

POWER STRENGTH **TRAINING SYSTEMS**

ATHLETE PERFORMANCE

NUTRITION MANUAL



**“THERE'S A DIFFERENCE BETWEEN BEING INTERESTED IN SOMETHING
AND BEING COMMITTED TO IT.”**

POWER STRENGTH

TRAINING SYSTEMS

Nutrition Disclaimer and Expectations

PowerStrength Training Systems: Disclaimer and Expectations on Nutrition

Disclaimer

First and foremost, the following guidelines are for our athletes. We are not doctors or registered dietitians. These nutrition recommendations are not meant to diagnose or treat any disease or condition. The following consists of eating habits that are common among today's serious athletes. With first hand experience, we know the positive effects these guidelines can have in building muscle and adding "useful" weight. Find out what you need to change to reach your personal strength goals.

Expectations

Know this: In order to see maximum results and reach peak strength gains you must follow these guidelines. Regardless of your strength program, speed program, or conditioning program, you must set nutritional goals. If you choose not to follow these nutritional guidelines (see: lazy/undisciplined/unmotivated) you are not dedicating yourself to this program and will not see maximum results. This DOES NOT mean you have to follow everything listed in this packet; however, it DOES mean that you must take nutrition just as serious as training, considering they go hand-in-hand. NUTRITION IS PART OF YOUR PROGRAM! It is required that you consume calories within an hour before and after your training session. NEVER come or leave on an empty stomach. PSTS encourages athletes to make a shake ahead of time in order to replenish nutrients quickly after a workout (a refrigerator is available for our athletes to use).

A Note to "Hard Gainers"

A "hard gainer" is a term for a skinny athlete who cannot gain weight or muscle easily. These athletes do not eat as much as they think they do and invariably need to eat more. They just need massive amounts of calories. Keep in mind, the more active an athlete becomes (training, conditioning, practicing, etc.), the more he or she has to eat due to the constant burning of calories. If you consume more calories than you use, you will gain weight (it's physics). Constant calorie intake is necessary if you have trouble with this. Add meals between breakfast and lunch and before you go to bed (after dinner). Eat more often, eat faster, and add liquid nutrition (shakes) to increase your calorie intake.

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Nutritional Guidelines

A dedicated athlete is constantly active. If your goal is to gain weight you must take in more calories than you burn. If you want to lose weight you must burn more calories than you take in. By establishing good nutritional habits, an athlete is able to build muscle and boost their athleticism through our program. It is easy to eat a candy bar, potato chips, and a soft drink, but easy is not found in the foundation of a champion.

An extra 500-600 calories per day above your daily caloric requirement would add about one pound of bodyweight per week. Again, tracking calories isn't necessary for everybody. You should eat until you're satisfied. If you are choosing healthy options to eat then counting calories isn't an issue. 500-600 calories probably isn't nearly as much food as you think. Two peanut butter and jelly sandwiches and a handful of almonds every day on top of your current (healthy) diet is more than enough. If you don't gain weight or cease to gain weight after implementing such a change, then you simply have to add a bit more.

Carbohydrates - Carbohydrates are the primary source of immediate fuel for muscles. Make sure to consume plenty of these pre-workout and post-workout. (The end of the packet has a sample carbohydrate list). Carbohydrates provide the body with the energy it needs to perform quality work. When carb levels are low in the muscle and blood, so are your body's energy stores (glycogen). This will cause your muscles to fatigue faster. The vast majority of injuries occur when athletes are fatigued, so ensuring your body has the proper nutrients will almost definitely improve your performance and longevity.

Your body eventually breaks all carbohydrates down into sugar (glucose) before it enters the bloodstream. How quickly the sugar gets into the blood is measured by the Glycemic Index (0-100, with 0 taking the longest). Post-workout, you want fast-acting (higher glycemic index) carbohydrates to replenish your blood and muscle sugar stores. Flooding your bloodstream with glucose post-workout causes a spike in release of insulin, which kickstarts your recovery. On non-training days, the need for carbohydrates is diminished. Minimize or eliminate fast acting carbs and eat controlled portions of slow digesting ones. Non-training days are a great opportunity to eat more protein, fat, and vegetables to keep your calories up. See Carbohydrate List under Food Sources (page 13) for help on which are slow (low glycemic) versus fast (high glycemic). Actionable Goal – aim to consume most of your fast (high glycemic) carbs around your workout and mostly slow (low glycemic) carbs the rest of the day.

Proteins - Proteins have the primary responsibility of tissue growth and repair. They break down into amino acids, which are the building blocks of muscle. Eat protein at every meal, especially when going through intense training. Protein is a must for pre- and post-workout meals. A good protein guideline is for every pound of bodyweight, consume 1-1.5 grams of protein.

Protein will help you recover from your workouts faster and reduce muscle soreness. Your rate of protein synthesis is at its peak within one hour post activity. This is why it's important to get quality protein following your training.

Actionable Goal - aim to consume 1-1.5g of protein per pound of bodyweight.

Fats - Fats act as a primary source of energy for the body when demands are low (i.e. not training). Fats also provide protection for internal organs and increase tissue flexibility. There are 'good' fats and 'bad' fats. It is necessary for the body to consume good fats (avocado, fish oil, and almonds just to name a few) to maintain proper function. Try to minimize bad fats like those abundant in fried foods. Good fats are generally unsaturated, while bad fats are usually saturated or polyunsaturated. The fat content of each food is broken into these groups, so assessing a choice as having bad fats or good fats is very simple – read the nutritional information on the package.

Actionable Goal – aim to consume good fats with every meal other than you pre/post-workout meals.

Water and Fluids - Water is often the most forgotten of all the nutrients. Your muscles are made up of about 70% water, so neglecting water wouldn't make you very wise with your training. Remember, once you're thirsty, you're already dehydrated so don't wait. Athletes should consume half their bodyweight, in ounces, of water a day. Example: 160 lb athlete divided by 2 = 80 ounces. This is a minimum guideline and you should consume more before, during, and after workouts. During intense training (especially when it's hot and you're sweating a lot) it's also important to replace electrolytes that were lost. Gatorade is the best-known source for doing this but other fluids like coconut water offer a greater number of electrolytes than Gatorade. These drinks contain a lot of sugar, so should be used in the pre/during/post workout time block, unless you are extremely dehydrated.

Actionable Goal – aim to consume ½ bodyweight in ounces of water per day.

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Supplements and Weight Gain

Supplements

With the abuse that athletes put themselves through, it is sometimes recommended they use a few proven supplements to aid not only in growth, but also in repair and recovery. Before we go further, please note that THERE IS NO SUPPLEMENT FOR GOOD WORK ETHIC, SMART TRAINING, and A HEALTHY DIET. This has always been true and will continue to be so. Despite this fact, there are more and more nutritional supplements being created. The reality is that only a few nutritional supplements have actually been proven to work and their effects are mostly modest. In short, taking nutritional supplements is optional and will not make or break your athletic career. There are only a few that we recommended: Protein powders, creatine, fish oil, vitamin D, turmeric, and a multivitamin.

Our Family has had to deal with manipulative marketing and inferior supplements for far too long- so we decided to get it done ourselves! We are proud to pair with a trusted manufacturer and distributor to bring you our very own line of high-grade, **PowerStrength Supplements!**

We've done this in order to provide the highest quality supplements we could find and deliver them at an affordable price we wouldn't be able to get otherwise. By putting our name on it you can be sure we've done the research and sought out the most effective and safe supplements possible. All of our supplements are GMP Certified which means the raw materials, facility, and packaging all undergo an extreme certification process. We have personally met the manufacturers and toured the facility ourselves just to ensure we left no stone unturned.

You won't hear any confusing marketing or mile-long chemical names from us – we can explain exactly how they are formulated because we designed them ourselves.

Protein Powder

Protein Powder is a convenient way to make sure you get enough protein in your daily diet. It's more practical to consume a couple protein shakes a day compared to carrying around various sources of meat or other whole food protein sources with you everywhere you go. You want to find a brand that dissolves well in water and contains as few ingredients as possible. Using a lower quality protein powder may cause bloating and it won't be digested very well. We stand by (and all PSTS coaches use) our Advanced Whey protein powder. It is the most pure, effective protein we have ever used...and we have used nearly every brand between us. For those that are intolerant of whey protein we also have our plant-based Vegan Protein.

Creatine

Within the last two decades, creatine has arguably been the most researched supplement on the market. Creatine is responsible for high-intensity muscle contractions, making it one of the most important sources of energy for power sports and intense athletic training. Only a small portion of our creatine phosphate stores are synthesized in the body. The rest comes through our diet of protein-rich foods, specifically red meat. Scientists found that even protein-rich foods only contain small amounts of creatine phosphate. They studied further to see if creatine supplementation had the ability to enhance high-intensity muscle performance if more of this energy source was stored in the muscles. It was quickly found that creatine phosphate precursors, such as creatine monohydrate (what you would buy in the store as a supplement), is readily converted to creatine phosphate in the body. When taken as a supplement, creatine monohydrate increased creatine phosphate stores in the muscles far beyond the levels that can be reached through a daily diet.

If you decide to supplement with creatine, it is suggested to use 5-7 grams per day, even on non-training days. There's no need to do a loading phase when first starting out. The small dosages will still get you the same results (and save you money) over a few weeks and will cut back on any gastrointestinal distress that is sometimes associated with a loading phase. The huge loading phase can also cause dehydration, which could lead to other negative issues. Creatine must get into your muscles to be effective, so taking your creatine with a high glycemic carbohydrate source (read: sugar) is a popular strategy to get the most out of supplementation. As a result, the best time to take creatine is with your post-workout meal. Different types of creatine (Kre-Alkyn, Creatine HCl, etc.) have recently been designed and touted as being more effective than creatine monohydrate in various ways. None of those claims have been supported by scientific evidence, and most are actually refuted by it. Most of the designer creatine forms are completely safe, but we recommend creatine monohydrate on a cost/effectiveness basis.

There has been concern of negative side effects associated with creatine supplementation such as muscle cramping, altered liver and kidney function, and an increased risk of muscle strains. Take note that formal scientific studies have found these claims to be unsupported by any scientific evidence, with the only real side effect being muscle weight gain due to increased water storage. It has also been concluded that long-term creatine supplementation is safe in populations ranging from teen athletes to 80+ year old Alzheimer's patients.

Those interested in creatine supplementation should go with our PowerStrength brand Creatine Monohydrate Powder. It is pure and dissolves easily because it has no other ingredients or fillers – simple and effective as all our supplements are.

Mass Gainer

Some supplements combine protein and carbohydrates into a higher calorie mix that is meant to cause weight gain. This mix, while effective, should be used with caution. It is not meant to replace meals, nor should it be taken all the time for most athletes. Many mass gainers also contain extra ingredients that may or may not reflect the goal to gain lean (muscle only) mass.

PowerStrength Monster Mix is formulated to contain high quality whey protein powder, creatine, complex carbohydrates, and more added amino acids to boost muscle gain when used responsibly. These are the ingredients that are proven to increase muscle gain, so that's all we put in it.

Fish Oil

It is recommended by the American Heart Association to eat fish at least twice a week to provide our bodies with healthy fat. Even if this accomplished, it doesn't provide enough of the essential fatty acids EPA and DHA to meet our body's needs, especially during intense training. The benefits of fish oil have been well documented and publicized throughout the last decade. It can help prevent arthritis, heart disease, psychological disorders, gastrointestinal problems, eye issues, and dozens of other causes of inflammation. You want to shoot for about 3,000 milligrams of EPA and DHA combined per day. Inferior brands of fish oil will have you taking 6-8 pills daily to meet this goal, while higher quality oil will contain more EPA and DHA. Lower quality fish oil pills will also contain contaminants that you definitely don't want in your body. Luckily, in addition to our other supplements, we have fish oil integrated into our line. It is a large part of our Athlete's Daily Foundation support pack along with the following beneficial ingredients.

Vitamin D

Vitamin D is a fat soluble vitamin used in many processes in your body. Among those processes, the most important to athletes is the production of hormones. Many of the most important hormones produced in your body depend on vitamin D being around to be made. These include melatonin (sleep), dopamine (mood), serotonin (mood), and the big one – testosterone (muscle, performance). Without an adequate supply of vitamin D through sun exposure or diet, people become lethargic, irritable, and develop low testosterone levels. In the winter most people do not get enough sun exposure, and thus not enough vitamin D. This is referred to as “Seasonal Affective Disorder” and shows all the symptoms mentioned above. This can be solved by simply supplementing with 2000-4000 IUs of vitamin D (specifically D3, “cholecalciferol”) a day. This should always be taken with fats and dosages can be reduced in the summer when you start to go outside more. Do not exceed 10,000 IUs within a 24 hour time period, as it is possible to overdose on vitamin D. Our PowerStrength supplement line has allowed us to bring you the aforementioned high quality fish oil and vitamin D combination supplement that will absorb better, eliminate fishy aftertaste, and work as a one-two punch to increase your performance. Both are included in our Athlete's Daily Foundation pack.

Turmeric

Turmeric is a natural extract from the turmeric plant that is widely used in Indian cooking. Its active ingredient is a powerful antioxidant and anti-inflammatory that has been tested to reduce the inflammation that comes from athletes training hard.

Our Athlete's Daily Foundation pack has a dose of turmeric with piperin (black pepper extract) to make it absorb and function better because we know our athletes can only train as hard as they can recover.

Daily Multivitamin

Owing to their hectic schedule, most athletes don't eat enough vegetables, fruit, and varied food sources. This leads to deficiency in many of the micronutrients that their bodies need to perform at their highest level. Multivitamin supplements are an insurance policy, taken to ensure that none of the essential micronutrients are missing. Deficiencies in vitamins and minerals can have unanticipated effects on performance and health that athletes should strive to avoid.

Our Athlete's Daily Foundation pack contains all of the aforementioned – vitamin D, fish oil, and turmeric – in addition to a whole food vegetable blend and the vitamins and minerals athletes need to fill the gaps in their nutrition.

Pre-Workout Supplements

These are booming in the supplement industry these days. A lot of them are useless (and expensive) and could potentially contain ingredients that would make an athlete test positive for banned substances. They also contain ingredients that younger athletes should probably avoid – mainly because they can alter their sleep schedule and quality to say the least. What we recommend is that they aren't taken every day – if at all. They can get expensive and athletes shouldn't use them as a crutch, they should more motivated on their own first. If you are going to use them, save it for the days when your energy is ultra-low, or for testing/intense training sessions. If in doubt, ask us before you buy a pre-workout mix.

***When choosing a pre-workout supplement, or any supplement for that matter, try to make sure it's GMP Certified. This means it has been tested and proven to be safe and free of harmful ingredients that could cause a positive drug test or worse, as well as having the manufacturing and packaging facility approved and certified.**

If you are interested in taking supplements to complement your health and performance, please inquire at the gym about our PowerStrength Supplement Line and which products would best fit your your needs and goals.

Tips For Gaining Weight

- NEVER skip meals! Eat Breakfast **EVERY DAY**
- Drink more water- helps transport nutrients and keeps your body functioning properly
- Oils- Add Extra Virgin Olive Oil/Coconut Oil to shakes/food- 1 tablespoon contains 120 calories
- End meals by having a protein shake - it's easier to drink once you're "full" than it is to continue to eat solid food
- Always have food stashed in car/locker/bag for between meals
- Sip your drink during meals, don't chug
- Always bring food/shakes to your workout for before and after
- Eat a snack before bedtime (especially if you are a "hard gainer"! Ex: cottage cheese with blueberries
- You want to go for healthier options - just consume a lot of them! The goal is to eat healthy 90% of the time. The other 10% can be used to consume whatever you'd like.

***Note:** This can be a hard thing to do, especially if you aren't used to eating a lot of food. Be disciplined in your eating habits. You can't eat like a bird and lift like a bull. It's just not possible. If you can't wake up early enough to make breakfast for yourself then don't bother coming to train - we don't accept laziness, excuses, or mediocrity!

Weight Loss

Some athletes need guidelines for weight loss (fat loss) to increase their performance. Just know that skipping meals is NOT an effective weight loss strategy. Yes, a caloric deficit is needed, but don't skip out all together. Minimizing calories by 500-600 per day, either through added exercise or caloric restriction, would allow for a healthy weight loss of 1-2 pounds per week. All athletes should strive to minimize unnecessary body fat. This can be accomplished through intense training and eating properly - healthy choices and proper nutrient timing.

***Note:** Conditioning for fat loss is best done with either intense, short burst activity (sprinting) or very low intense activities (walking). This will help preserve muscle and not take away from your training sessions. Slow, long-distance running/jogging isn't the best means for an athlete to lose weight. Truthfully, anyone who is trying to lose weight should adhere this advice. Your muscle and joints will thank you.

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Athlete Meal Plan

These dietary guidelines are a **PART** of your training program. The goal is to introduce nutritious foods and work on basic nutritional principles. All athletes are expected to follow these for maximal gains in the fastest amount of time possible. You must have the proper nutritional intake to meet your goals. Keep in mind that an athlete's nutritional needs differ from non-athletes.

- Eat 6 meals a day; each meal should consist of a protein, fat, and depending on timing, a carbohydrate
- Eat every 2-3 hours with the goal of eating 6 total meals. A protein shake can be counted as a meal.
- Get used to drinking water - have it with you at all times! Drinking half your bodyweight in ounces is a bare minimum each day.
- Before you train you should have a source of protein and a slow digesting carbohydrate (whole wheat bagels, apples, bananas, etc.).
- After you train you should have a scoop of protein and a fast digesting carbohydrate (white bread/bagel, Gatorade, chocolate milk, any fruit juice, waxy maize)

*Gaining muscle and achieving results takes commitment, desire, and discipline. If you're willing to do the "little things" you will accomplish your goals!

*You should have a better understanding of how to prepare your own meals to maximize results. It's time to learn how to cook your own meals and feed yourself. Your parents have enough to do and not eating because they didn't make you anything is an excuse (excuses are not tolerated). Be responsible for yourself and plan ahead. Eating pop tarts is a thing of the past! You have to eat big!

*Athletes must take their nutrition very seriously. You wouldn't skip exercises in your training so there's no reason to skip meals in your nutrition! Having enough energy for your workouts and re-feeding your muscles after your workout is **VITAL** to your training success. Those who take their nutrition seriously will achieve their goals faster than those who don't. Lead from the front and don't fall behind!

Workout Nutrition and Protein Shake Recipes

Pre-workout Meal Benefits

A pre-workout shake aids in preserving lean muscle (i.e. inhibiting catabolism) and promoting anabolism (i.e. muscle building), improves protein synthesis, and provides energy throughout the workout. Experiment and learn what your stomach can handle, but you NEED something so you're not training on an empty stomach! Consume about an hour before training. Ideally, you should shoot for a 3:1 or 4:1 carb to protein ratio, with a mix of fast and slow carbs. This meal/shake should also include plenty of water.

Sample Pre-Workout Meal: 15g Protein, 45-60g of Carbs (100% Whole Wheat with PB & J)

Post-Workout Shake Benefits

Aids in restoration of depleted glycogen (energy) stores (in the muscle and liver), increases insulin in the blood, which accelerates the uptake of nutrients into the muscle tissue quicker. Decreases recovery time, decreases post-workout soreness, and increases growth hormone levels. This is the first stage of recovery - if you can't recover you can't grow and get better! Consume fast-acting carbohydrate and protein *immediately* following your training session. Note that this mixture is also between 3:1 and 4:1 fast carbohydrates to protein.

Sample Post-Workout Shake: 20-40 g Whey Protein 40-80 g Fast-Acting Carbohydrate (Waxy Maize, Gatorade, White Bread, Orange)

On training days you can take out one of your regular meals and use a post workout shake. On non-training days, simply follow the meal plans. It takes discipline and a mental desire to make a change physically. We will guide you to achieve all of your goals!!!

Protein Shake Recipes

Basic Shake- 8-12 oz Water/Milk, 1-2 Scoops Whey Protein, 1 Cup Dry Oats, 1-2tbsp. Extra Virgin Olive Oil - optional: add frozen berries and/or spinach (you can't taste the frozen spinach), make sure to blend it

Chocolate Peanut Butter- 8-12oz. Chocolate Milk, 1 scoop Whey Protein, 1 Cup Dry Oats, 1-2tbsp. Extra Virgin Olive Oil, 2 tbsp. Peanut Butter – optional: add banana and/or honey, make sure to blend it

Fruit Smoothie- 8-12oz. Water/Milk, ice, 1 Scoop Whey Protein, 1 Cup Frozen Berries, 1 Banana, non-fat or low-fat yogurt, 1-2tbsp. Extra Virgin Olive Oil – optional: ½ cup nuts, make sure to blend it

Low Fat Chocolate Milk- that's it! Chocolate milk is a cheap alternative to protein shakes, especially post-workout. It almost naturally contains the perfect amount of carbohydrates, fats, and protein.

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Sample Meal Plan For Muscle Building

Wake-up

- Have everything already packed for the day
- Wake up early enough to prepare and eat breakfast
- Drink 8-16oz. of water immediately

Meal #1- Breakfast

- Sample Meal: 3-5 Eggs with cheese, 2-3 slices 100% Whole Wheat Toast, Banana, 8oz. Orange Juice, 16oz. Milk/Chocolate milk, Protein Shake after meal
- Other foods to add/substitute: Oatmeal, lean ground beef, leftover chicken/steak, any vegetable or fruit, cereal (just don't only have cereal)
- Daily Multi-vitamin, Fish Oil

Meal #2- Snack (if needed)

- Sample: 20 oz Water, 1-2 servings of fruit, and 1-2 of the following options:
- Protein Shake, Protein Bar, Granola Bar, PBJ/PBH (honey) on 100% whole wheat, low-fat yogurt or cottage cheese, 1-2 cups Trail Mix/peanuts/almonds

Meal #3- Lunch

- Sample Meal: Should consist of: 1 Gatorade/Powerade/20oz Water
- 1-2 Pieces of fruit and 1-2 servings of veggies
- 1-2 Sandwiches (Tuna, lunch meat, PBJ, peanut butter and honey on 100% whole wheat) any leftovers - chicken/steak/roast beef/etc.
- Daily Multivitamin, Fish Oil

Meal #4- SNACK (if needed)

- 20 oz Water, 1-2 servings of fruit, and 1-2 of the following options:
- Protein Shake, Protein Bar, Granola Bar, PBJ/PBH (honey) on 100% whole wheat, low-fat yogurt or cottage cheese, 1-2 cups Trail Mix/peanuts/almonds/walnuts

Meal #5- Pre-Workout

*Consume one-hour before your workout.

- Option 1: Protein shake, banana, granola bar
- Option 2: Protein Bar, apple, 20oz Water
- Option 3: PBJ/PBH Sandwich on 100% whole wheat, piece of fruit, extra peanut butter, 20oz Water

Meal #6- Post-Workout

*Consume shake within 10-30mins after training, the earlier the better

- Option 1: Protein Shake/Bar, piece of fruit (watermelon, orange)
- Option 2: 16oz Chocolate Milk, granola bar
- Option 3: 1-3 PBJ/PBH Sandwiches on white bread, piece of fruit

*Consume at least 20-40oz of water/Gatorade after every workout and keep sipping throughout the rest of the day

Meal #7- Dinner

- Option 1: Whatever is prepared at home - and eat a lot of it
- Option 2: If you must prepare it for yourself - chicken/steak/lean ground beef/eggs, pasta/rice/potatoes, vegetables, 1 cup of mixed nuts/avocado, water
- Daily Multi-vitamin, Fish Oil

Meal #8- Bedtime Snack (if needed)

- Option 1: Dinner leftovers
- Option 2: Protein Smoothie- protein powder, ½ cup berries, coconut oil, ice
- Option 3: 1 cup cottage cheese/yogurt, ½ cup berries, almonds/peanuts/walnuts, 1-2tbsp. peanut butter eaten separately



*Serious athletes 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 nutrition packet and breaks down the details to achieve your individualized goals. Prime offers 1-on-1 nutrition consults with certified nutrition coach Skyler Davis, 1-on-1 accountability, and small group education. Email Skyler at Skyler@powerstrengthpro.com for program rates and availability.

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Food Sources

Protein Sources – *In order of quality, try to get these from grass-fed, pasture-raised sources where possible*

- Whole Eggs
- Lean Meats - lean ground beef, lean ground turkey, chicken, pork
- Fish, Tuna, Shrimp and other Seafood
- Whole Eggs
- PSTS Advanced Whey Protein Powder
- Whey Protein Bars
- Organic Dairy - Greek Yogurt, Cottage Cheese, Whole Milk
- All Natural Beef Jerky/High Quality Deli Meats
- All Natural Peanut Butter
- *Little to none - Soy-based protein bars/foods/milk

Slow, Low Glycemic Carbohydrate Sources – *For non-workout meals, in order of quality*

- Oats and oatmeal – Rolled/steel cut, not Quaker instant oatmeal packets full of sugar
- Whole Wheat Pastas
- Whole wheat Bread/Wraps
- Beans – All, aim for low sodium
- Most Vegetables – Corn, soy, and peas being the exceptions
- Potatoes - Sweet, Red, White Rice - Brown, Wild, White

Fast, High Glycemic Carbohydrate Sources – *For Pre/Post/During-workout meals, in order of quality*

- All Fruits - fresh, frozen, or dried
- Dairy – Greek yogurt, milk, regular yogurt
- Jelly/Jam
- Gatorade/Sports Drinks
- Bagels
- Fruit Juices
- PSTS Monster Mix Formula

Good Fat Sources – *In order of quality, little to no hydrogenated or trans fats*

- Oils- Extra Virgin Olive Oil, Coconut Oil, Fish Oil
- Olives
- Coconut
- Nuts - Almonds, Walnuts, Pecans, Cashews, and Nut Butters
- Seeds - Flax, Hemp, Sunflower
- Avocado (Guacamole)
- Whole Omega-3 Eggs

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Nutrition Nine

1. Eat 5-7 times per day (every 2-3 hours) - never skip meals!
2. Eat minimally processed foods without added sugars - no pop or fast food.
3. Eat more fruits or vegetables with every meal.
4. Drink more water. $\frac{1}{2}$ bodyweight in ounces per day to start.
5. Focus on eating lean proteins or protein containing foods with every meal.
6. Supplement with a few core supplements but don't depend on them. There's no supplement for a well-balanced diet!
7. Pre-Workout and Post-workout nutrition is a must for intense workouts and recovery. Don't train on an empty stomach and don't limit your recovery.
8. Plan and pack your meals/snacks ahead of time if you need to- this is what responsible athletes do.
9. Skipping meals is neither a successful way to gain weight, nor a healthy way to lose weight. Be consistent with your meals.