

Nutrition for Better Energy

(For Athletes and for those who just wish to feel and look like one!)

Many sports training plans suggest you break the percentages of your food sources up like 60% Carbs, 20% protein, and 20% fats. They suggest you fill up on high glycemic and non-complex carbohydrates such as pastas, cereals, and bagels for a burst of energy before training. These foods, while capable of presenting a good load of energy to the body, do not provide the necessary long long term building blocks for a strong, lean, athletic body.

With this plan, however, you will follow similar guidelines, but slightly altered in such away that you are absorbing more nutrients from the foods you eat and limit foods that are known to cause inflammation in the muscles, tissues, and arteries.

Depending on the activity that day (high-intensity training, low-intensity training, or a rest day), you will vary between eating 60:20:20 (carb:protein:fat) diet, to a 50:25:25, to sometimes even a 40:30:30 percentage.

For some people in training, additional supporting nutritional supplements that will assist in strengthening cardiovascular function, proper electrolyte and mineral balance within the muscles, and ligamentous and joint support may be advised. The supplements suggested will vary for each individual, based on there own chemical makeup.

The 8 basic principles that are to be followed on the diet are:

1. Choose to eat natural foods (those found in nature: ie: land or sea animals and plants, and grains), rather than those processed in a factory.
2. Enjoy plenty of fruits, vegetables and nuts, (preferably soaked and raw) and limit refined grains and sugars.
3. Increase consumption of protein, such as poultry, fish, game meats and lean cuts of red meat.
4. Up your omega-3 fatty acids: Cod Liver Oil, fish, walnuts, etc.
5. Avoid trans-fats, and limit saturated fats by eliminating fried foods, hard margarine, commercial baked goods, and most packaged and processed snack foods.
6. Substitute monounsaturated and polyunsaturated fats, like olive and canola oils, for saturated fats, such as butter and coconut oil.
7. Drink water as your main fluid.
8. Remember, certain spices are known to DECREASE tissue inflammation! Think Indian food spices: Curry, Cumin, Turmeric, Cinnamon, etc.

Bonus: Drink and cook with plenty of meat/bone broths to aid in joint and tissue support.

Please remember that these are just suggested guidelines and *not rules*. Never punish yourself with guilt if you later realize you made a “poor” food choice. Just eat extra healthy during the next meal. Be kind and gracious to your body, and be okay with it’s limitations as you are training to meet your goals. Tomorrow is another day for further improvement!

Great Sources of VEGETABLE Carbohydrates:

- **Root Vegetables:** Sweet Potatoes, Parsnips, Beets, Carrots, etc. (I like to slice these up, put melted coconut oil or butter on them with a few different spices then roast them in the oven at 350 degrees for about a half hour - 45 mins or so. They can be then packaged up and eaten as a good snack even cold, before a training session)
- **Brussel Sprouts** (Also great lightly steamed or roasted, then drizzled LIGHTLY with pure maple syrup to add extra carbohydrate source to it *PURE maple syrup has a TON of minerals in it!)
- **Asparagus**
- **Spaghetti Squash** (Can be sliced in half, baked cut open side down at 375 for about 45 mins and “stringed” apart like spaghetti, then put spaghetti sauce or pesto on it with some chicken or ground meat, and you have a natural spaghetti dinner!)
- **Summer, Acorn, or Buttercup Squashes** (very yummy cooked with celtic sea salt and/or cinnamon on them!)
- **Cauliflower** (steamed and mashed with a little bit of butter and spices - eaten like “mashed potatoes”)
- **Peppers**
- **Broccoli**
- **Mushrooms**
- **Spinach**
- **Kale** (Kale is LOADED in iron and calcium. It’s a highly nutritiously dense food choice. (very yummy sautéed with a little bit of light tamari soy sauce, or ripped a part into small chip sized pieces, drizzled with safflower oil and sprinkled with celtic sea salt and garlic, and baked for about 10 mins at 350 degrees - makes “Kale Chips”)
- **Celery**
- **Cucumber**
- **Green beans**
- **Peas** (Another surprisingly great choice for athletes. 4g of protein, 4g of fiber, 4 g of potassium, and 4g of sugar per serving! I will even eat them frozen sometimes)

FRUIT is a GREAT source of carbohydrates as well...

pretty much any fruit is great for carbohydrate load- just try to buy organic or no pesticide or local - especially with the fruit you don’t need to peel to eat!

- **Bananas** (limit to 1/2 - 1 a day due to high glycemic content)
- **Dried Apricots or Prunes** (a small handful preferably without added sugar)
- **Berries**
- **Cantaloupe**
- **Honeydew**
- **Apples**
- **Oranges**
- **Mangos**
- **Pears**
- **Peaches**
- **Kiwi**

Healthy Fats: To aid in muscle recovery, brain and cardiovascular function

- **Avocado**
- **Coconut Oil** (Good for Medium-High Heat cooking!)
- **Coconut Milk** (found in a BPH free can - great addition to make a protein/fruit smoothie even more nutritious and filling!)
- **Butter** (Good for Medium-High Heat cooking! Use natural butter- avoid things like “I Can’t Believe it’s Not Butter”),
- **Ghee**
- **Cheeses** (Local farm cheeses and/or Raw Milk Cheeses)
- **Whole Fat Yogurt** (preferably plain, and you mix in your own fruit, Stevia, or local honey)
- **Olive Oil, Flaxseed Oil** (not cooked - cooking destroys this single bond fatty acid and releases free radicals)
- **Almond Butter and other Nut butters**
- **Cacao Powder or chips** (tons of Iron and Magnesium in this!)
- **Nuts and seeds** (preferably soaked and raw, for best digestion)

Protein Sources: Remember, most of the grains and veggies listed on this list have a high protein source too!

- **Fish** (from safe, low-mercury sources)
- **Free-ranged Meats: Chicken, Turkey, Bison, Beef, Venison, Duck**
- **Liver and other Organ Meats**
- **Sushi**
- **Hemp Seeds**
- **Chia Seeds**
- **Assorted Nuts** (a handful size, and again, I suggest soaking first for easier digestion)
- **Whey Protein** (Like something from Jay-Robb - hormone and chemical free, or ask me about Standard Process’ delicious Whey protein available)
- **Collagen** (Making Meat or Bone Stock/Broth, or using a scoop of Collagen daily - I prefer the company “Great Lakes Collagen Hydrolysate)
- **Life’s Basic Plant Protein** (this is the one I use EVERYDAY - it has a ton a vitamins and minerals in it, all natural plant-based, and ample amount of protein per serving. Easy to mix up with water or almond or coconut milk - I buy it at Wholefoods)
- **Eggs** (the whole egg! - the yolk is the most nutrient dense part)
- **Raw Whole Milk** (If available and from a trusted farm)
- **Cheeses** (Local farm cheeses and/or Raw Milk Cheeses)
- **Beans: Chickpeas (hummus), pinto, navy, etc.** (I highly suggest soaking your beans for 6-12 hours to release enzymes making them easier to digest)

Fermented Foods: Good probiotic (friendly bacteria) source for digestion and immune function

- **Sauerkraut**
- **Kefir**
- **Pickled Veggies (pickles, beets, carrots, ginger, etc)**
- **Natto**
- **Kimchi**

Sea-Plants: To include for healthy antioxidants for inflammation reduction

- **Spirulina**
- **Chlorella**

Grains: To be limited in comparison to fruits and vegetables. Best to cook in broth for added nutritional value, and/or add fats like butter or coconut oil to help balance insulin load

- **Quinoa** (cooked, similar to rice. A great recipe to have on hand to eat: Cook quinoa, let it cool down. Chop up/dice raw colored peppers, chives, and dates. Mix into cooled quinoa. Drizzle olive oil, and a squeeze of lemon juice, and add salt and pepper to taste.)
- **Rice** (cook up so it's a little overdone, mix with chopped cashews and raisins, a little bit of almond milk for added moisture, and add spices like curry, cinnamon, turmeric, etc.)
- **Millet** (best for baking flat breads)
- **Buckwheat** (can make delicious pancakes with buckwheat flour and bananas!)
- **Gluten Free Oats** (if I make oatmeal, I use a hefty amount of butter, and put shredded coconut in it and some nuts. I add a touch of local honey (has probiotics) or maple syrup (high mineral content) to sweeten it sometimes)

Deserts: Because no one should go without.....

- **Organic Dark Chocolate** (high cacao content)
- **Chia Seed Pudding** (In a container - preferably a glass container with a lid - mix together 1 cup of chia seeds to 2-3 cups coconut milk, add tsp vanilla, and maple syrup to taste. Put lid on and shake up then stick in fridge to chill over night. The chia seeds will expand to become a tapioca pudding like texture)
- **Homemade Ice Cream** (if you have an ice cream maker, this is super easy, and you can add your own fresh fruit, cacao powder, or other flavorings and egg yolks to make this super healthy with good fat and low in sugar)
- **Baked Apples** (Slice apples and put in a glass baking dish with butter and cinnamon. Bake at 350 degrees until soft. If you want added sweetness, drizzle honey or maple syrup)
- **Frozen Banana Slices or Strawberries dipped in melted organic dark chocolate** (Slice bananas or strawberries, dip in melted dark chocolate then lay out on parchment paper on a baking sheet and put in freezer)