



"Nutrients are your body's building blocks"

Nutritional Fundamentals Guide

If strength training is the 'yin', nutrition would be the 'yang'. When it comes to getting results, you need both. It doesn't really matter how hard you workout... if you aren't providing your body with proper nutrients and quality sleep, you will not see much results.

In this guide, you will learn about the three things to know when it comes to whole foods. At the end is a chart of healthy food choices -- print it out and put it on your refrigerator!

So let's get started!

Three main things when it comes to whole foods:

The Quality of the Calorie

- Protein
 - You want to consume 0.8g of protein per pound of body weight.
 - Typically you'll want 20-30g of protein each meal.
- Carbohydrates (complex & fibrous)
 - Eat fibrous carbs (vegetables) for every meal of the day.
 - Eat complex carbs for breakfast and lunch only.
- Fat
 - High in calories (you don't need as much fat)
 - Do not skip healthy fats, it is very important for muscle growth and neurological health.
 - Sprinkle fat into every meal.



Frequency & Timing

Try to eat 5 times a day!

- Breakfast
- Snack
- Lunch
- Snack
- Dinner

Portion Sizes

As long as you are eating whole foods, you can have larger portions because they don't carry as many calories as packaged & processed foods.

Your Body's Building Blocks

No one's diet is perfect! But keep in mind, the more you are dialed in on a healthy meal plan, the better your strength growth will be. Remember, every time you decide to snack on almonds instead of chocolate chip cookies and ice cream, you are rewarding your body, which in turn will reward you back!

Eating healthy will also do wonders for your mind. Your brain and body wants natural whole foods, that's how it performs best. By taking an entire week off of unhealthy eating and sticking with nutrient dense whole food sources, you will probably notice a marked difference in your energy levels and attitude. You'll realize how connected your well-being is to the food you consume daily... and you won't ever want to be unhealthy again!



Food Choices:

Use this list as a go-to for when you are looking for healthy whole food choices.

<i>Protein</i>	<i>Complex Carbs</i>	<i>Fibrous Carbs</i>	<i>Healthy Fats</i>
Eggs	Rice	Broccoli	Avocado
Fish	Quinoa	Green Beans	Eggs
Chicken	Black Beans	Kale	Salmon
Turkey	Kidney Beans	Zucchini	Olives
Beef	Chickpeas	Brussel Sprouts	Nuts
Buffalo	Sweet Potato	Spinach	Seeds
Pork	Lentils	Cabbage	Coconut Oil
Lentils	Oats	Asparagus	Olive Oil
Quinoa	Legumes	Squash	
Chickpeas	Barley	Beats	
Beans	Couscous	Leafy Greens	
Yogurt		Cucumbers	
Soy		Eggplant	
Cheese		Cauliflower	
Nuts		Mushrooms	