

## Recovery fitness Summary

**Eat often.** When you eat often every three to four hours your body responds well to that. The most important thing is that your body builds lean muscle mass when you eat often. If we don't eat often your body goes after lean muscle first. Most people think if they skip a meal they will get skinny. That is dangerous because you deprive your body of nutrients and end up being skinny yet fat. You have lots of fat and not much of muscle. If you just eat three big meals you end up eating too much. Think three meals and three snacks. During those three meals make sure you use portion control. Deck of cards size for protein, fist size for carbohydrates, and thumb size for healthy fats. When you eat your meals remember you are going to have a snack in three hours so you are less likely to overeat.

**Planning.** Nutrition is 60 - 70 percent of your training. So planning healthy meals is crucial to success. Take time to plan your meals. Eating out is expensive and can add up quickly. Invest in tupperware and prepare your meals a day in advance or a week in advance. In between meals you can always try a whey protein shake. Especially before a workout or after a workout. When you have a shake after a workout you are tapping into muscles that need protein maximizing muscle growth.

**Snacks.** Very important to have in between your three meals. Think of having protein, carbs, and fats, with your snacks.

## Best foods and my favorites

### Proteins:

**Fish:** salmon, tunafish (canned) sushi

**Poultry:** turkey breast, ground turkey, chicken breast (skinless), ((not fried))

**Meat:** Steak, ground beef, ham (95%fat free) pork loin (lean)

**Legumes:** black beans, soybeans

**Dairy:** skim milk, 1% 2% milk, yogurt, (low fat low sugar) cottage cheese 1%-  
%2 fat egg whites and whole eggs

### Carbohydrates:

**Breads:** whole wheat, tortillas; whole wheat,

**Cereals:** kashi, oatmeal, slow cooked not instant

**Starches:** brown rice, couscous, quinoa, pancakes whole wheat, pasta whole

wheat

**Root vegetables:** sweet potatoes, beets, yams, potatoes (baked)

**Green vegetables:** kale, spinach, romaine lettuce, broccoli, cucumber, green beans

**Other Veggies:** peppers, squash, tomatoes, zucchini

**Fruits:** apples, blackberries, blueberries, cantaloupe, cherries, grapefruit, mangoes, strawberries, raspberries, plums

**Fats:**

**Oils:** canola oil, coconut oil, flaxseed oil, olive oil.

**Vegetables:** avocados

**Nuts:** almonds, cashews, walnuts, macadamias, natural peanut butter

**Fluids:** Water, green tea, orange juice, diluted

**Condiments:** balsamic vinegar, garlic, pesto, herbs spices, hummus, salad dressing ( no sugar) seasonings.

**Breakfast is the most important meal of the day.** When you wake up your body is in a fasted state. The goal of breakfast is to get nutrients into your body as soon as possible, to start your metabolism. When you have a good breakfast of protein, carbohydrates, and fats, (example; eggs, oatmeal, tablespoon of flaxseed oil) you provide essential energy to your body, brain and prevents catabolism. If you skip breakfast which a lot of people do, and fuel up on caffeine, your body uses your lean muscle mass for energy. The misconception is that if you skip a meal your body will use fat for energy. The reality is that your body uses lean muscle first, essentially your body consumes muscle for fuel know as catabolism.

**Good fats are Good for you.** Avocados, flaxseed oil, fish oil, olive oil, almonds, cashews, coconut oil. All are great sources of fat. Fats are important for good health. What do fats do for you? Good fats can help you get from meal to meal without feeling like your super hungry, or recently popular term, hangry. Hungry plus angry. Fats release energy slowly, regulating the body to perform at optimum levels . Good fats have powerful nutrients and antioxidants that help heal joints and organs. Flaxseed oil and fish oil help memory and mental clarity. Fish oil has powerful omega 3 and omega 6 fatty acids. These omegas can improve cardiovascular health and your brain to function as best as it can. Mark Verstegen in his book “core performance” says, “ Everyone should have a bottle of flaxseed oil and fish oil in the refrigerator. The body can convert flaxseed oil into omega 3 and omega 6 fatty acids much like fish oil. A tablespoon or two a day, one in the morning, one in the evening, is all you need, and it can go into a shake or on top of oatmeal.”

Saturated fats are bad, found in fried foods typically.

**Good Carbs are Good For You.** Bad carbs are highly processed and low in fiber and have high fructose corn syrup are the ones to avoid. What do good carbs do for you? Good carbs like oatmeal, sweet potatoes, brown rice are complex carbohydrates that give you sustained energy through out the whole day. Why deprive your self of needed energy? People who are

active can only go so long without carbs. Your body needs carbs and especially fiber which is in good carbohydrates. Fiber improves your digestive system, and improves your cardiovascular health. A good portion of Carbs should be the size of your fist.

**Hydration.** Drink a gallon of water a day. Because of dehydration over time connective tissues around our joints dry up. If we stay hydrated by drinking enough water this prevents the bad dehydration. You want to drink enough to improve your muscle tissue and flexibility. Green tea is a better choice than coffee. Coffee tends to give you false energy, you end up crashing, Green tea has lots of antioxidants and tends to have much less of a crash than coffee.

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**A good portion of fats for a meal is the size of your thumb.**

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**Protein, protein, protein.** For the athlete or competitive body builder for every pound that you weigh you roughly want a gram of protein. For example, if you weigh 200 lbs you want 200 grams of protein a day. Protein is important to build muscle. It is important to have it with every meal. Carbs and protein go hand in hand, You need the essential energy from carbs to give you energy to fuel your workouts so the protein can build muscle. If you skip on carbs your body will use the protein for energy which is not good. So if your 200 lbs how do you reach your goal of 200 grams of protein a day? Well think of portion sizes first. **Protein portion sizes should be the size of a deck of cards.** A 8 oz glass of milk has 8 grams of protein. Red meat 4 oz 35 grams of protein. Cottage cheese 1 cup 28 grams of protein. Pork 4 oz 35 grams of protein. Fish 6 oz 40 grams. Tuna 6 oz 40 grams. Chicken 4 oz 35 grams. So if at every three meals you have a deck of card size portion of protein and three protein shakes a day or three snacks with enough protein you will reach your goal of getting enough protein.