

1AND1

NUTRITION GUIDE



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SUPPLEMENTS GUIDE**

We want you to get started in the right direction by giving you some guidance on nutrition. You don't want all that hard work at your fitness goals to go to waste by not properly fueling your body to maximize results. Eating a well-balanced diet will help give you the energy you need to fuel your workouts, and help prevent developing chronic conditions such as type 2 diabetes or heart disease. We want you to succeed in reaching your wellness goals and becoming the best version of yourself. By following both our fitness and nutrition plans, you WILL (with patience and perseverance) reach your goals!

**“YOU MUST BELIEVE
TO ACHIEVE!”**

GUIDELINES FOR HEALTHY NUTRITION

Similar to eating a meal one bite at a time, making small changes one at a time helps to improve your current and future health.

Here's the good news: Eating right doesn't have to be complicated! Simple strategies can include:

- Start the day with a nutritious breakfast. Skipping breakfast often leads to overeating later and tends to be one of the more nutritious meals of the day.
- During each meal, fill half of your plate with fruits and vegetables.
- Make at least half of the grains you eat whole grains.
- Choose healthier “loin” or “round” cuts at the grocery store when purchasing red meats.
- Purchase breakfast cereals with at least 3 grams of fiber and 8 grams of sugar or less. A good example is Multigrain Cheerios or Total Whole Grains.
- Choose whole fruit instead of fruit juice. Fruit juice does not contain fiber and contains a high amount of sugar per serving.
- Think nutrient-rich rather than “good” or “bad” foods. All foods can fit into a balanced diet, but make the majority of your food choices rich with antioxidants, vitamins, minerals, and fiber.
- Do not eat while distracted. Those who eat in front of a computer or television consume up to 25% more calories.
- Before opening the fridge or cabinet, take a breath and ask yourself, “Am I really hungry?” If not, do something else, like reading or going on a short walk.
- Eat out less by planning meals at home. It will save your wallet and your waistline.
- Plan a physical activity into your weekly routine that you enjoy. It can be a bike ride, an evening walk, swimming, martial arts, etc. You are much more likely to do it if you enjoy it!

These small changes can add up tremendously over time and reflect positively on your overall health.

3-DAY SAMPLE NUTRITION PLANS

These plans are designed help you get started with your nutrition journey. To know what plan will work best, you need to figure out how many calories you need to consume per day based on your current stature and goals. I recommend using this 2-step formula to get a starting estimate:

STEP 1 – DETERMINE YOUR CALORIE MAINTENANCE AMOUNT:

Take your body weight x 14-16

Ex. 150lbs x 14-16 = 2100 – 2400 kcals per day

STEP 2 – ADJUST FOR YOUR GOALS:

For Weight Loss: Deduct 20%

Ex. Say you decide that your maintenance amount is 2200 kcals, $2200 \times .20 = 440$ kcals So, $2200 - 440 = 1760$ kcals per day to lose weight

(*higher calories on workout days)

For Weight Gain: Add 250-500 kcals per day

Ex. Say you decide that your maintenance amount is 2200 kcals, add $250 - 500$ per day = $2450 - 2700$ kcals per day to gain weight

(*higher calories on workout days)

Stay tuned! If you're interested in getting a truly customized nutrition plan that gives you:

- Detailed macros and calories counts for each meal
- Exact portion sizes to consume based on your goals
- Printable weekly grocery lists
- Weekly Recipes
- 24/7 access to 1and1's Team Nutritionist Deb Soufleris throughout your journey

...then be on the look out! In the near future we are going to offer fully customized online nutrition coaching with team 1and1's registered dietetic technician, Debra Soufleris. This will be one-on-one coaching, offering a variety of plans such as: Balanced Nutrition (most popular), Carb Focused (geared toward endurance athletes), Protein Focused (suited to compliment your weight lifting efforts), Paleo, Gluten Free, Lactose Free, Low Carb, Low Glycemic, Teen Friendly, Vegan, & Vegetarian options. Otherwise, you can still expect to get great results with the 3-day sample plans that are included in this nutrition guide!

1200 Kcals Plan

DAY 1

7 am | Breakfast

1/2c oats with 1/4c blueberries, 1 lg egg (any style)

10am | Snack

Sm. Apple, 1 tbsp nut butter

12pm | Lunch

Turkey Pita – 2oz turkey, lettuce & tomato, 1c baby carrots,
1 pita bread

3pm | Snack

1 Fruit of choice, 1/2c Cottage Cheese 2%

6pm | Dinner

4oz fish, 1/4c wild rice, 1c steamed veggie of choice,
1/4c black beans

8pm | Snack

1/2c low-fat vanilla yogurt

NUTRITION INFO:

1230 kcals, 50% Carbs, 26% Pro, 24% Fat

DAY 2

7 am | Breakfast

1c Whole-grain cereal, 1c milk

10am | Snack

1/2c grapes, ½ oz nuts

12pm | Lunch

Salad - 3c mixed greens, 2 oz cooked chicken breast, 1 tsp olive oil, 1 tsp vinegar, 2 tbsp cranberries, 1 whole-wheat dinner roll

3pm | Snack

1 Fruit of choice, 1 hard-cooked egg

6pm | Dinner

3oz Flank Steak, broiled or grilled, 1c steamed veggie of choice, 4 oz sweet potato

8pm | Snack

1/2c cottage cheese, 1/2c fruit of choice

NUTRITION INFO:

1233 kcals, 48% Carbs, 26% Pro, 26% Fat

DAY 3

7 am | Breakfast

1 English Muffin Whole-wheat, 1/2 tbsp nut butter, 1/2c milk

10am | Snack

1 Fruit of choice, 1 hard-cooked egg

12pm | Lunch

Tuna Sandwich – 3 oz tuna, 1 tsp mayo, lettuce & tomato, 1 slice Whole-wheat bread, 1 Fruit of choice

3pm | Snack

1c baby carrots, 1 piece string cheese

6pm | Dinner

3 oz Baked Chicken, 1c veggies of choice, ½ c quinoa

8pm | Snack

4oz low-fat fruit yogurt

NUTRITION INFO:

1227 kcals, 52% Carbs, 25% Pro, 23% Fat

1500 Kcals Plan

DAY 1

7am | Breakfast

3/4c oats, 1/4 blueberries, 1 lg egg (any style)

10am | Snack

1 1/2 tbsp Nut Butter, 1 sm. Apple

12pm | Lunch

Turkey Pita – 3 oz turkey, lettuce and tomato, 1 pita bread,
1c side of baby carrots

3pm | Snack

1 piece string cheese, Fruit of choice

6pm | Dinner

4 oz fish, 1 cup veggie of choice, 1/4c brown rice,
1/4c black beans

8pm | Snack

6oz Low-fat Fruit yogurt, 1 fresh fruit of choice

NUTRITION INFO:

1510 kcals, 52% Carbs, 24% Pro, 24% Fat



DAY 2

7am | Breakfast

1c Whole Grain Cereal, 1 1/2c Milk

10am | Snack

¾ c grapes, ½ oz nuts

12pm | Lunch

Salad – 3c mixed salad greens, 3 oz roasted chicken, 2 tbsp cranberries, 1 ½ tsp olive oil, 2 tsp vinegar, 1 whole wheat dinner roll

3pm | Snack

1 hard cooked egg, 1 fresh fruit of choice

6pm | Dinner

3 oz Flank Steak, broiled or grilled, 1 c veggie of choice, 6 oz sweet potato

8pm | Snack

3/4 c Cottage Cheese 2%, 1/2c blueberries

NUTRITION INFO:

1505 kcals, 49% Carbs, 27% Pro, 24% Fat

DAY 3

7am | Breakfast

3/4c Milk, 1 English Muffin, Whole-wheat, 1 tbsp nut butter

10am | Snack

1 hard-cooked egg, 1 Fruit of choice

12pm | Lunch

Tuna Sandwich – 3oz tuna mixed with 1 tsp mayo, 2 slice 100% whole-wheat bread, lettuce & tomato, and fruit of choice

3pm | Snack

1c baby carrots, 1 piece string cheese

6pm | Dinner

3oz baked chicken, 1c veggie of choice, 3/4c quinoa

8pm | Snack

5 oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

1501 kcal, 49% Carbs, 26% Pro, 25% Fat

1800 Kcals Plan

DAY 1

7am | Breakfast

3/4c oats, 1/2c blueberries, 1 egg (any style)

10am | Snack

1 apple, 1 ½ tbsp. nut butter

12pm | Lunch

Turkey Pita – 3oz turkey breast, lettuce and tomato, 1 pita bread, side of 1c baby carrots

3pm | Snack

1 fruit of choice, 2 pieces string cheese

6pm | Dinner

4oz fish, 1/2c brown rice, 1c veggies, 1/4c black beans

8pm | Snack

6oz Low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

1812 kcals, 51% Carbs, 26% Pro, 23% Fat

DAY 2

7am | Breakfast

1 1/2c Milk, 1 1/2c Whole Grain cereal

10am | Snack

3/4c grapes, 1/2 oz nuts

12pm | Lunch

Salad – 3c mixed salad greens, 3oz roasted chicken, 2 tbsp cranberries, 1 1/2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat dinner rolls

3pm | Snack

2 hard cooked eggs, 2 Melba Toast Wheat crackers, 1 fruit of choice

6pm | Dinner

3 oz Flank Steak broiled or grilled, 1c veggie of choice, 6 oz sweet potato

8pm | Snack

3/4c cottage cheese 2%, 3/4c fruit of choice

NUTRITION INFO:

1785 kcals, 52% Carbs, 25% Pro, 23% Fat

DAY 3

7am | Breakfast

1 English Muffin 100% Whole-wheat, 1c milk, 1 1/2 tbsp. nut butter

10am | Snack

1 hard cooked egg, 1 fruit of choice

12pm | Lunch

Tuna Sandwich – 3oz tuna, 1 tsp mayo, lettuce and tomato, 2 slices 100% whole-wheat bread, 1 choice of fresh fruit

3pm | Snack

1c baby carrots, 1 string cheese, 4 Melba toast whole-wheat crackers

6pm | Dinner

4oz baked chicken, 1c veggie of choice, 3/4c quinoa

8pm | Snack

6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

1792 kcals, 51% Carbs, 25% Pro, 24% Fat

2000 Kcals Plan

DAY 1

7am | Breakfast

3/4c oats, 1/2c blueberries, 2 eggs (any style)

10am | Snack

1 apple, 2 tbsp. nut butter

12pm | Lunch

Turkey Pita (2) – 3oz turkey breast, lettuce and tomato, 2 pita breads, side of 1c baby carrots

3pm | Snack

2 pieces string cheese, 1 fruit of choice, 6 Melba toast whole-wheat crackers

6pm | Dinner

4 oz fish, 1/2c brown rice, 1c veggies, 1/4c black beans

8pm | Snack

6 oz Low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2021 kcals, 52% Carbs, 24% Pro, 24% Fat



DAY 2

7am | Breakfast

2c Milk, 1 1/2c Whole Grain cereal

10am | Snack

3/4c grapes, ½ oz nuts, 1 granola bar (100 kcals)

12pm | Lunch

Salad – 3c mixed salad greens, 3oz roasted chicken, 3 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat dinner rolls

3pm | Snack

1 hard cooked eggs, 4 Melba Toast Wheat crackers, 1 fruit of choice

6pm | Dinner

4 oz Flank Steak broiled or grilled, 1 1/2c veggie of choice, 6 oz sweet potato

8pm | Snack

3/4c cottage cheese 2%, 1c fruit of choice

NUTRITION INFO:

1994 kcals, 53% Carbs, 25% Pro, 22% Fat

DAY 3

7am | Breakfast

1 English Muffin 100% Whole-wheat, 1c milk, 1 ½ tbsp. nut butter, 1 fruit of choice

10am | Snack

1 hard cooked egg, 1 fruit of choice, 1 granola bar (100 kcals)

12pm | Lunch

Tuna Sandwich – 4 oz tuna, 2 tsp mayo, lettuce and tomato, 2 slices 100% whole-wheat bread, 1 choice of fresh fruit

3pm | Snack

1c baby carrots, 1 string cheese, 4 Melba toast whole-wheat crackers

6pm | Dinner

4oz baked chicken, 1c veggie of choice, 3/4c quinoa

8pm | Snack

6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2002 kcals, 51% Carbs, 25% Pro, 24% Fat

2200 Kcals Plan

DAY 1

7am | Breakfast

1c oats, 3/4c blueberries, 2 eggs (any style)

10am | Snack

1 apple, 2 tbsp. nut butter

12pm | Lunch

Turkey Pita (2) – 4 oz turkey breast, lettuce and tomato,
2 pita breads, side of 1c baby carrots

3pm | Snack

1 pieces string cheese, 1 fruit of choice, 8 Melba toast
whole-wheat crackers

6pm | Dinner

4 oz fish, ¾ c brown rice, 1 ½ c veggies, 1/3c black beans

8pm | Snack

6 oz Low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2221 kcals, 53% Carbs, 24% Pro, 23% Fat

DAY 2

7am | Breakfast

2c Milk, 1 1/2c Whole Grain cereal

10am | Snack

3/4c grapes, ½ oz nuts, 1 granola bar (100 kcals)

12pm | Lunch

Salad – 3c mixed salad greens, 3 oz roasted chicken, 3 tbsp
cranberries, 2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat
dinner rolls

3pm | Snack

1 hard cooked eggs, 8 Melba Toast Wheat crackers,
1 fruit of choice

6pm | Dinner

4 oz Flank Steak broiled or grilled, 1 ½ c veggie of choice, 8 oz sweet potato

8pm | Snack

1c cottage cheese 2%, 1c fruit of choice

NUTRITION INFO:

2225 kcals, 52% Carbs, 26% Pro, 22% Fat

DAY 3

7am | Breakfast

1 English Muffin 100% Whole-wheat, 1c milk, 2 tbsp. nut butter, 1 fruit of choice

10am | Snack

1 hard cooked egg, 1 fruit of choice, 1 granola bar (100 kcals)

12pm | Lunch

Tuna Sandwich – 5 oz tuna, 2 tsp mayo, lettuce and tomato, 2 slices 100% whole-wheat bread, 1 choice of fresh fruit

3pm | Snack

1c baby carrots, 1 string cheese, 8 Melba toast whole-wheat crackers

6pm | Dinner

4oz baked chicken, 1c veggie of choice, 3/4c quinoa

8pm | Snack

6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2212 kcals, 49% Carbs, 25% Pro, 26% Fat

2500 Kcals Plan

DAY 1

7am | Breakfast

1c oats, 3/4c blueberries, 2 eggs (any style)

10am | Snack

1 apple, 2 tbsp. nut butter

12pm | Lunch

Turkey Pita (2) – 4 oz turkey breast, lettuce and tomato,
2 pita breads, side of 1c baby carrots, 10 Wheat Thins Crackers

3pm | Snack

1 pieces string cheese, 1 fruit of choice, 8 Melba toast
whole-wheat crackers

6pm | Dinner

4 oz fish, 3/4 c brown rice, 1 c veggies, 1/2c black beans

8pm | Snack

6 oz Low-fat fruit yogurt, 1 fruit of choice,
1 Granola bar (100 kcals)

NUTRITION INFO:

2514 kcals, 53% Carbs, 24% Pro, 23% Fat

DAY 2

7am | Breakfast

2c Milk, 2c Whole Grain cereal

10am | Snack

3/4c grapes, 1/2 oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch

Salad – 3c mixed salad greens, 4 oz roasted chicken, 3 tbsp
cranberries, 2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat dinner
rolls

3pm | Snack

1 hard cooked eggs, 8 Melba Toast Wheat crackers,
1 fruit of choice

6pm | Dinner

4 oz Flank Steak broiled or grilled, 1 ½ c veggie of choice,
8 oz sweet potato, 1 whole-wheat pita bread

8pm | Snack

1c cottage cheese 2%, 1c fruit of choice

NUTRITION INFO:

2498 kcals, 52% Carbs, 25% Pro, 23% Fat

DAY 3

7am | Breakfast

1 English Muffin 100% Whole-wheat, 1c milk, 2 tbsp. nut
butter, 1 fruit of choice

10am | Snack

1 hard cooked egg, 1 fruit of choice,
2 granola bars (100 kcals each)

12pm | Lunch

2 Tuna Sandwiches – 4 oz tuna, 2 tsp mayo, lettuce and tomato,
4 slices 100% whole-wheat bread, 1 choice of fresh fruit

3pm | Snack

1c baby carrots, 1 string cheese, 8 Melba toast whole-wheat
crackers

6pm | Dinner

4oz baked chicken, 1c veggie of choice, 3/4c quinoa

8pm | Snack

6oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2491 kcals, 52% Carbs, 25% Pro, 23% Fat

2800 Kcals Plan

DAY 1

7am | Breakfast

1c oats, 1c blueberries, 2 eggs (any style)

10am | Snack

1 apple, 2 tbsp. nut butter, 3/4c milk

12pm | Lunch

Turkey Pita (2) – 5 oz turkey breast, lettuce and tomato,
2 pita breads, side of 1c baby carrots, 10 Wheat Thins crackers

3pm | Snack

1 piece string cheese, 1 fruit of choice, 8 Melba toast whole-wheat crackers

6pm | Dinner

4 oz fish, 3/4 c brown rice, 1c veggies, 3/4c black beans

8pm | Snack

6 oz Low-fat fruit yogurt, 1 fruit of choice, 1 granola bar (100 kcals)

NUTRITION INFO:

2786 kcals, 53% Carbs, 24% Pro, 23% Fat

DAY 2

7am | Breakfast

2c Milk, 2 1/4c Whole Grain cereal

10am | Snack

3/4c grapes, 1/3 oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch

Salad – 3c mixed salad greens, 5 oz roasted chicken, 4 tbsp cran-
berries, 2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat dinner rolls

3pm | Snack

2 hard cooked eggs, 8 Melba Toast Wheat crackers,
1 fruit of choice

6pm | Dinner

4 oz Flank Steak broiled or grilled, 1 c veggie of choice,
10 oz sweet potato, 1 pita bread

8pm | Snack

1c cottage cheese 2%, 1c fruit of choice, ½ oz nuts

NUTRITION INFO:

2785 kcal, 54% Carbs, 25% Pro, 21% Fat

DAY 3

7am | Breakfast

2 English Muffins 100% Whole-wheat, 1c milk, 1 1/3 tbsp. nut
butter, 1 fruit of choice

10am | Snack

1 hard cooked egg, 1 fruit of choice, 2 granola bars (100 kcal
each)

12pm | Lunch

2 Tuna Sandwiches – 4 oz tuna, 2 tsp mayo, lettuce and tomato,
4 slices 100% whole-wheat bread, 1 choice of fresh fruit

3pm | Snack

2/3c baby carrots, 2 string cheese, 8 Melba toast whole-wheat
crackers

6pm | Dinner

6oz baked chicken, 1c veggie of choice – add 1 ½ tsp olive oil,
3/4c quinoa

8pm | Snack

8oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2802 kcal, 50% Carbs, 25% Pro, 25% Fat

3000 Kcals Plan

DAY 1

7am | Breakfast

1c oats, 1c blueberries, 2 eggs (any style), 1 English Muffin whole-wheat, 1 tsp butter

10am | Snack

1 apple, 2 tbsp. nut butter, 3/4c milk

12pm | Lunch

Turkey Pita (2) – 5 oz turkey breast, lettuce and tomato, 2 pita breads, side of 1c baby carrots, 20 Wheat Thins crackers

3pm | Snack

1 piece string cheese, 1 fruit of choice, 10 Melba toast whole-wheat crackers

6pm | Dinner

4 oz fish, 3/4 c brown rice, 1c veggies, 3/4c black beans

8pm | Snack

6 oz Low-fat fruit yogurt, 1 fruit of choice, 1 granola bar (100 kcals)

NUTRITION INFO:

3026 kcals, 53% Carbs, 24% Pro, 23% Fat

DAY 2

7am | Breakfast

2c Milk, 2c Whole Grain cereal, 2 lg eggs (any style)

10am | Snack

3/4c grapes, 3/4 oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch

Salad – 3c mixed salad greens, 5 oz roasted chicken, 4 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat dinner rolls

12pm | Lunch

Salad – 3c mixed salad greens, 5 oz roasted chicken, 4 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat dinner rolls

3pm | Snack

1 piece string cheese, 10 Melba Toast Wheat crackers,
1 fruit of choice

6pm | Dinner

4 oz Flank Steak broiled or grilled, 1 c veggie of choice,
8 oz sweet potato, 2 pita breads

8pm | Snack

1c cottage cheese 2%, 1c fruit of choice, 1 oz nuts

NUTRITION INFO:

3020 kcals, 50% Carbs, 25% Pro, 25% Fat

DAY 3

7am | Breakfast

2 English Muffins 100% Whole-wheat, 1c mik, 2 tbsp. nut
butter, 1 fruit of choice

10am | Snack

1 hard cooked egg, 1 fruit of choice, 2 granola bars (100 kcals
each)

12pm | Lunch

2 Tuna Sandwiches – 4 oz tuna, 2 tsp mayo, lettuce and tomato, 4
slices 100% whole-wheat bread, 1 choice of fresh fruit,
20 Wheat Thins crackers

3pm | Snack

1c baby carrots, 1 string cheese, 10 Melba toast whole-wheat
crackers

6pm | Dinner

6oz baked chicken, 1c veggie of choice – add 1 tsp olive oil,
1c quinoa

8pm | Snack

8oz low-fat fruit yogurt, 1 fruit of choice

NUTRITION INFO:

2991 kcals, 52% Carbs, 24% Pro, 24% Fat

3500 Kcals Plan

DAY 1

7am | Breakfast

1c oats, 1c blueberries, 2 eggs (any style), 1 English Muffin whole-wheat, 1 tsp butter

10am | Snack

1 apple, 2 tbsp. nut butter, 1 1/2c milk

12pm | Lunch

Turkey Pita (2) – 6 oz turkey breast, lettuce and tomato, 2 pita breads, side of 1c baby carrots, 20 Wheat Thins crackers

3pm | Snack

2 pieces string cheese, 1 fruit of choice, 10 Melba toast whole-wheat crackers

6pm | Dinner

4 oz fish, 1 c brown rice, 1c veggies, 1c black beans

8pm | Snack

7 oz Low-fat fruit yogurt, 1 fruit of choice, 2 granola bars (100 kcals each)

NUTRITION INFO:

3492 kcals, 52% Carbs, 25% Pro, 23% Fat

DAY 2

7am | Breakfast

2c Milk, 2c Whole Grain cereal, 2 lg eggs (any style), 1 fruit of choice

10am | Snack

3/4c grapes, 3/4 oz nuts, 2 granola bars (100 kcals each)

12pm | Lunch

Salad | 3c mixed salad greens, 7 oz roasted chicken, 4 tbsp cranberries, 2 tsp olive oil, 2 tsp vinegar, 2 whole-wheat dinner rolls

3pm | Snack

2 pieces string cheese, 12 Melba Toast Wheat crackers,
1 fruit of choice

6pm | Dinner

5 oz Flank Steak broiled or grilled, 1 c veggie of choice,
8 oz sweet potato, 2 pita breads, 2tsp butter

8pm | Snack

1c cottage cheese 2%, 1 c fruit of choice, 3/4 oz nuts,
8 Graham crackers

NUTRITION INFO:

3516 kcals, 49% Carbs, 26% Pro, 25% Fat

DAY 3

7am | Breakfast

2 English Muffins 100% Whole-wheat, 2c milk, 2 tbsp. nut butter,
1 fruit of choice

10am | Snack

1 hard cooked egg, 1 fruit of choice, 2 granola bars (100 kcals
each)

12pm | Lunch

2 Tuna Sandwiches – 5 oz tuna, 2 tsp mayo, lettuce and tomato,
4 slices 100% whole-wheat bread, 1 choice of fresh fruit,
20 Wheat Thins crackers

3pm | Snack

1c baby carrots, 2 string cheese, 10 Melba toast whole-wheat
crackers

6pm | Dinner

8oz baked chicken, 1 1/2c veggie of choice – add 1 tsp olive oil,
1c quinoa

8pm | Snack

8oz low-fat fruit yogurt, 1 fruit of choice, 8 Graham crackers

NUTRITION INFO:

3489 kcals, 50% Carbs, 25% Pro, 25% Fat

ALTERNATIVE FOOD LIST

As you get familiar with creating a well-balanced meal plan, you can change it up by altering the food choices based on your personal preferences and what you have on hand. As long as you meet your target energy needs, any of the foods in the sample plans can be interchanged with the foods listed below. Choosing foods that you actually enjoy eating will not only make your diet much more enjoyable, but will be very valuable for consistent, long-term, results!

PROTEIN OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
BEEF GROUND LEAN	1 OZ	146	7G	0G	2G
BISON	1 OZ	48	8G	0G	2G
CATFISH	1 OZ	29	5G	0G	1G
CHICKEN, SKINLESS	1 OZ	46	9G	0G	1G
COD	1 OZ	29	6G	0G	0G
CRAB, BLUE	1 OZ	29	6G	0G	0G
DUCK, SKINLESS	1 OZ	56	7G	0G	3G
EGG, OMEGA 3	1 LARGE (50G)	77	6G	1G	5G
EGG WHITES	1 LARGE (33G)	16	4G	0G	0G
FAGE GREEK YOGURT	1 OZ	16	2G	2G	0G

PROTEIN OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
FILET MIGNON	1 OZ	65	8G	0G	3G
FLANK STEAK	1 OZ	57	8G	0G	3G
FLOUNDER	1 OZ	33	7G	0G	0G
HADDOCK	1 OZ	31	7G	0G	0G
HALIBUT	1 OZ	39	7G	0G	1G
NY STRIP	1 OZ	79	7G	0G	6G
ORANGE ROUGHY	1 OZ	29	6G	0G	0G
PERCH	1 OZ	34	7G	0G	1G
RED SNAPPER	1 OZ	36	7G	0G	0G
SALMON	1 OZ	51	7G	0G	2G
SCALLOPS	1 OZ	31	6G	0G	0G
SEA BASS	1 OZ	35	7G	0G	1G
SHRIMP	1 OZ	28	6G	0G	0G
SURIMI	1 OZ	28	4G	2G	0G
TILAPIA	1 OZ	36	7G	0G	1G
TUNA	1 OZ	32	7G	0G	0G
GROUND TURKEY	1 OZ	66	8G	0G	4G
VENISON	1 OZ	42	8G	0G	1G

CARB OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
BLACK BEANS	1 OZ	37	2G	7G	0G
BEANS (OTHER)	1 OZ	38	3G	7G	0G
BREAD, MULTI GRAIN	1 SLICE	69	3G	11G	1G
BROWN RICE	1 OZ	31	1G	7G	0G
COUSCOUS	1 OZ	31	1G	7G	0G
GRANOLA	1 OZ	137	4G	15G	7G
GRITS	1 OZ	17	0G	4G	0G
LENTILS	1 OZ	32	3G	6G	0G
OATMEAL	1 OZ	20	1G	4G	0G
OATS STEEL CUT	1 OZ	109	5G	19G	2G
PEAS (GREEN SPLIT)	1 OZ	23	2G	4G	0G
POTATOES	1 OZ	26	1G	6G	0G
QUINOA	1 OZ	34	1G	6G	1G
WHOLE WHEAT WRAP	1 MEDIUM	104	3G	18G	2G
YAMS	1 OZ	32	0G	8G	0G

VEGETABLE OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
ALFALFA SPROUTS	1 OZ	37	2G	7G	0G
ASPARAGUS	1 OZ	38	3G	7G	0G
BOK-CHOY	1 SLICE	69	3G	11G	1G
BROCCOLI	1 OZ	31	1G	7G	0G
CABBAGE	1 OZ	31	1G	7G	0G
CARROTS	1 OZ	137	4G	15G	7G
CAULIFLOWER	1 OZ	17	0G	4G	0G
CELERY	1 OZ	32	3G	6G	0G
CUCUMBER	1 OZ	20	1G	4G	0G
EDAMAME	1 OZ	109	5G	19G	2G
EGGPLANT	1 OZ	23	2G	4G	0G
GREEN BEANS	1 OZ	26	1G	6G	0G
ICEBERG LETTUCE	1 OZ	34	1G	6G	1G
KALE	1 MEDIUM	104	3G	18G	2G
MUSHROOMS	1 OZ	32	0G	8G	0G
ONIONS	1 OZ	11	0G	3G	0G
PEPPERS, GREEN	1 OZ	6	10G	1G	0G
PEPPERS, RED	1 OZ	9	0G	2G	0G
PEPPERS, (CENTO)	1 OZ	10	0G	1G	0G

VEGETABLE OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
PEPERONCINI	1 OZ	11	1G	3G	0G
PICKLES	1 OZ	3	0G	1G	0G
ROMAINE LETTUCE	1 OZ	5	0G	1G	0G
SPINACH	1 OZ	6	1G	1G	0G
SQUASH, BUTTERNUT	1 OZ	13	0G	3G	0G
TOMATOES	1 OZ	5	0G	1G	0G
ZUCCHINI	1 OZ	4	0G	1G	0G

FAT OPTIONS

FOOD ITEM	SERVING	CALORIES	PROTEIN	CARBS	FAT
ALMONDS	1 OZ	162	6G	6G	14G
ALMOND BUTTER	1 TBSP	101	2G	3G	9G
ALMOND MEAL	1 OZ	162	6G	6G	14G
AVOCADO	1 OZ	45	1G	2G	4G
CASHEWS	1 OZ	155	5G	9G	12G
CASHEW BUTTER	1 TBSP	94	3G	4G	8G
FLAX SEED	1 TBSP	55	2G	3G	4G
FLAX, OLIVE OIL	1 TBSP	119	0G	0G	14G
MACADAMIA	1 OZ	201	2G	4G	21G
PMCT OIL	1 TBSP	126	0G	0G	14G
PEANUTS	1 OZ	159	7G	5G	14G
PEANUT BUTTER	1 OZ	165	7G	6G	14G
PISTACHIO	1 OZ	156	6G	8G	12G
SUNFLOWER SEED	1 OZ	164	6G	6G	14G
WALNUTS	1 OZ	183	4G	4G	18G

PROTEIN SMOOTHIE RECIPES

All of these smoothies have a good mix of carbs, protein, and healthy fats. They can make a quick easy breakfast or a good post-workout meal.

*Choose the serving size based on your energy needs



DECADENT CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

INGREDIENTS:

1-2 cups Milk of Choice
1 scoop Chocolate Protein Powder (aim for 20g of protein)
2 tbsp of either PB2 or Nut Butter
½ - 1 Frozen or Room temp. Banana
1 tbsp Unsweetened Cocoa Powder
¼ Avocado
Ice (optional)

Blend until creamy



TROPICAL PINEAPPLE SPINACH SMOOTHIE

INGREDIENTS:

1-2 cups Milk of Choice
1 scoop Vanilla Protein Powder (aim for 20g of protein)
1 cup Frozen Pineapple chunks
1 cup Frozen Spinach
½ Frozen banana
1 tsp coconut oil
Ice (optional)

Blend until creamy



VERY BERRY SMOOTHIE

INGREDIENTS:

1-2 cups Milk of Choice
½ scoop Vanilla Protein Powder
½ c Greek Yogurt Plain
(2% or Full Fat)
1 cup Frozen Mixed Berries
1 cup Frozen Kale
½ Frozen Banana
1 tbsp Ground Flax Seeds
Ice Optional

Blend until creamy

HEALTHY SNACKING IDEAS

Snacks can be a good in-between mini meal that will help keep both your energy levels up and blood sugar steady throughout the day. Well-balanced snacks should be planned and consist of carbs, protein, and healthy fats. While snacks are meant to fill-the-gaps between meals, indulgences such as cake and cookies should be kept for special occasions.

Some macros, such as carbs, are best eaten pre-workout, while a mix of both carbs and protein makes for a good post-workout snack with a 4:1 ratio (Carbs to Pro). This list gives some great snack ideas to help fill the gaps between meals and should be part of a regular diet. Mix and match items based on your personal preferences and energy needs.



- Fresh Fruits & Veggies
(Bananas, Apples, Pears, Plums,
Sugar Snap Peas, Carrots, Cherry
Tomatoes, Etc)
- Fruit Cups (In Juice)
- Hummus
- Cottage Cheese
- Yogurt
- Whole Wheat Pretzels/Crackers/
Rice Cakes (Pre-W/O)
- Nut Butter (Single Serving)
- Freeze Dries Fruits & Veggies
(Mango, Banana, Apple, Kale,
Seaweed, Broccoli)
- Applesauce/Cups Or Pouches
- Flavored H₂O
- V8/Tomato Juice
- Coconut H₂O
- Matcha/Tea/Latte
- Protein Shakes
- Trail Mixes
- Dry Cereal/Granola
- Instead Oatmeal
- Nuts & Seeds (1 Oz)
- Roasted Chickpeas
- Soy Nuts
- Wasabi Peas
- Popcorn (Air Popped)
- Energy Bars
- Jerky
- Tuna/Salmon Pouches
- String Cheese
- Frozen Fruit Bars
- Chocolate Milk
- Hard-Cooked Eggs
- Broth Based Soups
- Half A Sandwich

TIPS WHEN EATING OUT

Eating out is one of life's great joys. It's a wonderful way to socialize with friends or celebrate a special occasion. While it's ideal to make most of your meals at home, realistically, that's probably not the case for most of us. Here are some great tips for eating out when you are trying to be mindful of your healthy eating plan. Luckily, almost every restaurant serves healthy options if you know what to look for.

DON'T SHOW UP STARVING

When you let yourself get too hungry, poor food choices usually follow. You end up devouring the bread basket or chip bowl before you even place your order. Try having a healthy snack an hour or so before you hit the restaurant. This way, you will be in better control of your food choices and not derail your healthy eating plan.

PLAN AHEAD

If you know the restaurant you'll be going to, look at the menu online ahead of time. Look for healthy options, and plan what you'll have before you go. Be the first to order when the server comes so that you are not tempted to order what your friends are having. Items that are grilled, baked, boiled, steamed, poached, broiled, or roasted are usually good options. Lean proteins, along with veggies, complex carbs, and a salad make for a healthy entrée. Never be afraid to ask the server to prepare your dish the way you want it. After all, you are the one consuming it and paying for it.



KEEP AN EYE ON PORTION SIZES

Studies have shown time and time again that when we are presented with larger portion sizes, we tend to eat more. The portion sizes at most restaurants are typically much greater than your energy needs. Sometimes the portion is enough to feed an entire family! This is especially true when it comes to carbs and protein sizes. A few ways to conquer this challenge include sharing an entrée, ordering an appetizer as your meal, having the server box-up half of your entrée for you to take home prior to serving it, or asking for a smaller portion.

DRINKS COUNT TOO!

Sorry, but liquids still count towards your energy consumption! They contain 7 calories per gram. Keep that in mind next time you order a typical frozen margarita that can rack up a whooping 300-500 calories, as well as a ton of added sugar! Ask yourself if it's really worth it? Or would you be satisfied with a margarita on the rocks or a glass of wine? Swapping out foods and drinks for better choices takes practice. However, you may find that you are completely satisfied with the healthier choices! The same holds true for those sweetened lattes and cappuccinos. Perhaps a plain coffee or tea will do the trick. Find what works for you and never lose sight of your nutritional goals.

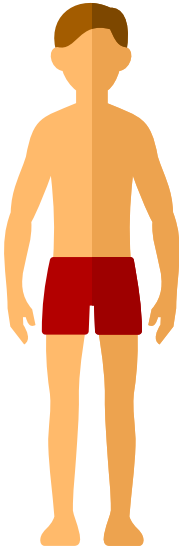
MANY PEOPLE try to consume as many calories as possible in order to get big. However, this is not the most efficient method for building muscle and highly increases the chance of adding unwanted body fat. The goal of this program is to efficiently build as much lean muscle tissue as possible while increasing strength and minimizing your chances of adding body fat. If your goal is to build lean muscle and increase strength while minimizing and even reducing body fat, it is critical to understand the proper nutritional methods to do so. Nutrition is just as, if not more important than proper training methods when trying to build muscle, gain strength and lose fat.

3 BASIC BODY TYPES

There are three basic body types (somatotypes) that can be found among the human population — Ectomorph, Endomorph, and Mesomorph. Due to the fact that these body types are very different from one another, each one has different nutritional needs to maximize muscle growth and minimize fat. Although the majority of people are a mixture of the different somatotypes, people usually have one dominant somatotype and should eat accordingly.

Carefully read the descriptions of each somatotype below and determine which one best describes you. Knowing which type of somatotype you are can allow you to have a better idea for how you should be eating/dieting in order to reach your goals much faster.

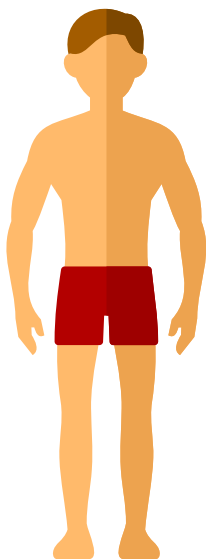
[GO TO SAMPLE NUTRITION PLANS](#)



ECTOMORPH

Ectomorphs are usually described as thin, frail or lanky. They have trouble gaining weight and muscle growth usually takes longer and requires a higher caloric intake. A prime example would be an endurance athlete. This body type profile tends to have a fast metabolic rate and a high carbohydrate tolerance. Ectomorphs typically do best by increasing the amount of carbohydrates they intake in their diet, along with a moderate protein amount and lower fat intake.

Ectomorphs should focus on gaining weight in the form of lean muscle tissue. Weight training and eating should be done frequently and diet should be calorically dense with quality calories.

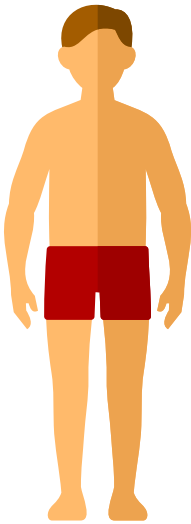


ENDOMORPH

Endomorphs are the soft bodied, flabby or round shaped. These people usually have trouble losing weight but generally gain muscle easily. Endomorphs should focus on losing fat and adopting the proper nutritional regimen that will help them keep it off. Strength training will assist endomorphs in creating a better muscle to fat ratio which will eventually improve metabolic rate. Endomorphs should always be looking to have a lower caloric intake on a day to day basis.

Endomorphs should look to consume slightly lower calories because for a variety of reasons endomorphs are very sensitive to even the slightest over-consumption of food. Those extra calories are more likely to be stored as fat compared to ectomorphs, resulting in a greater propensity for fat storage. As an endomorph you need to be sure to pay close attention to your calorie intake.

Endomorphs typically do best on a diet that is higher in protein and fat, with less carbs. The reason being is Endomorphs tend to have some sort of carbohydrate sensitivity and/or insulin sensitivity. Those Carbohydrate rich foods enter the bloodstream rather quickly and turn in to sugar once they get there and then becomes more likely to be stored as fat than be burned for energy. The reduction of carbs will help make a difference in helping struggling endomorphs shift body fat.



MESOMORPH

Mesomorphs, the rarest Somatotype, are particularly athletic looking, hard, and muscular. Mesomorphs both gain and lose weight rather easily and muscle growth occurs rapidly. Mesomorphs are naturally more athletic looking but should diet and exercise correctly to maintain/improve their fitness level or physique. When training and eating properly mesomorphs should find muscle gain and fat loss quite easy. Balance is important for the mesomorph, who falls between endomorphs and ectomorphs. Mesomorphs have the ability to gain fat less easily than endomorphs, but more easily than ectomorphs, so they still need to watch their calorie intake. Following a nutritional plan that is very balanced between the three macronutrients (protein, carbs, fats) is ideal.

Those who fall in to the Mesomorph category should always make their calories count by opting for whole foods over processed foods. In general, whole foods are more nutrient-dense and lower in unhealthy fat, salt and sugar. Some more things that should be of focus for mesomorphs are the following:

non starchy vegetables, fresh fruits, lean proteins, whole grains, low-fat or nonfat dairy products, nuts and seeds.

NON-WORKOUT DAYS

Non-workout days are the same for every somatotype. Due to the fact that you will not be using as many calories as you would on a workout day, you will lower your carbohydrate and protein intake and your calorie consumption will decrease accordingly.

However, because healthy fats are important for joint recovery, your fat intake will slightly increase in order to promote recovery. This method will be particularly advantageous for adding lean muscle tissue while dropping body fat by forcing your body to use the extra calories consumed on workout days directly for muscle growth!

Quick Notes*

You may be thinking that after you determine which body type category you fall in to you will have to start counting all your calories on a daily basis. The answer to this is no you do not have to start calorie counting until the day you die. This is not the case at all. However, when starting out with adjusting your body type in order to cater to your specific body type — for the first few months you do need to pay close attention to your diet until you're capable of having the ability to realize how and what to eat in order to reach your goals! You'll want to do frequent in depth checkins with your diet in order to keep track of whats working and whats not. This will also allow you to look over your diet for any bad habits that may have started up, and you can then look to to re-assess and start your diet over if need be.

For any body type, it isn't only your calorie intake that's important. Your macronutrient ratio (the ratio of protein, carbohydrate and fat) is also a key factor helping you lose weight and get fit. Your body type is a key factor in determining your optimal macronutrient ratio. You may look to consider purchasing our customized macronutrient plan with our nutritionist Deb. Here you will get a personalized program that calculates your macronutrients in order to fit your daily caloric allotment based on your current stature and the fitness goals you're looking to reach!

1AND1 NUTRITIONAL SUPPLEMENTS GUIDE:

There is a lot of confusion, misconception and opinions regarding the effectiveness and safety of supplements. Although not everyone is comfortable with supplementation it can be **EXTREMELY** beneficial for maximizing your results during any exercise or nutrition program. All of the supplements explained in this program are supported by research to be both safe and very effective for maximizing and speeding up your results.

INTRODUCTION



MULTIVITAMINS

Multivitamins may be described as the foundation for a healthy diet. They provide micronutrients, including vitamins and minerals, which helps your body utilize nutrients from food for fuel, stimulate muscle growth, increase mental acuity and support overall healthy function. Consider taking a multivitamin once daily.

FISH OIL

Fish Oil is an important source of the critical Omega-3 fatty acids. Research suggests fish oil helps enhance fat loss and muscle growth as well as supporting numerous health benefits including cardiovascular and brain health. The Omega-3 fatty acids are essential fats, meaning your body needs to receive them through your diet. Supplementing a healthy diet with Fish Oil will insure your body is receiving this essential fat and will support physical performance through its numerous health benefits. Consider taking 2-3 grams of fish oil 2-3 times per day with meals.

CLA

Conjugated Linoleic Acid (CLA) is a fatty acid found naturally in meat and dairy products. Research suggests that CLA may help decrease body fat while improving muscle mass and strength. It is also beneficial for promoting healthy body composition which is why it can be described as a lean tissue builder and fat burner. Consider taking 2-3 grams of CLA 2-3 times per day with meals.

FAT BURNERS

Fat burners should not be used to replace healthy diet and exercise. These supplements can definitely promote clean energy, acute mental focus, and serious support for your fat loss efforts. There are ingredients, when taken properly, can help speed up your metabolism and raise the body's internal temperature to help burn fat at a highly efficient and consistent rate.

CAFFEINE

Caffeine is a natural stimulant found in many things we consume on a daily basis including; coffee, soda, and tea, to name a few. Caffeine stimulates the central nervous system and promotes feelings of energy. When taken properly caffeine is useful for quick energy and has also been shown to support fat loss and exercise performance.

GREEN TEA EXTRACT

Green tea extract is a supplement that provides a multitude of health benefits. Due to green tea's complex antioxidant profile, the body can utilize it in many ways. Green tea can optimize your body's calorie burn rate and enhance your metabolism, both of which are beneficial for fat loss. By increasing your metabolic rate, green tea, in combination with exercise and healthy diet, can support optimal caloric burn and makes it easier for your body to burn fat.

YOHIMBE

Yohimbe comes from the bark of a tree species indigenous to West Africa. When consumed, the body converts Yohimbe to Yohimbine, and dissolves into the bloodstream increasing blood flow. Once in your system, Yohimbe is known to support both antioxidant support and fat loss.

WHITE TEA

White tea has been considered a fat burner for years due to this plant's ability to speed up the metabolism. In addition to its fat burning qualities, white tea has shown to help prevent cancer.

A revealing research study helped to support many doctors' belief that white tea helps to keep cancerous free radicals from harming the human body. White tea is also used to enhance the effects of caffeine and other stimulants. White tea can also help make your immune system stronger. Some research actually suggests that white tea may be superior to green tea in many ways. White tea does contain caffeine, so it can actually be used as an effective fat burner when taken by itself.

EVODIA RUTAECARPA

Evodiamine comes from the unripe reddish fruit of the *Evodia Rutaecarpa*, a tall tree in Korea and Northern China. It is an alkaloid and has been used since the first century A.D, in Chinese medicine for weight loss, pain, and many illnesses.

Evodiamine is a strong proponent of weight loss because it raises the body temperature, in turn stimulating your metabolism. A process known as thermogenesis, the higher calorie burning allows your body to burn fat and unwanted weight at a faster rate. Evidence suggests this process of thermogenesis, or fat burning, can help you lose up to three times more fat compared to diet and exercise alone. Due to the fat burning effect, evodia also increases muscle definition, providing a lean and 'cut' appearance. Additional evidence suggests that Evodiamine greatly supports endurance.

PRE-WORKOUT SUPPLEMENTS:

Pre workout supplements can help you squeeze the most out of your workout, and in turn, help maximize your fat loss efforts. These products tend to include ingredients that increase focus, awareness, endurance and energy.

BCAA's

BCAA's are ideal for people who undergo any form of intense physical activity and wish to preserve lean muscle by preventing catabolism. Protein is what supplies the building blocks necessary to repair and build muscle tissue during and after times of competition or exercise. These proteins are then broken down and disassembled into amino acids giving your muscles an efficient energy source. There are 22 different amino acids in the body, all of which have a unique function. Using BCAA's can improve body composition by preventing catabolism and increasing muscular endurance and recovery. BCAA's are not only a great option for pre workout supplementation, but you can also benefit from both intra workout and post workout supplementation.

CREATINE HCL

Creatine is a naturally-occurring nitrogenous organic acid found in many meats. It helps the body supply energy to muscle and other cells. About half of the creatine we need is produced by the body, the rest you must receive from diet and/or supplements. Creatine works for people looking to increase muscle mass and strength. It works at the molecular level to promote exactly what you desire in physical performance: energy, power, strength, endurance and muscle growth. Creatine HCL, specifically, is arguably the most effective and potent form of creatine available today. Unlike other forms of creatine, creatine HCL requires no loading phase, no cycling, no water retention and NO BLOATING. By adding the hydrochloride molecule to the creatine it increases the molecular stability of creatine also making it more soluble and therefore absorbable by the body. Our advice to you is to do what works best when it comes to implementing creatine in to your supplementation plan: The suggested way is to take it both pre and post workout, in your pre and post-workout shakes. Creatine is fairly cheap and effective, and this is a great way to enhance your performance. If you decide to use creatine monohydrate or most other forms of creatine, then go with 5 grams both pre and post-workout.

When using creatine HCL, then use 1.5-2 grams pre and post-workout.

BETA-ALANINE

Beta-alanine is an amino acid that attaches to Histidine to promote more muscular energy. This provides better muscular endurance, more energy for high intensity and explosive movement, and better overall physical performance. Consuming beta-alanine can improve physical performance by providing more energy for your muscles to effectively carry out intense and explosive athletic movements.

BETAIN

Betaine Anhydrous or Trimethylglycine (TMG) is a vitamin derived from choline, which is a dietary component found in food that contains protein and fat. Betaine supports structural integrity of cell membranes. Betaine's primary purpose is supporting healthy homocysteine levels, which is a toxic substance that results from meat digestion.

L-CITRULLINE MALATE

L-Citrulline is a nonessential amino acid that supports energy, muscular endurance, cardiovascular health, and larger muscular pumps. Citrulline can be obtained through diet and supplementation or your body can manufacture it from ornithine, through a biochemical process called the urea cycle. This cycle aids your body to remove ammonia, a waste product of protein digestion. Once your body metabolizes citrulline malate into citrulline, enzymes in your liver convert it into arginine. Other enzymes then convert arginine into nitric oxide which produces muscular endurance and muscular pumps during exercise. Nitric oxide can also protect you from cardiovascular problems by lowering blood pressure and improving blood flow throughout your body. Although your body can manufacture citrulline on its own, consuming additional citrulline, particularly before exercise, can support significant performance and health benefits.

ARGININE AKG

L-Arginine is an amino acid that may increase nitric oxide production and improve blood flow. L-Arginine also been shown to support athletic performance and help build muscle by providing your muscles with more oxygen.

Alpha-ketoglutarate (AKG) is an intermediate in the citric acid cycle or Krebs cycle. The citric acid cycle is a series of reactions involving the breakdown of stored glucose to produce adenosine triphosphate (ATP). ATP is a high-energy molecule that provides fuel to your body's cells. The citric acid cycle plays a critical role in providing the energy needed during exercise. Combining L-Arginine and Alpha-ketoglutarate, accelerates the absorption of L-arginine which supports steadier energy levels and a more efficient exchange of cell nutrients and wastes. This process provides a more rapid delivery of oxygen to the tissues and may produce larger muscular pumps. Supplementing with Arginine AKG promotes faster muscle recovery and may support anaerobic power during resistance training.

POST-WORKOUT SUPPLEMENTS:

Providing your body with proper nutrients immediately after a workout is very important for repair and recovery. If you are also interested in taking a post workout supplement we recommend looking for a product with the ingredients listed below or purchasing them separately and creating your own stack.

CARNITINE

Carnitine is a compound biosynthesized from the amino acids lysine and methionine. It is required for the transport of fatty acids from the intermembrane space in the mitochondria, to the mitochondrial matrix during the breakdown of fats for the generation of metabolic energy. Consuming carnitine post workout supports energy, fat loss, and muscle recovery. Consider taking 1-2 grams of carnitine as soon as possible after workout.

IMPORTANT NOTE*

If your primary goal is fat loss, then the best way to take carnitine is with your largest meals of the day. If your primary goal is muscle growth, performance, or recovery, then you're best to take carnitine before and after your workouts with high gi (Glycemic Index) carbs that do a good job of spiking your insulin such as regular pasta, most white rices, dextrose, vitargo, etc.

GLUTAMINE

Glutamine is produced in the muscles and is distributed by the blood to the organs that need it. Glutamine may help gut function, the immune system, and other essential processes in the body, especially in times of stress. It is also important for providing fuel, such as nitrogen and carbon, to many different cells in the body. The body can lose up to 50% of its glutamine levels during rigorous exercise, and if your immune system or other parts of your body become glutamine-deficient, your muscles' glutamine stores are first to be robbed, creating an environment for catabolism.

Consuming glutamine supplements can help prevent catabolism and fatigue by helping your muscles quickly recover after exercise. Consider taking about 3 grams of glutamine As soon as possible after workouts.

SUPPLEMENT CONS:

Although there are a multitude of scientifically proven benefits for the supplements talked about above, there are also some scientifically proven concerns that we want you to be aware of when looking to start taking supplements. We want you to be aware of both the good and bad stuff that is being said about the different supplements that are out there.

SINGLE AMINO ACID

supplements do not occur naturally in foods and in some studies have been found to offer no benefit to the body. In fact, there are studies that show that they can potentially be harmful. In short, the body was not designed to handle high concentrations of amino acids found in supplements. Large doses have been known to cause diarrhea, up-set stomach, and toxicity. In addition, having an excess of one amino acid, it can limit the absorption of another, possibility creating a deficiency.

BCAA's

In some studies, when compared to glucose and fatty acids found naturally in foods, BCAA's were found to provide very little fuel and when taken in large doses can raise plasma ammonia concentrations, which can be toxic to the brain.

CARNITINE

Although there has been a multitude of studies to show the positive benefits of Carnitine, there has also been some that show that additional carnitine does nothing for the body. They showed that extra Carnitine supplementation neither raised muscle carnitine concentrations nor enhanced exercise performance. However, milk and meat products have been confirmed to be excellent sources and will do the job if your diet style allows you to intake them.

CREATINE

The science to back up the benefits of creatine is confirmed, but it is typically based on using it in the short term (about 1 year) and only for strength/lifting (not endurance). The safety of these studies only looked at the use of 5 grams total for one day.

So there are a few “cons” in regards to some of the supplements we hit on in our supplement guide. As always, it is best to consult with your doctor before starting to take any new supplements. Different supplements and different supplement types work differently for everyone! There is no one size fits all supplement stack that will work for everyone. The best way to figure out what works and what doesn't work for you is after consulting with your doctor on what you can and cannot take, figuring it out through trial and error.

Our nutritionist Deb and the rest of Team 1and1 will continuously be looking to provide content that keeps you up to date with the new science and research that comes out in regards to the many different supplements that are out there. If there are any supplements you'd like to specifically know about please do not hesitate to get in contact with us! We are always willing to answer any questions that you may have.

FINALLY - ENJOY THE EXPERIENCE!

Eating out is a treat that's meant to be enjoyed. Don't get too caught up in labeling foods as "good" or "bad." This only causes us to feel guilty about our choices and ends up damaging our relationship with food. While making healthy choices when eating out can be a challenge, you can succeed by planning ahead. By recognizing and being aware of where you can get derailed from your goals, and having a plan to overcome them, you will indeed succeed! Remember: Don't be too hard on yourself, and enjoy the process!



MEDICAL DISCLAIMER

The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on or from 1and1 Life Services.

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