
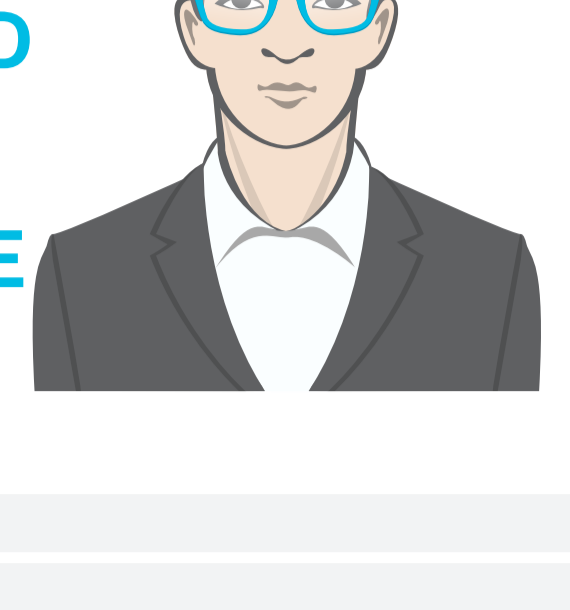
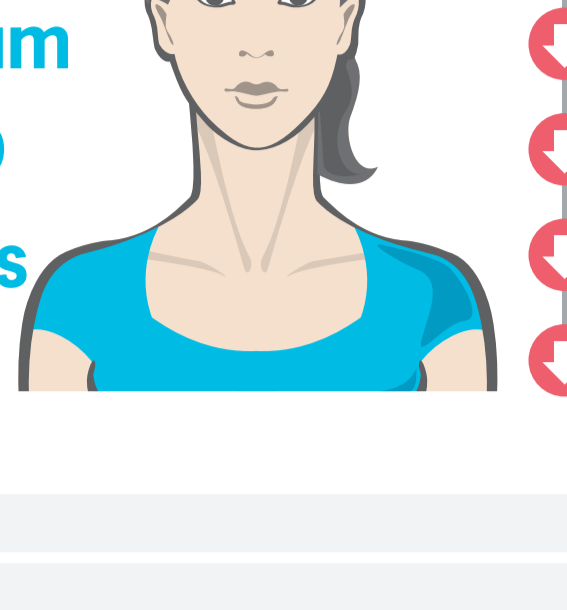


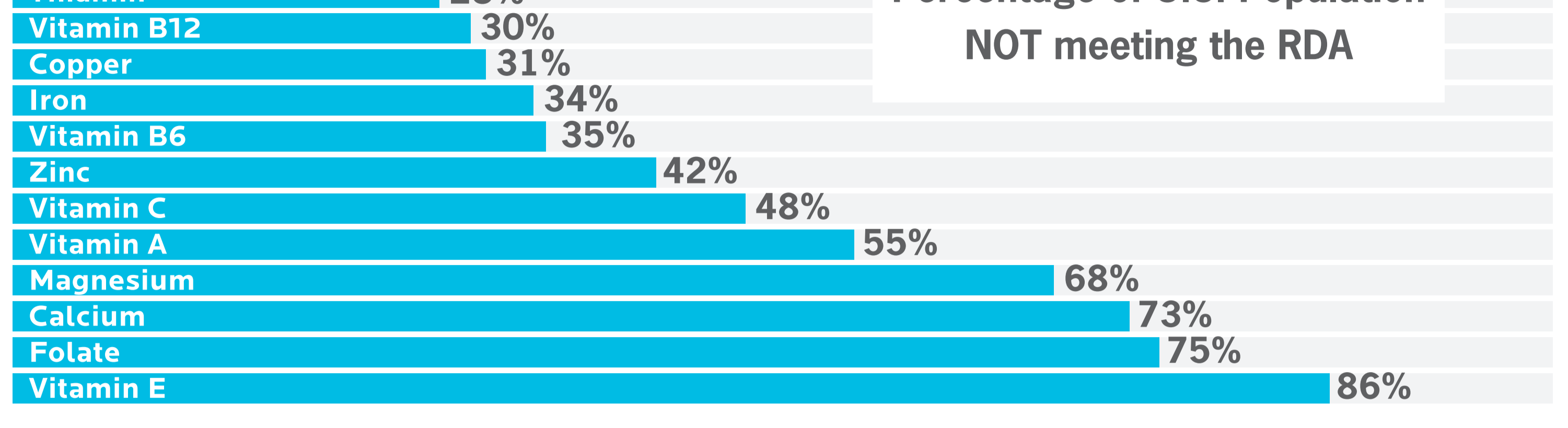
3 STEPS TO FIX A BROKEN DIET

IDENTIFY AND REMOVE NUTRITIONAL DEFICIENCIES

STEP 1

Dietary deficiencies are more common than you think.


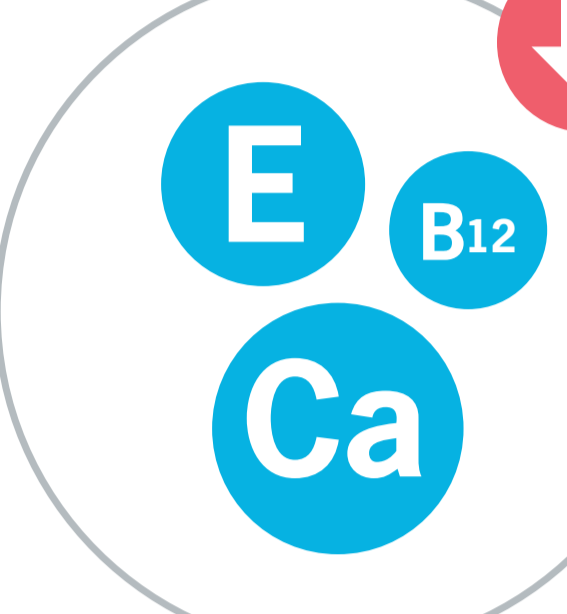


ATHLETES	STUDENTS	PEOPLE ON POPULAR DIETS
 <ul style="list-style-type: none"> ↓ Iodine ↓ Vitamin D ↓ Zinc ↓ Vitamin E ↓ Calcium 	 <ul style="list-style-type: none"> ↓ Zinc ↓ Magnesium ↓ Vitamin D ↓ Omega 3s ↓ Protein 	 <ul style="list-style-type: none"> ↓ Vitamin B7 ↓ Vitamin D ↓ Vitamin E ↓ Chromium ↓ Iodine ↓ Molybdenum



IDENTIFYING DEFICIENCIES

Blood, saliva, and urine testing can uncover specific deficiencies. But there's an easier place to start.

COMMON DEFICIENCIES AMONG COACHING CLIENTS

 <p>WATER (low-level dehydration)</p>	 <p>VITAMINS MINERALS</p>	 <p>PROTEIN (particularly in women and in men with low appetites)</p>	 <p>ESSENTIAL FATS (95% of the population is deficient)</p>
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CORRECTING DEFICIENCIES: WHERE WE BEGIN

 <p>DRINK MORE HYDRATING FLUIDS</p>	 <p>EAT MORE FOODS RICH IN VITAMINS AND MINERALS</p>	 <p>EAT MORE FOODS RICH IN PROTEIN</p>	 <p>TAKE IN MORE ESSENTIAL FATS (fish, fish oil, algae oil, etc.)</p>
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When we don't get the nutrients we need, we suffer. As soon as we start eating them regularly, we thrive.

ADJUST FOOD AMOUNT AND FOOD TYPE

STEP 2



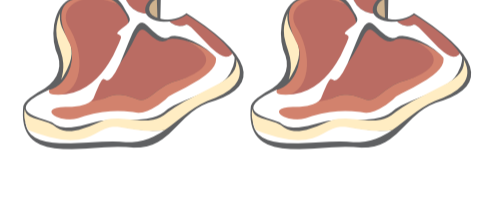
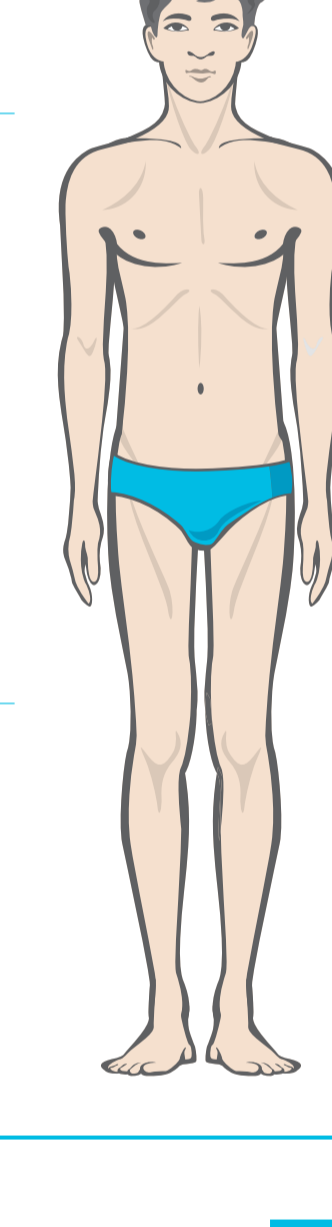
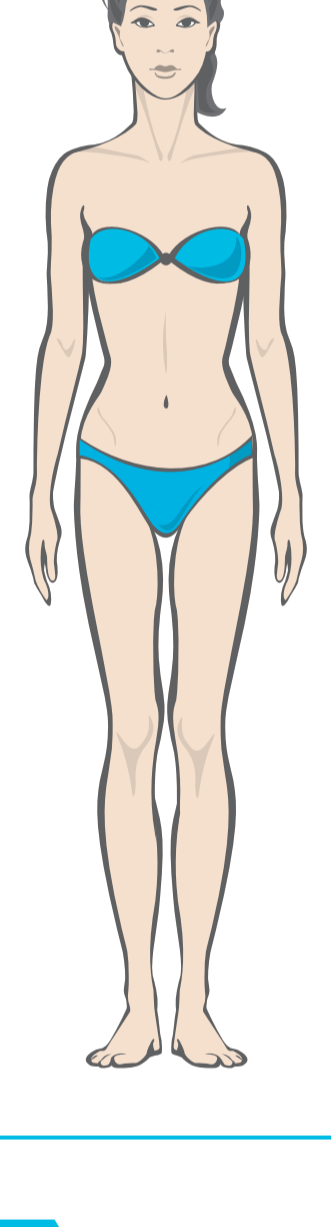
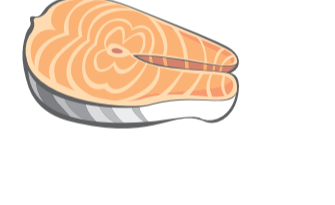






Once nutrient deficiencies are corrected, it's time to adjust food amount. Please note: We actively avoid calorie counting. Short-term food journals work well as dietary awareness tools. But calorie counting can actually backfire.

SO, HOW MUCH SHOULD I EAT?

Based on your body type...


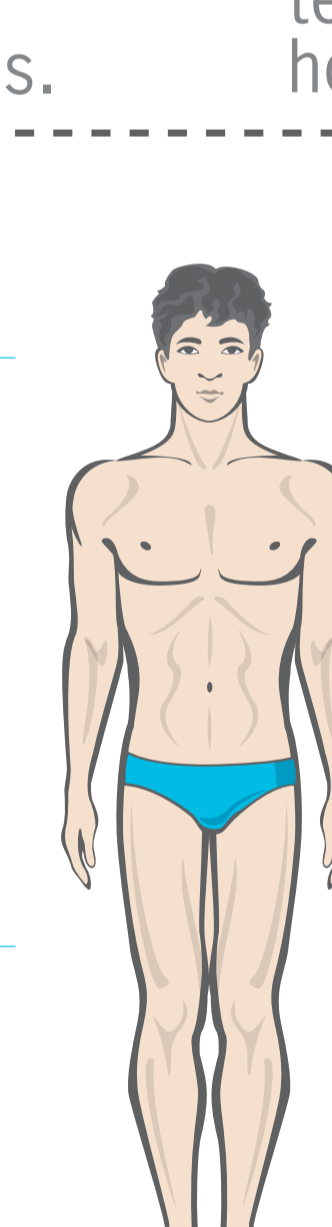
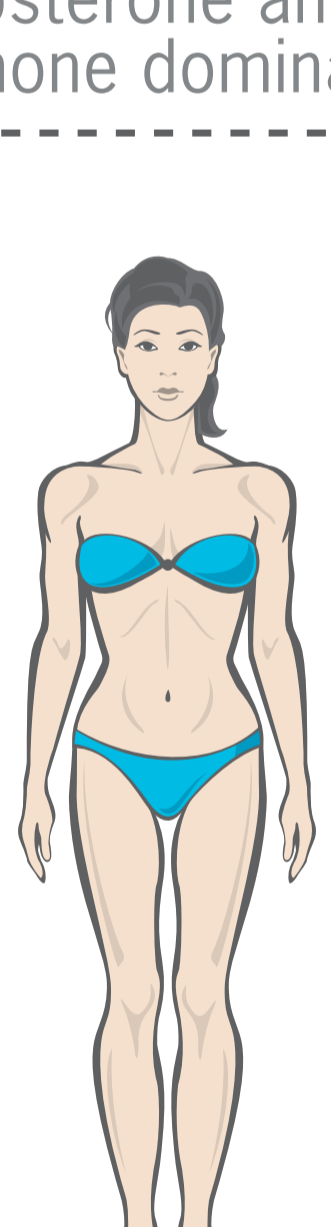
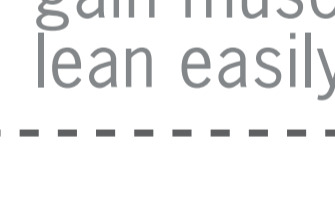






I TYPE 55% CARBS 25% PROTEIN 20% FAT

Their engine speed is set to "high revving". They tolerate carbs well. They're high-energy.

2 palms of protein dense foods				1 palm of protein dense foods	
2 fists of vegetables				1 fist of vegetables	
3 cupped handfuls of carb dense foods				2 cupped handfuls of carb dense foods	
1 thumb of fat dense foods				0.5 thumb of fat dense foods	


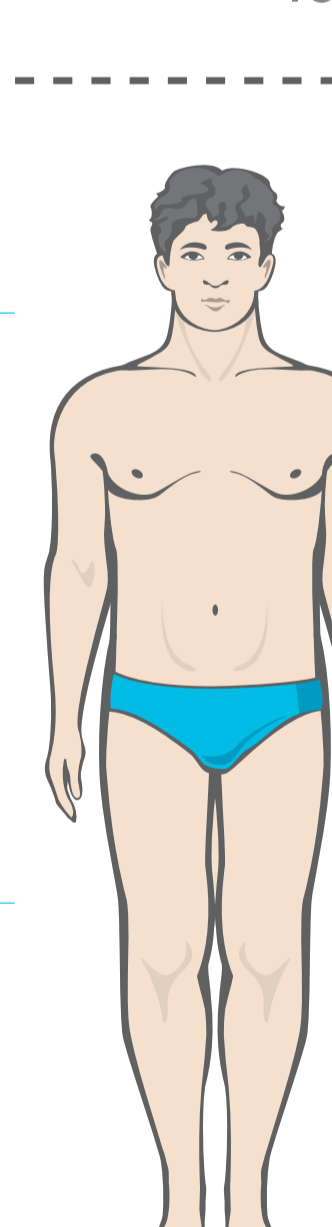
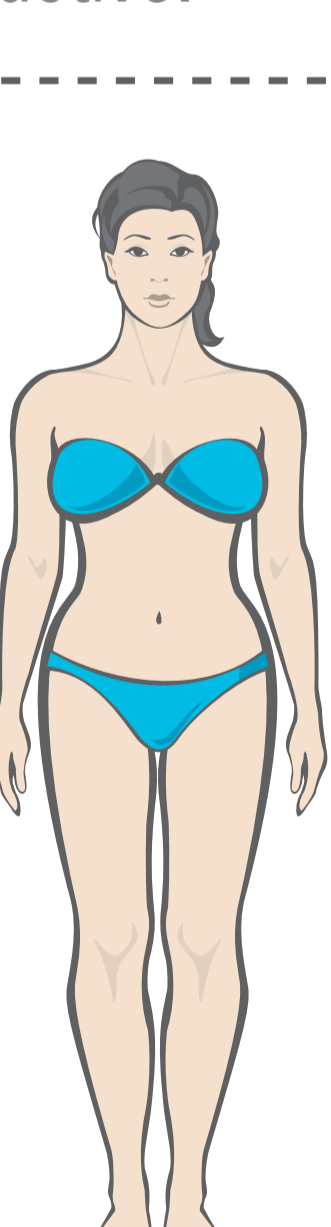
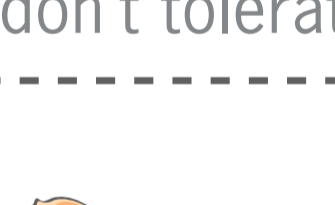






V TYPE 40% CARBS 30% PROTEIN 30% FAT

Their bodies are designed to be powerful machines. They tend to be testosterone and growth hormone dominant. Thus, they can usually gain muscle and stay lean easily.

2 palms of protein dense foods				1 palm of protein dense foods	
2 fists of vegetables				1 fist of vegetables	
2 cupped handfuls of carb dense foods				1 cupped handfuls of carb dense foods	
2 thumbs of fat dense foods				1 thumb of fat dense foods	

O TYPE 25% CARBS 35% PROTEIN 40% FAT

Their engine speed is set to "idle". They're naturally less active. They typically have a slower metabolic rate and generally don't tolerate carbs as well.

2 palms of protein dense foods				1 palm of protein dense foods	
2 fists of vegetables				1 fist of vegetables	
1 cupped handful of carb dense foods				0.5 cupped handful of carb dense foods	
3 thumbs of fat dense foods				2 thumbs of fat dense foods	

PORTION SIZES The portion guides above are based on 3-4 meals a day. Notice that, 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.

FINE TUNE THE DETAILS

STEP 3

Once deficiencies are corrected and you're eating the right types of food in the right amounts, everything else is just a minor detail.

HOW OFTEN SHOULD I EAT?

As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often.

SHOULD I CYCLE CALORIES OR CARBS?

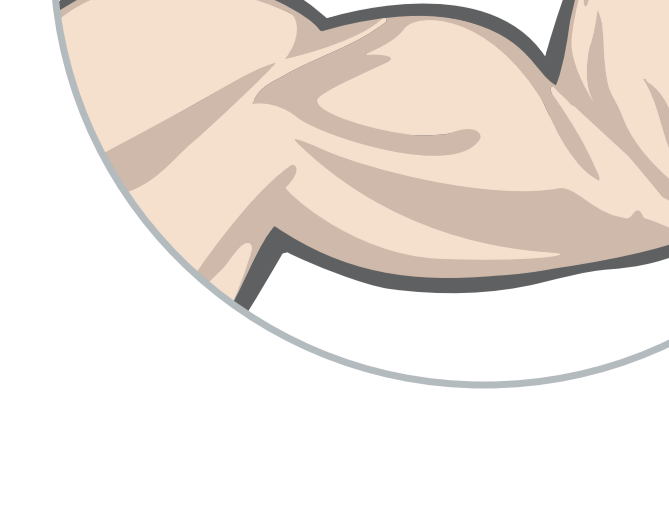
For some people this strategy can make a difference. Here's how to do it...

- On the days you're lifting weights – add starchy carbs to your baseline diet.
- On the days you're not lifting weights – eat a baseline diet of mostly protein, vegetables and healthy fats with minimal carbs.



WHAT SHOULD I EAT BEFORE, DURING, OR AFTER EXERCISE?

Workout nutrition really doesn't matter for most people except elite athletes training specifically for maximal muscle adaptation and/or training with high volume and intensity (potentially multiple times every day). For those individuals...



1-2 HOURS BEFORE AND AFTER
Eat an appropriate meal as outlined above.

DURING
Have water, a branched-chain amino acid drink (5-15 grams mixed in 1 liter of water), or a protein plus carbohydrate drink.

