Stronger and Thicker

Nutrition Handbook

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ROCKit! nutrition coaching

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STRONGER & THICKER NUTRITION HANDBOOK

For power lifters, hard gainers, and those who Rock It any other way!

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Popeye might claim to be “strong to the finish because I ate me spinach,” but I think Popeye has a few tricks up his ripped-out sleeves that he isn’t sharing with us. Athletes that perform at the top in their events have a consistent nutrition strategy and an optimal fueling mix. Whether the goal is to become a stronger power lifter or for a hard gainer to pack on some extra-lean pounds, successful athletes take nutrition as seriously as their training and know that nutrition and exercise are equally important for the best results.

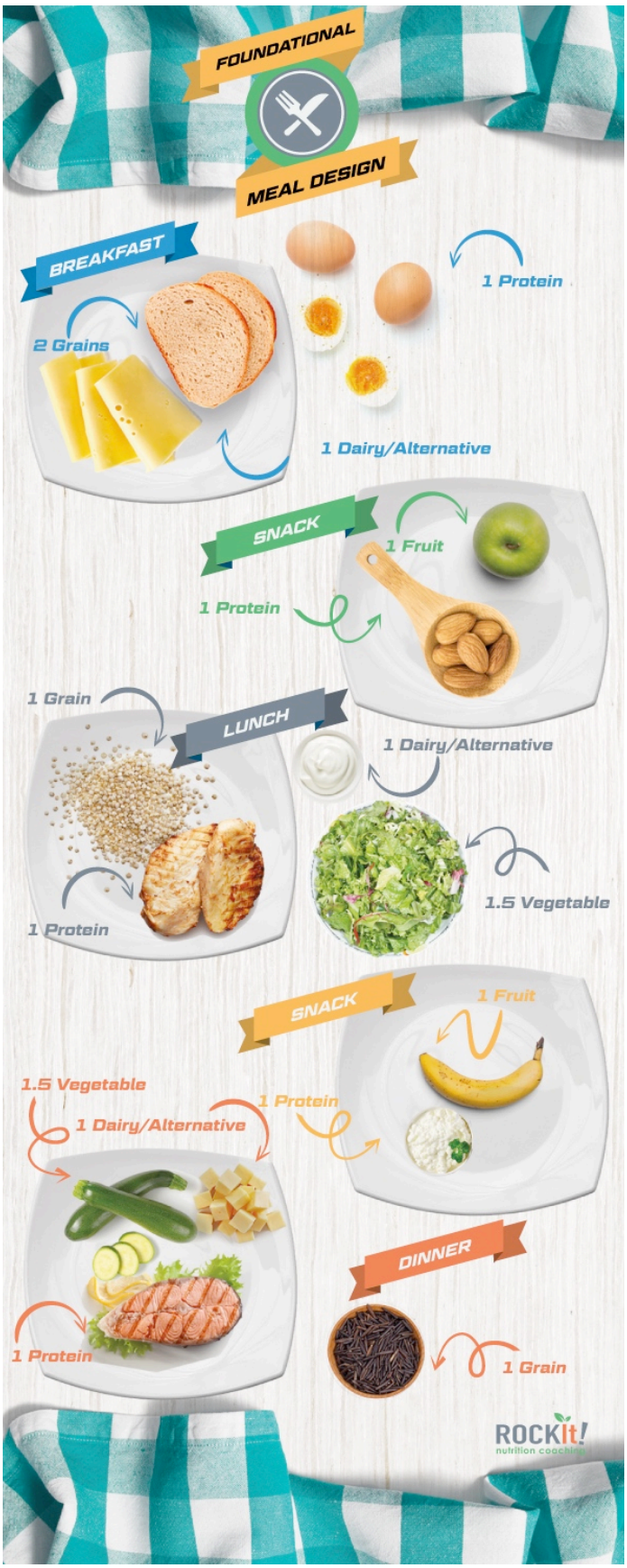
This handbook contains nutrition recommendations tailored to athletes that train to become stronger and build muscle mass. If you have a health condition like heart disease, diabetes, kidney disease, or food allergies and sensitivities, discuss changes to your current diet, nutrition, supplement, or exercise routine with your doctor before implementing. Use the online chat feature of your Rock It Nutrition Coaching membership to further customize the Foundational Meal Design.

STRATEGIZING

To create your nutrition strategy, we start with the foundation - what you eat during each meal of the day (your meal design). Then we decide what adjustments to make for training days. We consider which supplements, if any, need to be added. We do our research and take time to reflect on your nutrition strategy and make adjustments. Just like physical training, your nutrition strategy will take practice and adjustment.

By now you have heard “meal design” several times. What does that mean? Our bodies run best when fueled by optimal nutrition paired with optimal timing. Each meal should be designed with the proper amount of carbohydrates, fats, and protein to ensure that your body has the available energy and building blocks it needs when it needs them. While there is a focus on macronutrients (carbs, fats, and proteins), the Foundational Meal Design carefully considers the source of macros to ensure a balance of micronutrients (vitamins and minerals), phytochemicals, and antioxidants.

Your fueling strategy will consist of two types of meal designs based on your physical activity for that day – typical non-training days (Foundational Meal Design) and training or event days. Eat every meal with your next workout in mind. Even on non-training days, your nutrient intake will effect your next workout. The more nourished your body is, the better it will perform.



This *Foundational Meal Design* infograph is an example of how foods can be paired together at specific times of the day to meet both macro and micro-nutrient needs. Customize your meal design using the *Reference Food List* at the end of this e-book.

The Foundational Meal Design serves as a framework that can be adjusted for your calorie and specific nutrient needs. It is a plan for non-training and event days. For Stronger and Thicker athletes, non-training days usually mean fewer carbohydrates as you don't need the additional available glucose and glycogen stores for energy.

What to Eat

The Foundational Meal Design for non-training or event days includes getting 40 percent of your calories from carbs, 30 percent from protein, and 30 percent from fat. For example, in a 2,000 calorie diet, this means 200 grams (g) of carbs, 150 grams of protein, and 67 grams of fat per day.

The following is a snapshot of the macronutrient breakdown for each meal:

	CARBS-grams	FAT-grams	PROTEIN-grams
Breakfast	50	16	37
Snack #1	20	9	20
Lunch	50	16	37
Snack #2/Recovery	30	9	20
Dinner	50	16	37

In order to get optimal micro-nutrition (vitamins and minerals), we must include the proper proportion of each food group throughout the day. The following food group proportions best meet both macronutrient and micronutrient needs.

- ✓ **4-6 ounces (oz) of grains.** The majority of your grains should be whole grains. If you are sensitive to wheat or gluten, choose gluten-free grains or starchy vegetables.

- ✓ **At least 5 cups (c) of fruits and vegetables.** Variety is important.

- ✓ **3 cups of dairy or non-dairy alternative.** Many people are intolerant, sensitive or allergic to dairy. If you are one of these people, leave dairy out of your meal design, but be sure you add a little more protein from other sources, and be sure you are getting enough calcium.

- ✓ **7 ounces of high-protein foods like meat and beans.** If you are a vegetarian or vegan, look for vegan options in the *Meal Design Reference Food List*.

The calorie level of your meal design will depend on the products you choose and how you prepare your food. Unprocessed, whole foods will yield fewer calories. It might be necessary to alter listed portion sizes according to your unique needs. If you are unsure how many calories you need, see the *Rock It Calorie Estimator Tool*.

KNOW YOUR FUEL SOURCES

Protein is Key

Adding protein was probably the first nutritional strategy that came to mind when you decided to get stronger or thicker. Dietary protein not only helps build muscle, it helps prevent and heal injuries.

Aim for 1.2-1.7 grams of protein per kilogram of body weight per day.

Larger athletes should stay on the higher end of this range. For example, a 150 pound Stronger and Thicker athlete may need 82-116 grams of protein per day, but should probably be in the middle-range based on their average weight.

While protein is important, more is not necessarily better. Although some claim that you must eat "one gram of protein per pound of body weight" to build muscle, studies have shown that there is only a certain amount of protein that can be used by your body at one time. After that point, the protein you ingest in labeled "extra" by your body and reconfigured to glucose for energy (if there is not enough available), or stored as fat. The amount your body can use at once is still up for debate and differs among athletes, but current research suggests there isn't much benefit to consuming more than 30 grams of protein at once.

Estimating protein needs:

Step #1 Weight in pounds / 2.2 = weight in kg
Step #2 1.2 (or 1.7) x weight in kg = grams of protein needed per day

Rock It Coaching recommends including 30 grams of protein per meal based on the the leucine trigger hypothesis, which shows that consumption of approximately 30 grams of leucine (which is found in protein) at one time activates muscle protein synthesis. Muscle protein turnover happens throughout the day regardless of what we do, so it is important to continue rebuilding muscle by being in a positive muscle-building state three times a day. The *Foundational Meal Design* includes three meals of at least 30 grams of protein for this reason. Many people find that their breakfasts lack protein, so focusing on increasing protein at breakfast is a good place to start.

The Case for Carbs

Carbohydrates get a bad rap these days, but it will be to your advantage to make friends with carbs. Athletes need a full glycogen store and adequate blood glucose for training and events. Glycogen and blood glucose both come from carbohydrates; in other words, *carbs make fuel*. Carb needs vary considerably depending on the intensity and duration of exercise. Start with the *Foundational Meal Design* and add carbs as discussed in the *Prepare, Fuel, and Recover* sections below. Use your unlimited chat sessions with the nutrition coach for further planning.

Friendly Fat

Carbs have a bad rap and fat is often considered to be a foe, but thanks to new research we're learning more about the importance of good, healthy fats. The problem is that the fat we eat has become associated with the excess fat in the body, but often eating excess fat is not the cause of excess weight. Fat has more roles in the body than accumulation and insulation. Fat works with protein to act as a messenger in the body, fat helps control growth and hormone function, immune function, inflammation balance, and much more. Keep in mind that certain fats are harmful, but healthy fats are helpful (learn more about this in *Clean Eating Boot Camp*). We also recommend Dr. Mark Hyman's resources on fat: http://www.eatfatgetthin.com/challenge.html or DrHyman.com.

LOVE THE MICROS TOO

Vitamins and minerals are micronutrients. Each plays unique roles in the body as structural components, messengers, carriers, and much more. It is important to have a nutrient-dense diet that includes plenty of protein, healthy fat, and fruits and vegetables to ensure micronutrient needs are met. Suboptimal nutrient levels can result in injury, illness, and fatigue.

Micro Nutrients That Athletes May Need More Of

Research shows that athletes who consistently exercise in the heat may need more calcium, magnesium, potassium, and chloride than the average person. Having a diet rich in all the food groups will help you meet your micronutrient needs. Individualized testing and assessment can determine if you also need a supplement to boost your levels.

IT'S TIME TO ROCK IT: BUILDING ON THE FOUNDATIONAL MEAL DESIGN

Prepare - Before Workouts and Events

During preparation, focus on:

1. Being well hydrated
2. Having available energy

Hydration

Muscle power is maximized with optimal hydration. Stay hydrated by sipping water and other fluids that contain small amounts of sodium throughout the day.

Energy for workouts or events

Based on your tolerance, consume a pre-workout meal that contains approximately 30 grams of carbohydrates and 20-30 grams of protein less than two hours before your workout. Many athletes find that liquids like shakes and smoothies are better tolerated closer to exercise.

Fuel - During Workouts & Events

You probably don't need much more than sips of water and fluid with electrolytes. If you are at a competition and perform more than one set with time in between, be sure you are consuming 30 grams of carbohydrates with small amounts of protein (approximately 5-10 grams depending on the circumstance) every hour. See *Top Grab & Go Sports Products* and *Top DIY Sports Food* webpages on the Rock It Coaching website for ideas.

Recover - After Workouts and Events

Recovery nutrition means resupplying your body with the nutrition it needs to recover and be prepared to Rock It on your next workout.

Recovery nutrition is needed to:

1. Replace fluid and electrolytes lost through sweat.
2. Replace muscle fuel (glycogen) used during exercise.
3. Provide protein to help repair damaged muscle tissue and stimulate new growth.
4. Prevent injury and illness.

The Recovery Nutrition Formula is:

30 grams of carbs + 20 grams of protein within 45 minutes of exercise.

- Recovery nutrition can be consumed as a snack or during your regular meal. Getting enough calories will ensure that dietary protein is used not for energy, but to repair and build muscle.
- Cold beverages are often tolerated better than solid food after events. Start with fruit juice, shakes, chocolate milk, lemonade, or a hydration drink.

TIPS FOR HARD GAINERS

- To gain muscle, you need more calories. Start by adding 250-500 extra calories per day. (One snack is usually close to 250 calories, so focus on adding one or two additional snacks per day).
- Increase calories proportionately across the macronutrients. If you are adding 500 calories make sure 40 percent are from carbs, 30 percent are from protein, and 30 percent are from fat.

> To calculate percentage of calories when given grams of fat, carbs or protein:
>
> 1 gram of protein = 4 calories
> 1 gram of carbohydrate = 4 calories
> 1 gram of fat = 9 calories

- Pay attention to timing, and be consistent – follow the Foundational Meal Design by adding carbs, protein, and fat to the 2,000 calorie recommendations as needed.
- Choose nutrient-dense foods like nuts and nut butter which include more protein, fat, vitamins, and minerals rather than focusing on high-calorie, high-carbohydrate foods.

SAMPLE MENUS

The sample menus provided here should be personalized according to your needs. These menus are gluten and dairy free to accommodate those with sensitivity. These menus are based on 2,000 calories per day. It is likely you will need to increase your calorie level by making larger serving sizes.

Every day Foundational Meal Design

I recommend the Clean Eating, Paleo, and Gluten Free meal plans from EMeals.com. Be sure each meal has a good protein source and a grain or starchy vegetable for carbohydrate. Refer to the *Food Reference List* for protein and carb sources.

Breakfast: ½ cup oatmeal + 1 oz nuts + 3 eggs

Snack: 1 oz pumpkin seeds + 3 TBS power protein mix + 1 apple

Lunch: salad: ½ cup quinoa + 3-4 oz cooked chicken breast + 2 cups leafy greens + ½ cup veggies (tomatoes, carrots, etc.) + 2 TBS salad dressing

Snack/Recovery Shake: 1 cup frozen fruit of choice + 4 oz non-dairy milk + 20-30 grams of protein powder

Dinner: 3 oz pork chop + 1 cup roasted mushrooms and tomatoes + 1 medium sweet potato

Training Days:

Breakfast: 1 cup oatmeal + 3 eggs

Snack: 2 oz nuts & seeds + 1 banana

Lunch Wrap: 1 wrap + 3-4 oz cooked chicken breast + chopped veggies of choice + 1 TBS dressing

Snack/Recovery: 1 cup frozen fruit of choice + 4 oz non-dairy milk + 20-30 grams of protein powder

Dinner: 3 oz grass-fed beef + 1 cup quinoa/veggie medley + ½ cup black beans

TIPS FROM THE SEASONED:

"On days that I don't train I cut down on carbs slightly and may eat more fat. I've found that if I eat more fat and fewer carbs, the weight I gain is muscle instead of fat." – Arron Edwards, hard gainer.

NOW…GO ROCK IT!

With the *Foundational Meal Design* and the fueling strategies in your hands, you are on your way to Rock It – your training and performance that is! For an even better boost, utilize your unlimited free chats with the nutrition coach for any questions that come up while you practice these strategies or to further personalize your plan. Check out the Rock It Coaching blog, forums, tools and e-books created to enhance your training and fueling strategy! Be sure to tell us how you Rocked It on our Facebook page!

REFERENCES:

Edwards, S. *Fuel Your Sport Quick Reference E-Book.*

Rosenbloom C., Coleman E. *Sports Nutrition: A Practice Manual for Professionals, 5th Edition.* Academy of Nutrition and Dietetics; 2012.

FOUNDATIONAL MEAL DESIGN FOOD REFERENCE LIST

The following is a list of food sources to use in the Foundational Meal Design. It is not an all-inclusive list.

Protein (1 Choice = 20 grams):		Vegetarian Protein Sources:	
Beef	3 oz	Cottage Cheese	½ c = 13 g
Chicken	3 oz	Greek Yogurt	½ c = 10 g
Eggs	3 whole or whites only	Vegan Protein Sources:	
Fish	3 oz	Chia Seeds	1 oz = 5 g
Lamb	3 oz	Chickpeas	½ c = 7 g
Legume-type Beans	1¼ c	Nut Butter (Peanut Butter, Almond Butter, Cashew Butter)	2 TBS = 7 g
Pork	3 oz	Nuts (Almonds, Cashews, Pecans)	1 oz = 6 g

Dairy Choices: 1 Choice = 12 g Carb + 8 g protein		Non-Dairy Sources	
Cheese	2 oz	Almond Milk	1 c (lower in carbs and protein)
Cottage Cheese	1 c (higher in protein)	Cashew Milk	1 c
Yogurt	½ cup	Pecan Milk	1 c

Grain Choices: 1 Choice = 15 g Carb + 3 g Protein (If you are sensitive to gluten, look for versions of these foods that are certified gluten free).			
Bread	1 slice	Crackers	6 each (saltine type)
Brown Rice	$\frac{1}{3}$ cup	Oats	½ cup
Cereal	¾ cup	Pasta	$\frac{1}{3}$ cup
Corn Chips	1 oz or 13 chips	Quinoa	½ cup

Fruits: 1 Choice = 30 grams of carbohydrates Any fruit is a good choice.		Examples of Fruit
Dried Fruit	½ cup	Raisins, cherries, cranberries
Fresh or Frozen	1 cup	Pineapple, Bananas, Mangos
100% Fruit Juice	1 cup	Apple, Orange, Grapes

Non-Starchy Vegetables: 1 cup cooked or 2 cups raw = 10 grams of carbohydrates		
Artichoke	Celery	Peppers
Asparagus	Cucumber	Radishes
Green Beans	Eggplant	Salad Greens
Broccoli	Greens	Sauerkraut
Brussels Sprouts	Leeks	Spinach
Cabbage	Mushrooms	Summer Squash
Carrots	Okra	Tomato
Cauliflower	Onions	Zucchini

Starchy Vegetables: 1 choice = 1 cup cooked, 30 grams of carbohydrates		
Corn	Mixed vegetables with corn and peas	Yam
Green Peas	Potato	Sweet Potato
Legume type beans (black, pinto, kidney, etc.) – ¾ cup = 30g carb	Winter Squash (Acorn, Butternut, or Pumpkin)	Lentils

Portion Size Examples:

3 ounces of protein = the size of a deck of cards or the palm of your hand
1 cup of fruit or vegetables = the size of a tennis ball
2 ounces of cheese = the size of two dominos
2 TBS = the size of a ping pong ball