

POWER STRENGTH

TRAINING SYSTEMS

Nutrition Overview

Our program is about creating a “way of eating”, rather than simply following a “diet”. In fact, we’ll rarely refer to that word. Nutrition is equally as important as your training. However, we understand this can be extremely tricky. Luckily for you we have provided some general guidelines that we experienced firsthand and will constantly providing top nutrition info throughout your time with us. Several PSTS coaches on staff are certified nutrition coaches - We Got This!

Just remember, it isn’t all about calories. It’s about finding what works best for your lifestyle, goals, and current habits. If nutrition habits need to be altered then we’ll do that. If more information is needed then we can help provide that as well.

The first thing that we want to change is the quality of food. After we take a look at the quality of food that you eat, we can start to focus on the quantity. Look at the food you eat and think “is it fresh?” Is your nutrition plan full of lean proteins, greens, veggies and fruits? If not, we have plenty of room for improvement.

Eating right doesn’t have to be expensive. We understand that not everyone can eat all organic and purchase the highest quality of everything all of the time (some people don’t like the taste or it simply doesn’t fit their lifestyle). Do your best to pick the healthiest options that you can and you’ll be fine. “Paying your grocer, is always better than paying your doctor”!

We have provided food sources of the most common macronutrients - carbohydrates, proteins and fats. It’s always important to note that you must eat for your goals. Trying to build muscle? Your nutrition should reflect that. Trying to drop some unwanted body fat? Your nutrition should be set up for this desired outcome.

Again, we’re here to help you decipher your way through it all. Find what works for you and stay consistent with it, make small adjustments over time. Soon you’ll be in a solid routine and you’ll be checking off your goal sheet on the regular!



Serious clients looking to achieve their goals faster through a more customized approach to nutrition should inquire about our Prime Advanced Nutrition Program. The program goes beyond this success packet and breaks down the details to achieve your individualized goals. Prime offers 1-on-1 nutrition consults and guidance with certified nutrition coach Skyler Davis. Email Skyler at Skyler@powerstrengthpro.com for program rates and schedule your first consult.