

# Toned and Healthy

## Nutrition Handbook



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**ROCKit!**  
nutrition coaching

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For all sorts of health nuts who want to **Rock It!**

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I once read an article about Barbie. The author of the article estimated that if Barbie were a real, live human, she would be 5'9" tall, have a size 3 shoe, with a 39-inch bust and an 18-inch waist. The author went on to say that due to her odd proportions, she would have to walk on all fours. That obviously isn't healthy. Yet, so many of us get a body image in our heads, and we won't be happy until we become that image. While maybe we don't want to be the next Barbie or fitness model, we all want to feel good in our skin. This e-book will give you tips for being the best you can be, and if you need to lose weight, you will learn about some of the things that can make losing weight difficult.

This handbook contains nutrition recommendations tailored to healthy, physically active adults. If you have a health condition like heart disease, diabetes, kidney disease, or food allergies or sensitivities, discuss changes to your diet, nutritional, 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.

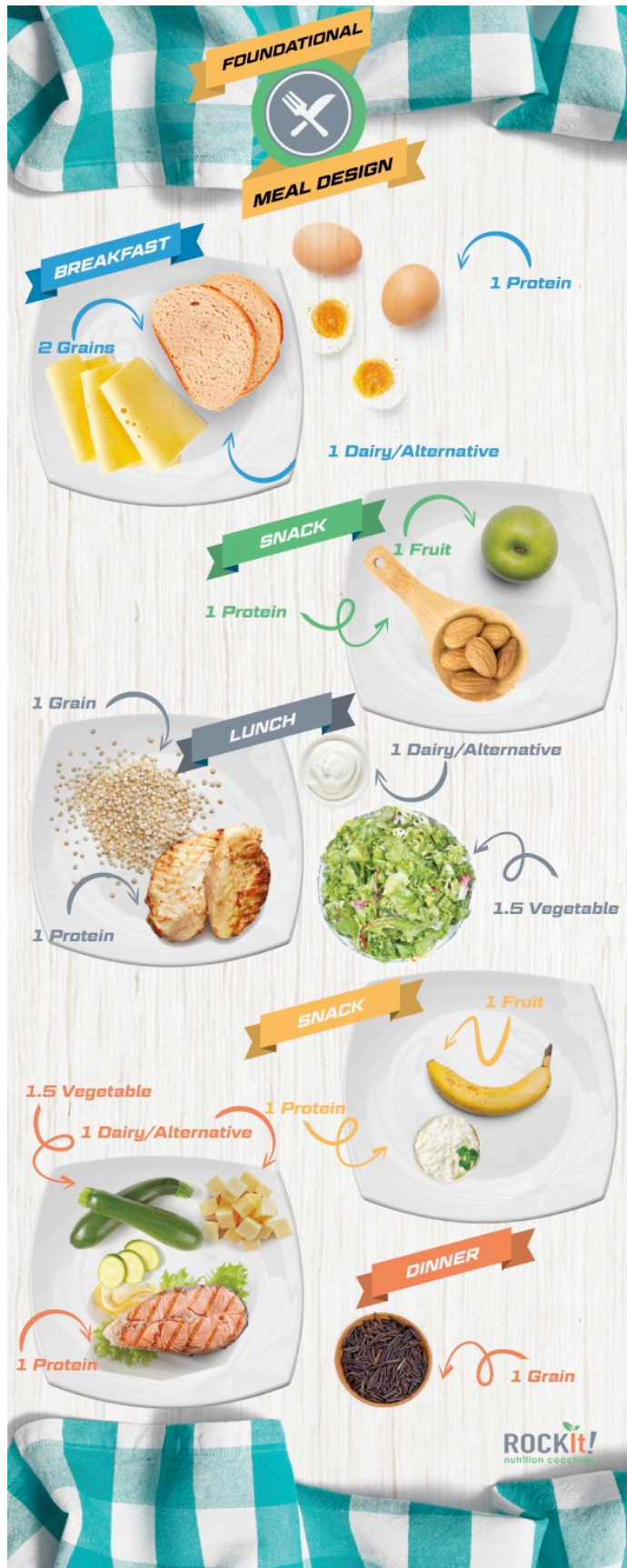
## STRATEGIZING

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 nutritional strategy. Just like physical training, your nutrition strategy will take practice and adjustment.

By now you have heard “meal design” several times. What does it mean? Our bodies run best when fueled by optimal nutrition with optimal timing. Each meal should be designed with the proper amount of carbohydrates, fats, and proteins to ensure that your body has the available energy and building blocks that 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 nutrients to ensure a balance of micronutrient (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* infographic 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 is as a framework that can be adjusted to suit your calorie and specific nutrient needs. It is a plan for both non-training and event days. Depending on the type of training you are doing, non-training days usually mean fewer carbohydrates because you don't need the additional 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 break down for each meal:

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

In order to get optimal micro-nutrition (vitamin 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.

As a starting point, aim for the following on each non-training day:

- ✓ **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 needs. If you are unsure how many calories you need, see the *Rock It Calorie Estimator Tool*.

## KNOW YOUR FUEL SOURCES

### The Power of Protein

When it comes to muscle, the saying, “use it or lose it” rings true. Muscle turnover happens several times a day, which means your body is going to breakdown muscle no matter what. At some point in our 40s, unless we do something about it, we naturally break down more muscle than we rebuild. Muscle is important for strength, body composition and metabolism. It is important to be intentional about maintaining muscle. For this reason, Rock It Coaching recommends including 30 grams of protein in each meal based on the the leucine trigger theory. This theory is based on research showing that consumption of approximately 30 grams of a leucine-containing protein at once activates muscle protein synthesis. Most people get approximately 10 grams of protein during breakfast, 20 grams at lunch and well over 30 grams at dinner. This means that muscle reconstruction will happen once a day (after dinner) and muscle demolition will occur twice a day (after breakfast and lunch). Designing each meal with 30 grams of protein in mind has other advantages a well, like helping you feel fuller for longer, promoting a healthy metabolism, and keeping your carb count in check. After your workout, include 20 grams of protein in your recovery nutrition. This protein will help rebuild the muscle tears that occurred during exercise.

### The Case for Carbs

Carbohydrates get a bad rap these days, but they are misunderstood. With a better understanding, you can learn to use them to your advantage. Carbs are our body’s preferred fuel source, and we need to keep our bodies adequately fueled. At the same time, too many carbs can create excess fat storage. Carbohydrate needs vary considerably depending on the intensity and duration of exercise. Start with the Foundational Meal Design and add carbs as needed for exercise. After your workout, include 30 grams of carbs in your recovery nutrition. This is an important step as it spares the protein in your recovery nutrition from being used as fuel, allowing it to be used for muscle synthesis. If carbs are not included in your diet, your body will use protein for energy instead of rebuilding muscle. This is not good for metabolism. Utilize 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. Fats work with protein to act as messengers, fat helps control growth and hormone functions, immune function, balance inflammation, and much more. Fats are concentrated energy sources and backup fuel sources for obstacle course athletes competing in events longer than two hours as glycogen is usually depleted in. 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 a unique role in the body as a structural component, messenger, carrier, and much more. It is important for athletes to have a nutrient-dense diet that includes plenty of protein, healthy fat, and fruits and vegetables to ensure that micronutrient needs are met. Suboptimal nutrient levels can result in injury, illness, and fatigue.

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

## 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

- Stay hydrated by sipping water and other fluids that contain small amounts of sodium throughout the day.



- Two to three hours before exercise drink at least 17-20 ounces of water or fluid containing electrolytes (sodium, chloride, and potassium).
- Ten to twenty minutes before a workout or event, drink another 7-10 ounces of fluid.

Energy for workouts or events lasting 60 to 90 minutes.

- Include 30-60 grams of carbohydrates in your pre-exercise meal.
- Two hours before a training or event, have a meal or snack with at least one grain, fruit, or dairy choice for a good serving of carbohydrates and one-half or one protein choice from the *Foundational Meal Design Food Reference List*.

Fuel - During Workouts and Events.

- Weight loss during exercise is from fluid (not fat) and must be replaced. Be cautious of over-hydration. You should not weigh more after your event than before.
- Healthy, active athletes should not restrict salt intake when training or competing consistently in hot, humid weather. While calcium, magnesium, and potassium are lost in sweat, sodium and chloride are lost at the greatest concentration. Many muscle cramps blamed on a potassium deficit are most likely due to a sodium and chloride deficiency.

Workouts and events lasting one hour or less.

- During short periods of exertion, you probably don't need much more than sips of water and fluid with electrolytes.
- If the workout or event lasts longer than 30 minutes, you may need to drink 7-10 oz of fluid every 10 to 20 minutes. Those who sweat heavily will need to drink more often and consume more electrolytes.
- Workouts or events lasting 45 minutes to one hour, fluids with small quantities of carbohydrates and electrolyte (such as a hydration drink) are beneficial. Heavy sweaters may need as much as 1 gram of sodium per hour.
- See *Sweat Rate Worksheet* in the tools download to determine your specific fluid and sodium requirements.

Workouts and events lasting longer than one hour.

- You may need to drink 11 to 34 ounces of fluid every 20 minutes from various sources (water, hydration drinks, juice, etc.). Don't rely solely on water because it is low in sodium.
- See *Sweat Rate Worksheet* in the tools download to determine your specific fluid and sodium requirements.
- For Rock It recommended hydration drinks, see *Rock It Top DIY Sports Food Recipes* or *Top Grab & Go Sports Products* webpages on the Rock It Coaching website.

- Consuming carbohydrates during exercise lasting more than 90 minutes helps preserve glycogen stores and extends performance. For exercise that is 2-3 hours long, consume 25 to 60 grams of carbohydrates per hour of activity.

## Recover - After Workouts and Events

Recovery nutrition means supplying your body with the nutrition it needs to recover, progress, and be prepared to Rock It during 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.

How to recover:

- After a training or event, rehydrate with water or a hydration drink. For every pound of weight lost during the event, drink 24 ounces (3 cups) of fluid (this requires weighing yourself directly before and after the race). Also, pay attention to the color of your urine (it should be pale yellow). Weight loss of more than 2 percent of your body weight can affect performance and lead to dehydration.

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 an event. Start with fruit juice, a shake, chocolate milk, lemonade, or a hydration drink.

## HOW MANY CALORIES DO I NEED?

There are many formulas and calculators that estimate your calorie needs. The truth is, your nutritional needs are as unique as your fingerprint. Formulas are great for giving us a starting place, an estimate, but how much you eat should be based on hunger, satiety, and individual health needs. Before I discuss caloric intake with my clients, I discuss macro percentages,

exercise habits, food group proportions (are they getting plenty of veggies, for example), and meal design. If all of that is perfect, then we can talk about calorie levels. We analyze how many calories they currently consume on average and compare that number to a formula's estimate, and go from there. If they need to lose weight, we consider all the factors that might be contributing to their excess weight and address those factors. Calories usually get all the attention but in many cases, calories are not to blame. I generally recommend about 500 calories per meal and one or two snacks of 250 calories each day. That is a 2,000 calorie a day diet recommended for a moderately active female. Recommended caloric intake will differ drastically based on age, gender, activity level, and health conditions. Even when trying to lose weight, I don't like to see daily calorie levels go below 1800. I've worked with many athletes who have damaged their metabolism by eating too few calories. We work to slowly increase calories while getting the correct amount and type of physical activity, and voila, the plateau comes to an end and they start to lose the pounds. If you would like to get a good estimate of your calorie needs, see the *Calorie Estimator Worksheet* in the tools section. And just as a side note, do not be afraid to consume calories during your recovery nutrition. The calories you get post workout are going towards repairing torn muscles and replenishing your body's energy. This allows your metabolism to keep working for you rather than against you.

When it comes to eating, I have adopted Evelyn Tribole and Elyse Resch's *Intuitive Eating* protocol, which teaches readers to eat when they are hungry and stop when they are full. We were all born with this ability, but due to environmental factors many of us have lost touch with our body's signals. I have created a *Food Tracker with a Journal and Intuitive Eating Log* in the tools section. This is a great tool to use as you learn more about intuitive eating as a Rock It member. For more information about *Intuitive Eating*, see [IntuitiveEating.org](http://IntuitiveEating.org).

## WHAT SUCCESSFUL PEOPLE DO

As a gym owner and nutrition coach, I've had the opportunity to witness many athletes realize their health goals. Unfortunately, I've also seen just as many not fully realize their success. Inquiring minds want to know...Why do some people push forward while others don't? While there are personality traits, like determination, the ability to push through discomfort and defeat, competitiveness and positivity, I have also learned that some people are more successful because they:

1. **Set good goals**, write their goals down, and work toward their goals daily. Goals need to be specific, measurable, attainable, realistic, and timely (think SMART). The *Goals Tracker Worksheet* in the tools section provides a great way to help you keep track of your goals. Some of my most successful clients worked with their fitness and nutrition coaches to develop goals they logged and religiously tracked every day in this worksheet.

2. **Have a support system.** Having other people who know what your goals are, who are also working toward similar goals, and who can help keep you on track, will help you stick with the plan and even give you a boost toward reaching your goals. Find a support system through a running club, group class, or group of friends. Our Rock It community provides an excellent support system. Get involved in our forums, on the Facebook page, in our Clean Eating Boot Camp and use your unlimited group chats to share your goals and progress.
3. **Have a good strategy** – I believe in setting long-term goals (those that take over 3 months to accomplish) and short-term goals that get you to your long-term goal. For example, *eat 8 servings of fruits and vegetables a day*, may be your long-term goal and your short-term goal may be, *eat 2 serving of vegetables at lunch*. Preparing your lunch the night before would be a good strategy to help ensure you get enough vegetables and avoid fast food.

### WHAT YOU DO IN THE GYM MATTERS

If you want to lose weight or get toned, simply moving isn't enough for some people. In the beginning, you may be able to walk or cut out pop and lose weight, but there will be a point when you need to step up your game. If you have reached a plateau, then you know what I'm talking about.

The first step in deciding what you should do in the gym is to determine your end goal; is it to become healthier, stronger, or run farther? Next, you need a structured program to get you there. Fitness programming is a science that requires a fitness coach with education and experience. The type of movements you do and the timing of your work versus your rest can influence your body's response to exercise, and in turn, metabolism, body composition, strength, and endurance. Luckily for you, you will have access to our expert fitness coach during some of your chat sessions, in the forum and on the Facebook page. Use this resource to ask questions and fine tune your training program.

But wait, it isn't just enough to have a good program, the end result depends on intensity and consistency. Use an intensity scale of 1-10. One=walking. Ten=sprinting for your life. Aim for an intensity of 7-9 when working out (hint...you shouldn't be able to talk while you are exercising). While it depends on your program, you will probably need to workout three to four times a week, for 6-8 weeks to see results. Beware of overtraining and don't workout on rest days, which can be counterproductive.



## STILL STRUGGLING? SOME THINGS TO THINK ABOUT

Through genomics, the science of learning about your genes, researchers have discovered that some people do better with aerobic-type activities while others do better with strength training. This information can be used to customize more productive workout programs. Learn more on the *Functional Nutrition* webpage of the Rock It Coaching website.

Because weight is a big focus in American health, caloric deficit has been drilled into our heads. Eat fewer calories than you burn through physical activity, and you will lose weight, right? Wrong. If it was that easy, would we still have a problem? This is a hot topic, but the theory of caloric balance is outdated. Sure, for some it is that easy, but for others, it isn't. We now know that weight is a result of overall health. Functional medicine looks at other things that play a role in weight such as: genomics, gastrointestinal health, food sensitivities, stress levels, and hormones. If you feel that you are dealing with one of these, put on your detective hat and become a student of functional medicine.

## SAMPLE MENUS

The sample menus provided here should be customized to your needs. These menus are gluten and dairy free to accommodate those with a sensitivity. These menus are based on 2,000 calories per day.

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

Foundational Meal Design:

**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:

If your workouts are low-intensity (you can talk while you are working out), then you can go with the lower carb Foundational Meal Design (above) on training days. Otherwise, add slightly more carbs, as seen below:

**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

## 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, use 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, 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, 5<sup>th</sup> 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	⅓ cup	Oats	½ cup
Cereal	¾ cup	Pasta	⅓ 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