

# Hierarchy to Greatness:

Rest & Recovery → Fueling → Training



## Rest & Recovery:

- Quality > Quantity
- 8-10 Hours of sleep per night
- Consistent wake up time
- Quality Sleep
  - Pillow
    - Side – Shoulder, Hip
    - Stomach – Back
    - Back – Airway
  - Climate – Humidity and Cool Temp
  - Stimuli – Cut Electronics, Sound Machine, Dark

## Performance Eating

- Phase I-Structure & Quantity
- Phase II-Meal Components (Carb, Pro, Fat),
- Phase III-Meal Details (Color, Vitamins...):

*\*1-2 hours of training a day vs. 22-23 hours of Rest/Recovery and Fueling a day\**

## Plan Your Day

- Eat within 20mins of waking
- Cut off 90-120mins before bed
- Eat every 3-3.5 Hours
- Protein= .8 x BW
- 250Kcals + per snack
- 60% of your calories before 4pm
- Make a schedule with reminders
- Take Pictures

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1 bar (52g)		Total Fat 6g	10%	Potassium 290mg	8%
Calories 200		Sat Fat 0g	0%	Total Carb. 25g	8%
Calories from Fat 60		Trans Fat 0g		Dietary Fiber 4g	15%
		Cholesterol 0mg	0%	Sugar 17g	
		Sodium 115mg	5%	Protein 12g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Calcium 6%	Magnesium 13%	Folate 2%
		Vitamin C 0%	Iron 6%	Phosphorus 8%	Copper 10%

## Make Your Workout Count:

- 30g of Carb 30 min before workout
- Eat within 20 Minutes post workout (2:1 Carb:Pro Ratio)

## Staying Hydrated:

- .67 x Your Body Weight
- Example: 125lbs=85oz 150lbs=100oz 200lbs=135oz 250lb=168oz
- This does not account for sweat loss at practice
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## How many fists of carbohydrates and protein did you have today?

- A basic 2500kcal diet needs about 5-6 fist of Protein and 6-7 fist of Carbohydrate a day
- A basic 3500kcal diet needs about 7-8 fist of Protein and 9-10 fist of Carbohydrate a day
- Each fist of protein is about 20-25grams of Protein and each fist of Carbohydrate is about 50grams

## Sample Day

6:00 AM  
 7:00 AM Breakfast (2 Fists CHO, 2Fist Pro)  
 8:00 AM  
 9:00 AM Snack (1-½Fist CHO,½ Fist Pro)  
 10:00 AM  
 11:00 AM  
 12:00 PM Lunch (2 Fist CHO,2 Fist Pro)  
 1:00 PM  
 2:00 PM Snack (½Fist CHO)  
 3:00 PM Training  
 4:00 PM Training  
 5:00 PM Post Training (1Fist CHO,½ Fist Pro)  
 6:00 PM Dinner (2 Fist CHO, 2Fist Pro)  
 7:00 PM  
 8:00 PM  
 9:00 PM Snack (1Fist CHO,1Fist Pro)  
 10:00 PM  
 11:00 PM Bed

# Healthy Fueling Options

*(These are not the ONLY choices, just OPTIONS)*

<b>Carbohydrates</b> <i>(40-50 Servings/wk)</i>	<b>Proteins</b> <i>(35-40 Servings/wk)</i>	<b>Fats</b>
<ul style="list-style-type: none"> <li>• Grains                             <ul style="list-style-type: none"> <li>○ Brown Rice</li> <li>○ Quinoa</li> </ul> </li> <li>• Pasta                             <ul style="list-style-type: none"> <li>○ Wheat</li> <li>○ Whole Grain</li> </ul> </li> <li>• Bread                             <ul style="list-style-type: none"> <li>○ Whole Grain</li> <li>○ Whole Wheat</li> </ul> </li> <li>• Potatoes                             <ul style="list-style-type: none"> <li>○ Sweet Potatoes</li> <li>○ White Potatoes</li> <li>○ Red Potatoes</li> </ul> </li> <li>• Oatmeal</li> <li>• Fruit</li> <li>• Whole Grain Cereals</li> <li>• Granola / Granola Bars</li> <li>• Fruits/Vegetables (See below)</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs / Egg Whites</li> <li>• Chicken</li> <li>• Turkey</li> <li>• Fish</li> <li>• Lean Red Meat                             <ul style="list-style-type: none"> <li>○ Ground</li> <li>○ Sirloin</li> <li>○ Strip</li> </ul> </li> <li>• Lean Dairy                             <ul style="list-style-type: none"> <li>○ Greek Yogurt/Yogurt</li> <li>○ Low Fat Milk</li> <li>○ Low Fat Cheese</li> </ul> </li> <li>• Lunch Meats                             <ul style="list-style-type: none"> <li>○ Turkey</li> <li>○ Ham</li> <li>○ Roast Beef</li> </ul> </li> <li>• Beans                             <ul style="list-style-type: none"> <li>○ Black Bean</li> <li>○ Kidney Beans</li> <li>○ Chick Peas</li> </ul> </li> <li>• Protein Shake (No more than 30grams)</li> </ul>	<ul style="list-style-type: none"> <li>• Olive Oil</li> <li>• Avocado</li> <li>• Peanut Butter</li> <li>• Almond Butter</li> <li>• Nuts                             <ul style="list-style-type: none"> <li>○ Almonds</li> <li>○ Peanuts</li> <li>○ Walnuts</li> <li>○ Cashews</li> </ul> </li> <li>• Hummus</li> <li>• Olive Oil Based Salad Dressing</li> <li>• Low Fat Cheese</li> <li>• Whole Eggs</li> </ul>

## Minimum of 4 Fruits/Vegetables each day!

Fruits	Vegetables
<ul style="list-style-type: none"> <li>• Apples, Bananas, Oranges, Grapefruit, Blueberries, Raspberries, Strawberries, Blackberries, Pineapple, Kiwi, Watermelon... The more color, the better</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach, Broccoli, Cauliflower, Kale, Mixed Greens, Peppers, Zucchini, Squash, Carrots, Beets... The more color the better</li> </ul>