

# Nutrition Accelerator

Fuel Like an Athlete - Look Like One

**Disclaimer:** This is not medical advice. Always consult a healthcare professional before making major changes to your diet. These are educational recommendations based on proven principles of sports performance, fat loss, and muscle gain.

Most people overcomplicate nutrition — counting every crumb, stressing over quick-fix diets, or just winging it and wondering why nothing changes. Here's the truth: you don't need perfection, you need a system that fits your grind.

This guide keeps it simple: fuel like an athlete, build functional muscle, and stay lean without wasting time. Hit your protein, eat real food, and stay consistent — because every meal is a rep, and when you stack enough good reps, your body and confidence transform.

## Core Principles

- Organic Items can be helpful but its not a requirement
- Consistency > Perfection - Hitting 80% of your goal every day beats 100% for a week then falling off
- Food is the base, supplements are add-ons

## Macros & Calories

- Protein: 0.8–1g per lb bodyweight.
- Fats: 20–30% of total calories.
- Carbs: Fill the rest → prioritize complex carbs for energy.
- Progressive Overload in Eating: Just like training, slightly adjust calories up/down every 2–4 weeks based on progress.

## Example Meal Frameworks

- Breakfast: Protein + complex carb + fruit.
- Lunch: Lean protein + carb + veggies.
- Dinner: Protein + healthy fat + carb.
- Snacks: Portable high-protein options.
- Dorm/College-Friendly Hacks: oats, Greek yogurt, frozen veggies, microwavable rice, rotisserie chicken, protein powder.

## Best Foods

- Proteins: chicken, beef, eggs, fish, Greek yogurt, soy.
- Carbs: oats, rice, potatoes, bread, pasta, fruit.
- Fats: avocado, avocado oil, nuts, peanut butter.
- Veggies: spinach, broccoli, peppers, brussel sprouts.
- Build every plate with: 1 protein • 1 carb • 1 veggie • 1 fat.

## Superfoods (Performance Boosters)

- Blueberries → antioxidants.
- Spinach/Kale → iron + vitamins.
- Salmon → omega-3s.
- Eggs → protein + nutrients.
- Sweet potatoes → slow carbs + micros.
- Dark chocolate (moderation) → magnesium, mood support.

## Micronutrients (The Hidden Keys)

- Iron → energy, oxygen transport → (spinach, beef).
- Magnesium → recovery, sleep → (almonds, dark chocolate).
- Vitamin D → mood, bone strength → (eggs, sunlight).
- Electrolytes → hydration/performance → (bananas, salt, coconut water).

## Supplements (Keep It Simple)

- Protein Powder → convenience.
- Creatine Monohydrate → proven for strength & recovery.
- Fish Oil / Omega-3s → brain + joint health.
- Multivitamin → fill gaps.
- Caffeine → tool, not crutch.

*(Prioritize food first for the best effectiveness)*

## Hydration/recovery

- Aim 0.7–1oz water per lb bodyweight (≈3–4L/day).
- Hydrate early in the day, not just at night.
- Add electrolytes when sweating heavy.
- 7-9hrs of sleep daily
- Get sunlight daily (when its out of course)

## Sample Day of Eating

Muscle Gain Example:

- Breakfast: Oats + protein powder + banana.
- Lunch: Grilled chicken + avocado + quinoa
- Snack: Greek yogurt + almonds.
- Dinner: Salmon, potatoes, brussel Sprouts.
- Snack: PB toast with honey

Fat Loss Example:

- Breakfast: Egg whites + whole eggs + fruit.
- Lunch: Tuna salad w/ fruit.
- Snack: Protein shake/bar + apple.
- Dinner: Ground turkey + veggies + sweet potatoes.
- Snack: Greek yogurt + berries.

## Coaching Notes:

- Consistency > Perfection → don't chase perfect days, chase stacked ones.
- Every meal is a rep → stack enough good reps and your body transforms.
- Fuel for performance, not punishment → food is energy, not guilt.

## Common Misconceptions

- **You cant eat out while eating healthy** - You can eat out on occasion, try to limit to 1-2 times per week and ensure it fits within your calorie goal most importantly. Places like chick-fil-a and chipotle have great menu options if your in a pinch
- **Carbs make you fat and you should limit them** - Not true, carbs are the body's natural energy source, they allow you to put forth maximum effort in the gym
- **Processed Foods are bad** - As long as you aren't going over ~2500mg of sodium daily they are great for quick meals and typically have great macros

## Things I look for/get when I shop

- Foods with minimal ingredients
- "whole grains label"
- Jasmine rice
- Dave's Killer bread
- Brown eggs (they taste better IMO)
- 93% + lean meat
- Freshness dates
- A sweet treat :)

**Nutrition is the Accelerator that unlocks everything you're building in training. Don't overcomplicate it — hit your protein, eat whole foods, and stay consistent. Get right, stay locked in, and watch your body and confidence transform.**