



# THE ATHLETE PLAN

## PROTEIN:

This is one of the MOST IMPORTANT nutrients you will consume throughout the day!!! Our muscles are made of protein and when we workout, we tear our muscles down creating room for growth and the ability to build muscle. However, without consuming protein after your workout and throughout the day, it is near impossible for our bodies to fully recover and grow. The average person only needs between 50-100g of protein a day. YOU ARE NOT THE AVERAGE PERSON! You are an athlete and push your body and muscle's limits daily which means you need more protein than the average person. At AAH we recommend every athlete consumes at least their body weight in grams (g) of protein daily. Here is a chart to help you fill those needs with each meal.

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net carbs	Protein (g)
Bacon, cooked, 2 slices	92	9	2	0	2	4
Beef, ground, 80% lean, cooked, 1 oz.	74	5	0	0	0	7
Duck, roasted, skin eaten, 1 oz.	95	8	0	0	0	5
Egg, whole, large, plain, 1 ea.	72	5	0	0	0	6
Lamb, boneless, cooked, 1 oz.	83	6	0	0	0	7
Pork breakfast sausage, no fillers or sugar, cooked, 1.5 oz.	102	9	0	0	0	7
Pork Ribs, roasted, plain, 1 oz.	104	8	0	0	0	8
Pork Shoulder, roasted, 1 oz.	82	6	0	0	0	7
Beef, ground, 92% lean, cooked, 1 oz.	45	2	0	0	0	7
Beef steak, broiled or baked, 1 oz.	71	4	0	0	0	8
Beef, chuck, blade roast, cooked, 1 oz.	75	4	0	0	0	9
Chicken breast, roasted or baked, skin not eaten, 1 oz.	46	1	0	0	0	9
Chicken thigh, roasted, no skin, 1.0 oz.	55	3	0	0	0	7
Clams, fresh, baked, 1 oz.	39	2	1	0	1	4
Cottage cheese, 1-2%, 0.25 cup	41	1	2	0	2	7
Crab, King, fresh, steamed, 1.5 oz.	41	0	0	0	0	7.5
Egg whites, raw, large egg, 2 ea.	34	0	0	0	.5	7
Elk steak, roasted, 1 oz.	41	.5	0	0	0	8.5
Fish fillet (flounder, sole, scrod) no breading, baked, 2 oz.	49	1	0	0	0	8.5
Fish, Salmon fresh fillet, 1 oz.	39	1	0	0	0	7
Fish, Salmon, canned pink, 1 oz.	39	1	0	0	0	7
Ham, deli style, lean, 1 oz.	35	1	1	0	1	5
Ham, smoked, spiral, 1 oz.	53	3	1	0	1	5
Pork chops, lean, cooked, 1 oz.	57	3	0	0	0	7
Pork roast, loin, cooked, 1 oz.	70	4	0	0	0	8
Scallops, baked or broiled, 1 oz.	38	1	1	0	1	6
Shrimp, steamed or boiled, 1 oz.	39	1	0	0	0	8
Tuna, canned, water pack, 1 oz.	33	0	0	0	0	7
Turkey breast, roasted, no skin, 1 oz.	38	0	0	0	0	9
Turkey thigh, roasted, no skin, 1 oz.	52	2	0	0	0	8

## CARBOHYDRATES:

This nutrient is JUST as important, but more fun to eat, as protein. Carbohydrates, or “carbs”, give our body’s energy and aid in the recovery process. On top of that, they also act as a “transportation system” for all other nutrients (including protein) since our muscles literally act as sponges absorbing this nutrient. That is why after your workouts it is critical to consume carbs along with your protein to aid in the recovery and building of muscle. Unlike protein, our bodies can absorb more carbs at any given time. This means if you are an athlete trying to gain weight and put on size, instead of adding more protein that your body can not absorb, add more carbs to your diet.

Food	Carbohydrates (gm)	Available Carb per Serving	Glycemic Index	Glycemic Load	Carb Calories per Serving
<b>HIGH</b>					
Baked potato, Russet, baked without fat ( 1 small potato, 5 oz.)		30	85	26	120
Waffles, Aunt Jemima (1 piece)		13	76	10	52
Gatorade (1 cup)		15	78	12	60
Grapenuts (approx. 1 cup, Kraft)		22	75	16	88
Bread, whole wheat (1 slice)		13	71	9	52
Bread, white (1 slice)		14	73	10	56
Bagel, (white, frozen)		35	72	25	140
Stuffing ( approx. 1 cup)		21	74	16	84
Graham wafers (approx. 1 cup)		18	74	14	72
Grapenuts (approx. 1 cup, Kraft)		22	75	16	44
Shredded wheat (1 oz. serving)		20	75	15	80
Total (1 oz. serving, General Mills)		22	76	17	88
Cream of Wheat (1 oz. serving, instant, Nabisco)		30	74	22	120
<b>INTERMEDIATE</b>					
Spaghetti, (plain, cooked, 3/4 cup)		44	61	48	176
Rice (brown, cooked, 3/4 cup)		38	60	23	152
Raisin bran (1 oz. serving, Kellogg's)		19	61	12	76
Oatmeal (1 cup)		26	66	17	104
Bran muffin (large)		24	60	15	96
Green pea soup (1 cup)		41	66	27	124
Ica cream, regular(1/2 cup)		13	61	8	52
Blueberry muffin (1)		29	59	17	116
Raisins (1/4 cup)		45	56	25	180
Powerbar, chocolate		26	56	17	104
<b>LOW</b>					
Apple		16	34	5	64
Orange		11	42	5	44
Banana		24	52	12	96
Grapes (1 cup)		18	46	8	72
Carrot (raw, 1 medium)		6	47	3	36
Sweet corn (1/2 cup)		17	54	9	68
Bread, 100% whole grain (1 slice)		13	51	7	52
Dried apricots (1/4 cup)		28	31	9	82
Peas (1/2 cup)		7	48	3	28
Orange juice (3/4 cup, 6 oz.)		23	52	12	92
Fruit yogurt (reduced fat, 3/4 cup)		24	27	7	96
Tomato soup (1 cup)		17	38	6	68
Skim milk (1 cup)		13	32	4	52
Baked beans (1/2 cup)		15	48	7	60
Lentils (1/2 cup)		18	29	5	76
Kidney beans (1/2 cup)		25	28	7	100
Lima beans (1/2 cup, baby, frozen)		30	32	10	120
Garbanzo beans (1/2 cup)		30	28	8	120

# Healthy Fats:

Healthy fats are probably one of the most under-rated nutrients. Being that almost every “fad diet” calls for low fat foods, most people consider all fats to be bad. This is false. There are good, healthy, fats and there are bad fats. Below is a list of those that your body needs. Fats are a great way to increase calories throughout the day since they are the most caloric-dense nutrient. Every gram of protein and gram of carbs contains 4 calories where as every gram of fats contains 9! Fats not only give your body more calories for the day but aid in joint mobility, energy, and help your body recognize the need to burn fat, which ultimately keeps you lean!

	<i>Calories</i>	<i>Fat (g)</i>	<i>Carbs (g)</i>	<i>Fiber (g)</i>	<i>Net carbs</i>	<i>Protein (g)</i>
Avocado Oil, 1 tbsp.	124	14	0	0	0	0
Avocado, Haas, 3 oz.	102	9	7	5	2	2
Bacon fat, 1 tbsp.	116	13	0	0	0	0
Beef tallow, 1 tbsp.	115	13	0	0	0	0
Butter, 1 tbsp.	102	12	0	0	0	0
Chicken fat, 1 tbsp.	115	13	0	0	0	0
Cocoa Butter, 1 tbsp.	120	14	0	0	0	0
Coconut oil, 1 tbsp.	117	14	0	0	0	0
Cream cheese (block), 2 tbsp.	101	10	1	0	1	2
Flaxseed Oil, 1 tbsp.	120	14	0	0	0	0
Ghee, 1 tbsp.	112	13	0	0	0	0
Heavy Cream, fluid, 2 tbsp.	103	11	1	0	1	1
Lard, fresh (non-hydrogenated), 1 tbsp.	115	13	0	0	0	0
Macadamia Oil, 1 tbsp.	120	14	0	0	0	0
Mayonnaise (full fat), 1 tbsp.	99	11	1	0	1	0
MCT oil, 1 tbsp.	100	14	0	0	0	0
Olive oil, 1 tbsp.	119	14	0	0	0	0
Olives, black, 1 cup	141	13	8	4	4	1
Olives, green, 1 cup	193	20	5	4	1	1
Pork Rinds, fried, 0.75 oz.	116	7	0	0	0	13**
Red Palm Oil, 1 tbsp.	120	14	0	0	0	0
Salad Dressing, creamy full fat (<2 carb/serving), 1.5 tbsp.	130	14	1	0	1	1
Sour cream (full fat, no fillers – e.g. Daisy brand), 4 tbsp.	120	10	2	0	2	2

\*\*The protein is inferior in quality. Count the protein grams but limit amounts eaten so as not to displace other more complete protein foods.

# “Carbless” Carbs:

These “pass through the body” carbs contain indigestible fiber. Carbless carbs yield 2.5 grams of carbohydrates per serving. For example, a cup of Broccoli yields 5 grams of carbs; however, the body does NOT absorb the vast majority of the carbs in that vegetable. Since they have negligible absorbable carbs, no values are given for them. These nutrients are crucial for digestion and overall health and well being. They also aid in nutrient absorption by breaking down the other nutrients through the digestive enzymes that are produced while chewing them. So EAT YOUR GREENS!

## VEGGIES

Vegetable (1/2 cup)	Calories	Fat (g)	Carbs (g)	Protein (g)
Cucumber	6.8	0.1	1.4	0.4
Romaine Lettuce (1 cup)	7.8	0.2	1.4	1
Cabbage	11.1	0.1	2.4	0.6
Summer Squash	11.3	0.1	2.5	0.7
Radish	11.6	0.3	2.1	0.3
Celery, cooked	13.5	0.1	3	0.6
Eggplant, cooked	13.9	0.1	3.3	0.4
Cauliflower, cooked	14.3	0.3	2.5	1.1
Zucchini, cooked	14.4	0	3.5	0.6
Banana Peppers *	17	0.3	3.3	0.9
Green Beans	17.1	0.1	3.9	1
Tomato	18.9	0.3	4.2	0.8
Green & Red Bell Peppers	19	0.1	4.6	0.6
Potato	57	0	13	1
Spinach, cooked	20.7	0.2	3.4	2.7
Mushrooms, cooked	21.1	0.4	4	1.7
Broccoli, cooked	21.8	0.3	3.9	2.3
Asparagus, cooked *	22	0.3	3.8	2.3
Pumpkin, cooked	24.5	0.1	6	0.9
Leek	27.1	0.1	6.3	0.7
Brussel Sprouts	30.4	0.4	6.8	2
Onion	30.4	0.1	6.9	0.9
Carrot, cooked	35.1	0.1	8.2	0.9
Peas	58.7	0.3	10.5	3.9
Sweet Corn	66.2	0.9	14.6	2.5
Sweet Potato, cooked	103	0.1	24.3	1.7

# MEAL PLANS

Now that you have a better understanding of the types of foods to eat and what they do for your body, it is time to put it into action. Every athlete is different and is trying to reach a different goal. Below are two different meal plans, one for seriously building muscle and putting on size and the other for optimizing recovery and performance. **Use the food charts above to create your meals for the specified nutrients in your plan.** Feel free to explore new foods you haven't tried before and train yourself to enjoy eating like this because it will make you better not only physically but mentally as well!

**\*\*\*Note:** Depending on what plan you select, each athlete will consume the same amounts of carbs and fats while the only varying nutrient will be the amount of protein consumed according to the body weight of the athlete divided by the number of meals eaten (i.e. 180lb athlete eating 6 meals a day consumes 30g of protein per meal;  $180/6=30$ ).

# PERFORMANCE PLAN

## MEALS

1. This is breakfast, the meal you consume immediately upon waking and is the **MOST IMPORTANT MEAL OF THE DAY!!!** It may be cliché but it is true, this is the meal that tells your body to start not only running (metabolism) but building muscle as well. If you skip this meal, kiss your GAINS goodbye.

**Consume your amount of protein(g) per meal (body weight/6), 50g of carbs, 15g of healthy fats and a serving of carb-less carbs.**

2. This is an “in-between-meal”. This can either consist of a **protein bar (i.e. Oh Yeah! Bar, Arnold Bar)** or a couple lunch meat and/or **PB & J sandwiches**.
3. This is your lunch. Lunch is critical because most of the time is the last “real meal” before practice and/or your workout. This should look very similar to breakfast. **Your amount of protein(g), 50g of carbs, 15g of fats and a serving of carb-less carbs.**
4. This is your post-workout shake (depending on when you workout and may come before other meals in this plan, but **MUST** be consumed within 30 minutes of working out). If you are not trying to heavily gain weight, we suggest using a **Whey Isolate (Oh Yeah!, Dymatize Elite/Iso-100, Protizyme, Combat Isolate etc.)** and a scoop of the **carbohydrate powder Karbolyn**. This will give you approximately 50g of protein and 50g of carbs that your body **DESPERATELY** needs after training.
5. This is another “in-between meal”. Just as the other “in-between-meal”, it will consist of a **protein bar or a couple of sandwiches of choice**. This is typically the last thing you eat before practice/end of school.
6. Dinner! You’ve made it through another hard practice which means it is time to refuel and recover from a hard day’s work. Since you’re an athlete, you still need carbs at night after practice because you have

broken down your body even more. Dinner will look (nutrient wise) like breakfast and lunch. **Your specified amount of protein(g), 50g of carbs, 15g fats and a serving of carb-less carbs.**

7. This is optional depending on bedtime. If there is 2hrs from dinner to you hitting the hay. **Consume a protein shake or meat and a spoon of PB/fats.**

## **BULKING PLAN**

**\*\*\*Note: this plan is very similar to the Performance Plan in structure, but greatly varies in caloric consumption (calories eaten).**

1. This is breakfast, the meal you consume immediately upon wakening and is the **MOST IMPORTANT MEAL OF THE DAY!!!** It may be cliché but it is true, this is the meal that tells your body to start not only running (metabolism) but building muscle as well especially for those who are bulking. If you skip this meal, kiss your **GAINS** goodbye. **Consume your amount of protein(g) per meal (body weight/6), 120g of carbs, 25g of healthy fats and a serving of carb-less carbs.**
2. This is an “in-between-meal”. This can either consist of a protein bar (i.e. Oh Yeah! Bar, Arnold Bar, NoGii) or a couple lunch meat and/or PB & J sandwiches with a piece of fruit as well.
3. This is your lunch. Lunch is critical because most of the time is the last “real meal” before practice and/or your workout. This should look very similar to breakfast. **Your amount of protein(g), 120g of carbs, 25g of fats and a serving of carb-less carbs.**

4. This is your post-workout shake (depending on when you workout and may come before other meals in this plan, but **MUST** be consumed within 30 minutes of working out) and is **JUST AS IMPORTANT** as breakfast. We suggest, for you hard gainers, the **True Mass 1200, Super Mass Gainer and Oh Yeah! Mass.**
5. This is another “in-between meal”. Just as the other “in-between-meal”, it will consist of a **protein bar and/or a couple of sandwiches of choice with a piece of fruit.** This is typically the last thing you eat before practice/end of school.
6. Dinner! You’ve made it through another hard practice which means it is time to refuel and recover from a hard day’s work. Since you’re an athlete, you still need carbs at night after practice because you have broken down your body even more. Dinner will look (nutrient wise) like breakfast and lunch. **Your specified amount of protein(g), 120g of carbs, 25g fats and a serving of carb-less carbs.**
7. This is optional depending on bedtime. If there is over 2hrs from dinner to you hitting the hay, consume a **protein shake or meat and 25g fats.**

## **SUPPLEMENTS**

- **PROTEIN:** A.K.A. MOST IMPORTANT of all your supplements. This is what makes up muscle and since we tear them down when we workout, it is crucial to have protein afterwards. Some may claim that you can “just eat food” to get your protein. As this is true throughout the day, it takes a while for your body to fully absorb the protein from food since it is hard on your digestive system. Post-workout your body needs protein within 30 minutes to start the recovery/building process. This is why a **protein shake** is better after lifting since it is a much faster absorbing form of protein. Based on what type of gains you’re looking for, you could do anything from a basic whey protein to a heavy mass gainer. Some that we

recommend are: (Whey Proteins) Oh Yeah! Isolate, Iso-100, Protizyme, Elite Whey and Syntha-6; (Mass Gainers) True Mass and True Mass 1200, Mass Gainz and Super Mass.

- **MULTI-VITAMIN:** Lacking in energy hopping out of bed? Foggy-minded during school hours? This could all be a result of a lack of nutrients in your diet. It is near impossible to eat the right type and amount of foods containing all the vitamins and minerals you need on a daily basis. This is where a good, natural, WHOLE FOOD multi-vitamin comes into play. Being that it is all natural and WHOLE FOOD based, your body can absorb up to 95-98% of some of the multi-vitamins we carry compared to those of some other leading brands. Some that we recommend are: Garden of Life KIND vitamins, Nature's Plus Ultra II One-a-day, and our #1 selling Source of Life GOLD.
- **FISH OIL:** Another critical supplement EVERY athlete should be taking is an all-natural, high-quality fish oil. Fish oil is a key fatty acid that will aid in joint support, mental clarity and heart health. High in Omega-3's DHA (for mental health) and EPA (for heart health), it is near impossible to get the amounts recommended by the doctor through a regular diet. Some that we recommend are: Nordic Naturals, Carlson's and Nature's Plus.
- **CARB POWDERS:** Just as the name suggests, these are powdered carbohydrates. As a supplement, they are great when it comes to pre and post workout. They are great pre/ during workouts, practices and games because they load your muscles with glycogen (the substance your muscles convert carbs into) that aids in endurance, performance and helps prevent cramps. They are great after your workouts, practices and games because afterwards your muscles are "deflated" in a way due to the fact that your muscles have burned all the carbs during your event and left you glycogen-depleted therefore, when you take them with protein, your muscles quickly absorb the carbs and use the protein a lot faster along with them. Some that we recommend are: Karbolyn, Vitargo, Heed (with added electrolytes, great for before games) and Raw Food.
- **AMINO ACIDS (BCAA'S):** A.K.A the building blocks of protein, amino acids are what protein is made of. Since your body can only absorb a certain amount of protein at a time, you can take amino acids that help with added recovery throughout the day, endurance during your workouts, performance in games and practices, and a great way to make a gallon of water taste good for hydration. Some that we recommend are: Amino X, Xtend, and Endurance (great for during workouts).