

NUTRITION GUIDE



YOU ARE WHAT YOU EAT – THE IMPORTANCE OF NUTRITION

“You are what you eat” is completely true. Nutrients from the foods you eat will provide the foundation of the structure, function, and integrity of every little cell in your body, from your skin and hair to your muscles, bones, digestive and immune systems. You may not feel it, but you’re constantly repairing, healing and rebuilding your body. It is very important that you choose mostly whole, natural foods and you stay away from processed, pre-cooked, thousand ingredient crap.

WHAT ARE YOUR GOALS? (ESTABLISH YOUR GOALS)

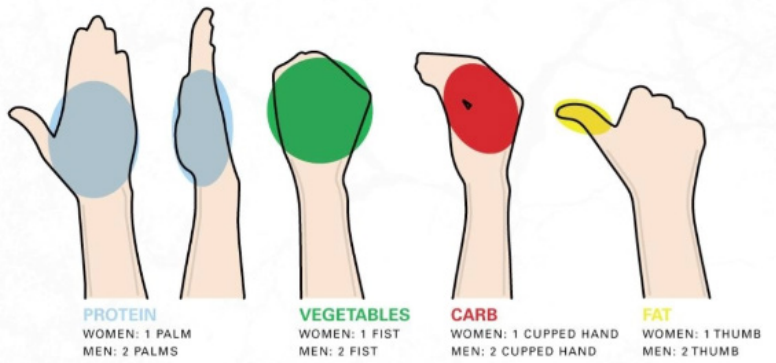
Whether your goals are to cut a size or to gain healthy weight you should be smart in your kitchen. Working out on its own is simply not enough. You need to eat according to your goals. Healthy eating is not only important when you are trying to lose weight. It is also important if you want to lift more, feel more energized, run faster, live longer and *feel better*.

HOW DOES NUTRITION AFFECT MY FITNESS PERFORMANCE?

Your body requires sufficient and essential nutrients to boost your fitness performance.



PER SERVING:



The food that you ingest should be adequate to meet the needs of your physical activity. This nutrition will have positive effects on your brain, promote energy, and will improve your overall performance.

HOW MUCH WATER SHOULD I DRINK?

Follow the 8x8 rule – 8 ounces glasses of water, 8 times a day: that equals about half a gallon.

THE BENEFIT OF DRINKING WATER

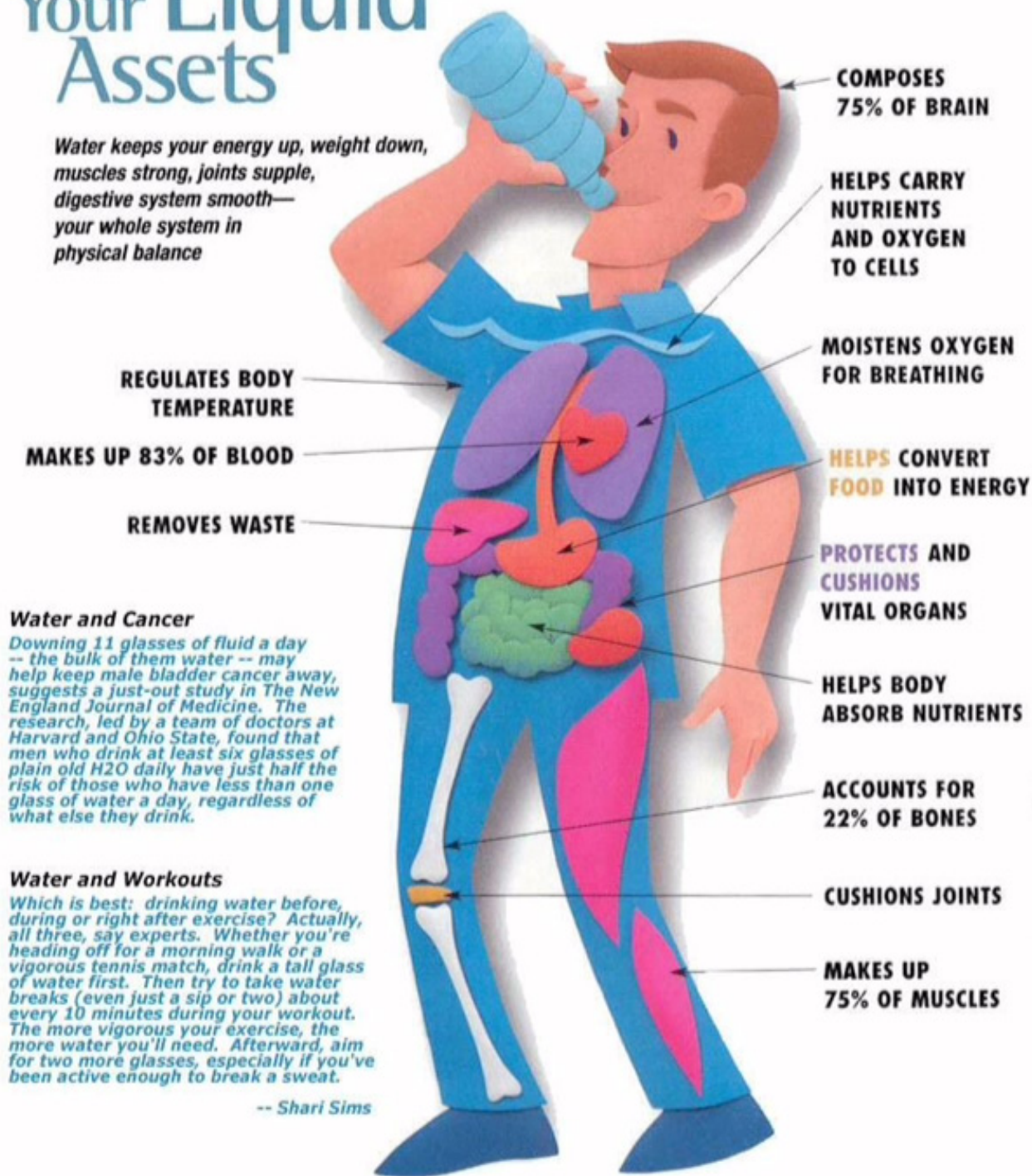
Often we feel hungry when we are actually thirsty. Sometimes water is all we need *plus* being properly hydrated means a well-functioning metabolism.

So not only can drinking water prevent us from eating unnecessary calories, it can also help us properly burn the calories we do eat!



Your Liquid Assets

Water keeps your energy up, weight down, muscles strong, joints supple, digestive system smooth—your whole system in physical balance



Water and Cancer

Downing 11 glasses of fluid a day -- the bulk of them water -- may help keep male bladder cancer away, suggests a just-out study in The New England Journal of Medicine. The research, led by a team of doctors at Harvard and Ohio State, found that men who drink at least six glasses of plain old H₂O daily have just half the risk of those who have less than one glass of water a day, regardless of what else they drink.

Water and Workouts

Which is best: drinking water before, during or right after exercise? Actually, all three, say experts. Whether you're heading off for a morning walk or a vigorous tennis match, drink a tall glass of water first. Then try to take water breaks (even just a sip or two) about every 10 minutes during your workout. The more vigorous your exercise, the more water you'll need. Afterward, aim for two more glasses, especially if you've been active enough to break a sweat.

-- Shari Sims

THE IMPORTANCE OF REST AND RECOVERY

Rest is most easily defined as a combination of sleep and time spent not training. How you sleep and spend this time is very critical. Recovery, however, refers to techniques and actions taken to maximize your body's repair. These include hydration, nutrition, posture, heat, ice, stretching, self-myofascial release, stress management and compression. ***Sleep is the most important time to recover.*** Adequate levels of sleep help to provide mental health, hormonal balance, and muscular recovery. You need to get enough sleep, which is ***between seven to ten hours*** for most athletes. Everyone has individual needs based on their lifestyle, workouts, and genetic makeup.

HOW OFTEN SHOULD I EAT?

Breakfast, Lunch and Dinner - it is that simple. You can add small meals in between if you are hungry but in general snacks are not needed. If your portions are correct your meal should last you around 4-6 hours.

For example:

8 AM Breakfast

12 PM Lunch

--- you might have a small meal here

6 PM-8 PM

Dinner

CHASING A GOAL VS BEING HEALTHY

- 1. Establish your goals.** Find what works for you! Your best friend's diet may not work for you, like it does for them.
- 2. Eat whole, natural foods.**
- 3. Don't fall for labels** - just because it says "low fat" or "all natural" doesn't mean it's healthy. Something like an apple doesn't need a list of ingredients. It is often a good choice to eat foods that don't need a label.
- 4. Keep it simple!** Don't get stuck on the small details because most often this is what makes us fall off track. Find easy recipes that don't require tons of ingredients and take a long time unless it will feed you for a week.
- 5. Preparation is the key.** Meal prep and planning are extremely important when starting a new healthy lifestyle.
- 6. Don't expect perfection or you set yourself for disaster.** Understand that for some people "cheat days" work, while some of us have to strictly follow a meal plan to succeed. The option that works for your body will be the perfect plan for ***you***.



PROTEIN, CARBS AND FAT - THEY ARE ALL IMPORTANT. UNDERSTAND WHY

How much protein should I have? - an inactive adult should consume ***no*** more than .4 grams per pound of body weight

per day; moderate exercisers and competitive athletes should consume .5 to .75 grams of protein per pound of body weight per day. Excess protein will be stored in the body as FAT.

Are carbs my enemy? - not at all but you *must* choose wisely. Eat plenty of vegetables and a good amount of fruits and grains. All of them are key parts of a varied diet. They provide vitamins, minerals, complex carbohydrates (starch and dietary fiber) and they are generally **low** in fat (depending on how they are prepared and what is added to them at the table). Avoid too much sugar if you're trying to lower your size. Your body cannot tell the difference between naturally occurring and added sugars (they are chemically identical).

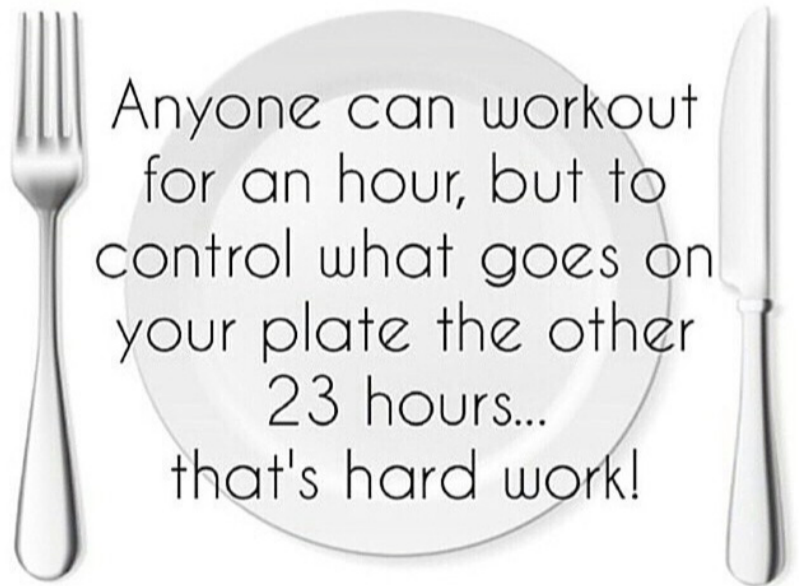
Is fat bad for me? - your diet should be low in fat. Choose a diet that provides no more than 30 percent of total calories of fat. Good sources of fat are lean meats, avocado, raw nuts and quality oils such as olive oil.

Maximum Total Fat Intake at Different Calorie Levels

| Calories | 1,600 | 2,200 | 2,800 |
|-------------------|-------|-------|-------|
| Total Fat (grams) | 53 | 73 | 93 |

PRE WORKOUT FOOD

Eating foods high in carbohydrates and low in fat prior to exercising can improve the way a person feels while working out. However for those working out to gain muscle we usually encourage to include



more protein.

Know that eating *too much* food prior to training can cause diarrhea and cramping, *too little* nutrition before exercising can cause low blood sugar levels, weakness and lack of endurance.

Avoid high-fiber foods such as broccoli, baked beans, or bran cereals right before exercising. Meals high in complex carbohydrates are best because they fuel the muscles.

LIST OF SUGGESTIONS

5-6 hours before training - fruits, vegetables, breads, pasta, lean meat, baked potato

2-3 hours before training - granola bar, yogurt, oatmeal and fruit

1-2 hours before training - fruit such as watermelon or melon, vegetables low in fiber such as tomatoes, crackers or small whole grain bars

POST WORKOUT FOOD

It is very important to refuel your body

after a hard workout. Because your body replaces glycogen stored in your muscle within the first hours after exercise it is important to eat carbohydrates and some protein soon after your workout. It will help to improve muscle repair.

LIST OF SUGGESTIONS

We recommend sliced oranges for an immediate option. It will provide you with some needed calories and help you hydrate as well.

Should you take protein supplements or eat extra protein? Although some extra protein is needed to build muscle, most people get plenty of protein in their food. Getting extra protein from supplements won't have any added benefit on your performance. The benefit of taking supplements is that it provides you with the needed calories after your training and it is an easy and convenient way to do so. Choose good quality protein supplements but don't replace your food with them.

BREAKFAST

- Option 1: ½ Cup Oatmeal (raw); 1 apple (shredded); Cinnamon; 1 tbsp Flax seeds
Option 2: ½ Grapefruit; Omelet - 2 egg whites, Spinach and Tomatoes
Option 3: ½ Cup Oatmeal; ½ cup Blueberries or Strawberries; Touch of honey (optional); 1 tbsp Flax seeds
Option 4: 1 slice Ezekiel bread with 1 tsp of PB and 1 tsp of All Natural jelly

AM SNACK

- 1 Orange OR 1 Apple
1 oz Raw Almonds or Raw nuts of

your choice

Green Tea 16 oz. with no added sugar; use natural sweeteners if needed

LUNCH AND DINNER

Option 1: 1 Side Salad; 3 oz (Female portion) 5 oz (Male portion) Grilled Chicken; 1 Cup Steamed Green beans (seasoning is ok)

Option 2: 1 Small/Medium Sweet potato; 3 OR 5 oz. Grilled Chicken; 1 cup cucumbers; 1 Tomato

Option 3: 1 Side Salad; ½ bag Edamame; ¼ OR ½ cup Quinoa; 4 OR 6 oz Rotisserie Chicken (skinless)

PM SNACK

Option 1: 4 Celery Sticks; 1 Carrot; 1 tbsp. Homemade hummus

Option 2: 1 Cup strawberries/ Blueberries or a small fruit bowl (1) 2 % fat Yogurt OR Granola bar such as KIND bars, Balance bars, RX BAR

Remember:
Portions varied and are based on individual's goals. You should contact a fitness nutritionist if you want to have a personalized meal plan that will serve you the right amount of calories and provide you with the best nutrients. Vegetarian and paleo options are also available and healthy options if one chooses to follow.

NUTRITION CONSULTATION FORM

CLIENT INFORMATION:

Name: _____ Date: _____
Date of Birth: _____ Height: _____ (feet) _____ (inches)
Current Body Weight: _____ Desired Body Weight: _____
Lowest Body Weight: _____ Highest Body Weight: _____
Extra-Curricular Activities / Sports: _____

Physician: _____ Phone: _____

WHAT ARE YOUR NUTRITION AND FITNESS GOALS?

1. _____

2. _____

3. _____

4. _____

5. _____

WHAT HAVE YOU TRIED IN THE PAST TO ACHIEVE YOUR NUTRITION AND FITNESS GOALS? THIS INCLUDES ANY DIET OR EXERCISE PROGRAM, SUPPLEMENT USE, BOOKS, ETC...

1. _____

2. _____

3. _____

4. _____

5. _____

MEDICAL HISTORY AND MEDICATIONS: Please list any relevant past medical history and current medications: I.e. food allergies/intolerances, high cholesterol, diabetes, heart disease, ADHD, hypo/hyperthyroidism, recent surgeries, bowel disease, depression, eating disorders, recent athletic injuries, anemia, etc...

Have you ever been diagnosed with eating disorder? Yes or No (If yes please explain)

Are there any foods that you avoid? Yes or No If yes, please list below: _____

Are you a Vegetarian? Yes or No

If yes, please circle which foods you DO NOT eat: chicken fish dairy eggs red meat

On average, how many days a week do you consume alcoholic beverages? 0 1 2 3 4 5 6 7

On average, how many alcoholic drinks do you consume at one time? 0 1 2 3 4 5 6 7 8 9 10+

What types of alcohol do you consume? Beer Wine Liquor Other

On average, how many caffeinated beverages do you consume per day?

0 1 2 3 4 5 6 7 8 9 10+

What types of caffeinated beverages do you consume? I.e. energy drinks, coffee, tea, soda, etc. _____

Do you smoke (tobacco products)? Yes or No

If yes, how many cigarettes per day? 0 1 2 3 4 5 6 7 8 9 10 11 12+

On average, about how many hours do you sleep:

Weeknights _____ Weekends _____

EXERCISE: Are you currently on an exercise program? Yes or No

If so, what specifically are you doing each day?

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Are you currently working with a Trainer or Coach? Yes or No If yes, who and when?

Have you ever played a sport? Yes or No If yes, which sport(s), when, and how long?

LOG: What did you eat and drink yesterday? Please include portion sizes and brands if it is possible. I.e. 1 cup of Tropicana orange juice, 6 ounces Dannon Yogurt, etc.

Breakfast: Time: _____ Item(s): _____

Morning Snack: Time: _____ Item(s): _____

Lunch: Time: _____ Item(s): _____

Afternoon Snack: Time: _____ Item(s): _____

Dinner: Time: _____ Item(s): _____

Snack/Dessert: Time: _____ Item(s): _____

Exercise: _____

Identify Trouble spots (for example: skipping breakfast or late-night snacking) _____

Do you have any cooking habits? Yes or No

NUTRITION CONSULTATION FORM NOTES

NUTRITION PRICING CHART

| CROSSFIT LPF MEMBERS | RATE |
|--|--------------|
| 6 WEEK NUTRITION CHALLENGE - GROUP | \$79 |
| 6 WEEK NUTRITION CHALLENGE - ONE-ON-ONE | \$129 |

| NON-CROSSFIT LPF CLIENTS | RATE |
|--|--------------|
| 6 WEEK NUTRITION CHALLENGE - GROUP (Includes 6 weeks of nutritional guidance + 3 days a week of CrossFit classes) | \$178 |
| 6 WEEK NUTRITION CHALLENGE - ONE-ON-ONE (Includes 6 weeks of nutritional guidance + 3 days a week of CrossFit classes) | \$249 |