

General Nutrition Guidelines

Nutrition

What influences eating and food choices?

Psychological Reasons

Stress

Boredom

Depression

Emotions

Physical Reasons

Hunger - refueling

Hunger versus appetite

External Influences (environmental factors)

Family (cultural heritage, lifestyle)

Friends

Religion

Time of Year, Day

Activities, Holidays

Advertising

Calories - a unit of measure of the energy content of food.

- * Energy is needed for all activities.
- * Energy is provided by:
 - carbohydrates
 - fats
 - proteins
- * Extra calories stored as fat

Six Essential Nutrients

1. Carbohydrates – 4 calories per gram

- chemical substance in foods typically found in starches, sugars, and fiber.

2 types of Carbohydrates

- * Simple - different forms of sugars (fructose, glucose, lactose, sucrose, etc)
Quick energy
- * Complex - starches and fiber made up of many units of chained glucose. Must be broken down during digestion before they can provide energy. Provide energy over longer periods of time. Potatoes, breads, pasta, beans, veggies
★ Best source of carbohydrates

2. Protein – 4 calories per gram

- * Nutrient needed to build and repair muscle and other body tissues.
- * Protein is only used for energy if body doesn't get enough calories from carbs/fats.

3. Fats – 9 calories per gram

- * Greatest source of energy in foods.
- * Dietary guidelines ➔ 25% of calories. Many Americans ➔ 40% !!!!!
- * Stored energy

3 types of fat:

- * Saturated - Saturated fats are most often found in animal products such as butter, beef, pork, and chicken. Leaner animal products, such as chicken breast or pork loin, often have less saturated fat. Foods that contain more saturated fat are usually solid at room temperature and are sometimes called “solid” fat. Leads to high cholesterol.
- * Unsaturated - good - help lower amount of cholesterol in blood. Oils from fish, nuts, and plants (corn, soybean, sunflower, peanut, olive)
- Trans Fat - made from vegetable oils through a process called hydrogenation. Found in small amounts in animal products such as meat, whole milk, and milk products. Found in cakes, cookies, crackers, icings, margarines, microwave popcorn.

Nutrients not digested, but absorbed by body tissues. Do not provide calories (energy). Promote growth and regulate body processes.

4. Vitamins
5. Minerals
6. Water

Weight Control

To maintain a healthy weight, must balance calorie intake and energy expenditure.

GAINING WEIGHT – must consume more calories than you burn. To gain 1 pound per week, must consume 500 calories more than you burn per day.

LOSING WEIGHT – must have a calorie deficit through eating fewer calories, or increasing physical activity. Best method is a combination of both. To lose 1 pound in 1 week, need to eliminate 500 calories per day through exercise and diet. This is the healthiest method. Losing more than 2 pounds per week is unhealthy.

Whether your goal is to gain weight or lose weight, you must factor in:
Calories consumed, calories burned, quality of food (eliminate empty calories)

Dietary Guidelines

1. Eat a variety of foods
1. Balance the food you eat with physical activity.
2. Choose a diet with plenty of grain products, vegetables, and fruits.
3. Choose a diet low in fat, especially saturated fat, and cholesterol.
4. Choose a diet low in sugars.
5. Establish a schedule - provides food for energy at regular times each day.
6. Eat a balanced breakfast every morning
 - complex carbohydrates, avoid foods high in sugar.

How many calories does a softball player need on a daily basis?

Activity Level	Male kcal/lb	Female kcal/lb
Light	17	16
Moderate	19	17
Heavy	23	20

On AVERAGE, a 120 pound female softball player expends 2000-2400 calories per day depending on activity.

LABEL READING

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

- 5% or less is **low**
- 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NUTRITION PLAN FOR ATHLETES

Nutrition Plan for Athletes

****important to understand there is no ONE way****

The athlete should eat foods with plenty of complex carbohydrates, which will provide long-term energy. Foods high in protein are also good choices, especially after a game, practice, or work-out.

Pre-game meals should be eaten approximately 2 hours before the game or practice. Pre-game and Pre-practice snacks should be consumed 30 minutes prior to activity. Pre-workout meals or shakes should be consumed approximately 30 minutes prior to activity. Post-workout or post-game meals or shakes should be consumed immediately after activity.

Eat lots of whole foods that are not processed. The more items listed in the ingredients, typically the worse the food choice is. Though there are some natural cereals out there that have a lot of natural ingredients listed.

The less boxed and packaged food you have in your shopping cart, the better. It should be 1/2 full of fruits and veggies and the other half your meats, dairy, and other proteins (nuts, peanut butter).

Positive eating habits

1. Eat slowly – stop at 80% full
2. Eat protein dense foods in every meal - .75 - 1.0 grams per pound of bodyweight.
3. Eat vegetables every meal
4. Eat *only* whole carbohydrates and *majority* after training
5. Eat healthy fats daily
6. Try to eliminate as much sugar as possible.
7. Drink lots of water. Eliminate soda pop.
8. Eat 5-6 smaller meals a day to keep your energy levels maintained throughout the day.
9. Eat breakfast!!

Read the label--If the carbs are primarily made up of sugar, then it's not a good choice!

Avoid any of the foods listed below. Most of these foods are high in sugar and fats. These types of foods will give you energy in a short period of time, but that energy will also be used quickly, leaving you feeling sluggish! Read the label—if most of the carbs are in the form of sugar, then it is NOT a good choice!

Bad food choices:

Candy
Chocolate
Cookies
Cake
Cupcakes
Pop
Fast food from restaurants
Doritos, chips, or other bagged snack foods high in fat or sugar
Fried food
Processed foods
Anything with hydrogenated oil or high fructose corn syrup
Anything in the ingredients that ends in -ose is a sugar!!

Nutrition Plan for Athletes

Macronutrients – carbs, proteins, fats – glycogen, amino acids, fatty acids

- ✓ Unprocessed, whole grain carbs – **read labels!**
- ✓ Lean protein best – eggs, lean red meat (iron, creatine), yogurt, fish
- ✓ Eat more unsaturated fats (omega-3) than saturated (omega-6) – saturated fats have inflammatory responses (affects injury recovery, etc.)

Micronutrients – vitamins and minerals, phytonutrients

- ✓ required to help body function, involved in your energy process – whole food choices offer best potential to intake these micros, BUT chances are still deficient
- ✓ these work *together* for you to function!

**multivitamin supplement

Superfoods

- ✓ very nutrient dense and energy controlled foods
- ✓ food selection guide, amount, and timing *without* need to count calories

*see checklist

Body types

1. *ectomorph* – long and thin, generally high metabolism
 - a. 25% protein, 55% carbs, 20% fat
2. *mesomorph* – athletic build, bone and muscle structure
 - a. 30% protein, 40% carbs, 30% fat
3. *endomorph* – higher fat storage, thicker build, slower metabolism
 - a. 35% protein, 25% carbs, 40% fat

Portion sizes

- ✓ protein – palm (20-30g/meal)
- ✓ carb – cupped hand
- ✓ vegetables – fist
- ✓ fat – thumb

*hand size related to body size

factor caloric needs

- ✓ NUTRIENT TIMING: What you eat through the day is JUST AS IMPORTANT as your workout nutrition – NONE of this matters if you do not fuel your body the right way at the right time in the right portion!
- ✓ BREAKFAST!
- ✓ Limiting factors and how to prepare for and combat
- ✓ Grocery shopping list
- ✓ Meal prep

FOOD CHOICES

Good carbohydrate choices:

STARCHES

(Ranked best to worst)

(Make choices low in sugar!)

Oatmeal
Brown rice
Whole grain bread
Whole grain cereals
Whole grain bagels
Potatoes
Pasta/noodles
Tortilla shells
Tortilla chips
Pretzels
Crackers
Graham crackers
Granola bars
Applesauce
Raisins
Fig newtons
Cereals low in sugar
White rice
White bread/rolls
Bagels

FRESH FRUITS

Apples
Bananas
Blackberries
Blueberries
Cantaloupe
Grapefruit
Nectarines
Oranges
Peaches
Pears
Plums
Raspberries
Strawberries
Watermelon

FRESH VEGETABLES

Asparagus
Broccoli
Brussel sprouts
Cabbage
Carrots
Chickpeas
Collard greens
Cucumbers
Green beans
Hummus
Lettuce
Mushrooms
Onions
Peppers
Salsa
Spinach lettuce
Squash
Tomatoes
Zucchini

LIQUID CARBS

(The higher the % of natural juice,
the better the selection)

- Gatorade or other recovery drinks
lower in sugar
- Grape juice
- Orange juice
- Apple juice
- Lemonade
- Other natural juices

Good protein choices:

Protein powder
Protein bars low in sugar
Fish
Seafood
Ham
Extra lean ground beef
Lean steak
Lean pork
Ground turkey
Turkey sausage
Turkey bacon
Skim milk (has some carbs)
Peanut butter
Nuts (almonds, walnuts, peanuts)
Chicken
Turkey
Roast beef
Cheese
Beef jerky
Cottage cheese
Yogurt (has some carbs)
Eggs
Tuna

Sugar variations:

- Sucrose
- Fructose
- Glucose maltose
- Dextrose
- Maltodextrin
- Hydrolyzed starch
- Invert sugar
- Honey
- Corn syrup
- Cane sugar
- Agave nectar
- Sugar beets
- High-fructose corn sweetener
- Maple sugar
- Molasses
- Barley malt
- Beet sugar
- Brown sugar
- High fructose corn syrup.
- Corn sugar
- Brown rice syrup
- Cane-juice crystals
- Carob syrup
- Yellow sugar
- Date sugar
- Dextran
- Diatase
- Diastatic malt
- Levulose
- Ethyl maltol
- Glucose
- Grape sugar
- Fruit juice
- Maltose
- Fruit juice concentrate
- Raw sugar
- Sorbitol
- Mannitol
- Demerara sugar
- Galactose
- Maple syrup
- Panocha
- Powdered sugar
- Confectioner's sugar
- Turbinado sugar
- Caramel
- Treacle
- Sorghum syrup
- Muscovado sugar



21 Superfoods Checklist

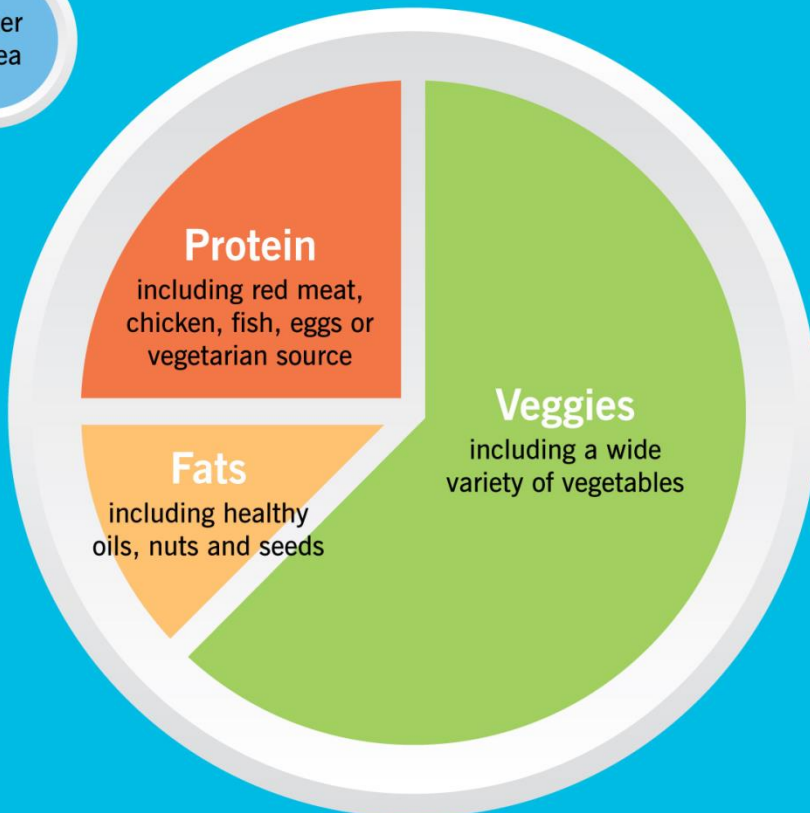
21 SUPERFOODS CHECKLIST

FOOD TYPE	FOOD CATEGORY	# OF SERVINGS
1. Lean red meat (grass-fed preferred)	Protein - Lean meat	-----
2. Salmon (wild caught preferred)	Protein - Fish	-----
3. Eggs (omega-3 and cage free preferred)	Protein - Egg	-----
4. Plain Greek yogurt, cottage cheese, or coconut milk yogurt	Protein - Dairy	-----
5. Protein supplements (whey, milk or plant protein sources)	Protein - Powder	-----
6. Spinach	Carb - Vegetable	-----
7. Tomatoes	Carb - Vegetable	-----
8. Cruciferous vegetables (broccoli, cabbage, cauliflower)	Carb - Vegetable	-----
9. Mixed berries (strawberries, blueberries, raspberries, etc.)	Carb - Fruit	-----
10. Oranges	Carb - Fruit	-----
11. Mixed beans/peas (black beans, lentils, split peas, etc.)	Carb/Protein – Legume	-----
12. Quinoa	Carb - Grain	-----
13. Whole oats (large flake)	Carb - Cereal	-----
14. Raw, unsalted mixed nuts (a variety including pecans, walnuts, cashews, brazil nuts, etc.)	Fat - Seeds and nuts	-----
15. Avocados	Fat - Fruit	-----
16. Olive oil (extra virgin)	Fat - Oils	-----
17. Fish oil (salmon, anchovy, menhaden, krill) or algae oil	Fat - Oils	-----
18. Flax seeds (ground)	Fat - Seeds and nuts	-----
19. Green tea	Teas	-----
20. greens +® or comparable blend	Vegetable concentrate	-----
21. Liquid exercise drinks (or branched-chain amino acids)	Recovery drinks	-----

PLANNING YOUR MEALS

Anytime Meal

All your meals not directly after a workout



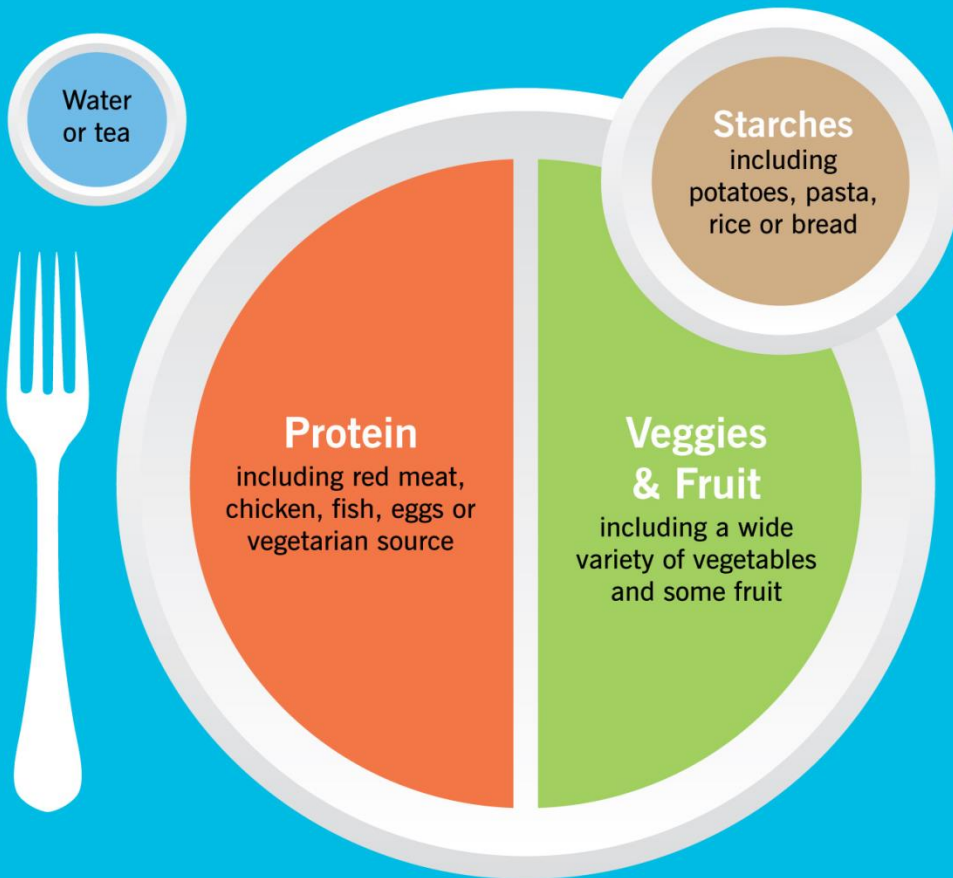
- Eat slowly and stop eating when you're 80% full.
- Save the starchy carbohydrates for after your exercise.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.



Precision**Nutrition**

Post Workout Meal

Your first meal after an intense workout



- Eat your largest meal of the day after exercise.
- Eat more vegetables than fruit with this meal.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

WORKOUT NUTRITION

WHAT TO EAT BEFORE, DURING, AND AFTER EXERCISE

Sometimes workout nutrition can be confusing. Let's make it simpler. Here's what to eat before, during, and after exercise broken down by body type and goal.

I'M AN ECTOMORPH

I'm generally lean, with a smaller frame and thinner limbs. I have a fast metabolism and tolerate carbs well. I'm usually trying to gain muscle or support my endurance exercise.

WHEN TO EAT

BEFORE EXERCISE

Eat "ectomorph meal"
1-2 hours before activity

DURING EXERCISE

For weight gain: 1 P+C drink
For endurance support: 1 P+C drink
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE

Eat "ectomorph meal"
1-2 hours after activity

THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein
dense foods



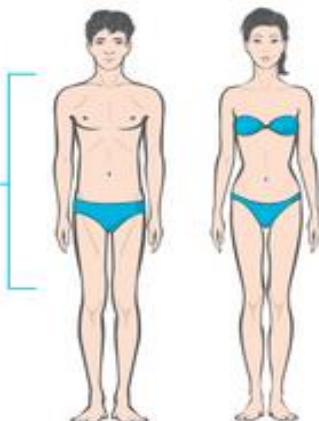
2 fists of
vegetables



3 cupped
handfuls of carb
dense foods



1 thumb of fat
dense foods



1 palm of protein
dense foods



1 fist of
vegetables



2 cupped
handfuls of carb
dense foods



0.5 thumb of fat
dense foods

PORTION SIZES

Instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats. For more about this strategy visit www.precisionnutrition.com/calorie-control-guide

I'M A MESOMORPH

I'm generally athletic looking with a medium-sized frame. I seem to gain muscle and stay lean easily. **I'm usually trying to optimize my physique or boost my sports performance.**

WHEN TO EAT

BEFORE EXERCISE

Eat "mesomorph meal"
1-2 hours before activity

DURING EXERCISE

For weight gain: 1 P+C drink or BCAAs
For sport performance: 1 P+C drink
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE

Eat "mesomorph meal"
1-2 hours after activity

THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein
dense foods



2 fists of
vegetables



2 cupped
handfuls of carb
dense foods



2 thumbs of fat
dense foods



1 palm of protein
dense foods



1 fist of
vegetables



1 cupped
handfuls of carb
dense foods



1 thumb of fat
dense foods

WHAT IS A P+C DRINK?

In some cases you'll want to use a protein + carbohydrate (P+C) drink during exercise. **For every hour of training, you'll have:**



15 g protein
(1/2 scoop
protein powder)



30-45 g carbs
(2 cups of juice
or sports drink)

I'M AN ENDOMORPH

I generally have a large frame and am heavier than most. I have a slower metabolism and don't tolerate carbs as well. **I'm usually trying to lose fat or support my strength.**

WHEN TO EAT

BEFORE EXERCISE

Eat "endomorph meal"
1-2 hours before activity

DURING EXERCISE

For weight gain: BCAAs or water
For strength support: BCAAs or water
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE

Eat "endomorph meal"
1-2 hours after activity

THE ENDOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein
dense foods



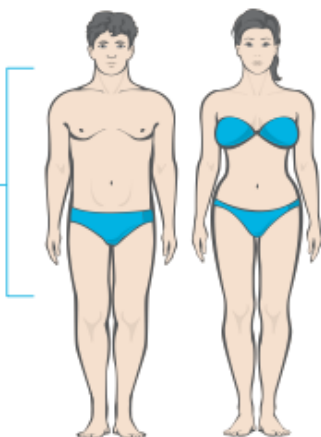
2 fists of
vegetables



1 cupped
handful of carb
dense foods



3 thumbs of fat
dense foods



1 palm of protein
dense foods



1 fist of
vegetables



0.5 cupped
handful of carb
dense foods



2 thumbs of fat
dense foods

WHAT ARE BCAAs?

Branched chain amino acids (BCAA) can also be used during exercise. BCAAs come in liquid, powder, or pill form. Aim for 10-15 g per hour of training.



For more information about workout nutrition:
www.precisionnutrition.com/workout-nutrition-explained

PrecisionNutrition



SAMPLE MEAL BREAKDOWNS

Non-Lifting Days Meal Plan

Breakfast – 1 large protein or 2 small proteins + 1 small carb (starch or fruit or liquid)

Snack 1 – 1 protein

Lunch – 1 protein + 1 carb (veggie)

Snack 2 – 1 protein

Dinner – 1 protein + 2 carbs (2 veggies or 1 starch & 1 veggie)

Snack 3 – 1 protein

****Eat 2 or 3 snacks**

Sample breakfast meals:

- Eggs + meat + bread
- Milk + cereal + peanut butter
- Eggs + meat + juice
- Protein powder + milk + cereal
- Protein powder + milk + oatmeal

Sample lunch meals

- Meat/fish/poultry/seafood + salad or veggie
- Hard boiled eggs + salad or veggie

Sample dinner meals

- Meat/fish/poultry/seafood + 2 veggies
- Meat/fish/poultry/seafood + veggie + bread
- Meat/fish/poultry/seafood + veggie + small pasta
- Meat/fish/poultry/seafood + veggie + cereal
- Eggs + 2 veggies
- Eggs + veggie + bread
- Eggs + veggie + cereal

Lifting Day Meal Plan – Morning Workout

Breakfast – 1 large protein or 2 small proteins + 1 large carb or 2 small carbs (starch or fruit or liquid)

**WORKOUT

Snack 1 - *within 30 minutes after workout* – 1 small protein + 1 small carb

Example = 1 liquid carb or 1 fruit + protein powder or peanut butter

Lunch – 1 protein + 1 carb (starch or veggie)

Snack 2 – 1 small protein + 1 small carb (fruit)

Dinner – 1 protein + 2 carbs (2 veggies)

Snack 3 – 1 small protein + 1 small carb (fruit)

**Eat snack 2 plus at least one of the other snacks. If snack 2 or 3 is too large, eliminate one of the options.

Sample breakfast meals:

- Eggs + bread or bagel
- Eggs + milk + cereal
- Eggs + meat + bread
- Eggs + meat + bread + juice
- Meat + bread or bagel
- Meat + milk + cereal
- Peanut butter + bread or bagel
- Protein powder + milk + cereal
- Protein powder + oatmeal + milk
- Protein powder + milk + juice
- Protein powder + milk + bread/bagel

Sample lunch meals:

- Sandwich with meat, bread, lettuce, onion, cheese
- Meat/fish/poultry/seafood + veggie or salad

Sample dinner meals:

- Meat/fish/poultry/eggs + 2 veggies

Lifting Day Meal Plan – Afternoon Workout

Breakfast – 1 large protein or 2 small proteins + 1 large carb or 2 small carbs (starch or fruit or liquid)

Snack 1 - 1 small protein + 1 small carb (starch or fruit)

****WORKOUT**

Lunch – *within 30 minutes after workout* – 1 large protein + 1 large carb (1 starch or 1 veggie or small combo of each)

Snack 2 – 1 small protein + 1 small carb (fruit)

Dinner – 1 protein + 2 carbs (2 veggies or 1 starch + 1 veggie)

Snack 3 – 1 small protein + 1 small carb (fruit)

****Eat 2-3 of the snacks. If snack 1 or 3 is too large, eliminate one of the options.**

Sample breakfast meals:

- Eggs + bread or bagel
- Eggs + milk + cereal
- Eggs + meat + bread
- Eggs + meat + bread + juice
- Meat + bread or bagel
- Meat + milk + cereal
- Peanut butter + bread or bagel
- Protein powder + milk + cereal
- Protein powder + oatmeal + milk
- Protein powder + milk + juice
- Protein powder + milk + bread/bagel

Sample lunch meals:

- Sandwich with meat, bread, lettuce, onion, cheese + fruit or veggie + protein powder
- Meat/fish/poultry/seafood/eggs + veggie or salad + protein powder
- Meat/fish/poultry/seafood/eggs + bread or bagel + protein powder

Sample dinner meals

- Meat/fish/poultry/seafood + 2 veggies
- Meat/fish/poultry/seafood + veggie + bread
- Meat/fish/poultry/seafood + veggie + small pasta
- Meat/fish/poultry/seafood + veggie + cereal
- Eggs + 2 veggies
- Eggs + veggie + bread
- Eggs + veggie + cereal

Lifting Day Meal Plan – Evening Workout

Breakfast – 1 large protein or 2 small proteins + 1 large carb or 2 small carbs (starch or fruit or liquid)

Snack 1 - 1 small protein + 1 small carb (starch or fruit or veggie)

Lunch – 1 protein + 1 carb (starch or veggie)

Snack 2 – 1 small protein + 1 small carb (fruit)

****WORKOUT**

Dinner – *within 30 minutes after workout* – 1 large protein + 2 carbs (1 starch + 1 veggie)

Snack 3 – 1 small protein + 1 small carb (fruit)

****Eat 2-3 of the snacks. If any snack is too large, eliminate one of the options.**

Sample breakfast meals:

- Eggs + bread or bagel
- Eggs + milk + cereal
- Eggs + meat + bread
- Eggs + meat + bread + juice
- Meat + bread or bagel
- Meat + milk + cereal
- Peanut butter + bread or bagel
- Protein powder + milk + cereal
- Protein powder + oatmeal + milk
- Protein powder + milk + juice
- Protein powder + milk + bread/bagel

Sample lunch meals:

- Sandwich with meat, bread, lettuce, onion, cheese
- Meat/fish/poultry/seafood + veggie or salad

Sample dinner meals

- Meat/fish/poultry/seafood + 2 veggies
- Meat/fish/poultry/seafood + veggie + bread
- Meat/fish/poultry/seafood + veggie + small pasta
- Meat/fish/poultry/seafood + veggie + cereal
- Eggs + 2 veggies
- Eggs + veggie + bread
- Eggs + veggie + cereal

Softball Tourney Meal Plan

Breakfast – 1 large protein or 2 small proteins + 1 large carb or 2 small carbs (starch or fruit or liquid)

****GAME**

Snack 1 - *within 30 minutes after game* – 1 small protein + 1 large carb

Example = 1 liquid carb or 1 fruit + protein powder or peanut butter

****GAME**

Lunch – *within 30 minutes after game* – 1 small protein + 1 large carb (1 starch or 1 veggie or small combo of each)

****GAME**

Snack 2 - *within 30 minutes after game* – 1 small protein + 1 large carb

Example = 1 liquid carb or 1 fruit + protein powder or peanut butter

****GAME**

Dinner – 1 large protein + 2 carbs (1 starch + 1 veggie)

Snack 3 – 1 small protein + 1 small carb (fruit)

Sample breakfast meals:

- Eggs + bread or bagel
- Eggs + milk + cereal
- Eggs + meat + bread
- Eggs + meat + bread + juice
- Meat + bread or bagel
- Meat + milk + cereal
- Peanut butter + bread or bagel
- Protein powder + milk + cereal
- Protein powder + oatmeal + milk
- Protein powder + milk + juice
- Protein powder + milk + bread/bagel

Sample lunch meals:

- Sandwich with meat, bread, lettuce, onion, cheese + fruit or veggie or liquid carb
- Meat/fish/poultry/seafood/eggs + veggie or fruit + liquid carb
- Meat/fish/poultry/seafood/eggs + bread or bagel + fruit or liquid carb

Sample dinner meals

- Meat/fish/poultry/seafood + 2 veggies
- Meat/fish/poultry/seafood + veggie + bread
- Meat/fish/poultry/seafood + veggie + small pasta
- Meat/fish/poultry/seafood + veggie + cereal
- Eggs + 2 veggies
- Eggs + veggie + bread
- Eggs + veggie + cereal

90% Rule

Follow the 90% rule—90% of your meals should follow the meal plans. The other 10% can be “cheat meals.” Following this rule, if you eat 5-6 meals/snacks per day, and 35-42 meals/snacks per week, then you can have approximately 4 cheat meals or snacks. You can spread them out throughout the week, or use them all on one “cheat day.” A cheat meal or snack means you can have anything you want, just don’t go overboard. Print out the enclosed charts and monitor your progress in the following manner:

90% Adherence Chart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Snack 1	Snack 1	Snack 1	Snack 1	Snack 1	Snack 1	Snack 1
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Snack 2	Snack 2	Snack 2	Snack 2	Snack 2	Snack 2	Snack 2
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Snack 3	Snack 3	Snack 3	Snack 3	Snack 3	Snack 3	Snack 3

Green = Adhered to diet

Red = Cheat meal

Gray = Did not eat this meal

On this plan, serving sizes are critical. The following serving sizes are general recommendations. They should be adjusted based upon the individual’s current weight and training goals.

Regular = 1 serving = 8 ounces or 1 cup

Small = approximately 6 ounces or $\frac{3}{4}$ cup

Large = approximately 12 ounces or $1\frac{1}{2}$ cups

ADDITIONAL INFO FOR EATING HEALTHY AND ATHLETIC CONSIDERATIONS