

## SECTION C – Live Like You’re A Professional

### Module 11: How To Eat For More Energy, Better Recovery, and Faster Growth

The quality of our nutrition will directly impact the quality of the results we achieve when using this training program.

We must eat in a way that promotes:

- Higher energy levels
- Faster recovery (reduces soreness & stiffness)
- More efficient muscle growth
- Reduced chance of unnecessary injuries
- Increased stamina
- Longer playing career
- Better general health

#### **Which principles will we use to achieve these objectives?**

##### **1) Eat Real Food (not “food-like” products)**

This is the most basic, yet most important principle:

Eat food that comes from the earth.

Do not eat processed foods that were produced in factories.

## **2) Foundation of Plant Based / Whole Foods**

The majority of your calories should come from:

- Leafy Greens
- Vegetables
- Fruits
- Nuts & Seeds
- Legumes (Beans)
- Grains

If you consume animal products, ensure that the majority of your calories still come from plant based whole foods.

## **3) Macro Awareness / Not Obsession**

It's important to understand macronutrients. However, I don't recommend trying to meet exact numbers everyday. This is not natural.

Simply ensure you are including each macronutrient in your diet.

On a basic level:

*Carbohydrates and Fats are converted into energy.  
Protein is use to repair and build new muscle tissue.*

If you feel you're low on energy,  
add more energy into your diet (carbs & fats).

If you feel you're not building muscle efficiently,  
add more protein to your diet.

But...

More important than macronutrients are the micronutrients that come primarily from vegetables & fruits, which will aid in keeping your vitamin & mineral levels healthy.

#### **4) Consume Foods in their Natural Form**

Cooking (heat) destroys the natural enzymes of many foods. This is bad because enzymes boost digestion and fight chronic disease.

Obviously, we cannot consume certain foods in their raw state. But focus on consuming a majority of your plant based foods in their raw state to absorb the maximum amount of nutrients and enzymes.

#### **5) Low Calorie Density / High Nutrient Foods**

If you want to eat large amounts of food and stay lean, focus on low calorie density foods such as vegetables and fruits. These foods hold high volume (take up space in your stomach) but contain low amounts of calories.

##### **Calorie Density Per 1b**

*Eat more of these:*

Vegetables – 100 cal

Fruit – 300 cal

Starches – 400 cal

Grains – 500 cal

Legumes – 600 cal

*Eat less of these:*

Ice Cream – 1200 cal

Breads – 1400 cal

Cheese – 1600 cal

Sugar – 1800 cal

Nuts & Seeds – 2800 cal

Oils – 4000 cal

## **How are we going to be successful with nutrition?**

### **1) Eat for Purpose Over Pleasure**

The majority of people are overweight because they eat for pleasure instead of purpose. Food has a function = fuel your body.

Most people are over-fed and undernourished. They eat large quantities of foods that don't provide much nutritional value. For that reason, their brain demands more because the body isn't getting the nutrients it needs.

Consuming too much food is not healthy. Realistically, you want to eat the least amount of food with the most amount of nutrition. This would be ideal for our bodies.

However, eating food is satisfying. Luckily, there is a way to make nutrient rich foods taste delicious. Thus, you can eat for purpose and pleasure.

### **2) Understand Temptation**

It is not your fault that you crave foods that are unhealthy for you.

Food companies have created artificial foods packed with sugars, fats, and salts. These foods are not natural. They don't occur anywhere in nature. They are literally man-made drugs.

Nowadays we have an abundant supply of food. So although our bodies work the same as they did in the past, our environment does not.

In the past we had to consume the highest calorie foods without hesitation, because we may not have been able to eat for long periods of time. The excess food would be stored as fat. Then we would burn off the fat during periods of starvation. For this biological reason, your brain is constantly telling you to seek out the highest calorie foods.

Fake foods with unnatural levels of sweetness, salt, and fat (not found anywhere in nature) have become the norm. Therefore, when we eat natural fruits or vegetables they taste bland and unsatisfying.

We are meant to be satisfied by these natural foods. Overtime we can get back to our intended norm but just like any drug addiction it takes time and discipline to overcome.

### **3) Further Your Nutrition Education**

You don't need a meal plan.  
You need an understanding of nutrition.

We all prefer different foods. You need to create a diet / lifestyle that works specifically for you. Discover which healthy foods and meals you prefer. Find a way to incorporate them into your diet.

If someone else is telling you exactly what to eat (ie: meal plan) and you don't enjoy that diet, you will rebel into bad eating habits.

This is your life. Therefore, you must take responsibility. Continuously educate yourself about nutrition. Use your education to create a healthy and enjoyable way of eating that you can maintain for the long-term.

Your healthy style of eating should be permanent, not be temporary.

## CALORIE DENSITY WHAT 500 CALORIES LOOK LIKE



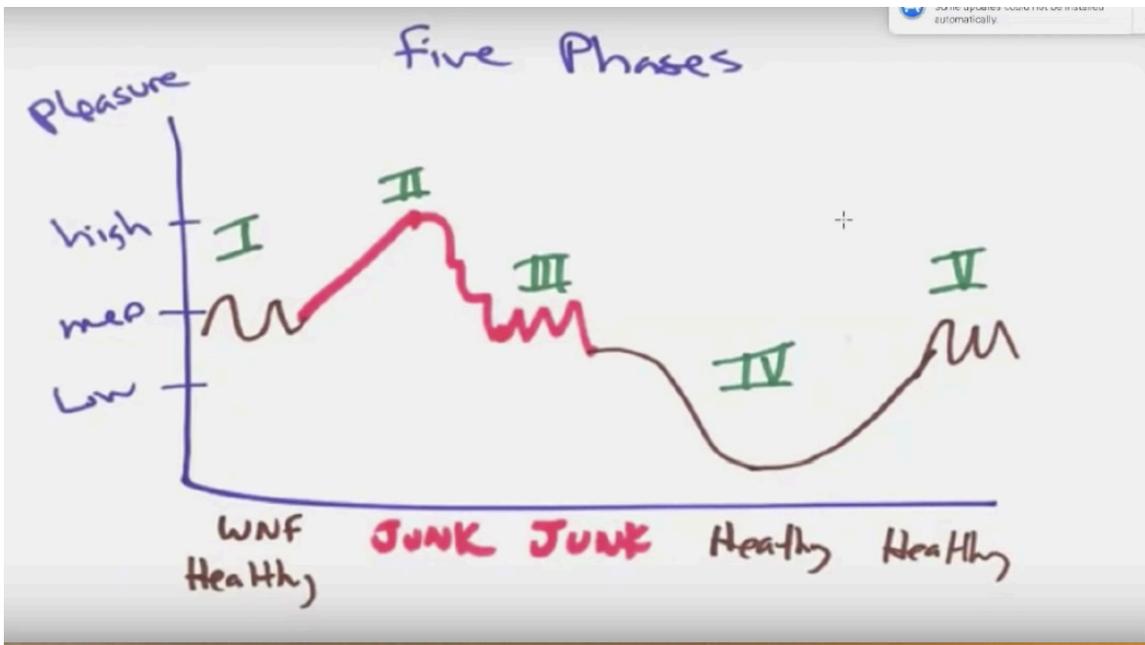
### CALORIE DENSITY WEIGHT LOSS KEY

CALORIES  
PER POUND

- 100 CALS.** - **VEGETABLES (NON-STARCHY)**
- 300 CALS.** - **FRUIT**
- 400 CALS.** - **POTATO, CORN, SQUASH, OATS**
- 500 CALS.** - **WHOLE GRAINS, RICE, PASTA**
- 600 CALS.** - **BEANS & LEGUMES** Eat More  
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- 750 CALS.** - **AVOCADOS** v  
Eat Less
- 1200 CALS.** - **ICE CREAM**
- 1400 CALS.** - **BREAD/BAGELS/WRAPPS**
- 1600 CALS.** - **CHEESE, DRY CEREAL**
- 1800 CALS.** - **SUGAR, CRACKERS, POPCORN**
- 2500 CALS.** - **CHOCOLATE**
- 2800 CALS.** - **NUTS, SEEDS, BUTTERS, TAHINI**
- 4000 CALS.** - **ALL OILS, OIL-POPPED POPCORN**



# NUTRITION

- 1) EAT REAL FOOD
- 2) FOUNDATION OF PLANT BASED
- 3) MACRO AWARENESS ~~OBSESSION~~
- 4) IN THEIR NATURAL STATE
- 5) LOW CALORIE DENSITY ✓  
HIGH NUTRIENT ✓

- A) PURPOSE > PLEASURE
- B) UNDERSTAND TEMPTATION
- C) KEEP LEARNING