

FUEL/ENERGY ONLY

BUILDING ONLY

FAT

CARBOHYDRATES

PROTEIN

****MINIMAL AMOUNT DAILY****

ONLY AS FUEL/NEEDED FOOD

CAN EAT ANYTIME FOOD

Good sources of good fats:

Only Essential fatty acids (that body cannot produce)

Omega 3- (flax seed oils)

Omega 6- (or fish meals/oils)

Omega 9-

STARCHY OR COMPLEX CARBS

Are ONLY as demanded by the body:

IN THE MORNING OR BEFORE WORKOUT ONLY**

- Once in the morning complex/starchy carbs to start your day
- Approx 45 min before a workout complex/starchy carbs to give you energy for high intensity

Carb Numbers for cal & fat:

- Up to 100grams of complex on moderate active day.
- Max 200grams of complex highly active day.
- 1 gram of carbohydrates is 4 cal
- 1 gram of fat is 9cal

Good sources of complex carbohydrates:

Oatmeal, Jasmine Rice, Sweet Potato, Whole Grain Beads, pasta, potato

SIMPLE CARBS: Only during/post workout

During/Post workout -glucose sugar/ simple carbo for insulin spike to slam nutrients into the muscle cells like amino acids/protien.

CAN EAT ANYTIME FOOD

FIBROUS CARBS: Anytime-no limit**

In a inactive periods you can have fiberous carbs like **green leafy vegetables** that will give you less energy/fuel but keep your metabolizim high

PROTEIN

Average persons healthy intake is 1gram per pound of bodyweight. i.e. 200 lbs = 200 grams of protein

Bodybuilding or Pro Athlete (20hrs of activity per week) daily intake should be is 1.5 to 2 grams per pound of bodyweight.

Protein Numbers for cal & fat:

- 1 gram of protein is approx 4 calories.
- 4 oz. of any kind of meat is approx 20 to 25 grams of protein.
- Fat will vary approx 4 to 5 grams of fat for chicken per 4oz.
- Food such as Beef and steak will be a much higher fat content per 4oz., with fat levels being up to ranges 30 to 45 grams of fat per 4oz

Good sources of clean protein:

Chicken
Egg Whites
Tuna
Turkey meat
Lean beef
Protein Powder,
Buffalo