maintain focus and keep your metabolism roaring all day long. We find that those who eat more frequently have better energy and prevent becoming overly hungry, which can help us make better choices.

3. HYDRATE

It is vital to stay hydrated because the body is 60-65% water which performs numerous vital functions including:

- Providing life and shape to every cell
- Delivery of fuel to muscles
- Lubrication and cushioning of joints
- Aiding in muscle contraction & tone
- Aiding in metabolism and digestion
- Brain function
- Shock absorption for the spine and brain
- Regulating temperature

Consequently, dehydration causes these functions to suffer impairing your health, ability to recover from illness, and athletic performance. As little as a 2% decrease in weight, due to fluid loss, can impair both physical and mental performance.



4. RECOVER

Nutrition can help to speed the recovery process. After a workout your body has emptied its fuel stores and the muscle has been broken down. To gain the most out of your workout and perform at high levels, you need to repair the muscle and replace your fuel stores as quickly as possible.

Getting a combination of carbohydrates and proteins within 30 minutes of your training session will ensure that you are recovering as quickly and efficiently as possible, which will minimize the time needed between sessions and decrease the risk of injury.

Carbohydrate = Re-Fuel **Protein = Re-Build**

5. MINDSET

The final piece of optimizing nutrition is focusing on mindset and behavior. All of the education in the world does not matter if it doesn't lead to behavior change. Providing simple lists of the "best" foods to choose, easy guides on portion size, and presenting material in a concise and action-based way will help to give you the tools to immediately start making changes.

As a society we have become enamored with diets. The word diet has many different definitions and is typically associated with managing the calories that you consume or eating in a prescribed or particular way. The word nutrition has a more positive connotation and is typically associated with nourishing the body. The goal of the Fueling Series is not to give out a diet plan. It is to help you focus on your habitual intake and the results of your nutrition habits.

The 80/20 rule promotes balance and the inclusion of all foods. We recommend that you try to consume foods you know will give you the nutrients and sustainable energy you need 80% of the time and then consume whatever it is you want the other 20% of the time. Everything can fit into your daily "diet," your habitual intake. Just keep yourself in check.

THE MEAL BUILDER SYSTEM

The meal builder is an easy way to understand both what and how much to eat at each meal. The essence of the system is for weight control, but we like to think of it more as a fueling strategy to get you to your goals. There are meal builders in the handout series that will assign both males and females to their particular calorie zone. The recommendations in the zones provide a better idea of the amount of food that should be eaten to achieve your goals.

PARTING THOUGHTS

How you eat and what you eat are essential to your daily performance. Having sustainable energy is a function of your commitment to making smart nutrition decisions and fueling your body optimally.

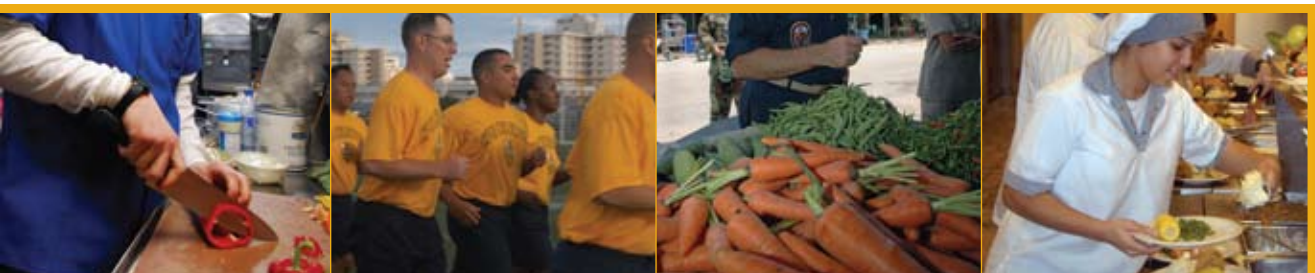
This content for the Navy Fitness and Fueling Series is designed to help Sailors achieve their goals by giving them the tools needed to make choices that will result in the energy they need to perform their jobs on a daily basis.

Eat Clean. Eat Often. Hydrate. Recover. Mindset.

EatCleanEatOftenHydrateRecoverMindset

PERFORMANCE NUTRITION FUNDAMENTALS

Master these 5 fundamentals and enjoy new found physical and mental performance through nutrition.



The 10 Nutrition Rules To Live By

1. COME BACK TO EARTH: Choose the least processed forms of food such as; Fruits, veggies, whole grains, and high fiber carbohydrates.

2. EAT A RAINBOW OFTEN: Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

3. THE LESS LEGS THE BETTER: Include a LEAN protein source with each meal.

4. EAT HEALTHY FATS: Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed, and flaxseed oil.

5. EAT BREAKFAST EVERY DAY: When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.

6. THREE FOR THREE: Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.

7. STAY HYDRATED: Dehydration = Decreased Performance. Drink at least 3 liters of non-caloric beverages (water/green tea) every day.

8. DON'T WASTE YOUR WORKOUT: Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

9. SUPPLEMENT WISELY: Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian.

10. SLEEP: Aim for 8 hours of sleep. If you can't get 8 hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

The 80/20 Rule: Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you 80% of the time and incorporate some of those foods that may not be the best, but are your favorites, 20% of the time!

THE BIG THREE: CARBOHYDRATE, PROTEIN, FAT

EAT CLEAN

Grains: "Come Back to Earth" • Carbohydrate = FUEL for the brain & muscles

- Main sources are: Breads, cereals, grains, beans, fruits, and vegetables.
- What to look for in a grain: The least processed forms of grain you can find.
- Think brown and found close to the ground!
- The best choices will have more than 3g of FIBER per serving.

The Top 5 Grains

Oatmeal

Brown Rice

High Fiber Cereal

Quinoa

100% Whole Wheat Bread

1 Serving Size = Your Fist

Protein: "The Less Legs the Better" • Protein = Building blocks for our bodies

- Protein builds muscle and maintains the immune system.
- Main sources are: Lean Meats, Low Fat Dairy, Eggs, and Beans/Legumes.
- What to look for: Lean protein sources. Typically the less legs on the animal the protein came from, the better it is for you.
- Try to include a lean protein source with every meal.
- Protein needs increase with activity. Intake ranges from 0.5g (recreational exerciser) to 0.8g (building muscle mass) of protein per pound of body weight. You will never need more than 1g per pound for health or muscle mass gains. The palm of your hand equals about 30-40g of protein.

The Top 5 Proteins

Tuna/Fish

Chicken/Turkey Breast

Lean Red Meat

Low Fat Dairy

Eggs

1 Serving Size = The Palm of Your Hand

Fats: "Eat Healthy Fat " • Healthy Fats = Energy Density

- Healthy Fats provide energy, help to regulate blood sugar, improve cholesterol, and keep you feeling full.
- Omega-3 fatty acids improve cognition, decrease inflammation, and enhance heart health. They are considered essential because your body cannot make them, you must get them through food. Omega-3's are found in fatty fish like salmon, trout, and tuna, as well as flaxseed, walnuts, and omega-3 fortified foods.
- Try to get one serving of healthy fat per meal (2 total servings of fatty fish per week).

The Top 5 Fats

Salmon

Oils: Fish, Flax, Olive

Flax Seed Products

Avocado

Pecans, Walnuts & Almonds

1 Serving Size = The Tip of Your Thumb

CHOOSE YOUR FUEL

EAT CLEAN

	HIGH OCTANE FUEL: 91	REGULAR OCTANE FUEL: 89	LOW OCTANE FUEL: 87
CARBS (GRAINS)	Beans (black, kidney, navy) Chickpeas Black eyed-peas Brown rice Corn Green peas High fiber crackers Lentil, black bean and pea soup Low-fat refried beans Sweet potato/yam Whole grain bread Whole grain bagels Whole grain cereal Whole grain tortillas Whole grain waffles	Baked beans Baked chips Boiled new potatoes Cereal bars Corn tortillas Cornmeal/cornbread Crackers Cream of wheat Flour tortillas French bread French toast Hamburger/hot dog buns Macaroni Pancakes Pasta Pita bread Pretzels Ravioli Rice cakes Spaghetti Waffles White bread White rice	Biscuits Croissants Doughnuts Fettuccini alfredo French fries Hash browns Mashed potatoes Muffins Pop tarts Refried beans Sugary cereals
PROTEIN	95% Ground beef or turkey Beans & peas Chicken, white meat/skinless Deli meat (turkey, ham, beef) Eggs (especially omega 3 eggs) Egg whites Lean beef steak Lean ham steak Lean jerky Low-fat cottage cheese Yogurt Milk: Non-fat and 1% Nut butters: Almond/peanut Non-fried fish Tofu Trimmed pork chops Tuna (in-water) Turkey, white meat/skinless	85% Ground beef/turkey Chicken, dark/skinless Milk: 2% and low-fat flavored Turkey, skinless/dark Turkey bacon Turkey sausage	75% Ground beef/turkey Bacon Beef or pork ribs Bratwurst Chicken, with skin Fried chicken Fried fish/seafood Frozen pizza Ham on bone Regular cottage cheese low-fat Whole milk/chocolate milk
FAT	Avocado Flax seed and flax oil Natural almond butter Natural peanut butter Olive oil Canola oil Peanuts Pumpkin seeds Raw almonds Raw cashews Raw pecans Raw pistachios Raw walnuts Sunflower seeds	Butter (in small amounts) Dry roasted nuts/seeds Reduced fat mayo Reduced fat salad dressing Reduced fat sour cream Reduced fat cheese Regular peanut butter	Fried foods Honey roasted nuts/seeds Margarine Mayonnaise Ranch & other salad dressing Regular cheese Sour cream Coconut oil

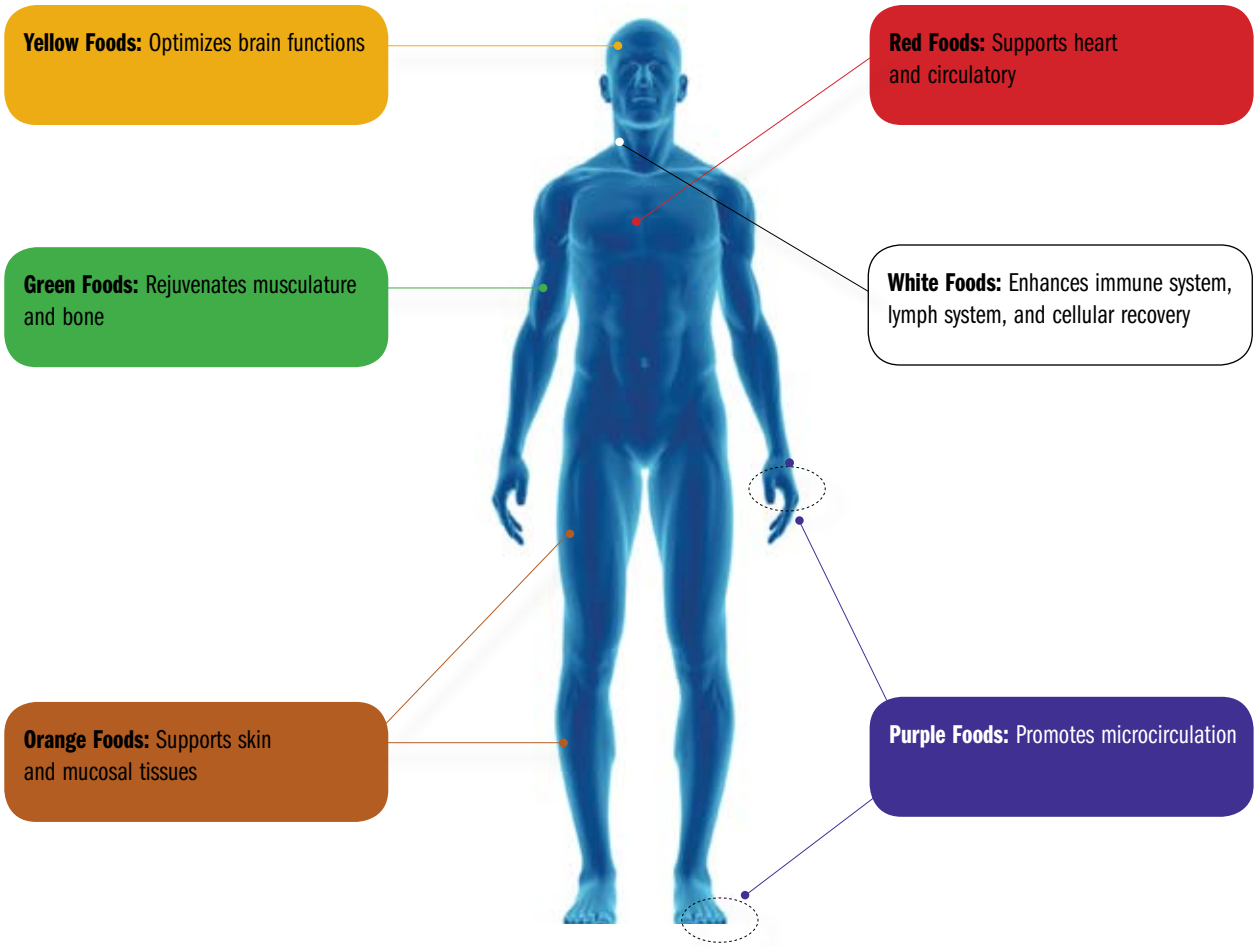
EAT THE RAINBOW

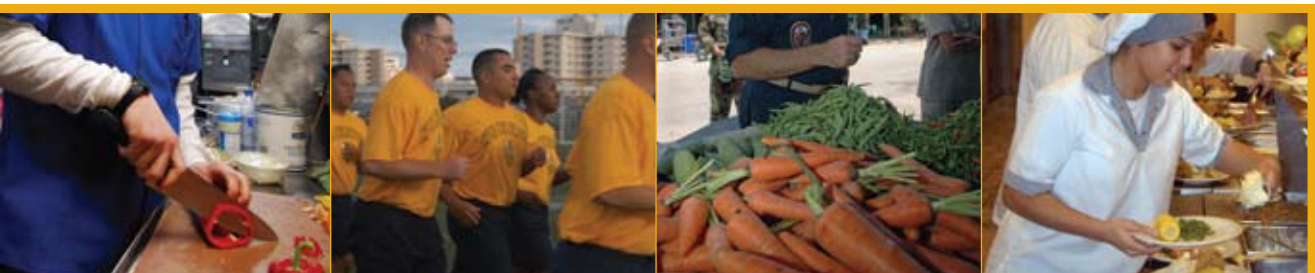
EAT CLEAN

Fruits and Vegetables

- Fruits and vegetables are a great source of high fiber carbohydrates.
- Fruits and vegetables provide our body with a combination of vitamins that cannot be replicated in a supplement.
- Different colors serve different roles in the body.
- Aim for at least 3 colors at every meal.
- Over the course of the day strive to eat 2 servings of fruit and 3 servings of vegetables.

COLOR CODE OF RESTORATIVE NUTRITION





EAT THE RAINBOW

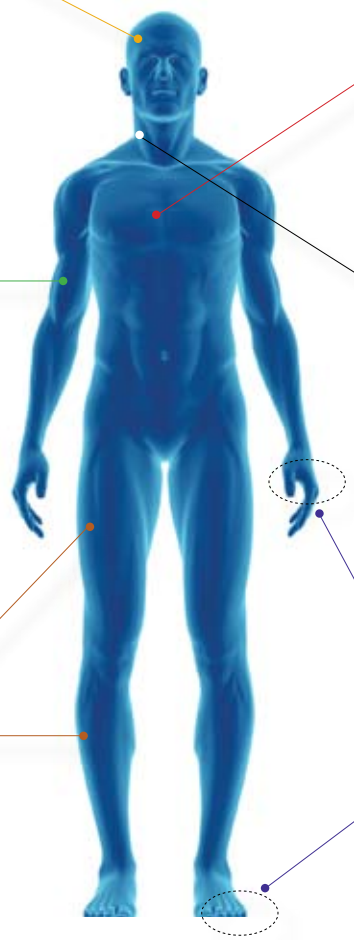
EAT CLEAN

Fruits and Vegetables

- Whole fruits and vegetables are best.
- Canned and frozen fruits and vegetables can also offer healthy alternatives at a lower cost. When choosing canned fruits make sure to choose them in their own juice or water.
- Drink fruit juice in moderation and make sure it is 100% juice. One serving of juice is equal to 4-6 oz.

Yellow Foods:
- Star fruit
- Yellow fig
- Golden kiwi
- Yellow pear
- Yellow pepper
- Yellow tomato
- Squash
- Sweet corn

Red Foods:
- Cherries
- Cranberries
- Strawberry
- Beets
- Red onion
- Tomato/ tomato sauce



Green Foods:
- Green leafy veggies
- Avocado
- Broccoli
- Kiwi
- Green cabbage
- All green veggies

White Foods:
- Banana
- Garlic
- Ginger
- Gobo root
- Heart of palm
- Horseradish
- Jicama
- Mushrooms
- Onion

Orange Foods:
- Apricot
- Cantaloupe
- Nectarine
- Papaya
- Carrots

Purple Foods:
- Blackberry
- Blueberry
- Plums
- Cabbage
- Eggplant
- Grapes
- Olives

FUEL UP: "THREE EVERY THREE"

EAT OFTEN

Set the Tone! • "Break" – "The" – "Fast"

Eat breakfast every day:

- Breakfast: Increases Metabolism
  Fuels the Brain
  Increases Energy Levels
- Don't substitute coffee, soda and energy drinks for food or lack of sleep.
- Skipping breakfast leads to eating more calories through the day and later at night. Don't play catch up!

Breakfast should include:

Protein: Eggs, egg whites, ham, beans, yogurt, or low-fat milk

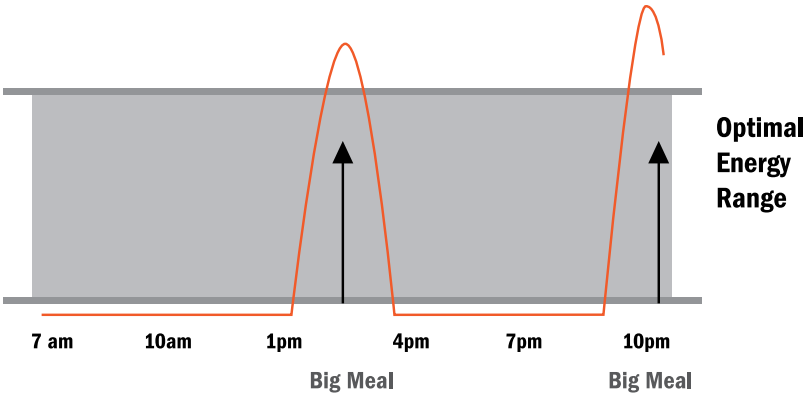
High Fiber Carbohydrate: Whole wheat bread, high fiber cereal, oatmeal, or beans

Color: Fruit in cereal, oatmeal, or yogurt / Veggies in eggs or omelets

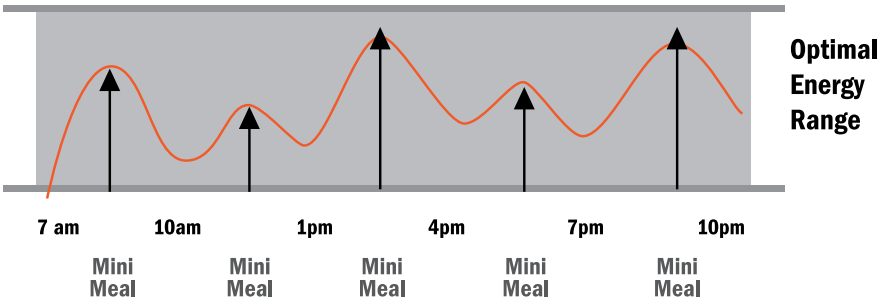
Continue to give the body steady fuel:

Eating smaller meals, more often will help to provide stable energy throughout the day. Fuel up with the 3 macronutrients (carbs, protein, fat) every 3 hours. Skipping meals will not lead to weight loss. It will lead to lower energy and decreased physical and mental performance.

Poorly Fueled Sailor



Optimally Fueled Sailor



FUEL UP: "THREE EVERY THREE"

EAT OFTEN

Portion Control: What is a serving size?

Choosing great foods is only half the battle to optimizing nutrition. Make sure to choose portion sizes that fit your needs.

BREADS:

1 Slice 100% whole wheat, rye, white, pumpernickel bread
2 Slices reduced calorie bread
1 Hot dog bun
½ English muffin
½ Bagel (3 inches)
1 Roll (small)
6" diameter pita bread
6" diameter corn or flour tortilla

VEGETABLES:

1c Raw vegetables
1c Cooked vegetable (e.g. see above for raw)
6oz Most vegetable juices

FRUITS:

1 Medium whole fruit (apple, orange, banana, etc)
½c Applesauce, unsweetened
¾c Blueberries
1-¼c Whole strawberries
1c Raspberries or boysenberries
1c Cubed cantaloupe or honeydew
¼c Cubed watermelon
½c Canned fruit (canned in water or juice)
12-15 Grapes
12 Cherries
2 Small plums
3 Dried prunes (also called "dried plums")
2Tbsp Raisins or other dried fruit
4-6oz. 100% fruit juice

CEREALS AND GRAINS:

1oz Most cold cereals (1/4 – 1c)
1-½c Puffed cereals (e.g. puffed rice)
½c Cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
½c Cooked brown or white rice
½c Cooked enriched or whole-wheat pasta

MILK AND DAIRY

8oz (1c.) Nonfat or 1% milk, low fat or 1% fat chocolate milk
8oz (1c.) Calcium-fortified light or reduced fat soymilk
8oz (1c.) Nonfat or 1% plain or fruited yogurt
½c Nonfat frozen yogurt

MEAT AND PROTEIN

8oz (1c.) Nonfat or 1% milk, low fat or 1% fat 3 - 4oz meat
½c Beans
2Tbsp Peanut butter
2 Eggs
½c Cottage cheese

1tsp = 1 Teaspoon
1Tbsp = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce

QUICK TIPS:

- 3-4oz. of meat is about the size and thickness of a deck of playing cards.
- A medium sized piece of fruit is the size of a tennis ball.
- 1oz of cheese is about the size of four stacked dice.
- ½c of ice cream is the size of a tennis ball.
- 1c of mashed potatoes is the size of your fist (depending on your size; commonly the size of a female fist).
- 1oz of nuts should fit into the small of your hand.
- 1tsp of margarine or butter is about the size of the tip of your thumb.

DAILY HYDRATION NEEDS

HYDRATE

- Water should be your main source of hydration.
- Avoid drinking soda, energy drinks, and fruit drinks. These beverages provide a lot of calories with very little nutritional value.
- Limit sweetened teas and coffee drinks with added sugar and cream.
- Only choose sports drinks before, during, and after INTENSE exercise.

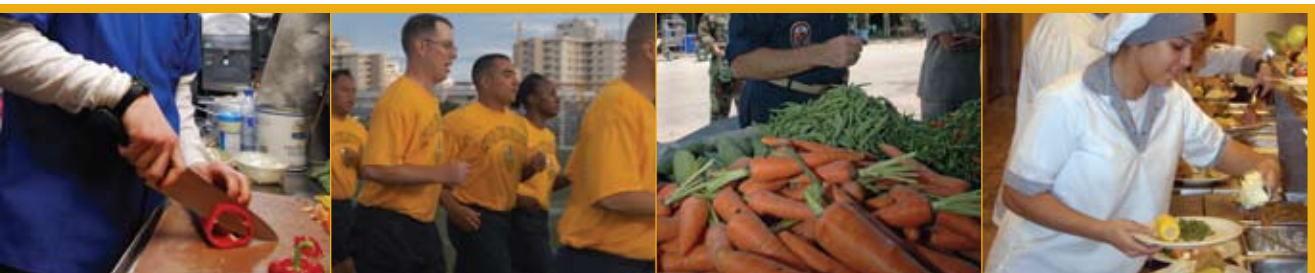
Are you hydrated?

- If you are thirsty, it is too late.
- Evaluate your urine. It should be light in color and resemble pale lemonade.

To maintain hydration drink water:

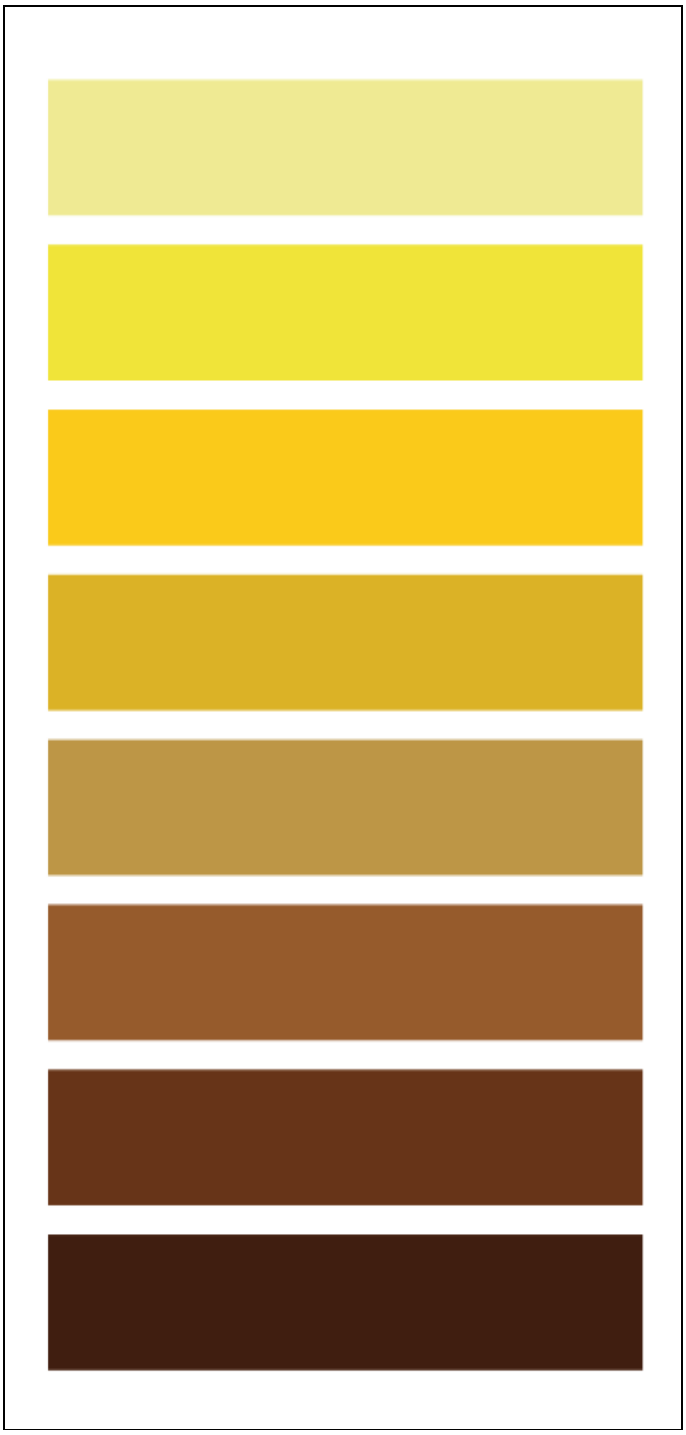
- 0.5 - 1oz fluid per pound per day [There are about 33oz in a liter (L)].

BODY WEIGHT	OUNCES OF FLUID NEEDED PER DAY	LITERS PER DAY
120 pounds	60 – 120 oz	2 – 4 liters/day
150 pounds	75 – 150 oz	2.5 – 5 liters/day
175 pounds	90 – 175 oz	3 – 6 liters/day
200 pounds	100 – 200 oz	3.5 – 7 liters/day
225 pounds	115 – 225 oz	4 – 8 liters/day
250 pounds	125 – 200 oz	4.5 – 9 liters/day



HYDRATION URINE CHART

HYDRATE



Check the color of your urine as a good indicator of your hydration status.

Hydrated

Dehydrated

Extremely Dehydrated
(consult a doctor)

DON'T WASTE YOUR WORKOUT

RECOVER

Recovery in 3's: Pre, During, and Post-Workout

Pre Workout

Don't go into your workout on an empty stomach.

Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein about an 1 – 2 hours before your workout.

Going into a workout properly fueled will improve performance and jump start recovery.

Great pre-workout snacks include:

- 1 Yogurt with ½ cup berries and ¾ cup high fiber cereal
- Small bowl of cereal with a banana
- ½ turkey sandwich and fruit
- ½ peanut butter & jelly sandwich and fruit
- Homemade trail mix: (1c high fiber cereal, 2 Tablespoons dried fruit, 2 Tablespoons nuts)

Make sure to hydrate with 16-20 oz of water too.

During Workout

It is important to stay hydrated during exercise.

How much do you need to drink?

- Losing 2% or more of your body weight due to sweating can decrease your performance and put you at greater risk for heat illness.
- A good way to monitor how well you are hydrating is to weigh yourself before and after training.

Do you need a sports drink?

NO, if...

- Training for less than 1 hour
- Weight loss is the goal of the training session

YES, if...

- Training for over an hour
- Training in extreme environments
- Lean body mass gain is the goal
- You enter the workout without any fuel
- You have a short but extremely intense workout

GENERAL HYDRATION GUIDELINES DURING WORKOUTS:

Maintain Hydration

- Keep weight loss to less than 2% during the workout.
- Take 4-6 gulps of fluid about every 15 minutes.
- Pay extra attention to your hydration when you are sweating more than usual or in an extreme environment.

Maintain Fuel and Electrolytes

- When you need something more than water, choose a sports drink with at least 110mg of sodium per 8 ounces to help prevent cramping and maintain electrolytes.
- When your exercise level warrants the consumption of a sports drink, 20-32oz an hour is all you will need to keep you fueled. Balance the rest of your hydration needs with water.

Hydration Example: 150 pound Sailor

- 2% of their body weight is 3 pounds.
- If this Sailor loses more than 3 pounds during their training, they are not hydrating effectively.

DON'T WASTE YOUR WORKOUT

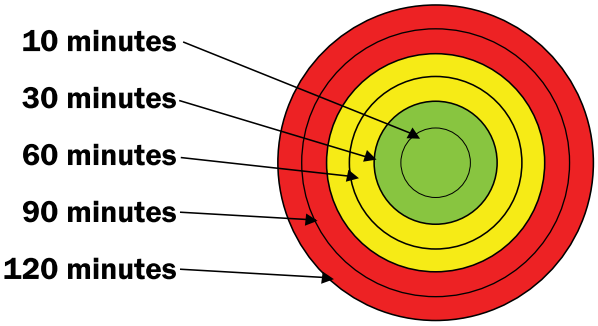
RECOVER

Recovery in 3's: Pre, During, and Post-Workout

Post Workout

- The sooner you get your post workout nutrition, the quicker you recover.
- Your recovery snack or meal – such as a granola bar with at least 5g of protein or a fruit smoothie – makes up one of your 5 - 6 meals per day.

THE OPEN WINDOW OF OPPORTUNITY TO GET YOUR BODY THE NUTRIENTS IT NEEDS FOR RECOVERY.



- ***Re-Fuel***
- ***Re-Build***
- ***Re-Hydrate***

Within 10 minutes of training:

1. Refuel with carbohydrate
The more intense the training, the more carbohydrate you need.

2. Rebuild with protein
Protein needs post workout are based on body weight.

3. Rehydrate with fluid
Drink 20-24oz of fluid for each pound lost during training.

What do you need to recover?

BODY WEIGHT (POUNDS)	GRAMS OF PROTEIN	GRAMS OF CARBOHYDRATE
120 - 150	15 - 20	30 - 60
150 - 180	20 - 25	40 - 75
181 - 215	25 - 30	50 - 90
215 - 245	30 - 35	60 - 105

Examples:

- 20oz low-fat chocolate milk + banana
- Turkey and pasta salad
- Tuna sandwich w/baked chips
- Meal replacement bar + 20oz sports drink
- Scrambled eggs or egg whites with whole wheat toast and 6oz juice
- Turkey sandwich + yogurt
- Spaghetti and meatballs
- Fruit smoothie blended with yogurt or whey protein

BUILD YOUR MEALS

MINDSET

Nutrition Blueprint And Builder

Instructions

1. Find your weight and goal. This is your zone.
2. When you identify your zone, you will see your nutritional blueprint.
3. The six columns across the top represent meal times or "fueling times." Food groups are represented along the left hand side. The numbers located within the body of the blueprint are the recommended number of servings from each food group at each fueling time.
4. Below is a list of foods from each of those groups. The number to the left of each food item equals one serving. For example: 1 slice of whole wheat bread = 1 grain serving. Each serving may be used interchangeably. Therefore, if you tire of whole wheat toast at breakfast, you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (2 slices of whole wheat toast) or mix and match (1 slice of whole wheat toast and 3/4c cereal). You are only limited by your creativity.
5. You are now prepared to build customized meals to help you meet your goals. This will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts.
6. The biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. Remember the 80/20 rule - choosing high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

Don't simply "EAT," instead "FUEL" your body for performance.

Are you READY?

GRAINS/STARCHES:

Pasta/Rice

- ⅓c Brown Rice, cooked
- ⅓c Whole Wheat Cous Cous (cooked)
- ½c Whole Wheat Pasta (cooked)
- ¼c Risotto, Quinoa (cooked)

Breads/Tortillas/Rolls

- 1 slice Bread (100% Whole Wheat)
- ½ Pita Bread (6" diameter each)
- ¼ Whole Wheat Bagel
- ½ English Muffin
- ½ Whole Wheat Hamburger/ Hot dog Bun
- ½ Sub Bread (6" each)
- 1 Whole Wheat or Corn Tortilla (6" diameter each)
- 2 Corn Tortillas (4" diameter each)
- 1sm. Whole Wheat Roll (1oz each)

Cold Cereals

- ½c All Bran Cereal
- ¾c Cheerios Cereal
- ¾c Cheerios MultiGrain Cereal
- ½c Cracklin Oat Bran Cereal
- ½c Frosted Mini Wheats Cereal
- ½c Grape Nuts Cereal
- ½c Kashi Go Lean Cereal
- ½c Kashi Go Lean Crunch Cereal
- ½c Kashi Go Lean Honey Almond Flax
- ½c Mueslix Cereal
- ½c Raisin Bran Cereal
- ¾c Smart Start Cereal
- ¾c Special K Cereal
- ½c Whole Wheat Total Cereal

Hot Cereals

- ½c Cream of Wheat (cooked)
- 1 Instant Grits
- ½ Packet Kashi Instant Oatmeal
- ½ Packet Quaker Instant Oatmeal
- ½c Slow Cooked Oatmeal

Veggies, Beans, Potatoes

- ½c Soya Beans (cooked)
- ½c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- ½c Peas (cooked)
- ½c Pinto Beans (cooked/canned)
- ½sm Baked Potato
- ½c Beans Black, Kidney (cooked/canned)
- ½c Black Eyed Peas (cooked/canned)
- ½c Corn (cooked)
- 1 Medium ear of corn
- ½c Sweet Potato (cooked)
- ½c Yam (cooked)
- ½c Lentils (cooked)
- ½c Lima Beans (cooked/canned)
- ½c Mashed Potatoes

Snacks/Crackers/Granola Bars

- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 bar Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)
- ¾c Pretzels
- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Wheat Fig Newton

PROTEINS / DAIRY:

Fish/Seafood

- 3oz Clams
- 3oz Cod
- 3oz Crab
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Lobster
- 3oz Salmon
- 3oz Scallops
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna
- 3oz Tuna (canned in water)

Poultry

- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

Beef/Pork

- 3oz Beef (96% lean ground chuck)
- ½oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

Dairy

- 8oz 1% Chocolate milk
- 8oz 1% Milk
- 1 2% String cheese
- ½c Non-fat cottage cheese
- ½c Non-fat frozen yogurt
- 8oz Non-fat milk
- 1c Non-fat yogurt
- 8oz Calcium fort. light soymilk
- 8oz Reduced-fat soymilk

Eggs

- ¼c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

Legumes

- ½c Black beans (cooked/canned)
- ½c Black eyed peas (cooked/canned)
- 8oz Calcium-fortified light soymilk
- ½c Kidney beans (cooked/canned)
- ½c Lentils (cooked)
- ½c Pinto beans (cooked/canned)
- ½c Soy milk
- ½c Soya beans (cooked)
- ½c Split peas (cooked)
- 1T Almond butter
- 1T Peanut butter (natural)
- ½oz Raw nuts

VEGETABLES:

Green

- 1c Arugula
- ½c Asparagus (cooked)
- 1c Asparagus (raw)
- ½c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- ½c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- ½c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- ½c Lettuce (all)
- 1c Spinach (raw)

White

- ½c Cabbage (cooked)
- 1c Cabbage (raw)
- ½c Cauliflower (cooked)
- 1c Cauliflower (raw)
- ½c Onions (cooked)
- 1c Onions (raw)
- ½c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

Red

- ½c Tomato, beets
- ½c Salsa, tomato sauce

Orange

- ½c Carrots (cooked)
- 1c Carrots (raw)

Mixed Colors

- ½c Peppers (cooked)
- 1c Peppers (raw)
- ½c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- ½c Zucchini (cooked)
- 1c Zucchini (raw)

FRUITS:

Red

- 1sm. Apple(s)
- ½c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1-¼c Strawberries (whole)
- ¼c Watermelon (cubed)
- ½med. Grapefruit

Orange

- 1c Cantaloupe (cubed)
- 1med. Orange, nectarine or peach
- 1lg. Tangerine

Yellow

- ½lg. Banana(s)
- ¾c Pineapple chunks (in own juice)

Blue/Purple

- 1c Blackberries or boysenberries
- ¾c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

Green

- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

Mixed Colors

- 2T Dried fruit
- ½c Fresh fruit salad
- ½c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

FATS (CHOOSE OFTEN):

- 1T Almond butter
- 11 Almonds
- ¼med. Avocado
- 10lg. Black olives
- ½t Canola oil
- 2T Flax seeds
- ½t Flaxseed oil
- 15lg. Green olives
- ½t Olive oil
- 1T Peanut butter
- 8 Pecan halves
- 2T Pumpkin seeds
- 2T Sesame seeds
- 2T Sunflower seeds
- ½t Corn oil
- 2t Margarine
- 3T Reduced-fat mayonnaise
- 3T Reduced-fat salad dressing
- ½t Safflower oil
- ½t Soy bean oil
- ½t Sunflower oil
- 7 Walnut halves
- 3T Guacamole

FATS (CHOOSE LESS OFTEN):

- 2t Butter (stick)
- 1T Butter (whipped)
- 1oz Cheese
- 1slice Cheese slice
- ½t Coconut oil
- 1T Cream cheese
- 4T Half & half
- 2t Mayonnaise
- 2slices Reduced fat cheese
- ½T Reduced-fat butter
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 3T Sour cream
- 2 Turkey bacon slices
- 1 Turkey sausage link

1t = 1 Teaspoon
1T = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce
sm. = Small
med. = Medium
lg. = Large

EatCleanEatOftenHydrateRecoverMindset

BUILD YOUR MEALS - FEMALE BUILDER

MINDSET

ZONE 1

Fueling Times

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	1	**	1 – 2	1	1 - 2	**
Protein/Dairy	1	**	1	**	1	1
Fruits	1 – 2	1	1 - 2	**	**	1
Veggies	**	**	3	**	3	**
Fats	1	1	1	1	1	**
OR						
Meal Replacement	**	1	**	1	**	1
Total Calories	280 - 340	140 - 170	350 - 425	140 - 170	350 - 425	140 - 170

ZONE 1

WEIGHT	GOAL
110 - 130	Weight Loss
131 - 160	Weight Loss

Meal Replacement should have 10 - 20g Protein, 20 - 40g of Carbs, and ≥ 3g of Fiber

ZONE 2

Fueling Times

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	1 - 2	**	2 - 3	1	2 - 3	**
Protein/Dairy	1	**	1	**	1	1
Fruits	1 – 2	1 - 2	**	1	**	1
Veggies	**	**	3	**	3	**
Fats	1 - 2	1	1 - 2	1	1 - 2	1
OR						
Meal Replacement	**	1	**	1	**	1
Total Calories	340 - 400	170 - 200	425 - 500	170 - 200	425 - 500	170 - 200

ZONE 2

WEIGHT	GOAL
110 - 130	Weight Main
161 - 190	Weight Loss

Meal Replacement should have 10 - 20g Protein, 20 - 40g of Carbs, and ≥ 3g of Fiber

ZONE 3

Fueling Times

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	2 - 3	1	2 - 3	**
Protein/Dairy	1	1	1	**	1	1
Fruits	1 – 2	1 - 2	**	1	**	1
Veggies	**	**	3	**	3	**
Fats	1 - 2	1 - 2	2 - 3	1 - 2	2 - 3	1 - 2
OR						
Meal Replacement	**	1 + Fruit	**	1 + Fruit	**	1 + Fruit
Total Calories	400 - 460	200 - 230	500 - 575	200 - 230	500 - 575	200 - 230

ZONE 3

WEIGHT	GOAL
131 - 160	Weight Main

Meal Replacement should have 10 - 20g Protein, 20 - 40g of Carbs, and ≥ 3g of Fiber

ZONE 4

Fueling Times

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 - 3	1	2 - 3	1	2 - 3	1
Protein/Dairy	1 – 2	1	1.5	**	1.5	1
Fruits	2	2	**	1	**	1
Veggies	**	**	3	**	3	**
Fats	2 - 3	2 - 3	2 - 3	2	2 - 3	2
OR						
Meal Replacement	**	1 + 2 Fruit	**	1 + 2 Fruit	**	1 + 2 Fruit
Total Calories	460 - 520	230 - 260	575 - 650	230 - 260	575 - 650	230 - 260

ZONE 4

WEIGHT	GOAL
161 - 190	Weight Main

Meal Replacement should have 10 - 20g Protein, 20 - 40g of Carbs, and ≥ 3g of Fiber

ZONE 5

Fueling Times

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 - 3	1 – 2	2 - 3	1 – 2	2 - 3	1
Protein/Dairy	1 – 2	1	1.5	**	1.5	1
Fruits	2 - 3	2	**	1	**	1
Veggies	**	**	3	**	3	**
Fats	2 - 3	2 - 3	2 - 3	2	2 - 3	2
OR						
Meal Replacement	**	1 + 2 Fruit + 1 Fat	**	1 + 2 Fruit + 1 Fat	**	1 + 2 Fruit + 1 Fat
Total Calories	520 - 600	260 - 300	650 - 750	260 - 300	650 - 750	260 - 300

ZONE 5

WEIGHT	GOAL
110 - 160	Weight Gain

Meal Replacement should have 10 - 20g Protein, 20 - 40g of Carbs, and ≥ 3g of Fiber

BUILD YOUR MEALS

MINDSET

Nutrition Blueprint And Builder

Instructions

1. Find your weight and goal. This is your zone.
2. When you identify your zone, you will see your nutritional blueprint.
3. The six columns across the top represent meal times or "fueling times." Food groups are represented along the left hand side. The numbers located within the body of the blueprint are the recommended number of servings from each food group at each fueling time.
4. Below is a list of foods from each of those groups. The number to the left of each food item equals one serving. For example: 1 slice of whole wheat bread = 1 grain serving. Each serving may be used interchangeably. Therefore, if you tire of whole wheat toast at breakfast, you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (2 slices of whole wheat toast) or mix and match (1 slice of whole wheat toast and 3/4c cereal). You are only limited by your creativity.
5. You are now prepared to build customized meals to help you meet your goals. This will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts.
6. The biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. Remember the 80/20 rule - choosing high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

Don't simply "EAT," instead "FUEL" your body for performance.
Are you READY?

GRAINS/STARCHES:

Pasta/Rice
- ⅓c Brown Rice, cooked
- ⅓c Whole Wheat Cous Cous (cooked)
- ½c Whole Wheat Pasta (cooked)
- ¼c Risotto, Quinoa (cooked)

Breads/Tortillas/Rolls
- 1 slice Bread (100% Whole Wheat)
- ½ Pita Bread (6" diameter each)
- ¼ Whole Wheat Bagel
- ½ English Muffin
- ½ Whole Wheat Hamburger/ Hot dog Bun
- ½ Sub Bread (6" each)
- 1 Whole Wheat or Corn Tortilla (6" diameter each)
- 2 Corn Tortillas (4" diameter each)
- 1sm. Whole Wheat Roll (1oz each)

Cold Cereals
- ½c All Bran Cereal
- ¾c Cheerios Cereal
- ¾c Cheerios MultiGrain Cereal
- ½c Cracklin Oat Bran Cereal
- ½c Frosted Mini Wheats Cereal
- ½c Grape Nuts Cereal
- ½c Kashi Go Lean Cereal
- ½c Kashi Go Lean Crunch Cereal
- ½c Kashi Go Lean Honey Almond Flax
- ½c Mueslix Cereal
- ½c Raisin Bran Cereal
- ¾c Smart Start Cereal
- ¾c Special K Cereal
- ½c Whole Wheat Total Cereal

Hot Cereals
- ½c Cream of Wheat (cooked)
- 1 Instant Grits
- ½ Packet Kashi Instant Oatmeal
- ½ Packet Quaker Instant Oatmeal
- ½c Slow Cooked Oatmeal

Veggies, Beans, Potatoes
- ½c Soya Beans (cooked)
- ½c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- ½c Peas (cooked)
- ½c Pinto Beans (cooked/canned)
- ½sm Baked Potato
- ½c Beans Black, Kidney (cooked/canned)
- ½c Black Eyed Peas (cooked/canned)
- ½c Corn (cooked)
- 1 Medium ear of corn
- ½c Sweet Potato (cooked)
- ½c Yam (cooked)
- ½c Lentils (cooked)
- ½c Lima Beans (cooked/canned)
- ½c Mashed Potatoes

Snacks/Crackers/Granola Bars
- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 bar Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)
- ¾c Pretzels
- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Wheat Fig Newton

PROTEINS / DAIRY:

Fish/Seafood
- 3oz Clams
- 3oz Cod
- 3oz Crab
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Lobster
- 3oz Salmon
- 3oz Scallops
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna
- 3oz Tuna (canned in water)

Poultry
- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

Beef/Pork
- 3oz Beef (96% lean ground chuck)
- ½oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

Dairy
- 8oz 1% Chocolate milk
- 8oz 1% Milk
- 1 2% String cheese
- ½c Non-fat cottage cheese
- ½c Non-fat frozen yogurt
- 8oz Non-fat milk
- 1c Non-fat yogurt
- 8oz Calcium fort. light soymilk
- 8oz Reduced-fat soymilk

Eggs
- ¼c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

Legumes
- ½c Black beans (cooked/canned)
- ½c Black eyed peas (cooked/canned)
- 8oz Calcium-fortified light soymilk
- ½c Kidney beans (cooked/canned)
- ½c Lentils (cooked)
- ½c Pinto beans (cooked/canned)
- ½c Soy milk
- ½c Soya beans (cooked)
- ½c Split peas (cooked)
- 1T Almond butter
- 1T Peanut butter (natural)
- ½oz Raw nuts

VEGETABLES:

Green
- 1c Arugula
- ½c Asparagus (cooked)
- 1c Asparagus (raw)
- ½c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- ½c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- ½c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- ½c Lettuce (all)
- 1c Spinach (raw)

White
- ½c Cabbage (cooked)
- 1c Cabbage (raw)
- ½c Cauliflower (cooked)
- 1c Cauliflower (raw)
- ½c Onions (cooked)
- 1c Onions (raw)
- ½c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

Red
- ½c Tomato, beets
- ½c Salsa, tomato sauce

Orange
- ½c Carrots (cooked)
- 1c Carrots (raw)

Mixed Colors
- ½c Peppers (cooked)
- 1c Peppers (raw)
- ½c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- ½c Zucchini (cooked)
- 1c Zucchini (raw)

FRUITS:

Red
- 1sm. Apple(s)
- ½c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1-¼c Strawberries (whole)
- ¼c Watermelon (cubed)
- ½med. Grapefruit

Orange
- 1c Cantaloupe (cubed)
- 1med. Orange, nectarine or peach
- 1lg. Tangerine

Yellow
- ½lg. Banana(s)
- ¾c Pineapple chunks (in own juice)

Blue/Purple
- 1c Blackberries or boysenberries
- ¾c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2T Raisins

Green
- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

Mixed Colors
- 2T Dried fruit
- ½c Fresh fruit salad
- ½c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

FATS (CHOOSE OFTEN):
- 1T Almond butter
- 11 Almonds
- ¼med. Avocado
- 10lg. Black olives
- ½t Canola oil
- 2T Flax seeds
- ½t Flaxseed oil
- 15lg. Green olives
- ½t Olive oil
- 1T Peanut butter
- 8 Pecan halves
- 2T Pumpkin seeds
- 2T Sesame seeds
- 2T Sunflower seeds
- ½t Corn oil
- 2t Margarine
- 3T Reduced-fat mayonnaise
- 3T Reduced-fat salad dressing
- ½t Safflower oil
- ½t Soy bean oil
- ½t Sunflower oil
- 7 Walnut halves
- 3T Guacamole

FATS (CHOOSE LESS OFTEN):
- 2t Butter (stick)
- 1T Butter (whipped)
- 1oz Cheese
- 1slice Cheese slice
- ½t Coconut oil
- 1T Cream cheese
- 4T Half & half
- 2t Mayonnaise
- 2slices Reduced fat cheese
- ½T Reduced-fat butter
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 3T Sour cream
- 2 Turkey bacon slices
- 1 Turkey sausage link

1t = 1 Teaspoon
1T = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce
sm. = Small
med. = Medium
lg. = Large

EatCleanEatOftenHydrateRecoverMindset

BUILD YOUR MEALS - MALE BUILDER

MINDSET

ZONE 1

Fueling Times	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	1 – 2	**	1 – 2	1 – 2	1 - 2	**
Protein/Dairy	1	**	1 – 2	**	1 - 2	1
Fruits	1 – 2	1	1	**	**	1
Veggies	**	**	3	**	3	**
Fats	1 – 2	1	2	1 – 2	1 - 2	**
OR						
Meal Replacement	**	1	**	1	**	1
Total Calories	360 - 460	180 - 230	450 - 575	180 - 230	450 - 575	180 - 230

ZONE 1	
WEIGHT	GOAL
140 - 160	Weight Loss

Meal Replacement should have 15-40g Protein, 20-40g of Carbs and ≥ 3g of Fiber

ZONE 2

Fueling Times	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	**	2 - 3	1	2 - 3	**
Protein/Dairy	1 – 2	**	2	**	2	1
Fruits	1 – 2	1 - 2	1	**	**	1 - 2
Veggies	**	**	3	**	3	**
Fats	1 - 2	1	1 - 2	1	2	**
OR						
Meal Replacement	**	1 + Fruit	**	1 + Fruit	**	1 + Fruit
Total Calories	460 - 520	170 - 200	575 - 650	230 - 260	575 - 650	230 - 260

ZONE 2	
WEIGHT	GOAL
140 - 160	Weight Main
161 - 190	Weight Loss

Meal Replacement should have 15-40g Protein, 20-40g of Carbs, and ≥ 3g of Fiber

ZONE 3

Fueling Times	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 - 3	1	2 - 3	1	2 - 3	**
Protein/Dairy	2	**	2	1	2	1
Fruits	2 - 3	1	2	**	**	2
Veggies	**	**	3	**	3	**
Fats	2	1	2	1	2	**
OR						
Meal Replacement	**	1 + 2 Fruit	**	1 + 2 Fruit	**	1 + 2 Fruit
Total Calories	520 - 600	260 - 300	650 - 750	260 - 300	650 - 750	260 - 300

ZONE 3	
WEIGHT	GOAL
161 - 190	Weight Main
191 - 250	Weight Loss

Meal Replacement should have 15-40g Protein, 20-40g of Carbs, and ≥ 3g of Fiber

ZONE 4

Fueling Times	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 - 4	1	3 - 4	2	3 - 4	2
Protein/Dairy	2	**	2	**	2	1
Fruits	3	1	1	**	2	1
Veggies	**	**	3	**	3	**
Fats	2	2	1 - 2	1	2	1 - 2
OR						
Meal Replacement	**	1 + 2 fruit + 1 fat	**	1 + 2 fruit + 1 fat	**	1 + 2 fruit + 1 fat
Total Calories	600 - 680	300 - 340	750 - 850	300 - 340	750 - 850	300 - 340

ZONE 4	
WEIGHT	GOAL
140 - 190	Weight Gain
191 - 220	Weight Main

Meal Replacement should have 15-40g Protein, 20-40g of Carbs, and ≥ 3g of Fiber

ZONE 5

Fueling Times	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4 - 5	1 – 2	4 - 5	1	4 - 5	2 - 3
Protein/Dairy	2	**	2	**	2	1
Fruits	3 - 4	1 – 2	1 - 3	**	2	1
Veggies	**	**	3	**	3	**
Fats	2 - 3	2 - 3	2 - 3	2	2	2 - 3
OR						
Meal Replacement	**	1	**	1	**	1
Total Calories	680 - 800	340 - 400	850 - 1000	340 - 400	850 - 1000	340 - 400

ZONE 5	
WEIGHT	GOAL
191 - 220	Weight Gain

Meal Replacement should have 15-40g Protein, 20-40g of Carbs, and ≥ 3g of Fiber