NUTRITION GUIDE

Finding health and balance in the foods we eat

A nutrition and lifestyle resource for anyone looking to understand or make changes to their health and fitness.

WELCOME

Welcome to The bioMechanic Nutrition Guide. I put this resource together because I understand two very important things:

1. Nutrition plays a vital role in fostering good health and determining the rate at which we achieve our fitness goals.
2. Everyone is at a different stage of motivation and desire to make changes to their dietary habits.

Any physical or mental goal that you're looking to achieve can likely be facilitated through nutrition. The degree of change required will depend on the extent of the goal. I try to encourage sustainable changes, whether they be small or large. As long as the changes are not overwhelming and move you in the direction of your goals. My hope is that this guide will help you progress in that direction with the right balance of nutrition and lifestyle habits.

TIPS FOR USING THIS GUIDE

1. Don't get overwhelmed. There are many infographics compiled within this guide. I encourage you to read only one or two at a time, starting with those that you feel are most applicable to your situation.

2. Be consistent with your determination. Never lose sight of your goals and why you are working towards them. You will likely have days or weeks when your nutrition is better or worse than others. This is fine! What's important is to maintain the focus and determination, even after a rough day.

3. You're not alone. I put this guide together as a reference, not as the end all be all of nutrition. I encourage you to ask questions and seek out more information as necessary. Check out the "**Recommended Resources**" page for websites / books / professionals that can provide further guidance or clarity to you.

4. Have fun! For many people, eating can be a social behavior that we do with those that are close to us. It is important not to lose sight of this as you make changes to your nutrition. Continue to go out for dinner with the family, keep attending potlucks, go out for a drink with the guys or girls. This evolution will be much more enjoyable and sustainable if you look forward to eating instead of dreading it.

Disclaimer: The information in this Guide is general in nature and should not be used by anyone with medical conditions before discussing with a doctor or health professional. Precision Nutrition and The bioMechanic will not be held liable for any injury or health complication caused by following the information herewithin.

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Essential Nutrition Guidelines

If there is only one page you read in this Guide, let it be this one. Regardless of who you are and what your goals are, incorporating some of these tips will improve your health, build confidence in your ability to make changes, and likely help with achieving your fitness goals. They are straightforward and things you can start today.

Choose to eat these types of food more often:

-Vegetables
-Meat/fish/eggs/cottage cheese/greek yogurt
-Fruits
-Unprocessed food
-Whole foods
-Water



Choose to eat these types of food less often:

-Processed foods
-Pre-made food
-Refined Grains
-Foods containing added sweeteners
-Candy
-Pop/Juice/Alcohol



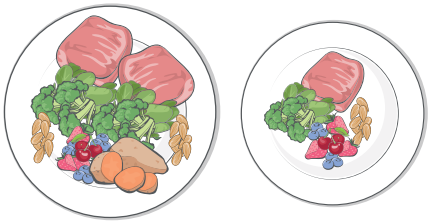
Practice mindful eating:

-Eat only when you're hungry
-Stop eating when you're 80% full
-Eat slowly and enjoy your meals
-Pay attention to external cues (eating/making poor decisions when stressed, when watching TV, when visiting friends, etc)



Try these strategies

-Eat on smaller plates
-Fill 1/2 your plate with vegetables first
-Stay hydrated: thirst is often mistaken for hunger
-Make extra food to pack for tomorrow's lunch
-Eat meals at the table without television



Take it easy! Relax, Succeed, Repeat

You don't have to change everything all at once! Better nutrition is not an all or nothing game - every little change makes an impact. Unsure of where to start? Choose one thing to improve upon that you think you can be successful at. When you've mastered it, choose something else to work on. Your changes will add up! Keep going until you're satisfied with your nutrition habits.





There are many ways to practice healthy nutrition

What works well for one person may not work for another. You may need to try different approaches in order to find what works for you.

Different clients have had success with diffirent approaches, including calorie counting, following meal plans, using their hands to determine portion sizes, practicing mindful eating, and following more general recommendations. Talking with your friends, fitness trainer/instructor or nutritionist/dietitian can help provide insight into what strategies you may want to try. If it works; great! If it doesn't; try a different one!

3 STEPS TO FIX A BROKEN DIET

IDENTIFY AND REMOVE NUTRITIONAL DEFICIENCIES
STEP 1

Dietary deficiencies are more common than you think.

ATHLETES



- Iodine
- Vitamin D
- Zinc
- Vitamin E
- Calcium

STUDENTS



- Zinc
- Magnesium
- Vitamin D
- Omega 3s
- Protein

PEOPLE ON POPULAR DIETS



- Vitamin B7
- Vitamin D
- Vitamin E
- Chromium
- Iodine
- Molybdenum

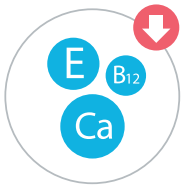
IDENTIFYING DEFICIENCIES

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

COMMON DEFICIENCIES AMONG NORTH AMERICANS



WATER
(low-level dehydration)



VITAMINS MINERALS

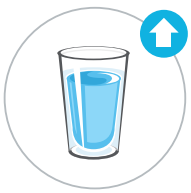


PROTEIN
(particularly in women and in men with low appetites)

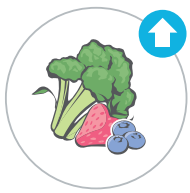


ESSENTIAL FATS
(95% of the population is deficient)

CORRECTING DEFICIENCIES: WHERE WE BEGIN



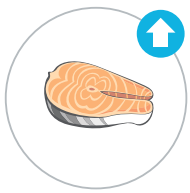
DRINK MORE HYDRATING FLUIDS



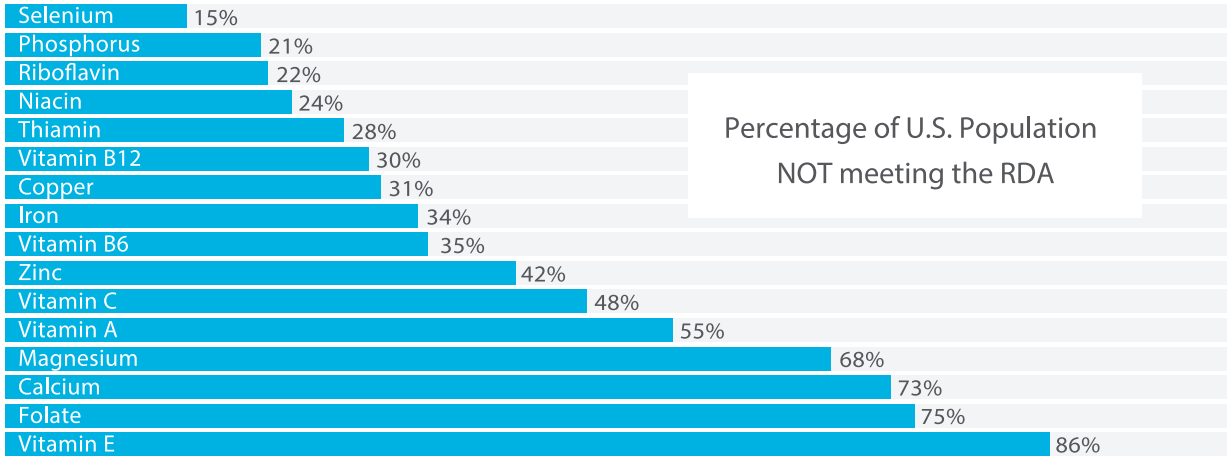
EAT MORE FOODS RICH IN VITAMINS AND MINERALS



EAT MORE FOODS RICH IN PROTEIN



TAKE IN MORE ESSENTIAL FATS
(fish, fish oil, algae oil, etc.)



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. For more, see:
www.precisionnutrition.com/calorie-control-guide

SO, HOW MUCH SHOULD I EAT?

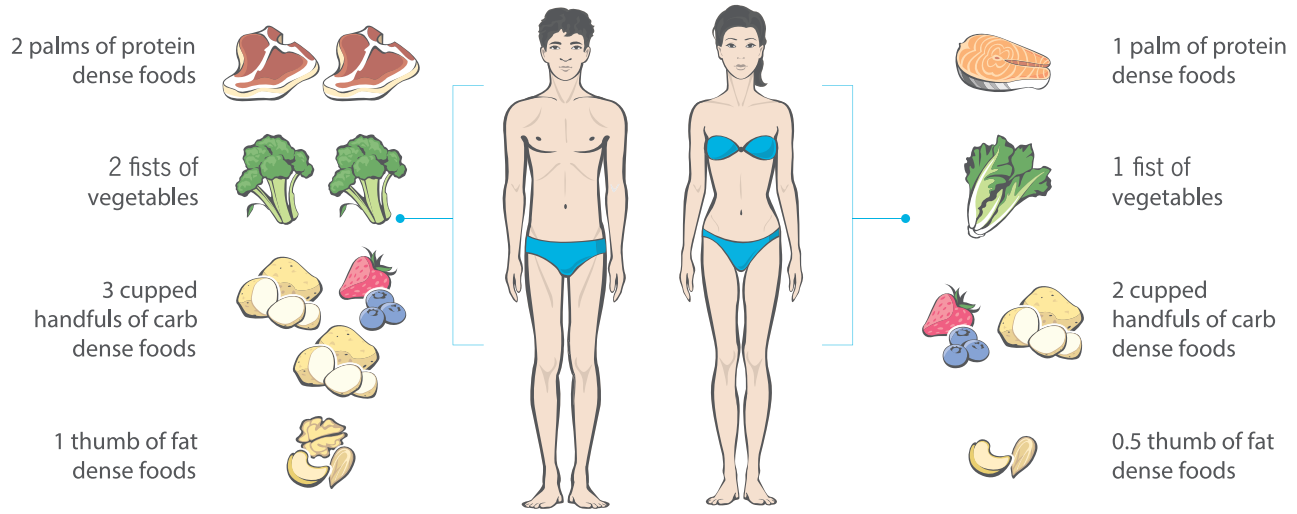
Based on your body type…

I TYPE

55 % CARBS — Their engine speed is set to "high revving".

25 % PROTEIN — They tolerate carbs well.

20 % FAT — They're high-energy.



V TYPE

40 % CARBS

Their bodies are designed to be powerful machines.

30 % PROTEIN

They tend to be testosterone and growth hormone dominant.

30 % FAT

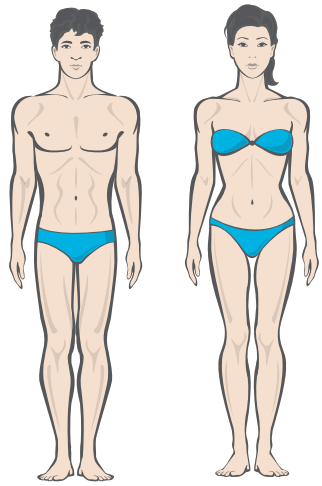
Thus, they can usually gain muscle and stay lean easily.

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

O TYPE

25 % CARBS

Their engine speed is set to "idle".

35 % PROTEIN

They're naturally less active.

40 % FAT

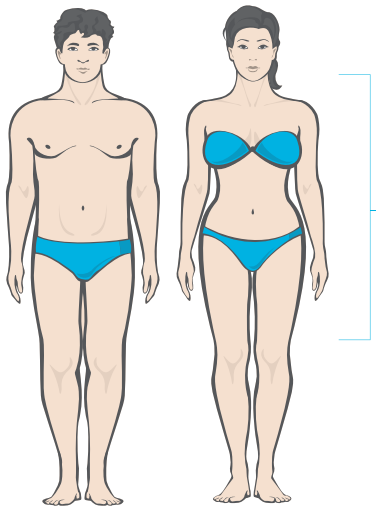
They typically have a slower metabolic rate and generally don't tolerate carbs as well.

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

PORTION SIZES

The following portion guide assumes 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. For more about this strategy visit: www.precisionnutrition.com/calorie-control-guide

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.

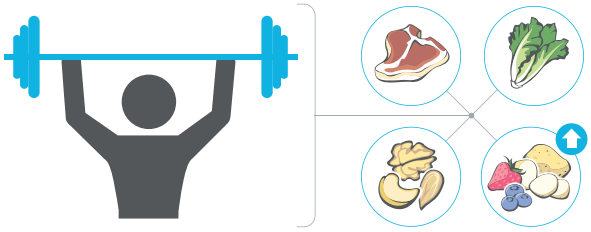
HOW OFTEN SHOULD I EAT?

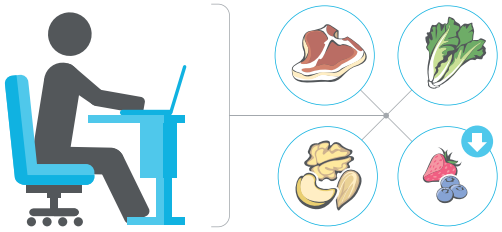
As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often.

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.



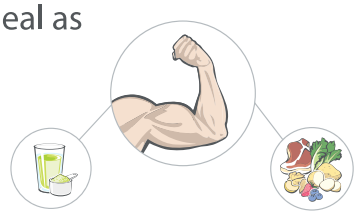


WHAT SHOULD I EAT BEFORE, DURING, OR AFTER EXERCISE?

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.

For the full article explaining this infographic:
www.precisionnutrition.com/fix-a-broken-diet

Pn PrecisionNutrition

HOW TO CREATE THE PERFECT MEAL

HUNDREDS OF EASY, DELICIOUS, HEALTHY DINNERS FROM PRECISION NUTRITION'S INGENIOUS CHEF.

Mix and match these ingredients for maximum flavor (and minimal work). The result? Hundreds of perfectly-portioned meals that taste great and support your health goals.

1 STEP — CHOOSE ONE INGREDIENT FROM EACH OF THE FOUR COLUMNS BELOW.

Make your selection based on what you're in the mood for or what's available (or both).

PROTEIN

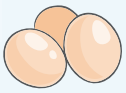
BEANS



Soak 1 part beans in 3 parts water overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the beans in their cooking liquid for up to four days.



EGGS



Cover eggs with 3 inches of cold water and bring to a boil. Remove from heat and cover with a lid for 8 minutes. Drain the water and fill with cold water to stop the cooking. Keep refrigerated for up to 5 days.

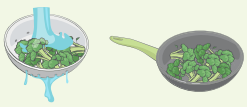


VEGETABLE

BROCCOLI



Cut broccoli into large florets with long stems; rinse and drain. Place in a single layer in a large pan over medium-high heat; season with salt and oil or butter. Stir after a few minutes, once the broccoli starts to char. Cook a few more minutes; remove from heat.



RED CABBAGE



Cut into wedges, remove the core, and boil in salted water for 2 minutes. Drain and sauté with preferred spices (if using) and healthy fat. Garnish with herbs.



SMART CARB

SPAGHETTI SQUASH



Preheat oven to 400° F. Cut squash in half lengthwise and scoop out center using a spoon. Season with salt and any preferred spices and bake, cut side down, on a parchment lined baking sheet for 35 minutes or until tender. Carefully flip the squash and scrape out the flesh using a fork.



RED POTATOES



Boil red potatoes in salted water until very tender. Drain and toss with herbs, salt, cracked pepper and lemon juice or vinegar.



HEALTHY FAT

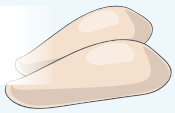
EXTRA VIRGIN OLIVE OIL



WALNUT OIL



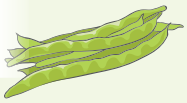
CHICKEN BREAST



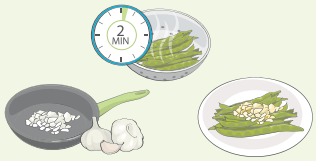
Season chicken with salt, oil or butter*, and spices. Place it 'skin' side down in a pan over medium-high heat and leave it be. Add herbs and citrus to pan (if using). Reduce heat to medium, cover, and cook for about 15 minutes, flipping once at the very end. Rest it in the pan (heat off) for a few minutes.



GREEN BEANS



Warm crushed garlic and spices in oil over low heat. Meanwhile, steam the beans until they are bright green and still snappy, about 2 minutes. Toss beans with the garlic sauce.



SWEET POTATOES



Steam whole sweet potatoes for 25 minutes until very tender. Cut an incision lengthwise along the top of the potato. Crack it open and add herbs, spices or oil or butter. Mash together with a fork.



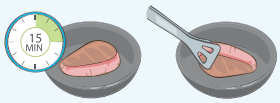
SESAME OIL



STEAK



Warm a cast iron pan over medium-high heat for a few minutes. Season the steak generously with salt. With the stove ventilation on, add the steak to the pan and sear for 1-2 minutes per side. Using tongs, sear the edges for another minute. Turn off heat and rest the steak in the pan 1 minute per side.



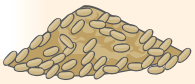
BOK CHOY



Cut bok choy into wedges and rinse well under cold water. In a large hot pan or wok, sauté with oil until just wilted but still perky. Remove from heat and toss with a few drops of soy sauce or some rice vinegar. Garnish with herbs.



BROWN RICE



Boil 1 part rice in 5 parts of salted water, partially covered, until tender, about 30 minutes. Drain excess liquid. Add herbs and butter or oil (if using).



AVOCADO OIL



SHRIMP



Peel and devein the raw shrimp. Toss in a bowl with salt and preferred spices (if using). Sear or grill the shrimp over medium-high heat for about 2 minutes or until opaque around the edges. Turn shrimp for a final 30 seconds and remove from heat.



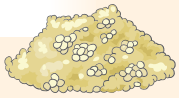
SPINACH



Toast sliced garlic in a large pan with oil. Once the garlic starts to brown around the edges, add the spinach and press down gently until it starts to wilt. Season with salt. Remove from pan once wilted, keep it warm in paper towel if desired.



QUINOA



Rinse quinoa well under cold water. In a sauce pot, add 1 part quinoa, preferred spices and 2 parts water. Bring to boil and season with salt. Cook for 5 minutes over high heat. Cover and reduce heat to medium. Cook for 10 minutes, or until liquid is evaporated and quinoa has doubled in size. Fluff with a fork.



CANOLA OIL



RED LENTILS



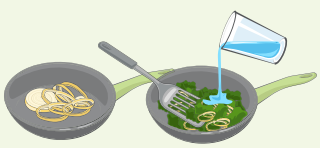
Rinse and quickly sort through lentils. In a sauce pot over medium - high heat, sauté onions, garlic and preferred spices until soft and caramelizing. Add 3 parts water and salt to taste. Cook until lentils are tender, about 40 minutes (longer for a thicker result).



KALE



Saute sliced onion in oil. Once the onions start to caramelize, add the kale. Season with salt, add a 1/4 cup water and cover. Stir every few minutes or so. Remove lid and cook until all the liquid has evaporated.



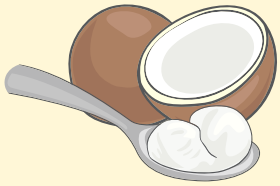
CHICKPEAS



Soak the chickpeas in 3 parts water overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the chickpeas in their cooking liquid for up to 4 days.



EXTRA VIRGIN COCONUT OIL



PRESSED YOGURT



Scoop Greek yogurt into a sieve, set over a bowl, and let strain in the fridge overnight. Discard the water, then transfer the pressed yogurt to the bowl. Stir in preferred herbs, spices and citrus and season with salt to taste. Store in an airtight container in fridge for up to a week.



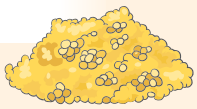
EGGPLANT



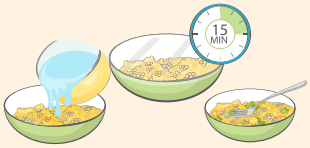
Grill whole eggplants over high heat, turning often, until skin is completely charred. Cool and peel away the charred skin. Tear eggplant up with a fork and toss with salt, citrus juice and any preferred spices.



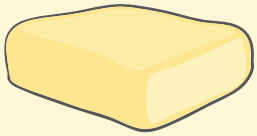
BULGUR



Toss 1 part bulgar in a bowl and season with salt. Bring 2 parts water to a boil and pour evenly over bulgur. Cover quickly with plastic wrap and let sit for 15 minutes. Fluff with a fork and add garnishes or herbs.



BUTTER



SCALLOPS



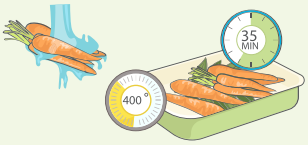
Set a pan to medium-high heat. Season scallops with salt, spices, and oil or butter. Sear scallops for about a minute and a half per side, making sure to not crowd the pan. Remove from heat and garnish with citrus.



CARROTS



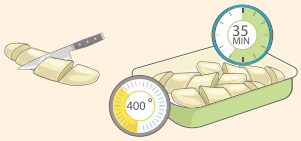
Peel and wash carrots but leave them whole. Toss them in a bowl with preferred spices and oil, and roast in the oven at 400° F degrees until soft and deeply coloured, about 35 minutes. Garnish with herbs.



PLANTAIN



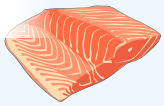
Peel the plantains and cut them into large pieces. Toss them in a bowl with preferred spices and oil, and roast in the oven at 400° F until soft and deeply colored, about 35 minutes. Garnish with herbs.



RAW AVOCADO



SALMON



Warm a pan over medium-high heat. Season salmon with salt, oil or butter, and spices. Place it in the pan skin side down and leave it be. Add herbs and citrus to pan (if using). Reduce heat to medium, cover, and cook for 6-8 minutes. Flip the fish once for the last minute. Rest it in the pan (heat off) for a few minutes.



BRUSSELS SPROUTS



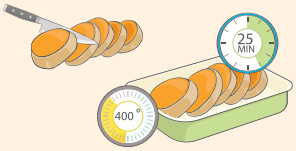
Remove the stem and cut the sprouts in half. Rinse and drain. Place in a single layer in a large pan over medium-high heat; season with salt and a few drops of oil. Stir after about 5 minutes, once they start to char. Cook for another few minutes. Garnish with herbs, chile flakes and/or a squeeze of citrus.



BUTTERNUT SQUASH



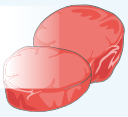
Cut the squash into 1" discs. Toss them in a bowl with red onion wedges, salt, preferred spices and choice of healthy fat. Roast at 400° F until soft and blistered, about 25 minutes.



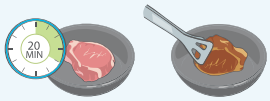
CHOPPED ALMONDS



PORK TENDERLOIN



Set a pan or grill to medium-high heat. Season pork with salt, oil or butter, and spices. Place it in the pan and leave it be. Cook for a few minutes on each side, turning often. Add herbs and citrus to pan (if using), cover, and cook for a few more minutes. Rest it in the pan (heat off) for a few minutes.



BELL PEPPERS



Wash the peppers, cut them in half and rip out the core and stem. Cut or rip them into large pieces. Toss them in a bowl with preferred spices and oil, and roast in the oven at 450° F until soft and blistered, about 15 minutes.



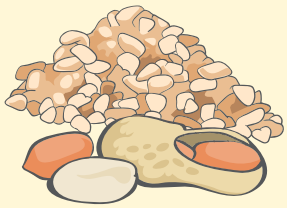
SPELT



Rinse 1 part spelt under cold water. Add to a sauce pot with 1 part crushed tomatoes and 2 parts water. Bring to a boil; add salt and herbs to taste. Cook until tender, stirring often, about 40 minutes. Garnish with herbs.



CHOPPED PEANUTS



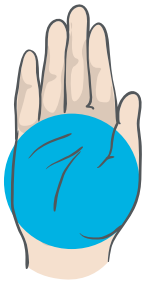
*If you're cooking without oil or butter, then use a nonstick pan or a grill.

2 STEP

PORTION YOUR INGREDIENTS.

Use the guide below to portion your meal**.
(Remember, you can make more than one portion for leftovers the next day).

PER SERVING:



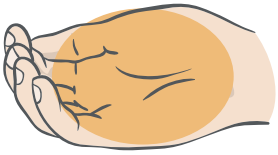
PROTEIN

Women: 1 palm
Men: 2 palms



VEGETABLES

Women: 1 fist
Men: 2 fists



CARBS

Women: 1 cupped hand
Men: 2 cupped hands



FAT

Women: 1 thumb
Men: 2 thumbs

Adjust portions up or down according to:

- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat

** For more information, check out: www.precisionnutrition.com/calorie-control-guide-infographic.

3 STEP

CHOOSE AROMATICS AND GARNISHES.

Select a regional flavor profile below, then choose three or more ingredients from its list and put them on the counter so they're ready.

ITALIAN

- Oregano
- Basil
- Fennel



- Capers
- Anchovies
- Olives
- Orange

FRENCH

- Tarragon
- Thyme
- Rosemary



- Bay leaf
- Black pepper
- Lemon

MEXICAN

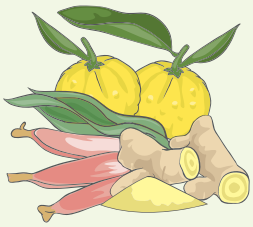
- Cilantro
- Cumin
- Cocoa



- Ancho and chipotle chiles
- Lime

JAPANESE

- Miso
- Sesame seeds
- Seaweed



- Pickled radish
- Ginger
- Yuzu

THAI

- Cilantro
- Mint
- Thai basil
- Ginger



- Lime
- Chiles
- Green onion
- Lemongrass

MOROCCAN

- Cardamom
- Saffron
- Cinnamon
- Anise



- Cayenne
- Cumin
- Preserved lemon

INDIAN

- Cumin
- Fenugreek
- Coriander
- Turmeric



- Curry powder
- Ginger
- Fresh curry leaf

CARIBBEAN

- Cinnamon
- Allspice
- Nutmeg
- Cloves



- Lime
- Scotch bonnets
- Pickled mango

SOUTHWEST

- Cumin
- Coriander
- Cilantro



- Mint
- Chiles
- Pepper
- Lime

SPANISH

- Smoked paprika
- Parsley
- Bay leaf
- Saffron



- Guindilla peppers
- Olives
- Orange

4 STEP

COOK THE FOOD.

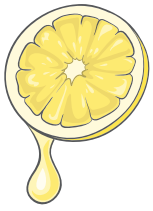
Use preparation methods outlined in Step 1 and incorporate the aromatics and garnishes as follows.



Add fresh herbs to your vegetable, or garnish the whole dish at the end.



Add dried spices to your smart carb.



Squeeze fresh citrus juice over your protein.

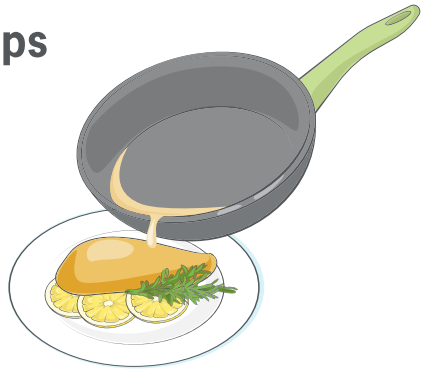


Sprinkle preserved foods and/or chopped nuts over your plate at the end.

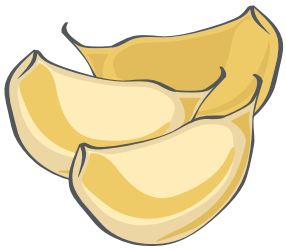
Additional flavor tips



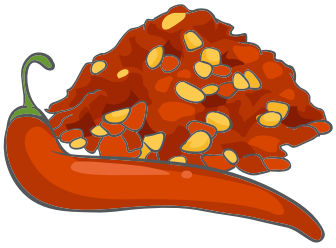
Sauté onions in your pan alongside green vegetables. They add depth of sweetness and texture.



When cooking chicken, pork, or salmon, use any pan drippings as a flavorful sauce.



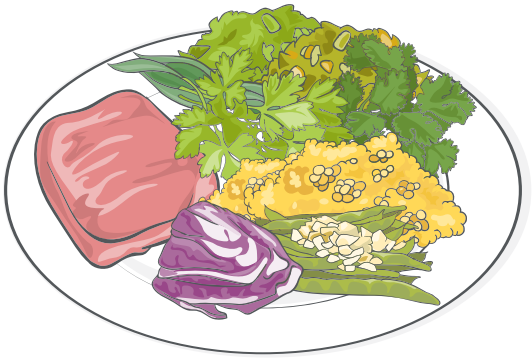
Add garlic cloves (husk on) to your pan while your protein is cooking, or to your roasting pan with vegetables. This makes a flavorful garnish.



Sprinkle dried chile flakes or grate fresh horseradish on your protein. This offers an unexpected kick, building flavor with minimal effort.

5 STEP PUT IT ALL ON YOUR PLATE.

Garnish with an additional sprinkle of chopped fresh herbs if desired.

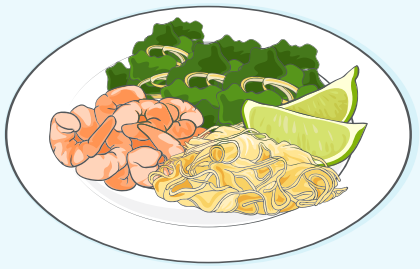


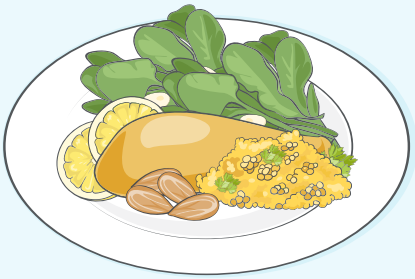
SAMPLE MEALS

Mix and match these ingredients however you choose.
Here are a few combos to get your imagination going.

THAI THREE WAYS

- Steak with coconut brown rice and bok choy
- Chicken with eggplant, spelt, and peanuts
- Shrimp with kale and spaghetti squash



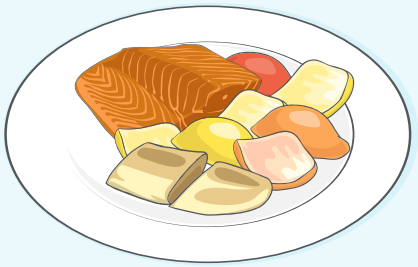


INDIAN THREE WAYS

- Chicken with spinach, bulgur, and almonds
- Curried chickpeas with eggplant and yogurt
- Red lentils with Brussels sprouts and sweet potatoes

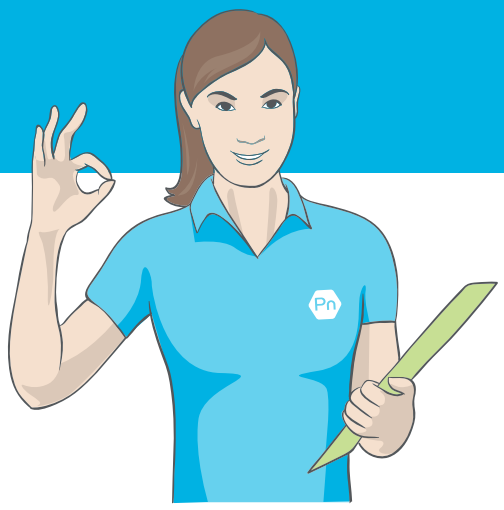
MEXICAN THREE WAYS

- Chicken with spinach and quinoa
- Salmon with bell peppers and plantain
- Beans with carrots, brown rice, and avocado



MAKE AN AMAZING MEAL TONIGHT

- IT'S EASY TO DO.
- THE TEMPLATE IS FLEXIBLE.
- IT'S BASED ON FLAVOR SCIENCE.
- THE MEALS TASTE GREAT.
- THEY'RE GOOD FOR YOU TOO.



To download a printable copy of this infographic:
http://www.precisionnutrition.com/create-the-perfect-meal-infographic

Pn PrecisionNutrition

HOW TO MASTER MEAL PREP

Try the make-ahead strategies used by Precision Nutrition's most successful clients and you'll always have healthy food on hand.

WHAT A HEALTHY MEAL LOOKS LIKE

Before mastering meal prep, learn what, and how much, to eat.



ON THE WEEKEND

Prep one-pot meals and versatile ingredients like grilled chicken and roasted veggies.

STEP 1 LOOK AHEAD



For which busy days in the coming week will you need pre-prepped meals?

STEP 2 MAKE A MENU



Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.

STEP 3 SHOP FOR INGREDIENTS



Buy the ingredients for your pre-prepped meals.

STEP 4 COOK FOR THE WEEK

Consider one-pot meals, like Dr. John's Chili below

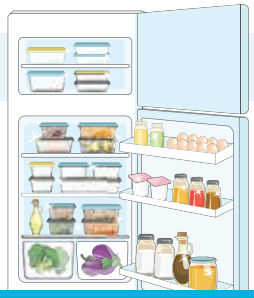


Cook time-consuming meal components: chicken, veggies, potatoes, etc.

STEP 5 STORE IT CONVENIENTLY



Pack your prepped food in stackable clear containers and make them accessible in the fridge.



THE NIGHT BEFORE

Soak hearty foods like whole grains, beans, and oats to save up to an hour of cooking time.

GRAINS



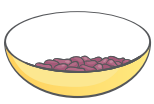
Dump slow-cooking whole grains (like spelt, barley, or wheat berries) into a large bowl.

OATMEAL



In a jar, combine equal parts rolled oats, milk, and plain yogurt (generally 1/3 - 1/2 cup each).

BEANS



Pour 1 part beans into a large bowl.





Cover them with a couple inches of water.



Mix in healthy toppings like fresh or dried fruit, nuts, seeds, spices and/or protein powder.



Cover with 4 parts water.



Leave them on the counter overnight.



Cover and store in the fridge overnight.



Leave them on the counter overnight.



Discard soaking water and pour soaked grains into a pot; cover with two inches of fresh water and boil until tender, 15-60 minutes.



Enjoy for breakfast warm or cold.



Discard soaking water and pour 1 part soaked beans into a pot; cover with 3 parts fresh water and boil until tender, 45-60 minutes.

IN THE MORNING

Do quicker prep tasks like washing, chopping, boiling, and toasting.

STEP 1



WORK WITH YOUR ROUTINE

Pair food prep with a daily activity like your morning coffee, making lunches, or watching the news.

STEP 2



PUT IT ON THE CALENDAR

So you won't forget — and you can reschedule if the unexpected comes up. 15 minutes should do the trick.

STEP 3



PREP IN BULK

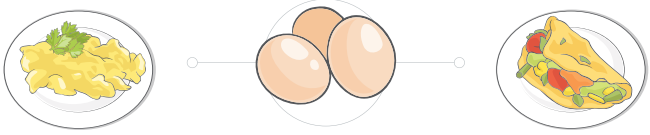
Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.

TWO FOR ONE

Prep foods that will keep for a day or two, but not longer.

BREAKFAST

Scrambling eggs on Monday? Whisk six eggs instead of two, and store the extra liquid for Wednesday's omelettes.



LUNCH

Slice cucumber for today's hummus wrap, and extras for tomorrow's salad.



DINNER

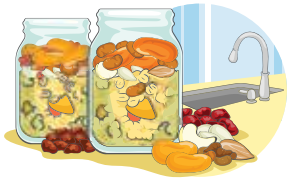
Wash and chop kale for tonight's couscous, and extra for tomorrow's orzo salad.



IN A JAR

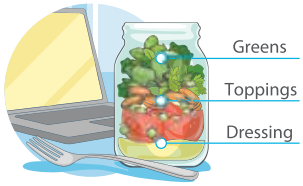
Keep these pre-mixed meals handy at home or work for instant breakfasts and lunches.

OATMEAL



In a large jar, combine uncooked oats with toppings like nuts, seeds, dried fruit, and spices. At breakfast time, simply scoop a serving into a pot, add water, and cook.

SALAD



Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.

DR. JOHN'S CHILI

Make it on Sunday and keep it in the fridge for fast meals all week long.

INGREDIENTS



4 lb extra lean ground beef (96%)



2 large onions, chopped



6 garlic cloves, chopped



4 tbsp chili powder



1 tsp cumin
2 tsp paprika



1 tsp celery seed
1 tsp fresh ground pepper



4 (15 1/2 ounce) cans kidney beans, drained and rinsed



2 large tomatoes, chopped



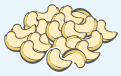
1 lb carrots, peeled and sliced



4 bell peppers: (green, red, yellow, orange) cut into 1/2-inch squares



2 (46 oz) bottles vegetable juice, spicy hot



1/2 cup cashew meal

INSTRUCTIONS

STEP 1



Brown ground beef over high heat with garlic and onions. Add spices and fry for 2 minutes.

STEP 2



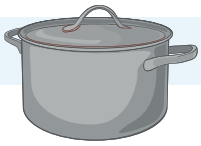
Add browned beef, beans, tomatoes, carrots, peppers, and vegetable juice to a very large pot and bring to a boil. Reduce heat to simmer.

STEP 3

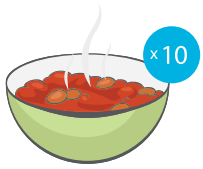


Pulse cashews in a blender until a grainy meal is formed.

STEP 4



Stir cashew meal into chili, cover, and simmer for an additional 30 minutes.



MAKES 10 SERVINGS.

No need to try all these strategies. Start slow, and do what works for you. Once you get in a rhythm, prepping meals in advance is really easy.

For the full article explaining this infographic:
https://www.precisionnutrition.com/meal-planning-strategy

PrecisionNutrition

PORTION CONTROL GUIDE

FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein = 1 palm



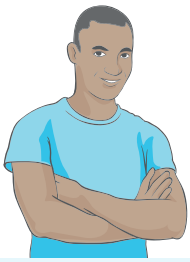
A serving of vegetables = 1 fist



A serving of carbs = 1 cupped hand

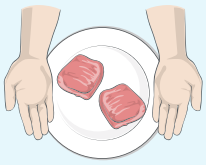


A serving of fats = 1 thumb



HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE





Men:
Two palm-sized portions
(~ 40-60 g protein)

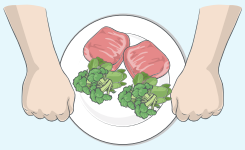
STEP 1

PROTEIN

Meat, fish, eggs, cottage cheese, and Greek yogurt



Women:
One palm-sized portion
(~ 20-30 g protein)

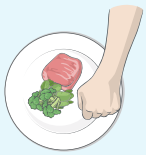


Men:
Two fist-sized portions

STEP 2

VEGETABLES

Broccoli, spinach, salad, carrots, etc.



Women:
One fist-sized portion



Men:
Two cupped-hand sized portions
(~ 40-60 g carbs)

STEP 3

CARBOHYDRATES

Grains, starches, beans, and fruits



Women:
One cupped-hand sized portion
(~ 20-30 g carbs)

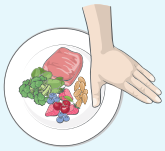


Men:
Two thumb-sized portions
(~ 15-25 g fat)

STEP 4

FATS

Oils, butters, nut butters, nuts, and seeds



Women:
One thumb-sized portion
(~ 7-12 g fat)

Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.
Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.

NOW, CUSTOMIZE THE PLAN FOR YOU

Active men do best with 6-8 servings of each food group per day (~2,300-3,000 kcal).
Active women do best with 4-6 servings of each food group per day (~1,500 - 2,100 kcal).

From there, adjust the number of portions to meet your personal needs and goals.

IF YOU NEED MORE FOOD BECAUSE YOU…

- Are larger in stature
- Aren't feeling satisfied at meals
- Eat less frequently throughout the day
- Are very active
- Are trying to gain muscle
- Aren't getting muscle-gain results

IF YOU NEED LESS FOOD BECAUSE YOU…

- Are smaller in stature
- Are feeling too full at meals
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight
- Aren't getting weight-loss results

…THEN START BY ADDING…

Men : 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.
Women : 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

…THEN START BY REMOVING…

Men : 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day.
Women : 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day.

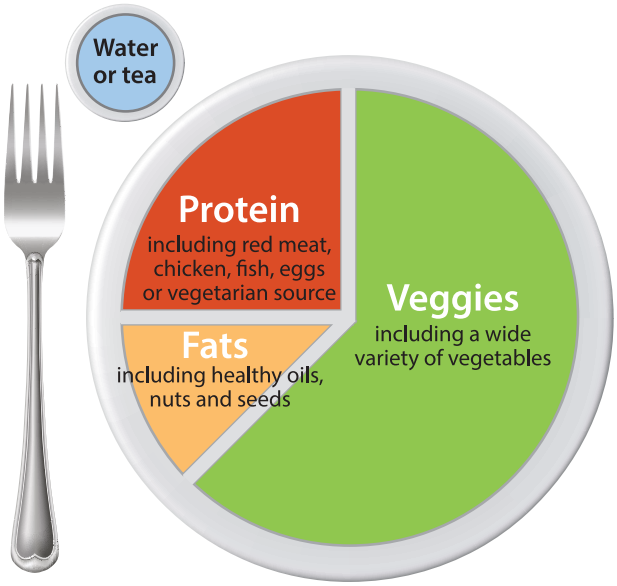
This system is easier than counting calories and nearly as accurate.
Just like with counting, though, pay attention to results and adjust as needed.

For the full article explaining this infographic:
http://www.precisionnutrition.com/calorie-control-guide

Pn PrecisionNutrition

Anytime Meal

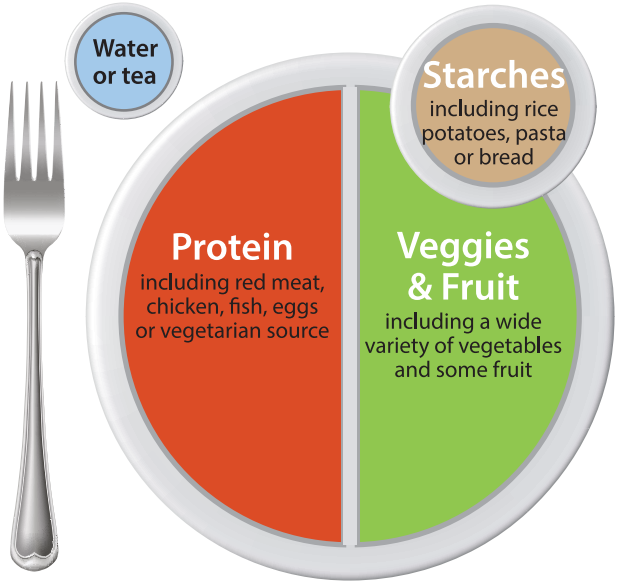
All meals not directly after a workout



- Eat slowly and stop eating when you're 80% full.
- Save 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.

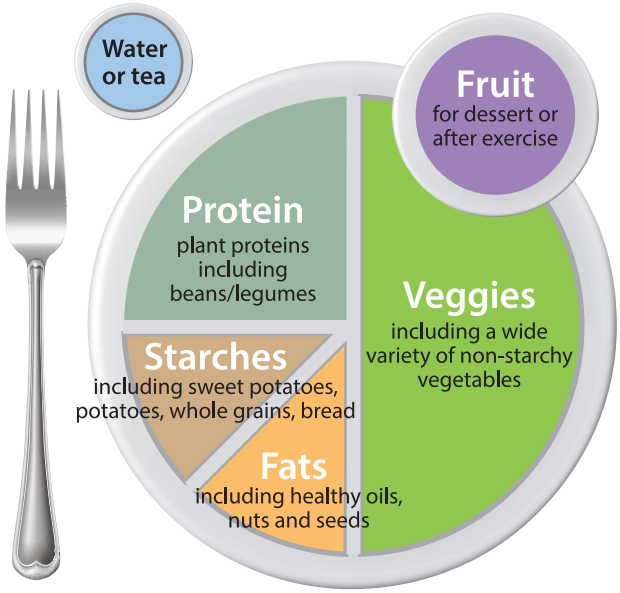
Post Workout Meal

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.

Plant Based Eating



- Eat slowly and stop eating when you're 80% full.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Eat outside in the sun for extra Vitamin D.
- After the meal, freshen breath with vitamin B-12 gum.
- Follow hunger cues. Eat more or less based on your appetite.
- Use smaller or larger plates based on your own body size.

THE SUPER SHAKE GUIDE:

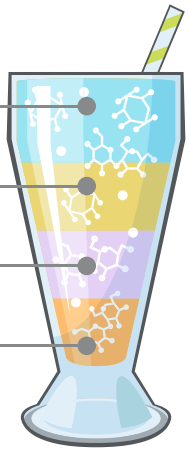
TURN YOUR BORING PROTEIN SMOOTHIE INTO A SUPER SHAKE

These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

JUICE-BAR SHAKES VS. SUPER SHAKES

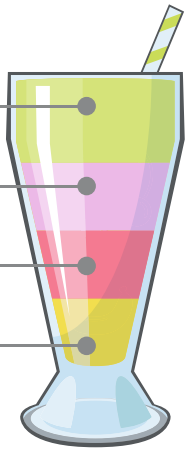
Juice-Bar Shakes

- Contain high levels of sugar
- Include low-quality protein sources
- Rely heavily on processed ingredients
- Use too many artificial components



SUPER SHAKES

- Contain minimal sugar and artificial ingredients
- Use high-quality protein sources
- Include whole fruits and vegetables
- Provide fiber and healthy fats



START WITH A GOOD BLENDER

Since your Super Shakes will use whole foods and some frozen ingredients, you'll need a powerful machine. Here are two good options.



MAGIC BULLET

Good blender for everyday use

Price

under $50

POWER

250 Watts

CAPACITY

19 oz

May wear out after only a few months

VITAMIX

The Rolls Royce of blenders

Price

over $300

POWER

1400 Watts

CAPACITY

64 oz



Comes with a minimum 5-year warranty

STEPS TO MAKING YOUR SUPER SHAKE

Go through the steps below, selecting one or two items from each category.

STEP 1: PICK A LIQUID

Less liquid = thick shakes
More liquid = thin shakes

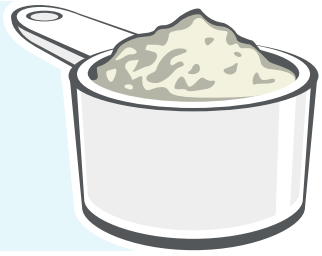
4-8 oz
is a good starting point for each serving.



- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

STEP 2: PICK A PROTEIN POWDER

25-50 g
1-2 scoops should be sufficient for each serving.



- Whey protein
- Casein protein
- Rice protein
- Pea protein
- Hemp protein
- Other proteins or protein blend

Find a protein supplement that tastes good and digests well.

STEP 3: PICK A VEGGIE

1-2 handfuls
Use raw or roasted veggies.

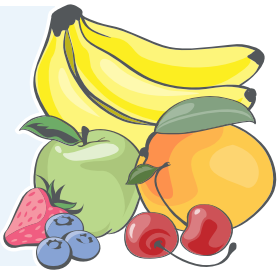


- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Powdered greens supplement

Spinach works well in any Super Shake since it's virtually undetectable.
Pair canned or roasted pumpkin with vanilla.
Try pairing peeled, roasted beets with chocolate.
When including celery or cucumber, reduce the amount of liquid you add.

STEP 4: PICK A FRUIT

1-2 handfuls
You can use fresh or frozen fruit.



- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

Toss in half a banana to give the shake excellent texture.
Dates are very sweet. Make sure to get rid of the pit first.
Apples provide sweet and tart notes. Simply remove the core and slice.

STEP 5: PICK A HEALTHY FAT

1-2 thumb - sized portions
should be sufficient for each serving.



- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

When blended well, nuts and seeds offer a nice, rich consistency.

STEP 6: PICK A TOPPER

Try cinnamon with vanilla and pumpkin.

Add oats if you need extra carbs.

Incorporate yogurt if you want more protein and a smoother texture.

With toppers, a little goes a long way.



- Coconut
- Cacao nibs / dark chocolate
- Yogurt
- Oats / granola
- Cinnamon
- Ice (if using fresh fruit)

RECIPES FROM THE PROS

Here's the original Super Shake, courtesy of PN co-founder Dr. John Berardi

Here's another favorite Super Shake, courtesy of PN coach Ryan Andrews



Just remember: Not all of the steps are mandatory. Don't want a topper? Leave it out. Want extra veggies? Add 'em in. Trying to reduce calories? Change the portion sizes.

MIX AND MATCH TO FIND THE PERFECT SUPER SHAKE FOR YOU.

Pn PrecisionNutrition

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

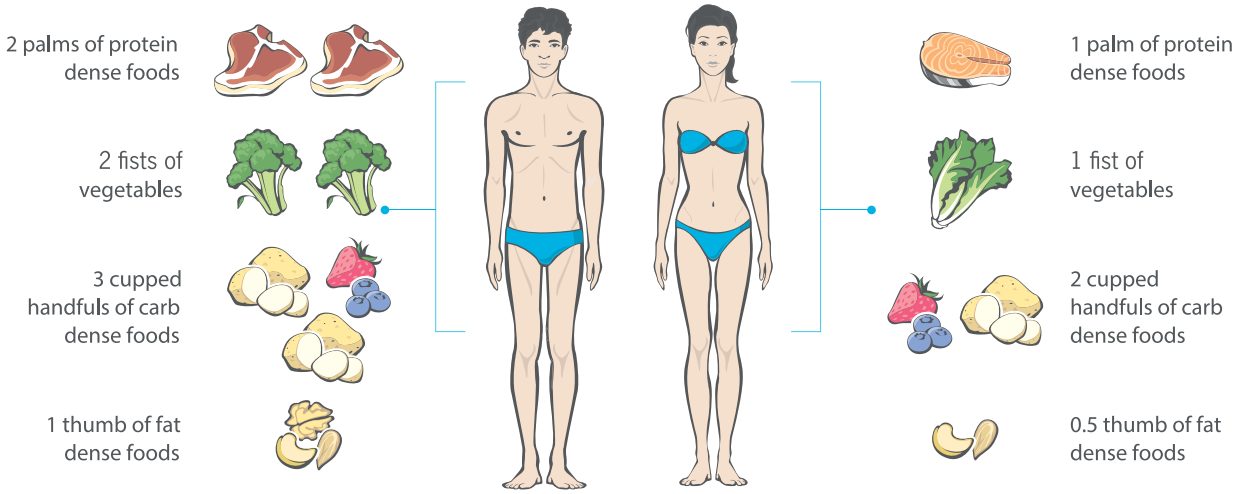
I'm generally lean, with a smaller frame and thinner limbs. I have a fast metabolism and tolerate carbs well. I'm usually trying to gain muscle or support my endurance exercise.

WHEN TO EAT

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
Eat "ectomorph meal" 1-2 hours before activity	For weight gain: 1 P+C drink For endurance support: 1 P+C drink For fat loss: EAAs or water For body recomposition: EAAs or water For maintenance: EAAs or water	Eat "ectomorph meal" 1-2 hours after activity

THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE



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

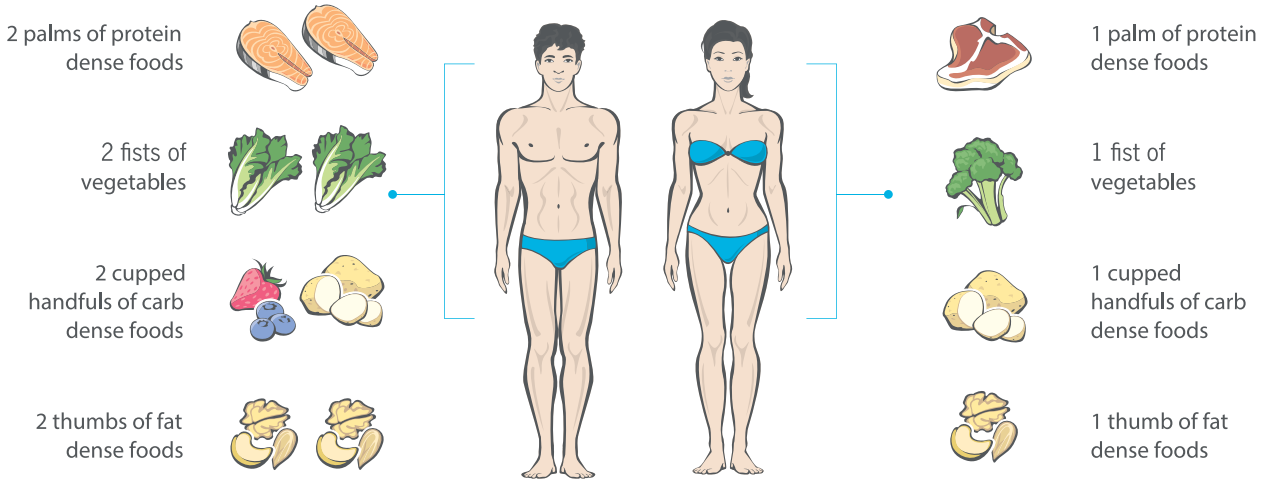
I'm generally athletic looking with a medium-sized frame. I seem to gain muscle and stay lean easily. I'm usually trying to optimize my physique or boost my sports performance.

WHEN TO EAT

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
Eat "mesomorph meal" 1-2 hours before activity	For weight gain: 1 P+C drink or EAAs For sport performance: 1 P+C drink For fat loss: EAAs or water For body recomposition: EAAs or water For maintenance: EAAs or water	Eat "mesomorph meal" 1-2 hours after activity

THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE



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 (½ scoop protein powder)

+



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

I'M AN ENDOMORPH

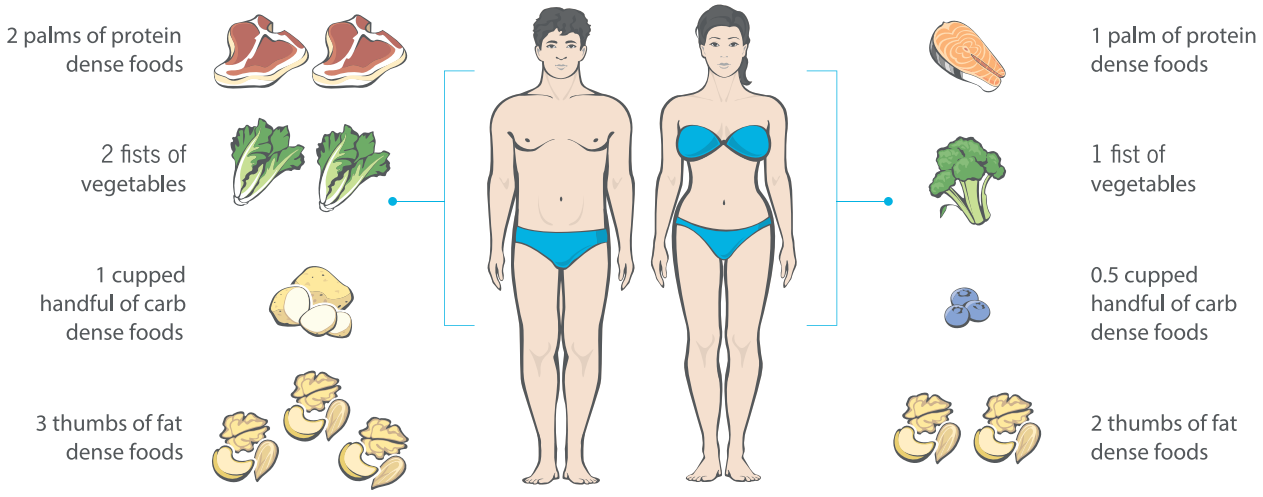
I generally have a large frame and am heavier than most. I have a slower metabolism and don't tolerate carbs as well. I'm usually trying to lose fat or support my strength.

WHEN TO EAT

BEFORE EXERCISE	DURING EXERCISE	AFTER EXERCISE
Eat "endomorph meal" 1-2 hours before activity	For weight gain: EAAs or water For strength support: EAAs or water For fat loss: EAAs or water For body recomposition: EAAs or water For maintenance: EAAs or water	Eat "endomorph meal" 1-2 hours after activity

THE ENDOMORPH MEAL

USE YOUR HAND TO MEASURE



WHAT ARE EAA's ?

Essential amino acids (EAA) can also be used during exercise. EAAs come in liquid, powder, or pill form. Aim for 5-15 g per hour of training.



PrecisionNutrition

25 WAYS TO
EAT WELL ON THE GO

Being away from home doesn't have to mean poor food choices. Use these genius tips from Precision Nutrition coaches to stick to your plan, no matter where life takes you.

AT HOME BEFORE YOU GO

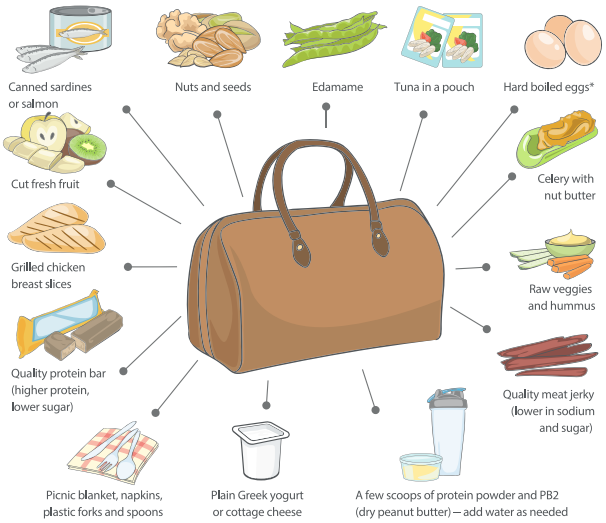
1. EAT A HEALTHY MEAL

Planning to be on the go for several hours?
Eat something satisfying first so you don't find yourself hungry and reaching for junk.



2. PACK A SNACK (OR SEVERAL)

Precision Nutrition coaches carry some interesting items in their bags!



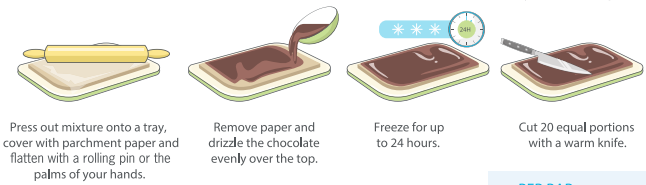
*If traveling for more than an hour or two, consider a soft cooler bag and ice pack for perishables.

3. CHEF JEN'S ALMOND PROTEIN BARS

Make these in bulk, then throw one in your bag for an on-the-go snack.

- 2 cups vanilla protein powder
- ½ cup oat flour
- 1.5 cups almond meal
- 1 cup chopped almonds
- ½ cup pumpkin seeds
- 1 cup puffed rice
- 2 tbs almond butter
- 2 tbs honey
- ¾ cup almond milk
- ½ tsp almond extract
- ½ tsp vanilla extract
- 100 grams dark chocolate







Store in an airtight container in the refrigerator for up to 10 days or in the freezer for up to 3 months.

PER BAR:
185 CALORIES
19 G PROTEIN
9 G CARBS
9 G FAT

4. ERIN'S EASY BRING-WITH-YOU SALAD

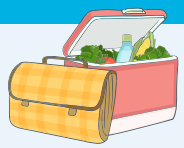


- Grab a container with a tight fitting lid
- Fill with leafy greens
- Throw in chopped lean meat or leftover protein "salad" (tuna, salmon, egg, chicken, quinoa, etc.)
- Sprinkle with a few nuts/seeds
- Top with a little salt and a large lemon wedge
- When you're ready to eat, squeeze lemon juice into the salad, mix, and enjoy

ON A ROAD TRIP

5. BRING A PICNIC BLANKET AND PACKED COOLER (SEE ITEMS ABOVE)

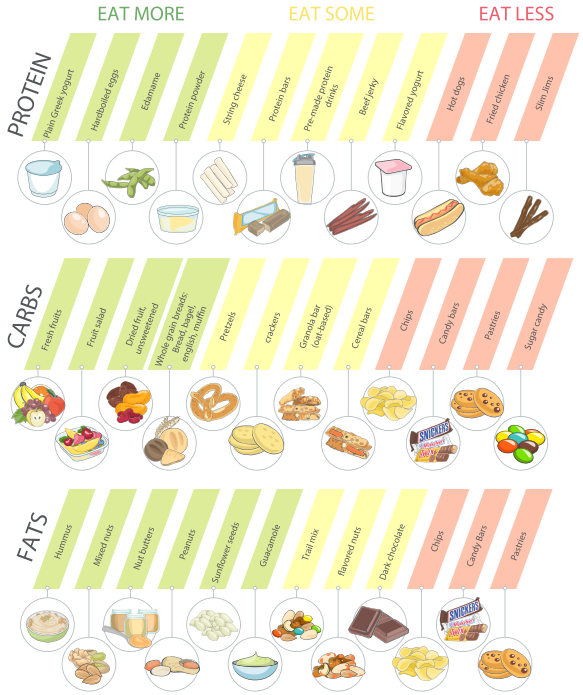
so you have healthy food available when it's time to eat.



AT THE GAS STATION / AIRPORT SHOP

Sometimes a convenience store is your only option. No big deal. PN coaches' advice:
Reach for veggies like carrot sticks and pre-made salads first.
Beyond that…

6. AIM FOR BETTER, NOT PERFECT.



7. HOW TO MAKE A DECENT GAS STATION MEAL






1-2 PROTEINS + 1-2 CARBS + 1-2 FATS VEGGIES!

ON A PLANE OR TRAIN

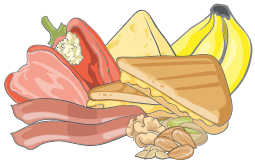
8. MAKE THE MOST OF MEAL OFFERINGS



- Order a la carte if possible
- Opt for a "tapas box" or "snack pack" (they usually include nuts/olives/cheese/meat you can pick through)

9. MAKE USE OF YOUR CARRY-ONS

WILL MAKE IT THROUGH AIRPORT SECURITY:



- Sandwiches
- Whole or cut fruit and veggies
- Firm cheeses
- Meat
- Nuts etc.

WILL NOT MAKE IT THROUGH AIRPORT SECURITY:



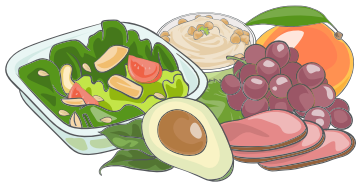
- Soups
- Sauces
- Yogurt
- Anything gel-like

IN A HOTEL

10. CONSIDER BOOKING A ROOM WITH A KITCHENETTE.

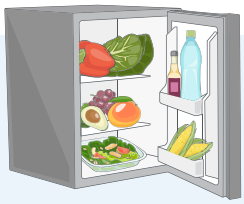
11. HEAD TO THE NEAREST GROCERY STORE

and stock up on boxed salad, baby veggies, hummus, deli meat, and fruit.



IF YOU DON'T HAVE A KITCHEN…

12. ASK THE HOTEL TO EMPTY THE MINI-BAR FRIDGE SO YOU CAN USE IT FOR HEALTHY SNACKS.



13. MAKE COACH KRISTA'S COFFEE MAKER OATMEAL:



Pour dry oats in the paper cup, run the hot water, let it sit. Stir in some protein powder if desired.

AT RESTAURANTS / CONFERENCES

These meals can be heavy, but there's usually a workaround. Besides, as long as you get workouts in, it shouldn't do much harm.

14. DON'T AIM FOR PERFECTION; JUST PICK THE MENU ITEM THAT'S BEST FOR YOU

15. GET CREATIVE

E.g. ask them to double the grilled chicken in your pasta or on your sandwich.



16. ASK FOR MORE GARNISHES



Lettuce, cabbage, cherry tomatoes, orange slices, etc.

17. LOOK FOR BUILD-YOUR-OWN-MEAL RESTAURANTS

(Pret A Manger, Chipotle, Qdoba, etc.)

18. MAKE A PN-FRIENDLY FAST FOOD MEAL



CHICKEN SANDWICH — BUN — SALAD — FRUIT

ON LONGER STAYS

19. MAKE YOUR PLAN

- Pre-order groceries from a local store or service like Grocery Gateway
- Research the nearest grocery store and how/when you'll get there
- Pre-order meals from a local delivery service
- Get restaurant menus in advance and decide what you'll order



20. SHIP FOOD AND EQUIPMENT TO YOUR DESTINATION



Staying at a hotel for a while? Mail yourself a box of cheap gadgets and snacks so you're set for the duration.

- Cutting knife
- Cutting board
- Shaker bottle
- Non-perishable items from the snack tote list above

CHECK YOUR HEAD

Have some conversations with yourself about your journey.

21. DECIDE WHETHER YOU'LL STICK TO YOUR HEALTHY HABITS OR TAKE A TEMPORARY BREAK.

Either way is good as long as it's a conscious choice.

22. AIM FOR "BETTER" INSTEAD OF "PERFECT".

This helps you avoid the f*ck it mentality.

23. HUNGER IS NOT AN EMERGENCY.

It's OK to be hungry for a couple hours if you don't like your food options.



24. WHAT ARE YOUR "MINIMUMS"?

E.g. at least 1 serving of greens a day, 2 workouts a week, etc.

25. NO MATTER WHAT HAPPENS, YOU CAN ALWAYS FALL BACK ON THE SIMPLE STUFF:

Eat slowly and mindfully until satisfied (80 percent full).

For more info:
https://www.precisionnutrition.com/eat-well-on-the-go-infographic

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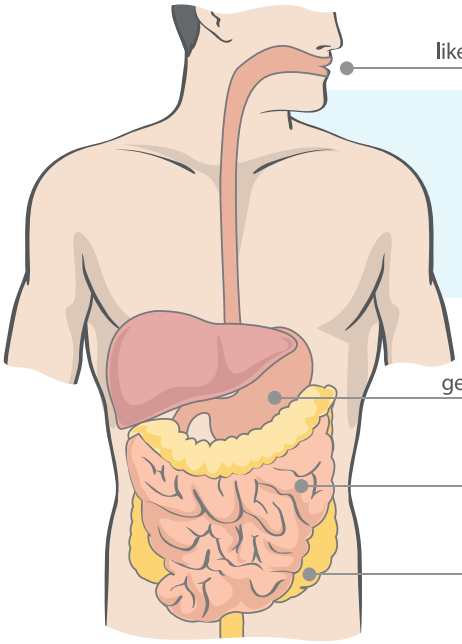
EATING WHEN SICK:

SHOULD YOU FEED A COLD? STARVE A FEVER?

Here's how to fight infection faster and avoid getting sick in the first place.

YOUR GUT: IMMUNITY HEADQUARTERS

Chemicals in the digestive tract fight bacteria, viruses and fungi.



Saliva contains powerful antimicrobials like lysozyme, alpha-amylase, and lactoferrin

THE DIGESTIVE SYSTEM CONTAINS OVER **70%** OF OUR IMMUNITY

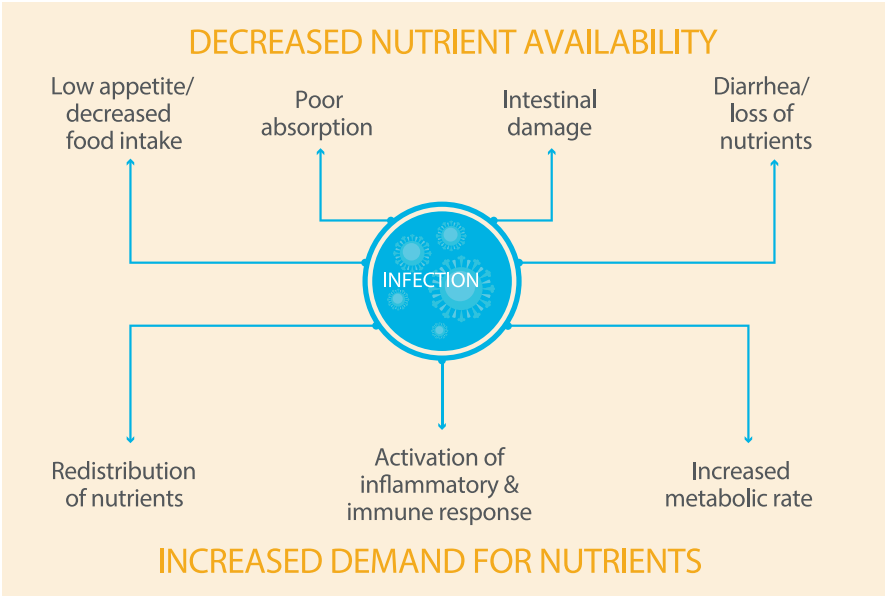
Hydrochloric acid breaks down most germs before they can reach your intestines

Proteins and other chemicals fight any remaining harmful bacteria

Our own good bacteria provide strong protection, too

FEEDING THE IMMUNE SYSTEM

The immune system needs plenty of nutrients, so if your diet is poor, you'll get sick more often (catch-22: you eat and absorb less when you're sick).

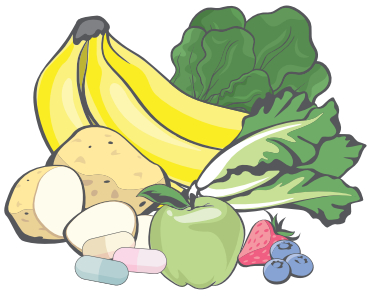


BALANCE YOUR GOOD BACTERIA

Prebiotic and probiotic foods will help by building your healthy bacteria.
If you're already sick, though, consider supplementation.

PREBIOTICS

(2-3 SERVINGS A DAY)



- Vegetables: asparagus, garlic, Jerusalem artichokes, leeks, onions
- Carbs: barley, beans, oats, quinoa, rye, wheat, potatoes, yams
- Fruit: apples, bananas, berries, citrus, kiwi
- Fats: flax seeds, chia seeds
- Supplements: With meals, take capsules or powders containing 2-4g per day.

PROBIOTICS

(1-2 SERVINGS A DAY)



- Dairy: yogurt, cheese and kefir with live and active cultures
- Fermented products: pickles, sauerkraut, kimchi, miso, tempeh, soy sauce, wine
- Supplements: With meals, take refrigerated capsules or powders providing 3-5 billion "live organisms" per day (10 billion if you're sick).

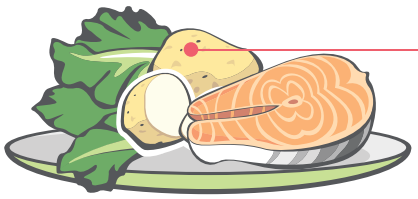
ABOUT "FEED A COLD, STARVE A FEVER"…

Even the healthiest diet can't protect you from every invader.
So, how much should you eat when you're sick?

FEVERS — BACTERIAL INFECTIONS   VIRAL INFECTIONS — COLDS

Science hasn't confirmed whether or not "feed a cold, starve a fever" actually works.
Which is why the best prescription is probably:

EAT IF YOU'RE HUNGRY



DON'T EAT IF YOU'RE NOT



FOODS THAT CAN SPEED RECOVERY…

Shown to fight germs and improve symptoms, these may help you feel better faster.



HONEY

Antibacterial and antimicrobial properties; an effective cough suppressant.



GARLIC

Acts as an antibiotic; can lessen the severity of colds and other infections.



CHICKEN SOUP

Provides fluids, electrolytes and anti-inflammatory nutrients that decrease symptoms.



GREEN TEA

Boosts B cell antibodies; helps us get rid of invading pathogens.



ELDER-BERRIES

Anti-viral properties; rich in phytonutrients.

…AND SUPPLEMENTS THAT MAY HELP, TOO

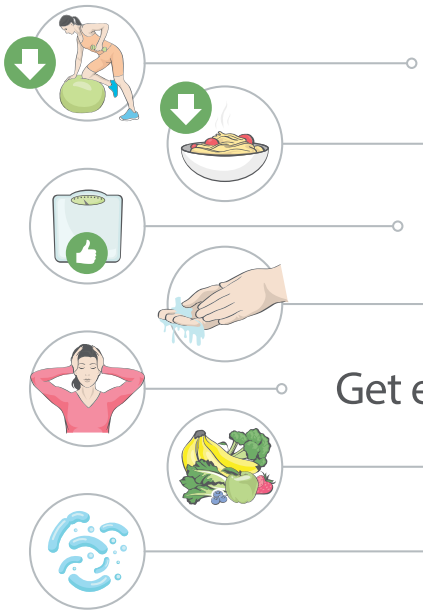
- Vitamin C
- Zinc
- Elderberry Extract
- Ginseng



- Quercetin
- Beta-glucan
- Stevia
- Selenium

YOUR STAY-HEALTHY PRIORITIES (IN ORDER OF IMPORTANCE)

To prevent getting sick:



- Avoid over- or under-exercising
- Avoid over- or under-eating
- Maintain a healthy body weight
- Wash your hands
- Get enough sleep and manage stress
- Eat nutrient-dense foods
- Feed your healthy bacteria

If you're already feeling sick:



- Drink lots of fluids
- Rest and recover
- If you're hungry, eat
- If you're not hungry, don't
- Focus on immune-boosting foods
- Supplement with pre- and probiotics
- Use immune-boosting supplements

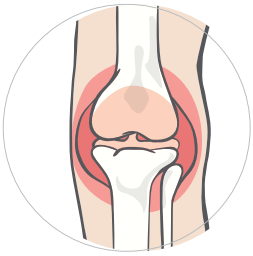
For the full article explaining this infographic:
http://www.precisionnutrition.com/what-to-eat-when-sick

PrecisionNutrition

NUTRITION FOR INJURY RECOVERY

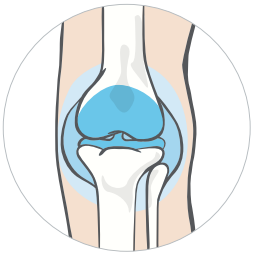
INJURY RECOVERY: HOW THE BODY WORKS

Tissue damage -- whether from surgery or injury -- kicks off a 3-stage recovery process.



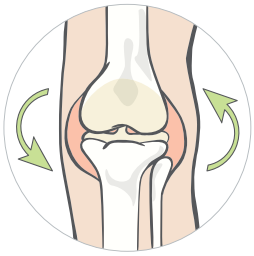
1ST STAGE: Inflammation

Pain, swelling, redness and heat; draws healing chemicals to the injured area.



2 ND STAGE: Proliferation

Damaged tissues are removed; new blood supply and temporary tissue is built.



3 RD STAGE: Remodeling

Stronger, permanent tissue replaces temporary tissue.

NUTRITION FOR INFLAMMATION STAGE

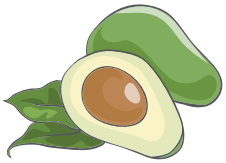


Inflammation is critical as it triggers the repair process. Too much, however, can cause additional damage. These strategies help produce the right amount.

EAT MORE ANTI-INFLAMMATORY FATS LIKE:



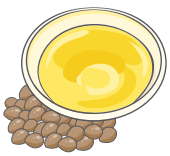
OLIVE OIL



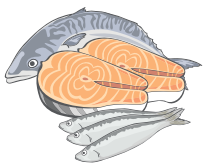
AVOCADOS



FISH OIL



FLAX OIL OR GROUND FLAX

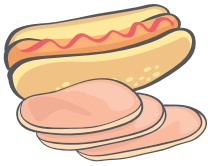


FISH LIKE MACKEREL, SALMON, SARDINES



MIXED NUTS AND SEEDS

EAT FEWER PRO-INFLAMMATORY THINGS LIKE:



PROCESSED FOODS HIGH IN SATURATED FATS



VEGETABLE OILS LIKE CORN, SUNFLOWER, SAFFLOWER, SOYBEAN



FOODS WITH TRANS FATS

INCLUDE INFLAMMATION MANAGING HERBS AND SPICES:



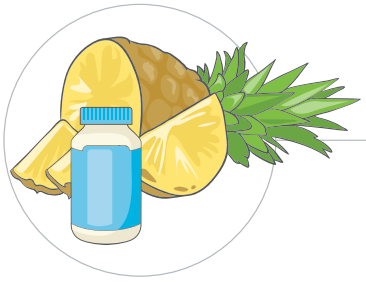
CURCUMIN FROM TURMERIC/CURRY POWDER

7 tsp a day of powder or 400-600mg in supplement form

GARLIC



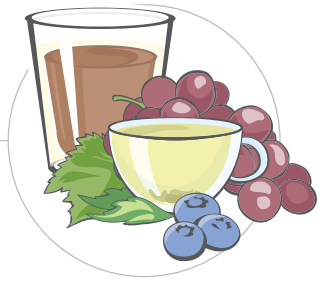
2-4 cloves a day or 600-1200mg of aged garlic extract.



BROMELAIN FROM PINEAPPLE

2 cups of pineapple a day or 500-1000mg in supplement form.

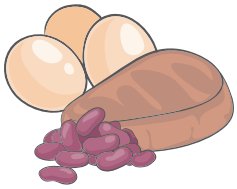
COCOA, TEA AND BERRIES



Eat daily or supplement with blueberry or grape extracts, green tea extracts, citrus extracts and bioflavonoid supplements.

NUTRITION FOR PROLIFERATION AND REMODELING STAGES

Energy intake is 1st priority:
Metabolism can increase from 15-50% so you'll need fewer calories than when training hard but more than when sedentary. With each meal:



EAT ADEQUATE PROTEIN

Minimally processed meats, legumes, eggs, plant-based proteins, protein supplements.



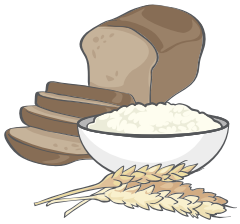
EAT THE RAINBOW

Include a diverse mix of fruits and veggies.



BALANCE DIETARY FAT

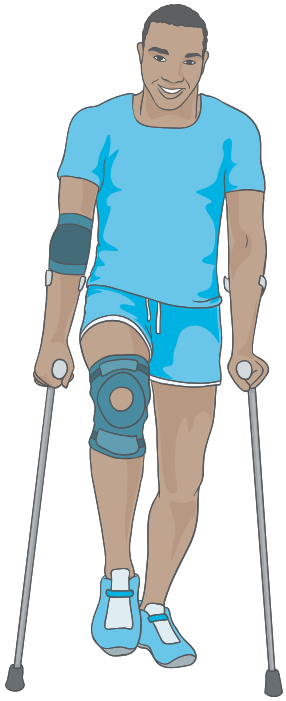
About 1/3 of fat intake from saturated, 1/3 from monounsaturated, and 1/3 from polyunsaturated.



EAT ENOUGH CARBS

You'll need fewer carbs than when training but enough to support recovery; include minimally processed carbs like whole oats, whole grain rice, sprouted grain breads and quinoa.

USEFUL SUPPLEMENTS



Supplementing with the following for 2-4 weeks post-injury may be helpful.

VITAMIN A
10,000IU per day

VITAMIN C
1g-2g per day

COPPER
2-4mg per day

ZINC
15-30mg per day

A few other supplements have shown benefit, including:

- Arginine
- HMB
- Glutamine
- Proteolytic Enzymes



WHAT TO EAT WHEN PREGNANT:

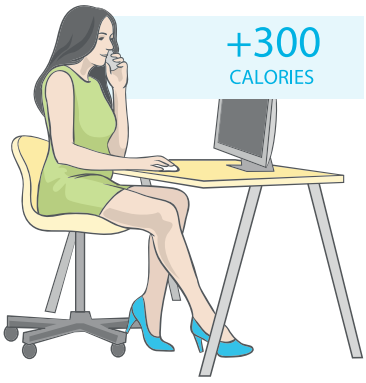
BUILDING A DIET THAT KEEPS YOU AND BABY HEALTHY

HOW MUCH SHOULD YOU EAT?

You need extra calories and nutrients as you work to build your baby's bones, tissues, and organs. Get what you need so he or she can develop into that perfect (wailing, demanding) little person you can't wait to hold.

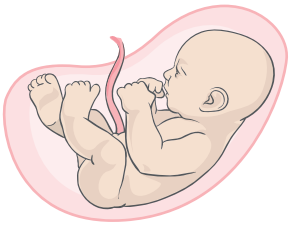


If you exercise regularly



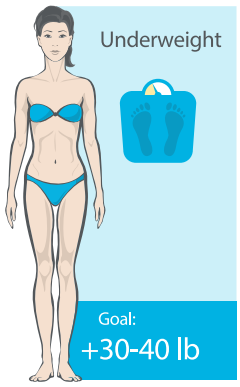
If you're not very active

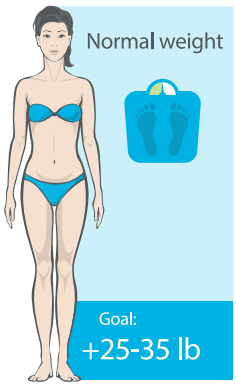
HOW MUCH WEIGHT SHOULD YOU GAIN?

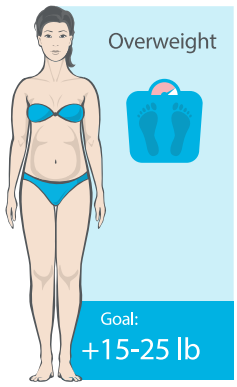


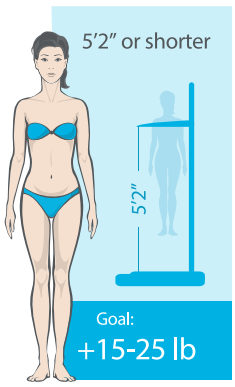
Think of yourself as a nutrient funnel. Your baby will take and take -- so if you don't keep the funnel full, you'll both come up short. Gain the right amount of weight yourself, and your baby will, too.

If you're starting out…









BUILDING YOUR PREGNANCY DIET

Here's an extra healthy-diet incentive: Eating well during pregnancy could help your child avoid greater risk of cardiovascular disease, hypertension, and type 2 diabetes later in life.

WHAT TO INCLUDE



PROTEIN

- Eat 1 gram of protein per pound of your body weight every day (i.e. if you're 150 pounds, eat 150 grams daily)
- Opt for lean meats (preferably grass-fed, organic)
- Include a small amount of dairy
- Supplement with natural, unsweetened protein powder if necessary

OMEGA-3



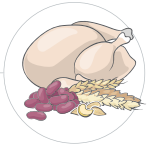
- Flax
- Walnuts
- Chia
- Hemp
- Seaweed
- Algae or fish oil (non-liver) supplements



VITAMIN D

- 20-30 minutes sun exposure 2-3 days per week
- Vitamin D-fortified foods

ZINC



- Whole grains
- Animal foods
- Legumes
- Nuts



FOLATE

- Legumes
- Dark, leafy veggies
- Folate-fortified foods

CALCIUM



- Dark, leafy veggies
- Legumes
- Bok choy
- Tofu
- Figs
- Nuts
- Seeds
- Fortified milks
- Fortified cereal grains



VITAMIN B-12

- Animal foods

IRON



- Seeds
- Whole grains
- Animal foods
- Nuts
- Dried fruits
- Dark, leafy veggies



Adding two healthy snacks to your regular three meals a day should help you meet your ramped-up caloric needs.

WHAT TO LIMIT

Avoid or minimize



Alcohol

Caffeine (aim for less than 300 mg/day)



Cured/deli meats





Artificial sweeteners

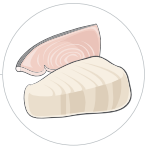
High sugar intake





Using cravings to justify poor food choices

Completely avoid



Swordfish, shark, king mackerel, tilefish (cooked or raw)



Tobacco



Soft cheeses (mold-ripened, blue-veined, unpasteurized)

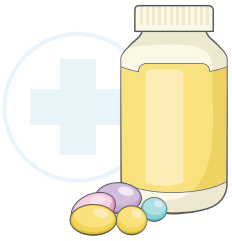


Raw or undercooked animal foods such as meat, seafood, and eggs

SUPPLEMENTS

Whether your doctor prescribed a specific prenatal vitamin or you're looking for one on your own, make sure the pill delivers:

- 3 µg/day of vitamin B-12
- 400 µg/day of folic acid
- 1,000 IU/day of vitamin D (especially if you're not getting much sun)



For the full article explaining this infographic:
http://www.precisionnutrition.com/what-to-eat-during-pregnancy

Pn PrecisionNutrition

THE SURPRISING PROBLEM WITH CALORIE COUNTING

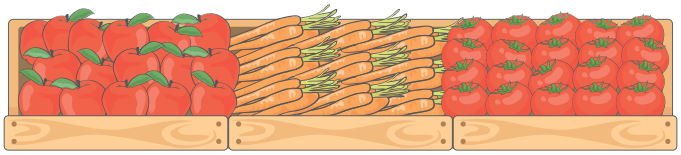
PART 1: 'CALORIES IN'

Most people who count calories for weight management assume it's an exact science. Here, 5 reasons why tracking the calories in your food is a flawed approach.

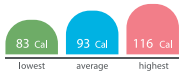
1 CALORIE COUNTS ARE IMPRECISE.

The calorie counts on food labels and in databases are averages. Research shows that the true calorie content of what you're eating is often significantly higher or lower.

APPLES

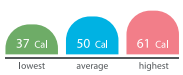


1 medium apple



CARROTS

1 cup carrot sticks

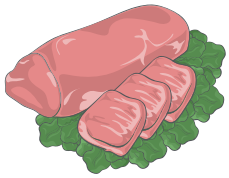


TOMATOES

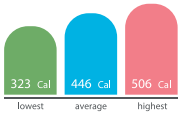
1 cup chopped tomato



LEAN BEEF LOIN



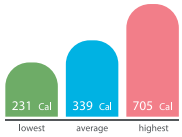
1 6-oz filet mignon



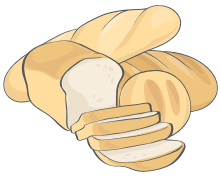
SWEET POTATO



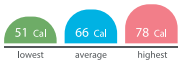
1 large sweet potato



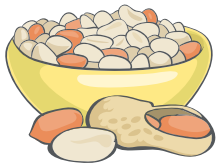
WHITE BREAD



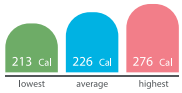
1 slice of bread



PEANUTS



1/3 cup chopped peanuts





Food companies may use any of 5 different methods to estimate calories, so the FDA permits inaccuracies of up to 20%.

So "150 calories" actually means 130-180 calories.

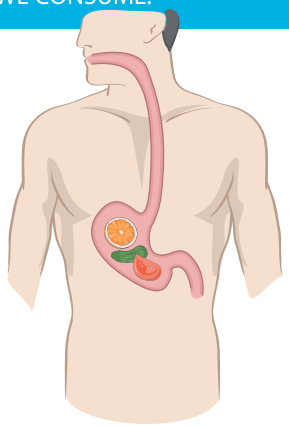
ERROR: UP TO 50% *

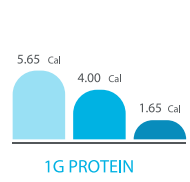
2 WE DON'T ABSORB ALL OF THE CALORIES WE CONSUME.

Some calories pass through us undigested, and this varies from food to food.

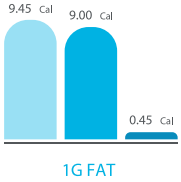
For decades, scientists have used this formula to come up with calorie counts that reflect only what we'll absorb:

- TOTAL CALORIES PER 1 GRAM OF MACRONUTRIENT
- CALORIES AVAILABLE FOR ABSORPTION
- CALORIES NOT ABSORBED

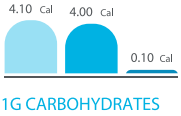




1G PROTEIN



1G FAT



1G CARBOHYDRATES

BUT THIS FORMULA DOESN'T TELL THE WHOLE STORY, EITHER.

For example, the formula doesn't work for nuts and seeds, because we absorb fewer calories from them than calculated.







Another example: The formula is wrong about fiber-rich foods.

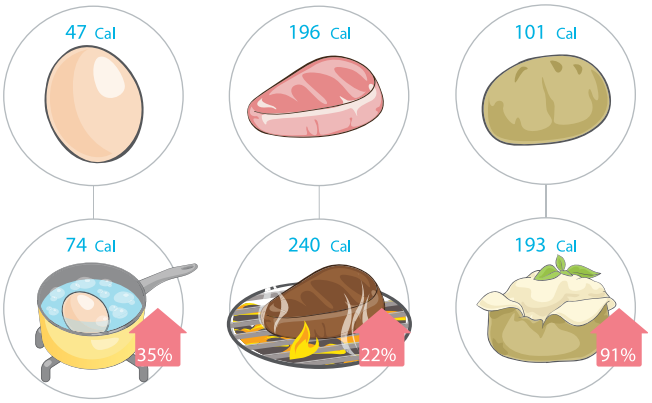
TOMATOES	KALE	CABBAGE	ORANGE	MANGO	BLACK BEANS (COOKED)
17% more calories absorbed	28% more calories absorbed	21% more calories absorbed	12% more calories absorbed	10% more calories absorbed	15% more calories absorbed

And another example: It turns out that the number of calories available for absorption from protein-rich foods is much more variable than the formula calculates.

ERROR: 10% ON AVERAGE

3 HOW YOU PREPARE FOOD CHANGES ITS CALORIE LOAD.

Cooking your food generally makes more of the calories available for absorption, and food labels don't always reflect that.

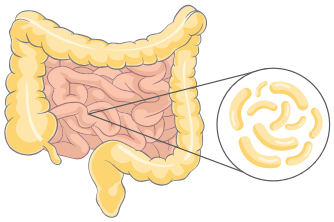


CHOPPING OR BLENDING YOUR FOOD ALSO INCREASES CALORIES ABSORBED.

ERROR: UP TO 90%

4 INDIVIDUALS ABSORB CALORIES UNIQUELY (AND VARIABLY).

Our own individual gut bacteria can increase or decrease the calories we absorb.



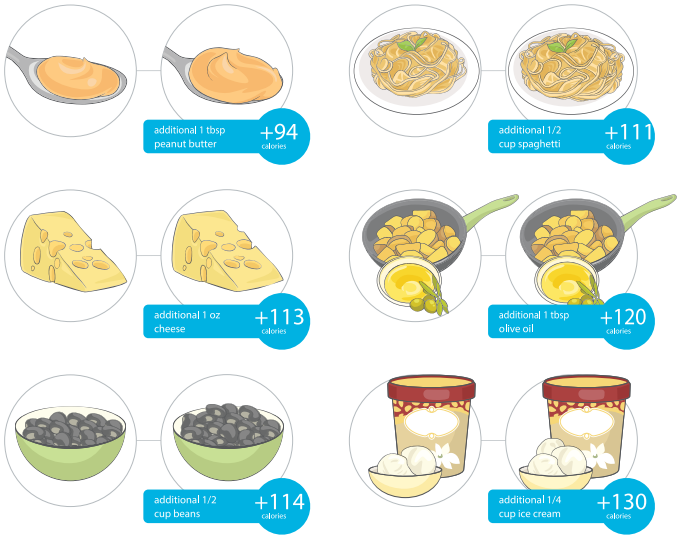
People with a higher proportion of Firmicutes bacteria absorb an average of

150 calories PER DAY MORE

than those with a higher proportion of Bacteroidetes.

5 PEOPLE AREN'T GREAT AT EYEBALLING PORTION SIZES.

Studies show that people mis-measure portions about two thirds of the time, so it's easy to accidentally consume a lot more calories than you intend to.



PUTTING IT ALL TOGETHER

Because…

- Calorie counts are imprecise;
- We don't absorb all of the calories we consume;
- How you prepare food changes its calorie load;
- Individuals absorb calories uniquely and variably; and
- People aren't great at eyeballing portion sizes…

…calorie counting may not be worth the work.

TOTAL ERROR WHEN COUNTING 'CALORIES IN': UP TO 25%

Even though calorie counting is not an exact science, it is still a valuable tool used by many people. Counting calories can help establish a baseline when working towards a goal of weight loss or weight gain. If after a few weeks of following a baseline plan, you are not progressing in the direction you had planned, then adjust your intake and monitor again for a few weeks. Eventually you will find the right balance of caloric intake that supports your goal. Calorie counting can help increase the consistency of total intake from day to day.

Calorie counting is not the only way to achieve goals of weight loss or weight gain. We can also track our intake in a less formal manner that doesn't take as much time. Refer to the **Portion Control Guide** for more information!

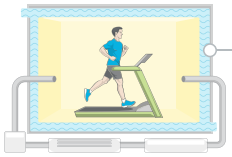
THE SURPRISING PROBLEM WITH CALORIE COUNTING

PART 2: 'CALORIES OUT'

Most people who count calories for weight management assume it's an exact science. Here, 4 reasons why tracking the calories you burn can be problematic.

1 CALORIE BURN ESTIMATES ARE IMPRECISE.

The calorie expenditure figures you see in lifestyle publications, online calculators, and fitness trackers are based on laboratory averages with large margins of error.



DIRECT CALORIMETRY

MARGIN OF ERROR: UP TO 3.3 %

Scientists use a hermetically sealed isolation chamber to measure energy burned. It's the most expensive method, so it's rarely used.

DOUBLY LABELLED WATER METHOD

MARGIN OF ERROR: UP TO 10.2 %

Study subjects drink water containing medical isotopes, which scientists measure in body fluids over time to estimate average daily metabolic rate.



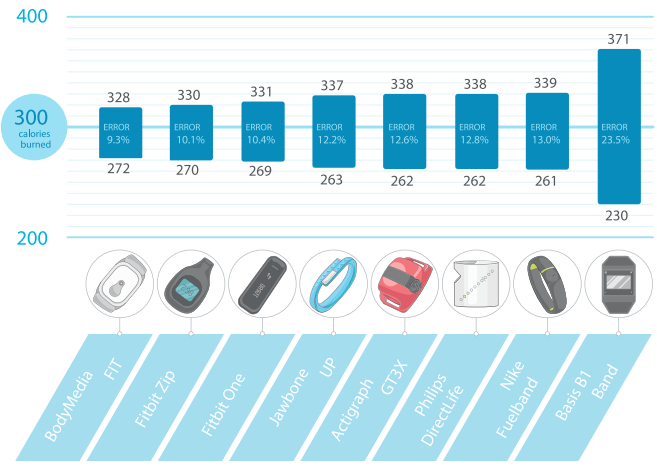


INDIRECT CALORIMETRY

MARGIN OF ERROR: UP TO 45 %

Gas exchange measurements are taken to estimate energy expenditure. This is the method behind 99% of the calorie burn estimates you see.

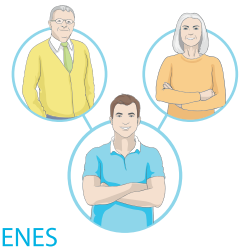
Consumer fitness trackers are off by about 30% for total daily calorie expenditure. And for aerobic exercise, the devices show errors between 9% and 23%. Here's what that looks like for a 300-calorie workout.



ERROR: AT LEAST 10% *

2 INDIVIDUALS BURN CALORIES UNIQUELY AND VARIABLY.

Many factors affect the true number of calories you'll burn during exercise and at rest.



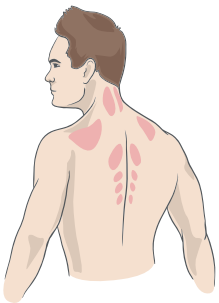
GENES

A single variation in the FTO gene can cause you to burn 160 fewer calories per day .



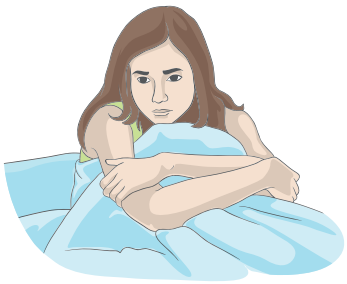
EPIGENETICS

External factors affect how genes are expressed. In mice, when a mother eats more of a specific nutrient (methyl donors) during pregnancy, her offspring burn 5% more calories per day than others. Human studies indicate the potential for similar findings.



BROWN FAT

In cold environments, people with brown fat (fat tissue containing more mitochondria) burn up to 400 calories more per day than people without it. Diet is also a factor: In one study, people who ate capsaicin burned 120 more calories per day via brown fat activation.

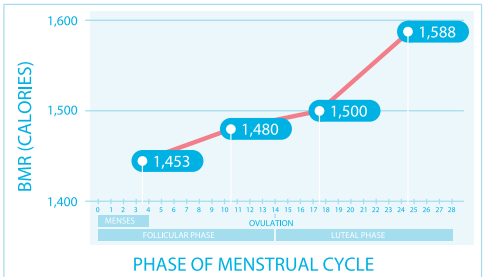


SLEEP

Sleep deprivation for a single night may decrease calories burned by 5-20% .

HORMONES

Women's menstrual cycle affects their resting metabolic rate.

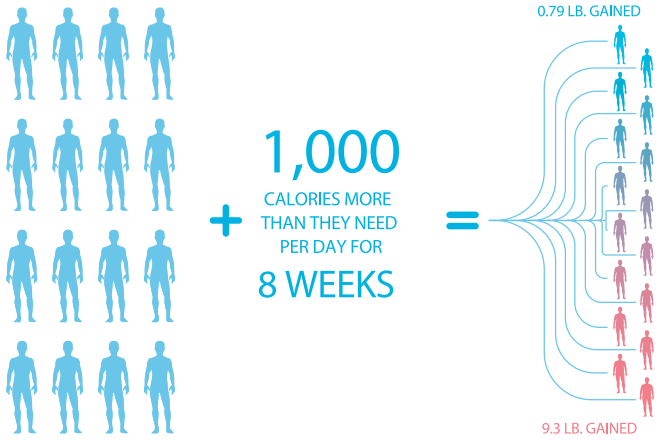


Overall, it's not unusual for an individual's metabolic rate to vary by 100 calories from day to day.

ERROR: UP TO 20%

3 WHAT AND HOW MUCH YOU EAT INFLUENCES HOW MANY CALORIES YOU'LL BURN.

For example, in response to overeating, metabolism increases. However, some people's metabolism will adapt more than others'.



Without adaptive metabolism, each person would have gained 16 pounds.

Importantly, you'll burn more energy digesting some macronutrients than others.

PERCENTAGE OF A MACRONUTRIENT'S CALORIES YOU'LL BURN VIA DIGESTION

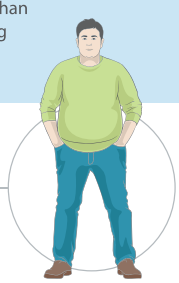
PROTEIN	CARBOHYDRATES	FATS
20-30%	5-10%	0-3%

ERROR: UP TO 20%

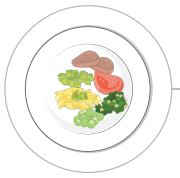
4 YOUR WEIGHT HISTORY INFLUENCES HOW MANY CALORIES YOU'LL BURN.



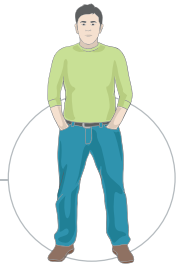
If you've ever been overweight / obese, your metabolic rate may be lower than equations predict due to something called adaptive thermogenesis.



Consider a 40-year-old man who weighs 200 pounds. Equations predict he'll require 2,759 calories / day to maintain his weight.



He starts to eat less in an effort to lose weight.

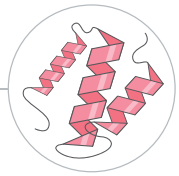


Over time, he loses 20 lb., or 10% of his previous body weight. Since a smaller body needs to process fewer calories to live, his total caloric output goes down.



Because the man has been living on a calorie deficit and lost significant weight, his brain thinks he's in danger of starving to death. His fat cells release less leptin, a hormone that influences hunger and activity cues.

This sends the body into calorie conservation mode, causing the man to subconsciously move less (via a drop in non-exercise activity thermogenesis, or NEAT) and making his muscles more efficient so he burns fewer calories even when he exercises.





Because of this adaptive thermogenesis, research shows the man may always require up to 300 fewer calories per day than equations predict to maintain his new weight.

Whereas most equations would predict the man requires 2,623 calories per day to maintain 180 lb., he might actually need as few as 2,323 daily.



ERROR: UP TO 10%

PUTTING IT ALL TOGETHER

Because…

- Calorie burn estimates are imprecise;
- Individuals burn calories uniquely and variably;
- What and how much you eat influences the calories you'll burn; and
- Your weight history influences how many calories you'll burn…

…counting 'calories out' may be less reliable than you think.

TOTAL ERROR WHEN COUNTING 'CALORIES OUT':
UP TO 25%



WHERE DO WE GO FROM HERE?

Tracking calorie intake and calorie output is imprecise and variable. Until science comes up with a better way, we like to keep things simple:

Commit to a daily movement practice and ballpark food portions using a hand measurement system.

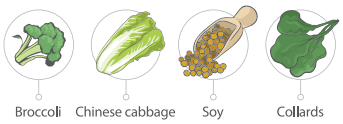
FRUITS & VEGETABLES:

THIS IS WHAT YOUR GRANDMA NEVER TAUGHT YOU

The vibrant colors of fruits & veggies aren't only nice to look at. They also tell us which special disease-fighting phytonutrients are inside. Learn what the phytonutrients do. And how much of each you need to fight disease and stay stronger for longer.

To maximize your health, EAT **1 CUP** of EACH COLOR every day





GREENS



On average, adults eat **70 lbs** of POTATOES per year

By contrast, they only eat **1/4 lbs** of BRUSSELS SPROUTS

Cut heart disease risk by **22%** with 4 SERVINGS of legumes/week

GREEN FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

EGCG, isothiocyanate, lutein, zeaxanthin, isofl avones, flavonoids, coumestans

HERE'S HOW TO GET MORE GREENS IN YOUR DIET:

- Drink green tea
- Add kale, spinach, collards, and/or chard to smoothies
- Eat a variety of salad greens
- Make a bean salad with vinaigrette
- Add parsley to hummus
- Microwave frozen green peas
- Add cabbage and green beans to a stir-fry
- Include steamed broccoli



REDS



With a SPF of **25-50** raspberry seed oil can be used as sunscreen

It takes about **100** cherries to make one cup of cherry juice

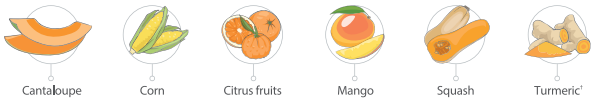
Adults eat **22-24** pounds of tomatoes/tomato products per year

RED FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Lycopene, ellagic acid, caffeoylquinic acids, hydroxybenzoic acids

HERE'S HOW TO GET MORE REDS IN YOUR DIET:

- Use tomato sauce for veggies, pasta, lasagna, or pizza
- Make a cranberry bread
- Snack on watermelon or grapefruit
- Add raspberries and walnuts to oatmeal
- Try cherries with cocoa powder in a smoothie
- Make chili with tomatoes and chili powder
- Try red cabbage slaw
- Homemade tomato soup



ORANGE



Adults eat **3.5 lbs** of sweet potatoes each year

The bioavailability of beta-carotene increases by **85%** when carrots are cooked

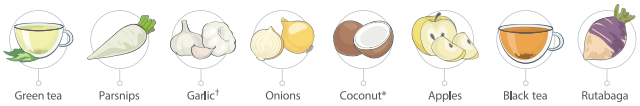
Acorn squash has **9 g** **of fiber per cooked cup**

YELLOW/ORANGE FRUITS & VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Alpha-carotene, beta-carotene, hesperetin, beta-cryptoxanthin, fl avonols, terpenoids, phthalides

HERE'S HOW TO GET MORE YELLOWS / ORANGES IN YOUR DIET:

- Eat stuffed squash and pumpkin
- Try carrot and sweet potato soup
- Add turmeric to sauces, soups, dressings
- Add peaches or pineapple to smoothies
- Eat oranges, clementines, and cantaloupe
- Make a mango salad
- Add ginger to sauces, soups, dressings



WHITE

Eating **1 apple** may help to reduce garlic breath

Before cooking chopped garlic, wait **10 min** to preserve the phytonutrients

For an anticoagulant effect, eat **1 clove** of garlic per day

WHITE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Flavonols, allicin, quercetin, sulfides

HERE'S HOW TO GET MORE WHITES IN YOUR DIET:

- Add garlic and onions to soup and stir-fries
- Drink some green or black tea
- Snack on apples
- Add coconut to a smoothie
- Make parsnip soup
- Try mashed cauliflower instead of potato



PURPLE



After eating beets, **10-15%** of the population develop pink urine

You can lower blood pressure with **500ml** of beet juice

A handful of dried plums has **6 g** of sorbitol, which has a laxative effect

PURPLE/BLUE FRUITS AND VEGGIES ARE RICH IN THESE PHYTONUTRIENTS:

Anthocyanins, resveratrol, hydroxycinnamic acids

HERE'S HOW TO GET MORE PURPLES/BLUES IN YOUR DIET:

- Snack on grapes
- Add blueberries to oatmeal
- Make eggplant curry
- Try a roasted beet salad
- Add blackberries to smoothies
- Snack on strawberries
- Make a cranberry oat crumble

*For these foods, a single serving is 1/8 of a cup

† For these foods, a single serving is 1 tsp

For more information and to download our free fruit and veggie cheat sheet, visit www.precisionnutrition.com/color-chart

Pn PrecisionNutrition

3 STEPS
TO PREPPING (AND LOVING) YOUR
VEGETABLES

1 STEP CHALLENGE

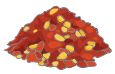
Choose a vegetable to try.



2 STEP COMPLEMENT

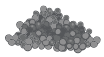
Select 1-3 complementary flavors for your veggie.
Spicy, sour, and salty flavors balance bitterness to make it more palatable.

SPICE


Crushed red pepper


Chopped fresh chiles


Smoked paprika


Black pepper


Chopped garlic


Ginger


Cumin

SOUR


Fresh lemon juice


Fresh lime juice


Vinegar (wine, cider, or rice)


Preserved vegetables (pickles, chiles, etc.)


Fermented vegetables (sauerkraut, kimchi, etc.)


Wine

SALTY


Dijon mustard


Salt


Capers


Anchovies


Olives


Seaweed


Brined cheese (feta, etc.)

3 STEP CUSHION

Select 1-2 cushioning items for your veggie.
Sweet and fatty flavors soften bitterness significantly.

SWEET


Maple syrup


Honey


Cooked onions


Fortified wine


Berries


Oranges/ tangerines/mandarin


Mirin

FAT


Tahini


Chopped walnuts


Olive oil


Cooked bacon


Avocado


Soft cheese (goat, etc.)


Sliced almonds


Butter

NOW PICK YOUR METHOD

Wash the vegetables thoroughly. If cooking, chop them into equal-sized pieces.

RAW




Spinach


Broccoli


Brussels sprouts


Belgian endive


Kale


Chicories


Radicchio

STEAM



Place veggies in single layer in steam pot with 1 inch of water. Cook over high heat for 3 min.



Garnish with complements and cushions.


Spinach


Asparagus


Broccoli

SAUTÉ



Place damp veggies in single layer in sauté pan with a drizzle of cooking oil.



Cook on medium-high for about 10 min.

- Add salty, sweet, and/or spice midway through cooking.
- Garnish with sour and/or fat.


Kale


Spinach


Asparagus


Broccoli


Radicchio


Brussels sprouts


Belgian endive

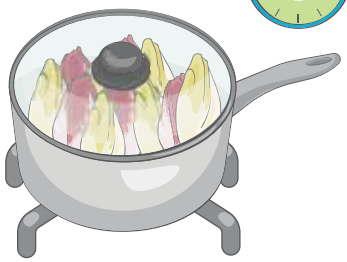

Swiss chard


Rapini

BRAISE



Place veggies in single layer in large pot over medium heat; drizzle with cooking oil. Add salty, spice, and/or sweet along with enough water to half-submerge veggies. Lower heat, cover and cook until tender but still firm,15-45 min.



Garnish with sour and/or fat.


Belgian endive


Swiss chard


Collard greens

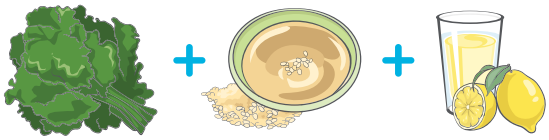

Dandelion greens


Kale


Chicories


Rapini

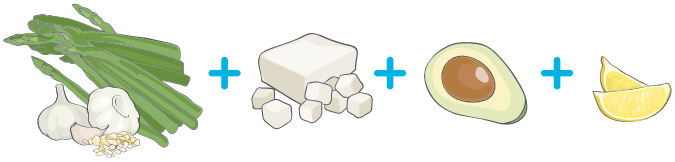
SAMPLE COMBOS



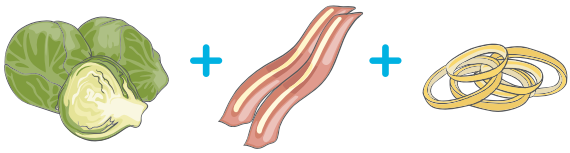
Kale with tahini and lemon juice



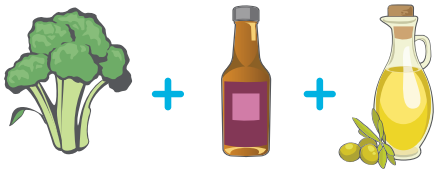
Radicchio with goat cheese, peppers, and honey



Asparagus with garlic, feta, avocado, and lemon



Brussels sprouts with bacon and onions



Broccoli with balsamic vinegar and olive oil



Endive with mirin and walnuts

For more info:
https://www.precisionnutrition.com/dont-like-vegetables

Pn PrecisionNutrition

6 REASONS TO CARE ABOUT POOP HEALTH

Here's what your poo says about your wellbeing (and how to improve it).

HOW HEALTHY IS YOUR POO?

If you've never considered the different qualities of your poo, here's a primer.

SHAPE AND TEXTURE

Can tell you a lot about your eating and lifestyle habits. And give clues about overall health.

TYPE 1	Ack!		Small, hard, difficult to pass
TYPE 2	Uh-oh		Sausage-shaped but lumpy
TYPE 3	Meh		Sausage-shaped but cracked
TYPE 4	Rock on		Sausage-shaped, smooth, and soft
TYPE 5	Meh		Small and soft with defined edges
TYPE 6	Uh-oh		Very small, fluffy/mushy pieces with ragged edges
TYPE 7	Ack!		Watery

POSSIBLE RED FLAGS

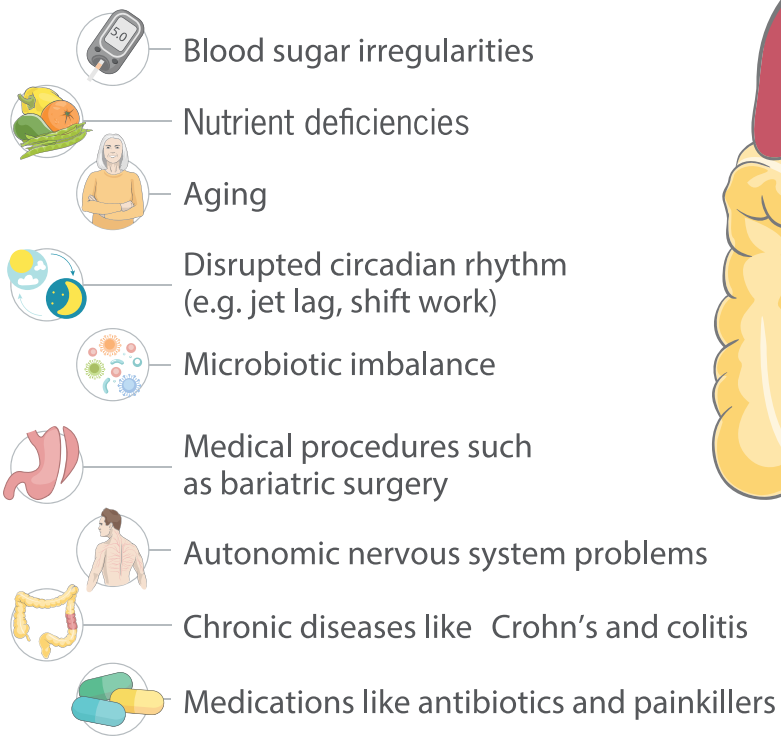
- ✕ Any color other than brown, unless it's the hue of your last meal (spinach, beets, etc.)
- ✕ Extremely foul smell
- ✕ Going too frequently or infrequently (1-3 bowel movements per day = ideal)
- ✕ Bowel movements that require huge effort or lots of time

6 THINGS YOUR PROBLEM POO COULD BE TRYING TO TELL YOU

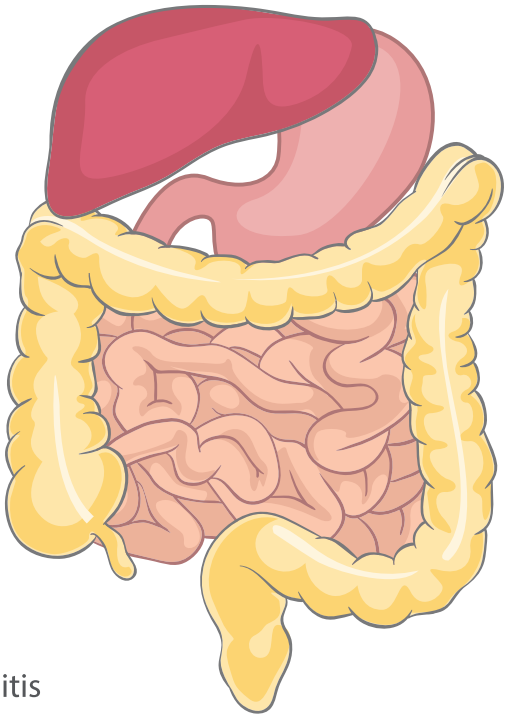
Sub-optimal poo can indicate nutrition and lifestyle issues that could get worse if not addressed. Try these fixes. And if problems persist, talk to your doctor.

1 YOUR GUT ISN'T FUNCTIONING PROPERLY

POSSIBLE CAUSES



- Blood sugar irregularities
- Nutrient deficiencies
- Aging
- Disrupted circadian rhythm (e.g. jet lag, shift work)
- Microbiotic imbalance
- Medical procedures such as bariatric surgery
- Autonomic nervous system problems
- Chronic diseases like Crohn's and colitis
- Medications like antibiotics and painkillers



FIXES

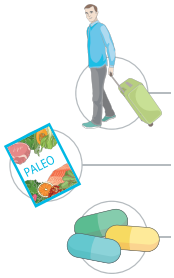
- Increase your consumption of whole, minimally processed foods like fruit, vegetables, and fresh meat — rich nutrient sources.
- Eat slowly and mindfully , and tune into your physical hunger and satiety cues.
- Practice improved sleep habits .

WHY THIS MATTERS

Gastrointestinal dysfunction can be caused by significant health issues and can lead to a downward spiral of problems.

2 YOUR MICROBIOME IS OFF-BALANCE

POSSIBLE CAUSES



Travel

Poor diet or a change in diet

Taking antibiotics



FIXES

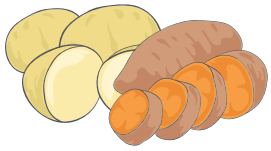
- Eat a wider range of fresh, minimally processed foods .
- Grow a garden or spend time on a farm , where diverse bacteria flourish.
- Consume prebiotics — starches that help keep good microbes alive.



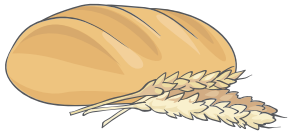
beans and legumes



fruits



starchy vegetables and tubers



whole grains

- Consume probiotics — live colonies to boost your microbiome population.



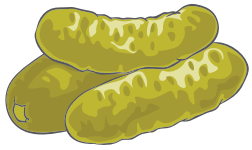
kefir



yogurt



mold-enhanced cheese



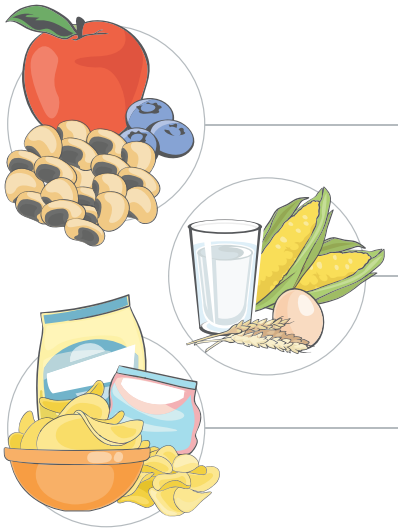
fermented products like sauerkraut, pickles, kimchi

WHY THIS MATTERS

If the ratio of the various bacteria in your body is out of balance, you may do a poorer job producing digestive enzymes, breaking down carbohydrates, and more.

3 YOUR DIET ISN'T WORKING FOR YOU

POSSIBLE CAUSES



Fiber deficiency

Not eating enough plants can cause constipation.

Food sensitivities

These can mess with gut function and cause watery poo or constipation.

Processed foods

Some people are sensitive to added sugars, refined grains, and food preservatives/additive (like MSG).

FIXES

- Keep a food diary for a couple weeks to track what you eat and any symptoms you notice.
- Consider an elimination diet .

WHY THIS MATTERS

Why it matters: Minor or severe, underlying dietary issues can make you feel bad, sap your energy, or even lead to further health problems.

4 YOU'RE DEHYDRATED

POSSIBLE CAUSES



Not consuming enough water or water-rich foods

Heat exposure

Frequent, intense exercise

Certain medications

Stress

Low-carb and/or high-protein diet

FIXES

- Drink more water , especially during and after workouts.
- Balance your workout regimen .
- Relieve stress through relaxing activities and meditation.
- Increase water-rich foods like fruits, vegetables, and whole grains.

WHY THIS MATTERS

Without sufficient water, all body functions will suffer.

5 YOU'RE TOO STRESSED

POSSIBLE CAUSES



High total allostatic (stress) load

Too little time in nature



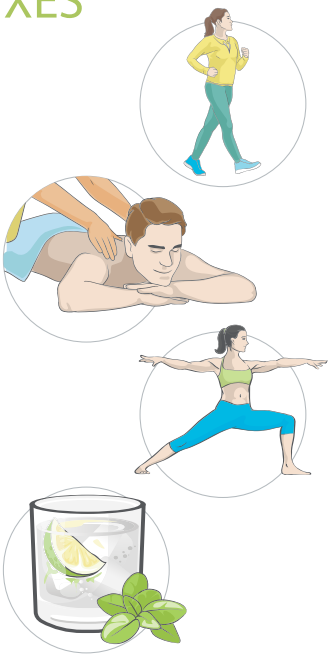


Weak support network

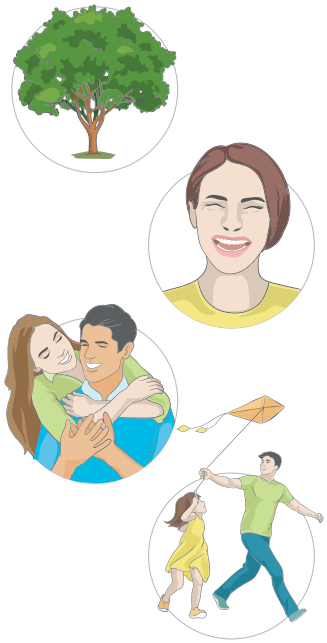
Low ability to cope



FIXES



Walking outside
Moderate sun exposure
Enjoying nature
Low-key music
Massage
Deep breathing
Laughing
Snuggling with a loved one or pet
Yoga or slow stretching exercises
Easy swimming
Relaxing in a hot tub or sauna
Having sex
Non-competitive play
Mindfulness and meditation
Moderate, occasional drinking
Green tea

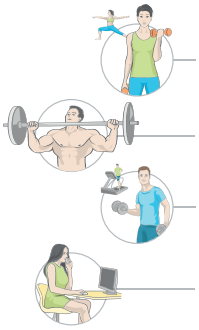


WHY THIS MATTERS

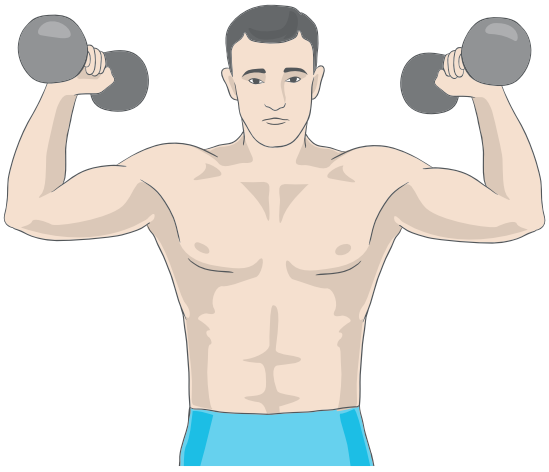
High stress can cause a myriad of physical and mental ailments and become a major barrier to your goals.

6 YOUR WORKOUT ROUTINE ISN'T WORKING FOR YOU

POSSIBLE CAUSES



- Imbalance of high-impact exercise vs. active recovery
- Overtraining
- Imbalance of cardio vs. resistance training
- Sedentary lifestyle



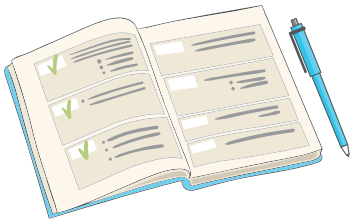
FIXES

- Find ways to move your body that you truly enjoy , so "exercise" doesn't feel like a slog.
- If you suspect you're overtraining, keep a workout journal for a couple weeks. Increase active recovery time and observe whether symptoms like muscle aches and fatigue improve.

WHY THIS MATTERS

Finding a workout routine that fits your body can keep you functional, free of injury, and feeling great.

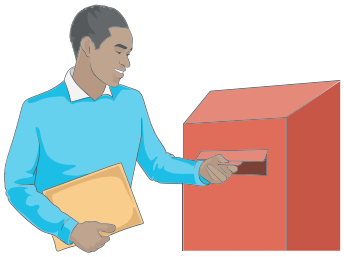
UP YOUR POO ASSESSMENT GAME



Get it the habit of checking your poo quality on a daily basis so you can address issues quickly.



Consider using a bowel movement tracking app to make regular assessments easier.



If you're curious, get your microbiome tested to learn about your unique bacterial balance and how to support it.

*For comprehensive research notes and references, visit http://www.precisionnutrition.com/poop-health

Pn PrecisionNutrition

WHY NUTRITION SCIENCE IS SO CONFUSING

9 REASONS EATING WELL ISN'T AS STRAIGHTFORWARD AS WE'D LIKE IT TO BE.

1 NUTRITION RESEARCH IS STILL YOUNG.

It takes time to master a science. Compared to chemistry, for example, nutrition is in its infancy.



CHEMISTRY



NUTRITION

<1200 BC
Metals are first recorded and manipulated.

430 BC
Greek philosophers propose the idea of the atom.

300 BC
Aristotle wrongly declares the existence of only four elements.

300 BC - 300 AD
Alchemists try to transform lead and other cheap metals into gold.

1520
Alchemists try to make the elixir of life.

1774-1794
Joseph Priestley discovers "dephlogisticated air" (oxygen).

LATE 1700S
Robert Boyle disproves alchemy and Aristotle's four elements.

MID-1800S
Chemistry becomes a science: Discoveries include protons, X-rays, fluorescence, electrons, radioactivity, atomic mass, relative molar mass, and more.

MID-1900S
Molecular biology and biochemistry come into being with discovery of DNA.

1842
Scurvy is successfully treated for the first time.

MID-1800S
Researchers realize that the body oxidizes fat and carbohydrates for energy.

1902
Wilbur Atwater publishes his "Atwater factors" – estimates for the metabolizable energy from carbohydrates, protein and fat in mixed diets.

EARLY 1900S
Vitamin A, B, C, D and E, B5, B6, B3, K, and folate are discovered.

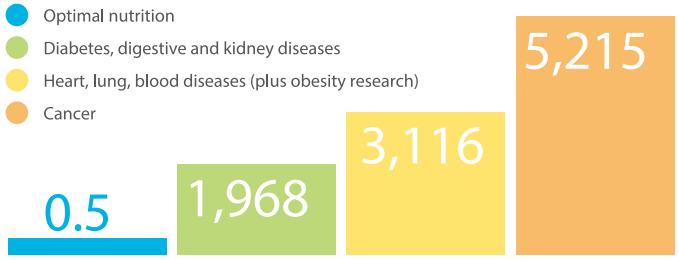
1970S
Researchers discover the link between risk of coronary heart disease death and low HDL cholesterol level.

As you can see, the field of chemistry has been around at least 10X longer than the field of nutrition — and it made almost no progress in its first 200 years. By this comparison, one could say the field of nutrition is in its "alchemy days".

2 MOST FUNDING GOES TO DISEASE TREATMENT, NOT PREVENTIVE NUTRITION.

Most researchers would rather ask, "How can we end this epidemic?" than, "How can we get abs?"

2016 U.S. NATIONAL INSTITUTE OF HEALTH FUNDING BY AREA OF RESEARCH

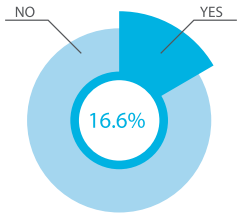


Billions of U.S. dollars

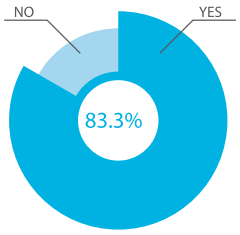
3 OTHER NUTRITION QUESTIONS ARE OFTEN FUNDED BY INTERESTED PARTIES.

Where funding comes from can affect what studies find.

CAN SUGARY DRINKS LEAD TO WEIGHT GAIN?



Studies WITH financial conflict of interest



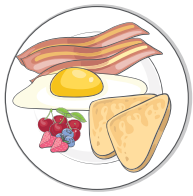
Studies with NO financial conflict of interest

This doesn't mean researchers are cheating. At the same time, corporate pressures can influence study design such that the research is more likely to show what the company wants it to show.

4 CONFOUNDING VARIABLES MAKE IT HARD TO PROVE FOOD'S EFFECTS.

Even in the best controlled trial, it's hard to isolate the effects of nutrition from all the other factors that affect your health.





Participation in a study can itself become a confounding variable.

For example, when scientists asked subjects who normally eat breakfast to stop, and asked non-breakfast eaters to start — both groups lost weight. It was the dietary change that created weight loss, not breakfast.

5 MOST NUTRITION STUDIES ARE OBSERVATIONAL.

Observational studies have subjects fill out questionnaires about their lifestyle and eating habits. This is a problem because:



People are terrible at remembering what or how much they ate. Quick! What did you eat for breakfast two Tuesdays ago? Exactly.



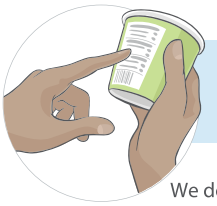
There are a lot of weird (and meaningless) correlations. One research group found that organic food sales are correlated with autism.



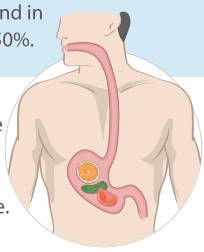
Correlation isn't causation. Does red meat cause heart disease and cancer, or do people with these chronic diseases happen to eat more red meat? Since an observational study can't account for all variables, it can't answer this question.

6 MEASUREMENT TOOLS ALWAYS HAVE LIMITATIONS.

For example, even with a straightforward question like, "How do calories affect our weight?" it's hard to get an answer, because:



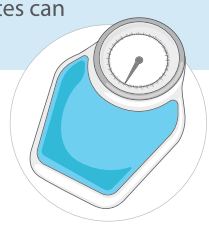
Calorie counts on food labels and in databases can be off by up to 50%.



We don't absorb all of the energy we consume, and there's no standard for how much energy we absorb, because individuals are unique.



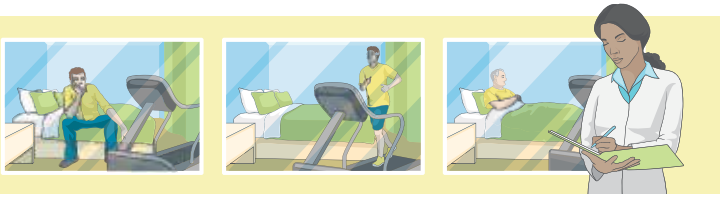
Calorie burn estimates can be off by 3 - 45%.



Your history of dieting and body composition influences how much energy you'll use.

7 WHAT YOU EAT DOESN'T AFFECT YOUR HEALTH RIGHT AWAY.

For example, to find out whether red meat causes cancer, you'd need study subjects to live in hermetically sealed metabolic chambers and eat varying amounts of red meat for 30 years. Who's going to sign up for that?



8 YOU CAN NEVER ASSUME A STUDY'S FINDINGS APPLY TO YOU.

Even if you could seal people in a metabolic chamber for 30 years, you still **couldn't be sure who else those findings would apply to.**

First, nutrition studies tend to use subjects who don't match the general population. They're often...



YOUNG AND HEALTHY

Grad students are popular subjects since they live near academic study labs, have time, and need a paycheck.



MALE

Men are easier to study than women, whose hormonal cycles are hard to control for.



SICK

Subjects suffering from problems like obesity, metabolic syndrome, and/or hypertension help researchers develop treatments.



ULTRA FIT

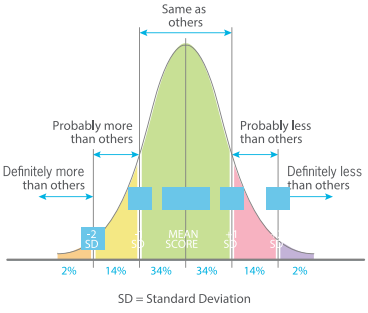
Elite athletes' excellent physical condition minimizes variables and makes hours of exercise in the lab possible.



NON-HUMAN

Animals are captive and have short lifespans, making them convenient and cheap to study.

Second, study averages still may not apply to you, because...



SD = Standard Deviation

Averages are bell curves.

Most people won't match averaged study findings (at least not precisely).



Averages pool unlike subjects.

For example, a study where subjects metabolize caffeine either quickly or slowly could mistakenly show no effect of caffeine on health when 1/2 the subjects had a positive effect and 1/2 a negative one.

9 IF DOING THE RESEARCH IS DIFFICULT, REPORTING ON IT IS EVEN TOUGHER.



Journalists aren't usually trained research scientists. Which means they often:

- misunderstand study conclusions.
- over-exaggerate single study findings.
- don't see how single studies fit into the big picture.

Individual studies are interesting but not often important. They usually provide only one tiny piece of a gigantic puzzle that may take thousands of years to complete.

7 EFFECTIVE WAYS
TO MAKE TIME FOR EXERCISE AND NUTRITION

When life's already busy, here's how can you make time to eat better and move more often.

1 ASK YOURSELF 'WHY'

Understanding exactly why you want to eat better and exercise more gives you the motivation to prioritize it over other things.

Why do I want to eat healthier and exercise more?

Because I want to fit in smaller pants.

But why do I want to fit in smaller pants?

Because when I'm wearing smaller pants, I'll look better.

But why do I want to look better?

Because when I look good, I feel good about myself.

But why do I want to feel good about myself?

Because when I feel good about myself, I'm more *assertive and confident.*

But why do I want to be more assertive and confident?

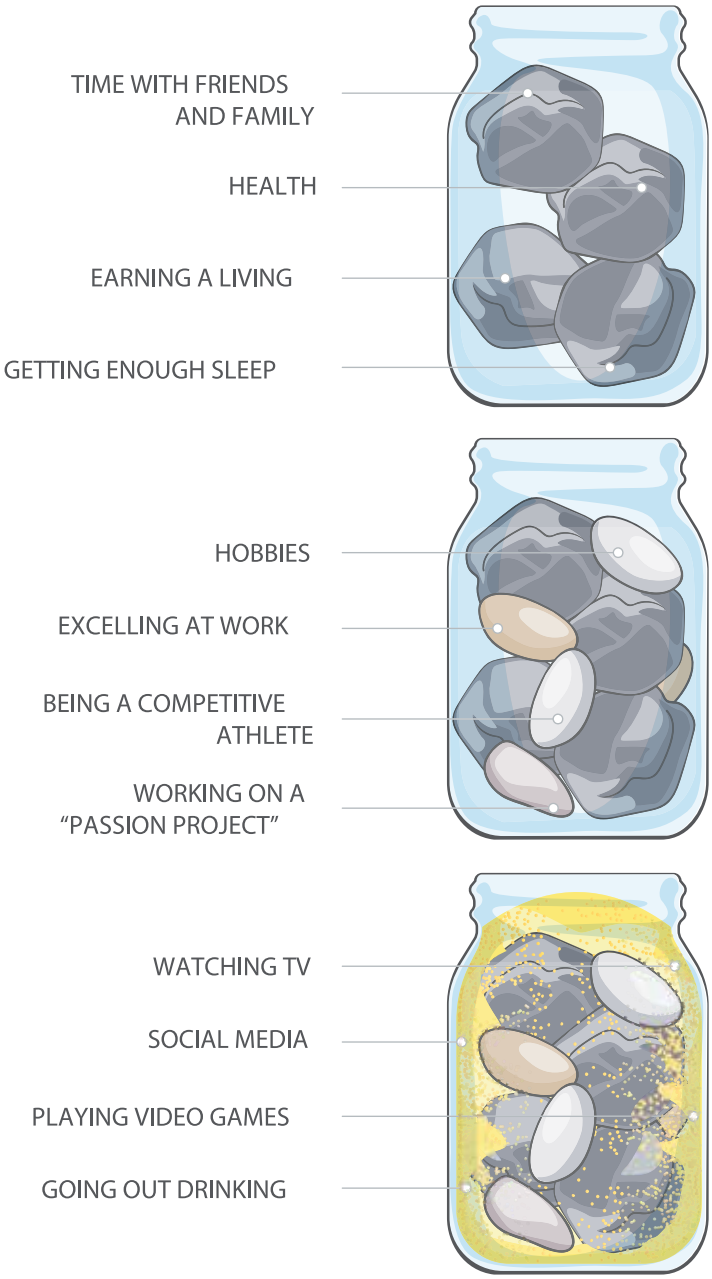
Because when I'm more assertive and confident, I'm in control, my fears won't stop me, and I can finally go for my dreams.



Keep asking 'why' **until you find your** compelling reason.

2 IDENTIFY YOUR TOP PRIORITIES

Think of your time as a jar, which you can fill with a finite number of rocks, pebbles, and sand.



Your big rocks represent the stuff that's most necessary to feel fulfilled in life. They often relate to family, health, and livelihood.

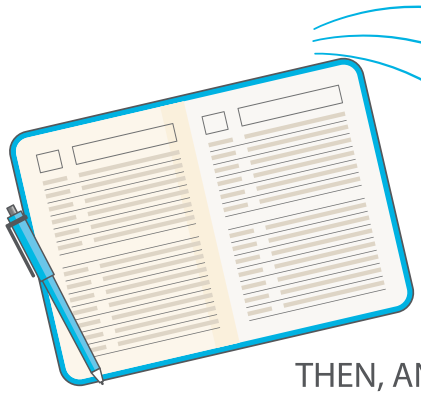
Your pebbles add extra fun and satisfaction to life, but aren't totally necessary.

Your sand is purely "bonus" activity. It can be enjoyable, but it's not crucial to your survival or fulfillment.

Everyone's rocks, pebbles, and sand will look different. But regardless, if you fill your jar with too much sand first, the rocks and pebbles won't fit.

3 KEEP A TIME DIARY

Your schedule reflects how you're prioritizing the activities in your life. Track your time for a couple weeks to find out if it's consistent with your goals and values.

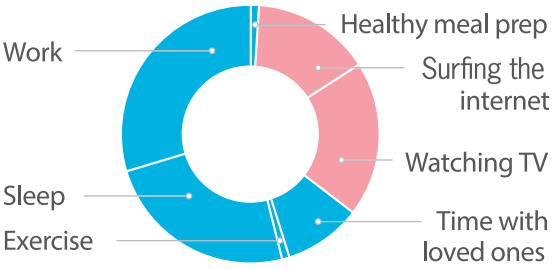


TRACK YOUR DAY IN
15 MINUTE INCREMENTS

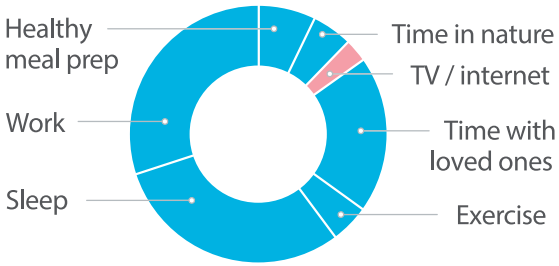
7:00 - 7:15
woke up; brushed; teeth; washed face
7:15 - 7:30
checked Instagram
7:30 - 7:45
made coffee

THEN, ANALYZE IT

ACTUAL



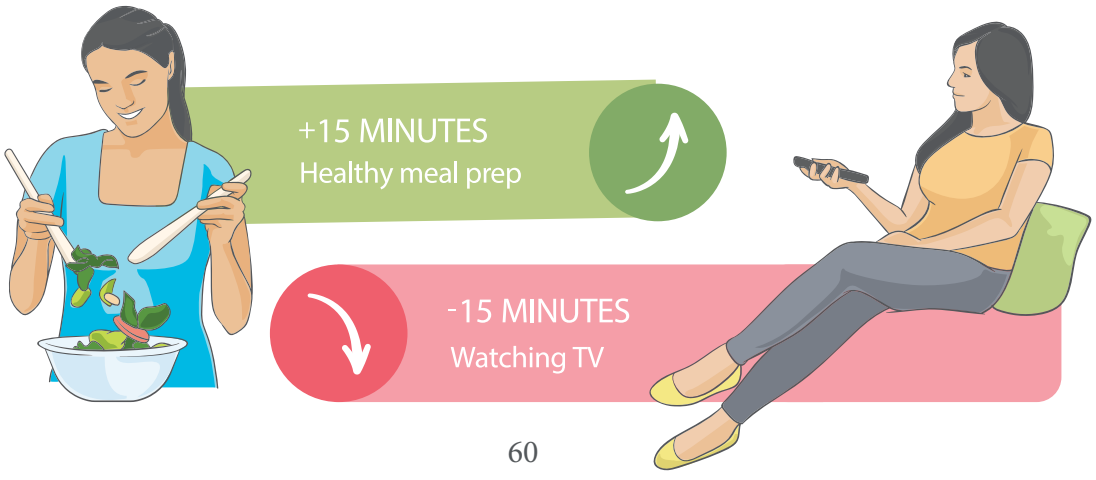
DESIRED



Without judgment, ask yourself if your schedule reflects your true priorities.

4 INCREASE HEALTH AND FITNESS ACTIVITIES IN 15-MINUTE INCREMENTS

To start to align your schedule with what you want to accomplish, replace low-value activities with high-value ones, little by little.



5 CREATE SYSTEMS THAT MAKE HEALTH AND FITNESS FASTER AND EASIER

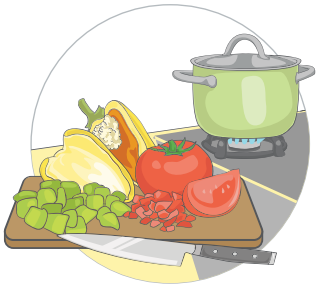
With a little extra time and effort up front, you can create an environment that significantly reduces the time needed to eat well and move more.



Keep fresh, whole foods in plain sight



Reduce or eliminate "treat" foods



Establish a morning or weekend routine to chop veggies and prepare protein + complex carbs in bulk



Sign up for a CSA box and/or healthy meal delivery



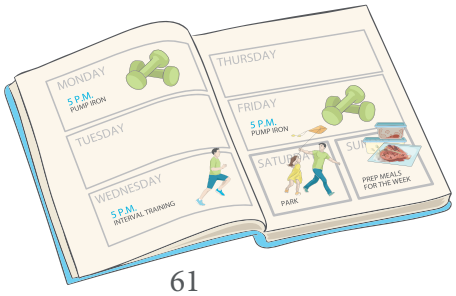
Keep berries and greens in the freezer (for quick Super Shakes)



Keep a packed gym bag in your car or by the front door

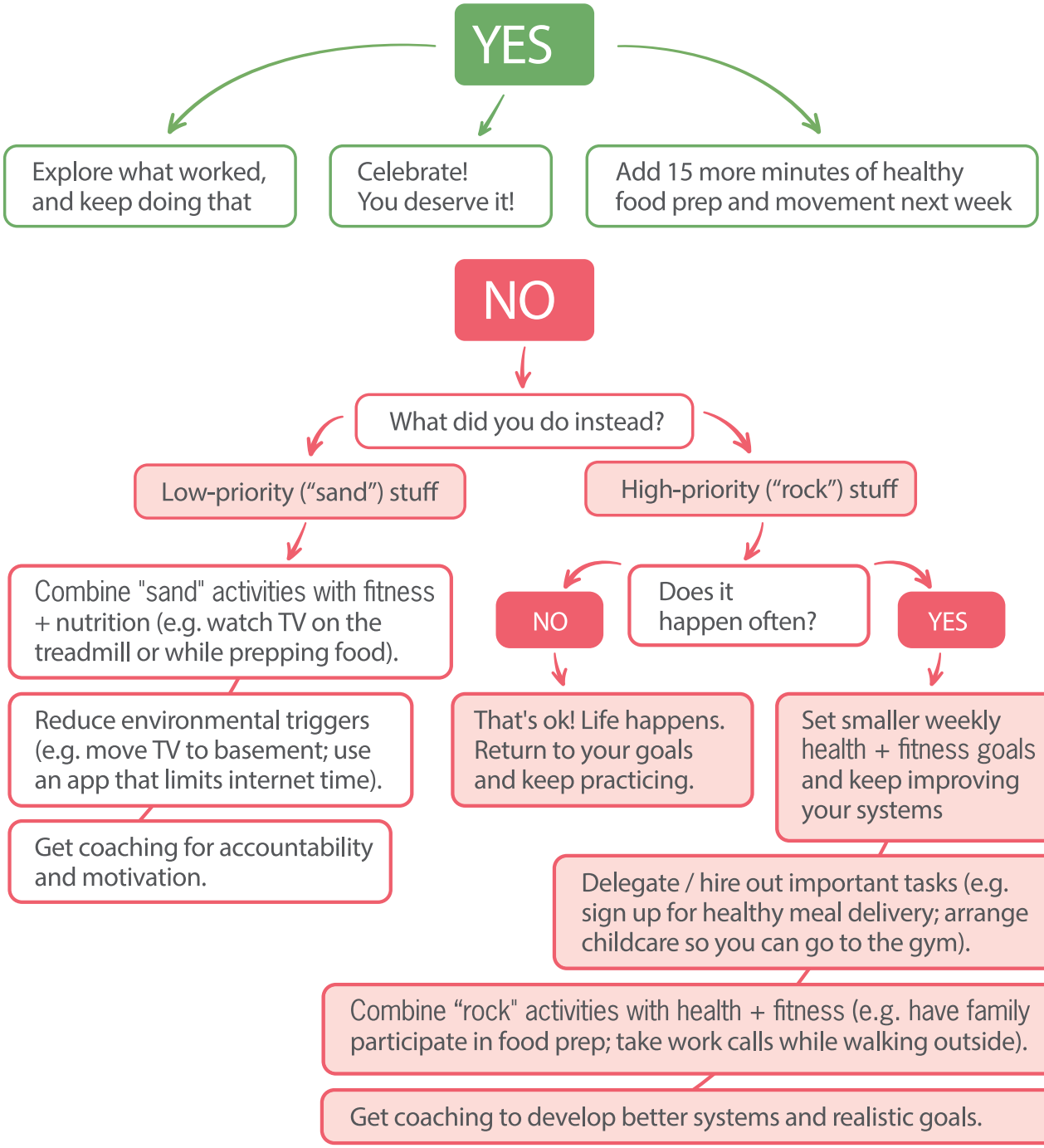
6 PUT MEAL PREP AND MOVEMENT IN YOUR CALENDAR

If we waited until we "felt like it", a lot of important things would get neglected. Schedule it in, and stick to it.



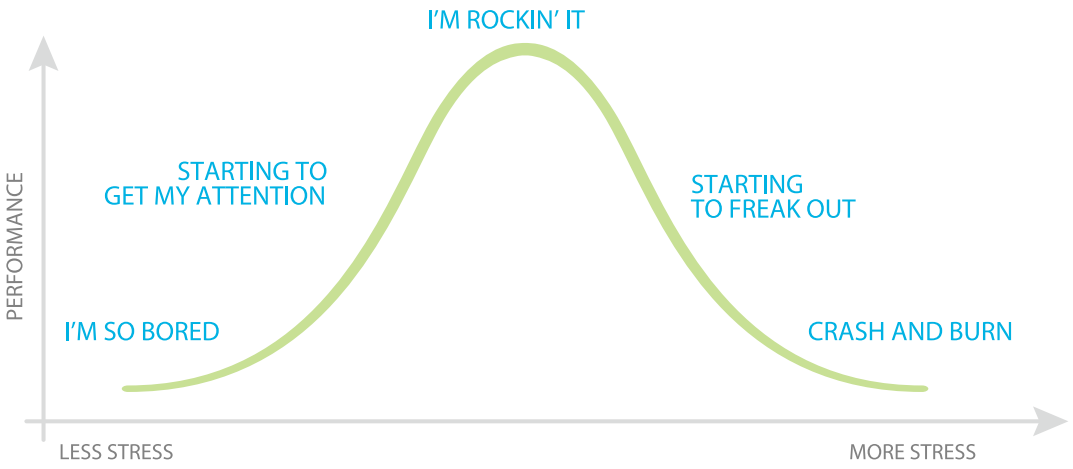
7 REVIEW AT THE END OF EACH WEEK

Did you use your time to support your health and fitness?



GOOD STRESS, BAD STRESS:
HERE'S HOW TO FIND YOUR SWEET SPOT.

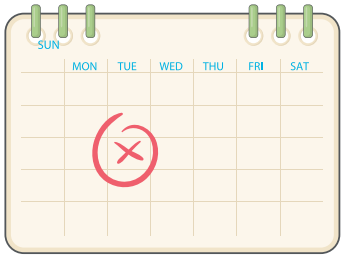
Too little stress keeps you from reaching your potential.
Too much stress can harm your health.



THE DIFFERENCE BETWEEN GOOD AND BAD STRESS

Stressors — from work deadlines to raising kids to workouts — aren't intrinsically good or bad. And your response is unique each time.

WORK DEADLINE







POSITIVE RESPONSE

- Inspired, energized, motivated
- Focused and alert
- Explore edges of comfort zone
- Balance stress, rest, recovery
- Learn, grow, get stronger

NEGATIVE RESPONSE

- Weak, worried, demoralized
- Distracted and scattered
- Don't challenge yourself
- Not enough rest/recovery
- Cortisol and adrenaline go up
- Possible muscle loss, fat gain
- Blood sugar, immunity, metabolic, sleep, sex hormones disrupted

HOW DO YOU HANDLE STRESS?

Some factors are intrinsic but most you have some control over.

	PERMANENT					CAN BE SHAPED/BUILT	
	GENETICS	HISTORY	CURRENT STRESS LOAD	ENVIRONMENT	SUPPORT NETWORK	COPING ABILITY	ATTITUDE
MORE STRESS TOLERANT 	Stress-resistant	Practiced at handling stress	Moderate	Often outdoors, in nature Spend time with loved ones	Strong	Calm yourself when emotional	Go with the flow, Optimistic, Proactive, Confident, Agile, View stress as a challenge to rise to
LESS STRESS TOLERANT 	Stress-prone	Little practice with stress	Very high or very low	Often in clinical, industrial spaces Little time with loved ones	Weak	Overwhelmed by emotions	Trouble adapting, Pessimistic, Reactionary, Not confident, Paralyzed, View stress as a problem to avoid

ARE YOU IN YOUR STRESS SWEET SPOT?









STRESS TOO LOW

Lethargic
Bored
Unfocused
Directionless
Purposeless

JUST RIGHT

Energized
Engaged and interested
Actively moving toward goals
Learning and growing

STRESS TOO HIGH

Anxious or obsessive
Depressed
Panicked and flailing
Stuck or numb

REACH YOUR POTENTIAL, WITHOUT CRASHING AND BURNING.

FOR INSPIRATION AND ENERGY



1. SET EFFECTIVE GOALS

Goals that motivate are:

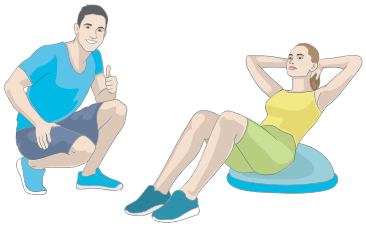
- Specific and measurable
- Challenging but realistic
- Broken down into small actions
- Focused on process vs outcome
- Documented as a plan of daily, weekly, monthly behaviors





2. START WITH ONE ACTION EACH DAY

Commit to do it for the next 2 weeks. (Be sure it's something you're confident you can do every day.)



3. TRACK YOUR PROGRESS

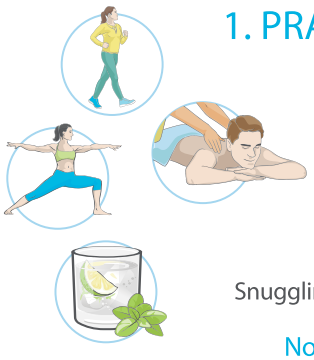
Document behaviors, processes, and outcomes.

How do you feel different?
How do you look different?
What have you learned?
What are you proud of?
What frustrations did you have?

4. SPEND TIME WITH A COACH OR MENTOR

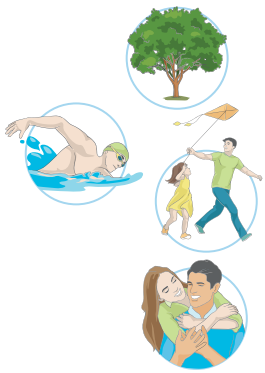
Getting help from someone you admire, and who will hold you accountable, makes the process of change and growth much easier.

FOR REST AND RECOVERY



1. PRACTICE PARASYMPATHETIC ACTIVITIES

Walking outside
Moderate sun exposure
Enjoying nature
Low-key music
Massage
Deep breathing
Laughing
Snuggling with loved one/pet
Yoga, Slow stretching
Easy swimming
Hot tub or sauna
Having sex
Non-competitive play
Mindfulness/meditation
Green tea



Note: Screen time is actually stimulating, so it doesn't help you here.

2. MEDITATION

Boosts the immune system

Improves sleep, mood, and emotional regulation, and circadian rhythm

Lowers blood pressure, heart rate, stress hormones, and inflammation



Supports the development of new brain cells, neural connections, and gray matter

Sharpens focus, mental clarity, attention, memory, and recall (even when not meditating)



3. GET OUTSIDE

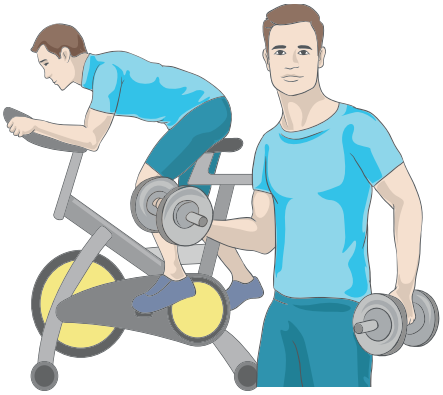
Being in nature lowers stress hormones and heart rate and improves mood and immunity, giving you motivation and energy to cope with your next challenge.

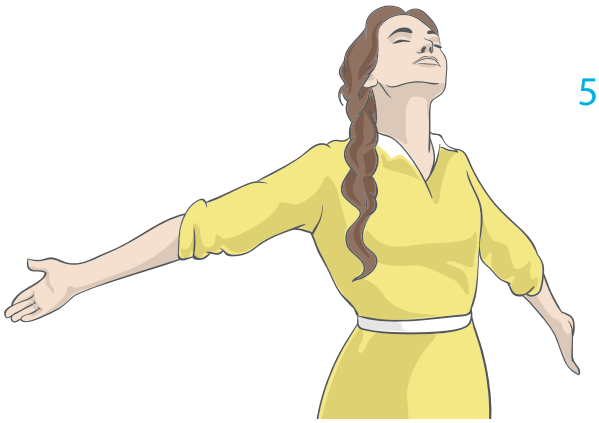
4. BALANCE YOUR EXERCISE ROUTINE

Exercise relieves stress by increasing blood flow, getting you outside, burning calories, and stimulating your parasympathetic nervous system.

Most effective: a mix of intense strength training, conditioning, cardio, and low intensity recovery.

When stressors are up, decrease intense exercise; when they're down, increase it.





5. PRACTICE SELF-COMPASSION

- Ask for help/support when needed
- Get coaching if you feel stuck
- Get counseling if you feel helpless
- Know your limits, honor them
- Unplug at least once a week

For the full article explaining this infographic:
http://www.precisionnutrition.com/good-stress-bad-stress

Pn PrecisionNutrition

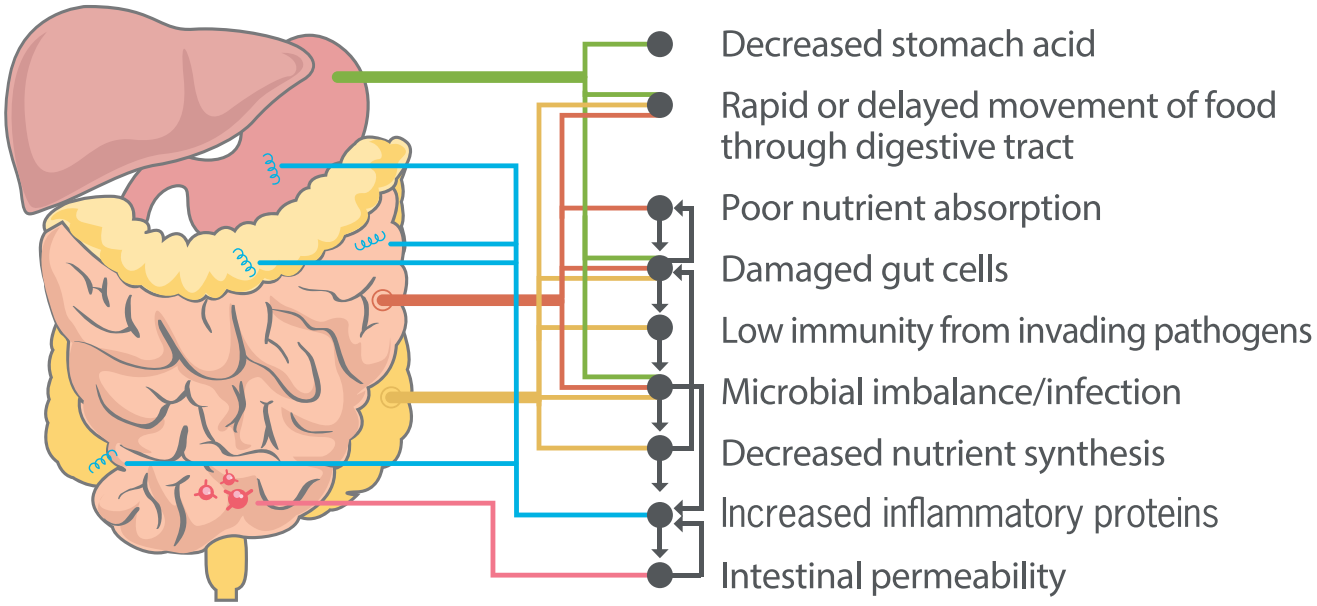
ELIMINATION DIET:

THE BEST WAY TO DO IT, AND THE SURPRISING HEALTH PROBLEMS YOU MIGHT SOLVE

Ailments like asthma, migraines, mood disorders, and skin problems could be the result of a food sensitivity. Here's how to suss it out.

FOOD SENSITIVITIES WREAK GI HAVOC

Eating foods you're sensitive to can throw off gut bacteria and enzymes, causing vicious cycles of poor digestion, infection, and inflammation.



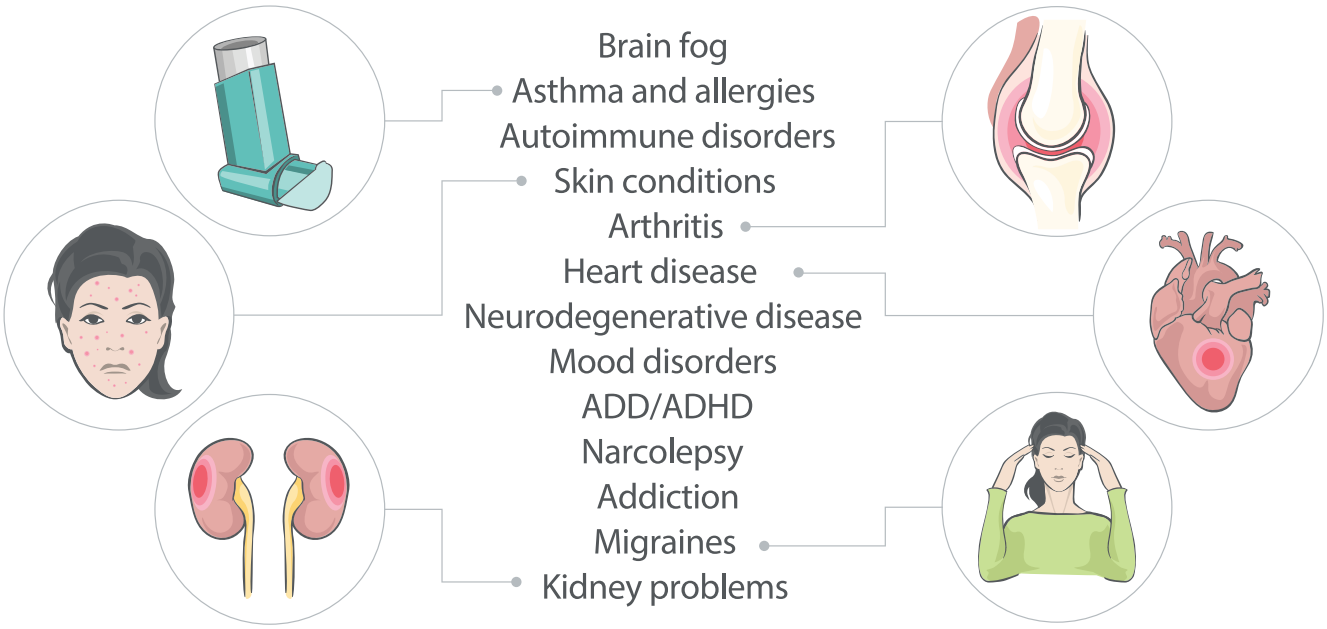
TELLTALE SIGNS OF GI DYSFUNCTION

- Constipation
- Loose stools or diarrhea
- Burning in stomach
- Bad breath
- Gas
- Bloating
- Undigested food in stool
- Heartburn symptoms
- Foul smelling stool
- Nausea

Unfortunately, being free of GI symptoms doesn't mean you have no food sensitivities.

THE UNHEALTHY GUT: A DOMINO EFFECT

Problems in the GI tract can ultimately disturb hormonal, metabolic, and immune functions, potentially leading to:



HOW TO DO AN ELIMINATION DIET

Cutting out certain foods for awhile can help you detect dietary sensitivities you weren't aware of. Use this chart as a guide for your elimination diet, which should last three to four weeks.

Foods to eat		Foods to eliminate
Almost all fresh fruit	FRUITS	Citrus fruits
Almost all fresh raw, steamed, sautéed, or roasted vegetables	VEGETABLES	Tomatoes, eggplant, white potatoes
Rice*, buckwheat*	STARCH	Wheat, corn, barley, spelt, kamut, rye, oats, all gluten-containing products
	LEGUMES	Soybeans, tofu, tempeh, soy milk, all beans, peas, lentils

	NUTS AND SEEDS	All nuts and seeds	
	MEAT AND FISH	Beef, chicken, pork, eggs, cold cuts, bacon, hotdogs, canned meat, sausage, shellfish, meat substitutes made from soy	
	DAIRY PRODUCTS AND MILK SUBSTITUTES	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers	
	FATS	Margarine, butter, processed and hydrogenated oils, mayonnaise, spreads	
	BEVERAGES	Alcohol, caffeine (coffee, black tea, green tea, soda)	
	SPICES AND CONDIMENTS	Chocolate, ketchup, mustard, relish, chutney, soy sauce, barbecue sauce, vinegar	
	SWEETENERS	White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, desserts	
Sea salt, fresh pepper, fresh herbs and spices (i.e. garlic, cumin, dill, ginger, oregano, parsley, rosemary, thyme, turmeric)			
Stevia (if needed)			
Cold-expeller pressed olive oil, flaxseed oil, coconut oil			
Drink plenty of fresh water, herbal teas (e.g. rooibos, peppermint, etc.)			
Fish, turkey, lamb, wild game			
Unsweetened rice milk*, coconut milk			

*May also be removed if you suspect specific sensitivity to grains.

ALSO CONSIDER ELIMINATING ANY FOODS YOU EAT VERY FREQUENTLY.
CONSTANT EXPOSURE CAN ACTUALLY CAUSE YOU TO DEVELOP A SENSITIVITY.

HELPING YOUR CHILD WITH AN ELIMINATION DIET?
FOR KIDS, THE PROCESS SHOULD ONLY LAST SEVEN TO 10 DAYS.

HOW TO REINTRODUCE THE FOODS

After the elimination period, reintroduce a single food group* for one day only, then monitor your symptoms for two days. Continue this process for a few weeks to determine what may be causing issues.

FOLLOW THIS
PROCESS PRECISELY TO FIGURE OUT
IF YOU HAVE ANY FOOD SENSITIVITIES.

WEEK 1	ELIMINATION PHASE				
WEEK 2					
WEEK 3					
WEEK 4		MONITOR YOUR SYMPTOMS		MONITOR YOUR SYMPTOMS	
WEEK 5	MONITOR YOUR SYMPTOMS		MONITOR YOUR SYMPTOMS		
WEEK 6		MONITOR YOUR SYMPTOMS		MONITOR YOUR SYMPTOMS	

*The fewer foods you introduce in a given day, the more likely you are to pinpoint sensitivities (but the longer the process will take).



SYMPTOMS TO LOOK FOR

During reintroduction, pay attention to how you're feeling.
Write down any changes you notice, whether positive or negative.

SIGNS OF FOOD SENSITIVITY INCLUDE:

- Insomnia
- Fatigue
- Joint pain
- Bloating
- Brain fog
- Skin breakouts or rashes
- Headaches
- Bowel changes or GI pain
- Sinus or other respiratory issues
- Marked increase in energy (this can actually be a physical sign of stress)

ADDITIONAL TOOL: THE PULSE TEST

A pulse that's faster or slower by more than 10 beats can indicate a food sensitivity if other physical symptoms are present. Here's how to track it.



After sitting for five minutes, make note of your resting pulse — the number of beats that occur in one minute.



Take a bite of the food you've decided to reintroduce.



Retake your resting pulse one minute later.

To confirm a reaction, you can repeat the test later in the day after a second exposure to the food.

TIPS FOR SUCCESS



PREPARE:

People who spend the week prior to an elimination diet shopping for the right foods and looking up recipes do far better than those who jump right into it.

CLEAN OUT YOUR KITCHEN:

Get rid of foods that aren't part of your elimination phase.





KEEP A JOURNAL:

Writing down symptoms, energy and mood throughout the day can help you identify patterns related to the food you eat.

For the full article explaining this infographic:
http://www.precisionnutrition.com/elimination-diet

Pn PrecisionNutrition

THE POWER OF SLEEP

WHY IT'S SO IMPORTANT, AND HOW TO GET MORE OF IT

If your eating and exercise are on point but you still don't feel or look the way you want, poor sleep may be to blame. Here's how to make rest a daily priority.

5 SIGNS YOUR SLEEP HABITS AREN'T WORKING FOR YOU

YOUR MIND IS FOGGY

What we experience and learn gets cemented to memory while we sleep. Interference with this process causes:

- Reduced alertness and concentration
- Confusion
- Impaired judgement
- Forgetfulness

YOU'RE GETTING SICK A LOT

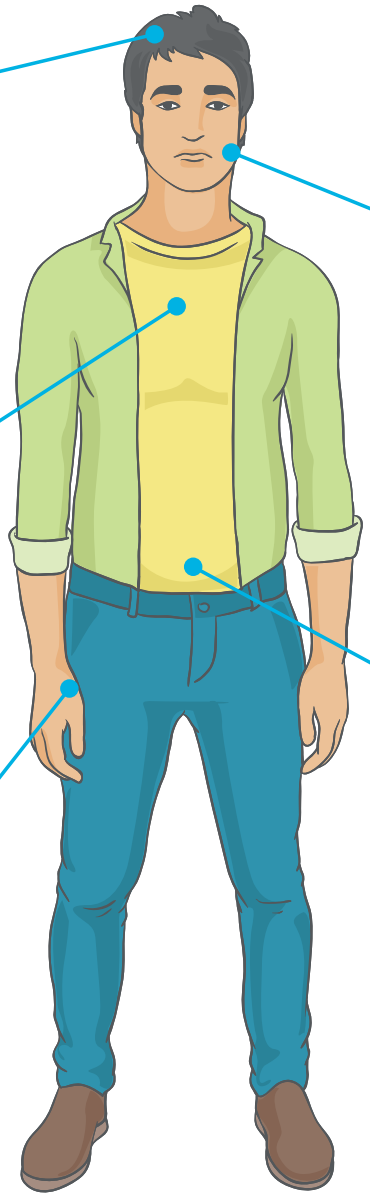
When we don't sleep enough, T-cells go down and inflammation goes up, resulting in:

- Increased vulnerability to viruses and bacteria
- Acute increase in risk of getting sick
- Increased risk of heart disease and other inflammation-related illnesses

YOUR WORKOUTS FEEL TOO HARD

Our body uses sleep as an opportunity to refresh neurotransmitter levels and remove energy-draining metabolites. Otherwise, we experience:

- Decreased central nervous system activity
- Slower reaction time
- Low energy and endurance capacity
- Depressed mood
- Reduced desire to exercise



YOU'RE UNHAPPY

While we sleep, we produce fresh neurotransmitters and regulate hormone production. Interference here causes:

- Impaired regulation of emotions
- Heightened stress
- Low mood
- P ossible increase in risk of depression

YOU'RE STRUGGLING WITH YOUR WEIGHT

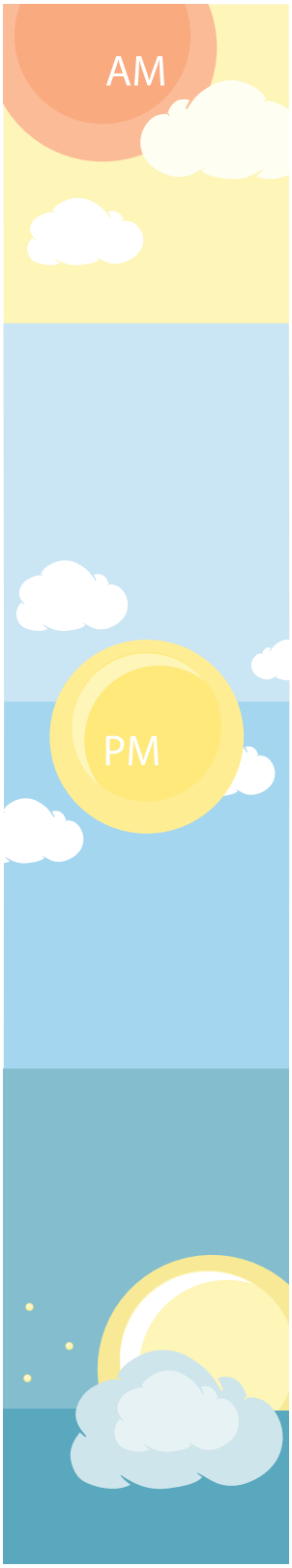
Poor sleep is linked to excess body fat, as it can:

- Disrupt appetite regulation
- Cause you to feel hungrier
- Lead to increased calorie intake

Also, excess body fat can reduce sleep quality.

PREPARING FOR A GOOD NIGHT'S SLEEP

As odd as it sounds, your path to high-quality sleep starts in the morning.





WAKE AT THE RIGHT TIME

You'll feel better and more alert if you wake from a light sleep stage. If you feel groggy, consider a device or app that senses sleep cycles and rouses you at an optimal point.



BE AWAKENED BY LIGHT

This naturally raises cortisol, which is a good thing in the morning. The slow rise helps you feel alert and relaxed.



GET MOVING RIGHT AWAY

Movement seems to speed the waking process, whereas hitting snooze increases sleep inertia. When it's time to wake, sit up and put your feet on the floor.

FIND THE SUN (OR A LIGHT THERAPY BOX)

Light exposure sets your daily melatonin (a sleep hormone) rhythm. This increases wakefulness during the day and helps your body gear down at bedtime.



BE CAREFUL OF ALCOHOL AND CAFFEINE

Consuming caffeine after 2pm and/or having more than 1-2 drinks in the evening can interfere with deep sleep.



EXERCISE

Regular exercise helps normalize your body's 24-hour clock, regulate your fight-or-flight system, and optimize your hormone levels. However, be careful with very intense exercise later in the evening. It may make it harder to fall asleep.



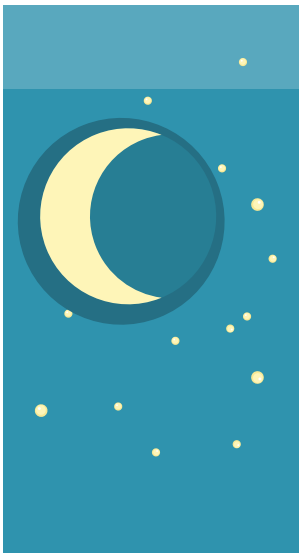
EAT A SMALL TO MEDIUM DINNER

Too much food can make it harder to fall asleep. A blend of minimally processed proteins, carbs, and fats can help keep you satisfied until morning. Plus, having some slow-digesting carbs can make you feel sleepy.



LIMIT FLUIDS

Drinking too much liquid shortly before bed can result in frequent waking for bathroom breaks.





CLEAR YOUR MIND

Whatever thoughts are in your head, get them out and onto paper. This preps you for genuine relaxation.



GO THE $%#@ TO BED

Sticking to a reasonable bedtime teaches your body when to release calming hormones to help you fall asleep. Tip: Don't wait until midnight. Every hour of sleep before 12am is worth two hours after.



SLEEP AT LEAST SEVEN HOURS

Most people need 7-9 hours of sleep per night. If you're getting far less now, that's okay. Just work your way up slowly. Even adding 30 minutes can make a big difference.

MORE TIPS FOR BETTER SLEEP



TURN OFF ELECTRONICS

Remove your eyes from all devices at least 30 minutes before bed. Artificial light interferes with our production of melatonin, which ensures deep sleep and may help regulate metabolism.



DE-STRESS

Reading, meditation, and gentle movement (stretching, yoga, walking, sex) can release tension and activate calm-down chemicals.



TAKE A BATH OR SHOWER

Warm water can help us relax and de-stress. Throw in some magnesium-based epsom salts, known to help with sleep.



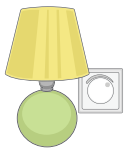
CREATE A RELAXING SLEEP AREA

Your bedroom should be quiet, peaceful, relatively organized, and free of anxiety-inducing clutter. If you live in an urban area, consider a white noise machine to drown out city sounds.



SET YOUR ROOM TO AN APPROPRIATE TEMPERATURE

Most people sleep better when it's cool (around 67 F); others sleep better at a neutral temperature. Find what works best for you.



MAKE THE ROOM AS DARK AS POSSIBLE

To maximize melatonin production, cover your windows and turn your phone face-down. Use a motion-sensitive or dim night light to illuminate mid-sleep bathroom trips.

*For the full article explaining this infographic:
http://www.precisionnutrition.com/hacking-sleep

Pn PrecisionNutrition

RECIPE IDEAS

ONLINE PDF

1. **Keep the Beat Recipes - Deliciously Healthy Dinners**
   Online PDF provided by National Heart, Lung and Blood Institute
2. **Everyday Healthy Meals**
   Online PDF provided by Champions for Change
3. **101 Square Meals - Easy Recipes for Everyday Life**
   Online PDF provided by SafeFood
4. **Eat Real - Recipes From Some of America's Best Chefs**
   Online PDF provided by Centre for Science in the Public Interest
5. **The Great Little Cookbook - Hints and Healthy Eating on a Tight Budget**
   Online PDF provided by Ministry of Social Development
6. **Kids in the Kitchen - Family Friendly Recipes**
   Online PDF provided by Guelph Family Health Study

WEBSITES

1. **Eating Well - Healthy Recipes, Healthy Eating**
   Healthy and delicious recipes from nutrition experts and cooks
2. **AllRecipes**
   A library of recipe ideas from quick and easy to fine dining

Looking for something else? Below are some great nutritional resources to check out!

RECOMMENDED RESOURCES

PRINT / BOOKS

1. **Canada Food Guide**
   A guide on food selection and promoting the nutritional health of Canadians
2. Biochemistry for Sport & Exercise Metabolism - Don MacLaren
   Learn how nutrients that we eat affect metabolism and sport performance

WEBSITES

1. **Precision Nutrition**
   Nutrition certification resource and contributor of most infographics in this guide
2. **eaTracker**
   Track your nutrition, plan meals and recipes and access online resources
3. **Sigma Nutrition**
   Science based nutrition articles covering a wide range of topics

PROFESSIONALS

1. **Payton Pereux** - Registered Holistic Nutritionist (R.H.N)
   Need focused, professional guidance? Meet with a Registered Holistic Nutritionist!
2. **Dietitians of Canada**
   Find an RD near you at www.dietitians.ca

APPS / PODCASTS

1. **MyFitnessPal** (app)
   Track your nutrition and fitness progress on this handy app
2. **eaTracker** (app)
   Track your eating and activity on the go
3. **Sigma Nutrition** (podcast)
   Science based podcast dedicated to nutrition from A to Z