



# BASIC PERFORMANCE NUTRITION PLAN



# DAILY

01

## CALORIES AND PROTEINS

Calories and proteins should be consumed for goal weight, not current weight. Those amounts change per person per weight goals. Please contact a coach for more information on all your macros (fat/protein/carbs).

### TIPS / GENERAL RULES

- Eat every 1-2 hours
- Include protein every 3 hours (did you know your body can only process about 22 grams of protein every 2 hours)
- Do not go below 1,400 calories per day or 1,600 if you are consistently training
- Consume 1 gallon or more of water a day
- Replace electrolytes post workouts (1-2x a day) within 30 minutes of your workouts or during. Go natural. Try [GU Brew](#).
- Eat whole grains! Quinoa, Brown Rice and oats are very nutrient dense foods!
- Eat mostly fruits and veggies.
- Consider a whole foods diet. We recommend a 20/80 split. 20 percent animal products and 80 percent plants. For your animal products we recommend you consume organic wild game (if consuming chicken be sure it is organic free range) and wild fish. Yes, there is some truth to eating for your blood type, health conditions and where you are currently in your nutrition. Please reach out to a coach for a more detailed approach to nutrition or bump up to a coaching membership package to get full on nutrition planning.

## 02 EAT WELL DAILY

Eat well daily to perform well all the time! Consider a higher healthier fat day for long runs, interval training, and high intensity days with a lower fat day for the lighter training days.

# DAILY

## 03 SUPPLEMENTS

Even in our purest form, we cannot consume all the nutritional aspects we need. Consider basic supplements like:

- **Multivitamin** in the morning (we take this in the morning to fill the gaps throughout the day).
- **Turmeric** daily. Fights inflammation naturally and we all have inflammation! Be sure to get the powdered pill form with black pepper and curcumin.
- **Omega 3s!** No need to get the 3,6,9. We already consume enough of the 6 and 9 typically, so go for the 3s! Another big anti-inflammatory tool and provides numerous other benefits.
- **Liquid Calcium/Magnesium** before bed. Never with iron, they will cancel each other out! We like the liquid form because it absorbs better. We also like this supplement in general because it provides relief from cramps and replaces electrolytes at a lower level that may have been lost throughout the day, builds strong bones and much more!

# SAMPLE DAILY PLAN

## 01 HIGER HEALTHY FAT DAY

**Breakfast:** 1 egg, 1/4 avocado, 1/2 cup hash browns cooked in [olive oil spray](#), 8oz of green juice (beet leaves, 1/2 green apple, slice of lemon, ice and water if needed)

**Snack:** apple and/or any other fruits or veggies

**Lunch:** 1 cup brown rice and mixed green salad with nuts, seeds, cucumbers, avocado. Squeeze whole lemon on it with olive oil and chia seeds (serving size a full plate!)

**Snack:** carrots with avocado hummus

**Dinner:** Fish (the most alkaline with lowest mercury) pacific or wild Alaskan caught salmon, wild caught trout, sweet potato, green peas.

**Snack:** Fruits and veggies

# *SAMPLE DAILY PLAN*

## 02 LOWER FAT DAY

**Breakfast:** 1 [Daiya](#) Greek Yogurt (sold at Natural Grocers). 1/2 cup of gluten free oats with cinnamon and 1 whole banana

**Snack:** Apple and/or any other fruits or veggies

**Lunch:** Wrap - gluten free tortilla with spinach/mixed lettuce, chicken breast and light dressing like [Annie's](#)

**Snack:** Melon (1/2 bowl)

**Dinner:** Large leafy salad with pork loin, squirt lemon over with Annie's Raspberry Vinaigrette, raspberries, apples, 1/4 cup walnuts, 1/2 cup chickpeas. Piece of [gluten free bread](#) with plant based butter ([Earth Balance](#)) and garlic salt.

**Snack:** Fruits and veggies

# *PERFORMANCE*

## 01 STRUCTURE

All distances of running, biking, or fitness events need some performance nutrition structure.

- **Make a Plan** - as detailed as possible from when you are getting up until post race.
- **Practice** - Consider instilling this plan BEFORE you race! Even a few months before in order to work out any issues.
- **Buy Extra** - Now that you know what works, be sure you have enough of it for utilizing in drop bags, with crew or solo.

# PERFORMANCE

## 02 CRITICAL NEEDS

Be sure to keep it simple but include what is critical.

- **Water** - We suggest plain water and controlling your electrolytes through gels, waffles, etc.
- **Protein** - We've seen so many athletes not consume protein during race day (even in really long events). You wouldn't go a whole day without it when you are sitting around why would you not include it on race day! Tip: plant protein is best. You will absorb the energy easier without having to break down let's say meat products.
- **Carbs** - They come in so many forms, but gluten free oats are what we recommend. Mixed with some basic fast or longer fuel sources such as coconut, nuts/seeds. These will ultimately cover your protein/carb/medium chain and long chain fatty acid needs.
- **Electrolytes** - Critical! But if consumed poorly or wrongly it could cost you your race/event. Take the weather conditions into consideration on this one, as well as elevation. We recommend GU gels and Salt Stick salt tabs for optimal performance.

# *SAMPLE PERFORMANCE PLAN*

## **FOR ANYTHING LONGER THAN 4 HOURS**

**4:25 am:** Wake up, chug 8oz of water with light electrolytes (coconut water works too)

**5:00 am:** Breakfast (2 hours before go time!) 2 cups of gluten free oats, protein nut milk, berries, chia/flax/pumpkin seeds, sliced almonds and a little honey. 1/2 cup of coffee. Water

**6:00 am:** 1 cup honey nut chex to munch on post breakfast up until 15 minutes before the event. Sip on plain water

**6:45 am:** 1/2 gel with a few good chugs of water

**7:00 am:** Event Start

**7:15 am:** First bite of a bar (Try [Bobo's Bars](#))

**7:45 am:** 1 Salt Stick salt tab

**8:00 am:** 1/2 gel with a few good chugs of water (Tip: use a flip top baggie for your gels so you don't get cut up and too messy)

### **Repeat This Hourly:**

- **Bite of a Bar** - Every 15 Minutes
- **1 Salt Stick salt tab** - Every 45 minutes
- **1/2 Gel with Water** - Every 60 minutes
- **Water** - consuming throughout the race; shooting for 28oz or more per hour