



Nutrition Plan

Here's the plan (and it is so simple you can start tomorrow). You're going to consume protein and fruits/vegetables every meal.

Here are some examples of food ideas.

Healthy Fats

- Avocados
- Butter
- Coconut Oil
- Extra Virgin Olive Oil
- Omega-3, 6, 9
- Nut Butter, not peanut, preferably almond butter
- Butter (Kerry Gold Irish Salted Butter)
- Cheese
- Eggs
- Avocado Oil
- Sesame Oil
- Walnut Oil
- MCT Oil
- Duck Fat
- Goose Fat
- Bacon Grease

Vegetables

Try and stick to green leafy vegetables like:

- Kale
- Spinach
- Broccoli
- Pak Choi
- Swiss Chard
- Fennel
- Garlic
- Broccoli Sprouts

or any other leafy greens. Try to use as much organic as you can.

Protein: (1.8 gram of protein should be consumed per kilo of body weight a day. 0.3g protein per kilo of your bodyweight should be consumed per meal)

- Seafood
- White-Meat Poultry
- Cheese
- Eggs
- Pork
- Soy
- Beef
- Fish
- Venison
- Quorn

Carbohydrates

DAILY NEEDS FOR FUEL & RECOVERY

Depending on daily activity will depend on how many carbs to consume.

Light	Low intensity or skill based activity	3-5g per kilo of bodyweight
Moderate	1 hour per day	5-7g per kilo of bodyweight
High	1-3 hours per day	6-10g per kilo of bodyweight
Very High	4-5 hours per day	8-12g per kilo of bodyweight

ACUTE FUELLING STRATEGIES

General Fuelling	Preparation for events <90min exercise	5-7g/kg per 24 hour
Carb Loading	Preparation for events >90min sustained exercise	36-48 hours of 10-12g/kg per 24 hour
Speedy Refuelling	<8h recovery between two fuel demanding sessions	1-1.2g/kg for first 4 hours then resume daily fuel needs
Pre Event Fuelling	Before exercise >60min	1-4g/kg 1-4 hour before

Low Glycemic index (Low GI)

Low GI foods can benefit your health and athletic performance. Being that low GI foods are assimilated at a slower rate, they supply a steadier supply of energy. Lower GI foods alleviate hunger, leading to a more controlled appetite. Selecting lower GI carbohydrates will prevent mood swings. Lower GI foods can also result in higher muscle glycogen levels (storing more carbs in the muscle), and less chance of storing the extra glucose as fat. You see elevated insulin levels can turn on your fat storing mechanisms.

So, if you are dieting low GI foods are the way to go. If you are going to eat before training, you should pick low glycemic carbohydrates. Low glycemic foods will prevent any premature lowering of blood glucose levels before training, which can lead to fatigue.

High Glycemic Index (High GI)

High glycemic foods can benefit your training just as well. You must however know the right times to ingest them so you can use them to your advantage involving performance and recovery. There are certain situations and times where you can use elevated insulin levels in your favour for positive effects.

One of the roles of insulin is to drive nutrients, especially carbohydrates, out of the blood and into the liver, muscles, and any excess glucose into adipose tissue (fat).

So, using high GI foods after training can benefit you greatly. Consuming high GI carbs within the first 15 minutes to 2 hours after training can give you a big head start on replenishing depleted glycogen levels in the muscle. After training you want the insulin levels to rise causing the proteins, carbs, and other nutrients to be shuttled into the starving muscles. Higher GI foods are suggested for this recovery purpose because of the spike in insulin they cause. Absorption of supplements such as creatine, glutamine, and anti-oxidants can be enhanced if taken with a high glycemic drink (carb drink, juices).

Please see end of document for food items and their GI numbers.

Pre Workout meal, 1 and a half hours before your workout.

Low GI Food, High GI food, Protein.

Example's

Option A: 60-90 minutes pre-workout, have a solid, balanced meal containing...

Protein = 0.3g per kilo of your target body weight.

Carbs = 0.3g per kilo of your target body weight.

Adding fat at this point is fine, use your discretion as long as it fits into your macronutrient goals.

OR...

Option B: 30-0 minutes pre-workout – (and/or sipped throughout the workout), have a liquid or easily digested meal containing

Protein = 0.3g per kilo of your target body weight.

Carbs = 0.3g per kilo of your target body weight.

If you were going to train for close to or more than 1 hour continuously, it would definitely benefit you to have this extra pre-workout meal either immediately prior to, or sipped during training. Keep the fats here incidental and not added if you're prone to gastric distress during training.

Post Workout meal, after your workout.

High GI Food, Protein.

Example's

Within 30 minutes post-workout, have either a liquid or solid meal containing...

Protein = 0.3g per kilo of your target body weight.

Carbs = 0.3g per kilo of your target body weight.

Amount of fat here doesn't matter as long as your daily target is hit.

As for me personally, I usually go about this meal 3 different ways.

- **Option A:** Sometimes I have a liquid meal consisting of whey protein powder as my protein source (whey is the "fast" digesting protein, more about it later), and dextrose (which is a type of sugar commonly used in sports drinks) as my carb source. I just throw the appropriate amounts of both into a shaker bottle, take it with me to the gym, and leave it in my car or locker. When I've finished working out, I just pour in a bottle of water, shake for a

few seconds, and taaadaaa, I have an extremely quick and convenient POST workout shake that I drink on the ride home.

- **Option B:** Sometimes I skip the liquid meal described above in favour of a normal solid food meal as soon as I get home. I normally go with chicken and a big bowl of rice or white potatoes or another similar higher glycemic source. As I've mentioned before, this is the one time of the day when higher glycemic foods may have an advantage over lower glycemic foods. I know a lot of people who prefer to eat their favourite junkier cereals (Lucky Charms, Frosted Flakes, etc.) at this meal for this very reason.
- **Option C:** Sometimes I combine elements of the previous 2 options. Specifically, I'll use whey protein powder as my protein source, and a higher glycemic solid food as my carb source.

Exactly which option I personally go with or recommend you go with depends on a bunch of factors. For example...

Option A (the whey/dextrose shake) was once thought to be FAR superior to anything else because they both digest faster than any other source of protein or carbs (not to mention, a liquid meal digests faster than a solid food meal).

However, if you already got your PRE workout meal right, then it probably doesn't matter anywhere near as much as some people make it seem. Don't get me wrong, I still use this option a lot, it's just that any supposed benefits over Option B or C are most likely insignificant at best.

The real big advantage of this shake is the convenience of it. Just mix it together and drink. That's as quick and easy as it gets, and some people might prefer that. Not to mention, some people just aren't that hungry after working out, so they might prefer to drink this meal rather than eat it. It's all about personal preferences.

Option B or C (the solid/semi-solid food meals) are definitely more ideal for people who would prefer to chew their meal rather than drink it. Some people just enjoy eating and love the idea of getting to eat a nice big meal containing some of the higher glycemic foods they typically avoid the rest of the day.

These options may just be more fun and enjoyable to many people, especially those who are trying to lose fat (and are therefore eating less calories overall and wouldn't want to "waste" a meal by drinking it), or people who just have problems controlling their appetite.

Again, as long as you get the gist of the meal right (eat a nice amount of protein and carbs soon after your workout), exactly how you do it is not likely to matter much in the end and should really come down to your own personal preferences.

Daily Meal Ideas

Breakfast

Bacon and eggs

Salmon and Scrambled eggs

Omelette with bacon, mushroom, onion, cheese

All cooked in butter or coconut oil whatever your preference.

Add carbs depending on your daily activity level.

Meals 1,2,3,4,5

Palm sized piece of protein, any kind of meat, fish, eggs, Quorn etc

Greens i.e. Kale, Spinach, Asparagus, broccoli etc.

All cooked in a small amount of butter or coconut oil whatever your preference

Add carbs depending on your daily activity level.

Healthy Low Carb Snacks

Olives
Nuts
Biltong
Dried cured meats
Nut Butters
Dark Chocolate (In moderation!!!)
Seeds

Drinks

Preferably water at least 3-6 litres per day more if you are exercising.
Green Tea
Bulletproof Coffee (black coffee with coconut oil added to it)
Protein drinks for efficiency

The glycemic index range is as follows:

Low GI = 55 or less

Medium GI = 56 - 69

High GI = 70 or more

Breakfast Cereal

Low GI

All-bran (UK/Aus)
30
All-bran (US)
50
Oat bran
50
Rolled Oats
51
Special K (UK/Aus)
54
Natural Muesli
40
Porridge
58

Medium GI

Bran Buds
58
Mini Wheats
58
Nutrigrain
66
Shredded Wheat
67
Porridge Oats
63
Special K (US)

69

High GI

Cornflakes

80

Sultana Bran

73

Bran flakes

74

Coco Pops

77

Puffed Wheat

80

Oats in Honey Bake

77

Team

82

Total

76

Cheerios

74

Rice Krispies

82

Weetabix

74

Staples

Low GI

Wheat Pasta Shapes

54

New Potatoes

54

Meat Ravioli

39

Spaghetti

32

Tortellini (Cheese)

50

Egg Fettuccini

32

Brown Rice

50

Buckwheat

51

White long grain rice

50

Pearled Barley

22

Yam

35

Sweet Potatoes

48

Instant Noodles

47

Wheat tortilla

30

Medium GI

Basmati Rice
58
Couscous
61
Cornmeal
68
Taco Shells
68
Gnocchi
68
Canned Potatoes
61
Chinese (Rice) Vermicelli
58
Baked Potatoes
60
Wild Rice
57

High GI

Instant White Rice
87
Glutinous Rice
86
Short Grain White Rice
83
Tapioca
70
Fresh Mashed Potatoes
73
French Fries
75
Instant Mashed Potatoes
80

Bread

Low GI

Soya and Linseed
36
Wholegrain Pumpernickel
46
Heavy Mixed Grain
45
Whole Wheat
49
Sourdough Rye
48
Sourdough Wheat
54

Medium GI

Croissant
67
Hamburger bun
61
Pita, white
57

Wholemeal Rye
62

High GI

White
71
Bagel
72
French Baguette
95

Snacks & Sweet Foods

Low GI

Slim-Fast meal replacement
27
Snickers Bar (high fat)
41
Nut & Seed Muesli Bar
49
Sponge Cake
46
Nutella
33
Milk Chocolate
42
Hummus
6
Peanuts
13
Walnuts
15
Cashew Nuts
25
Nuts and Raisins
21
Jam
51
Corn Chips
42
Oatmeal Crackers
55

Medium GI

Ryvita
63
Digestives
59
Blueberry muffin
59
Honey
58

High GI

Pretzels
83
Water Crackers
78

Rice cakes
87
Puffed Crisp bread
81
Donuts
76
Scones
92
Maple flavoured syrup
68

Legumes (Beans)

Low GI

Kidney Beans (canned)
52
Butter Beans
36
Chick Peas
42
Haricot/Navy Beans
31
Lentils, Red
21
Lentils, Green
30
Pinto Beans
45
Black-eyed Beans
50
Yellow Split Peas
32

Medium GI

Beans in Tomato Sauce
56

Vegetables

Low GI

Frozen Green Peas
39
Frozen Sweet Corn
47
Raw Carrots
16
Boiled Carrots
41
Eggplant/Aubergine
15
Broccoli
10
Cauliflower
15
Cabbage
10
Mushrooms
10
Tomatoes
15

Chillies
10
Lettuce
10
Green Beans
15
Red Peppers
10
Onions
10

Medium GI

Beetroot
64

High GI

Pumpkin
75
Parsnips
97

Fruits

Low GI

Cherries
22
Plums
24
Grapefruit
25
Peaches
28
Peach, canned in natural juice
30
Apples
34
Pears
41
Dried Apricots
32
Grapes
43
Coconut
45
Coconut Milk
41
Kiwi Fruit
47
Oranges
40
Strawberries
40
Prunes
29

Medium GI

Mango
60

Sultanas
56
Bananas
58
Raisins
64
Papaya
60
Figs
61
Pineapple
66

High GI

Watermelon
80
Dates
103

Dairy

Low GI

Whole milk
31
Skimmed milk
32
Chocolate milk
42
Sweetened yoghurt
33
Artificially Sweetened Yoghurt
23
Custard
35
Soy Milk
44

Medium GI

Ice cream
62