



NUTRITION PLAN

TYLER DURDEN

POWER ATHLETE NUTRITION

FUEL THE FIRE

MON, TUES, THURS, FRI, SUN

| | Upon wakeup | End of day | Within 30 mins | When convenient |
|------|-----------------------|----------------------|-----------------------|----------------------|
| | Wake Up | Dinner | Post Workout | Other Meal |
| LP | 2 oz | 4 oz | 4 oz | 4 oz |
| P | 4 oz | 4 oz | 8 oz | 4 oz |
| FC | 2 servings | 0 servings | 1 servings | 0 servings |
| SC | 0 servings | 0 servings | 1 servings | 0 servings |
| F | 1 servings | 1 servings | 0 servings | 0 servings |
| Supp | Shake 1 | | Shake 1 | |
| MFP | 42g P / 50g C / 32g F | 56g P / 0g C / 36g F | 84g P / 50g C / 40g F | 56g P / 0g C / 24g F |

KEYS TO SUCCESS

REVISED 31 DEC 1999

We're peeling back by 500 cal from Carbs and Fats. Protein is still high on your training days. "Wake Up" and "Dinner" are the only fixed meal times. Everything else varies based on when you workout in a given day.

For Sunday, try to pull this off in a feed window of 10 hours. Post workout will be after your hike.

Butter and coconut oils in the morning, olive oil and avocado in the evening

Get your early meals in and be sure you are hungry in the evening.

Leafy, fibrous veggies at night... lots of them, Plus spring mix.

I REPEAT: GO TO BED HUNGRY. IT SHOULD BE A BADGE OF HONOR AND A REMINDER OF HOW HARD YOU ARE WORKING.

WED, SAT

| | Meal 1 | Meal 2 | Meal 3 | Meal 4 |
|------|-----------------------|----------------------|----------------------|----------------------|
| LP | 4 oz | 6 oz | 4 oz | 0 oz |
| P | 8 oz | 4 oz | 0 oz | 8 oz |
| FC | 1 servings | 0 servings | 0 servings | 0 servings |
| SC | 0 servings | 0 servings | 0 servings | 0 servings |
| F | 0 servings | 1 servings | 1 servings | 0 servings |
| Supp | | | Shake 1 | Shake 1 |
| MFP | 84g P / 25g C / 40g F | 70g P / 0g C / 40g F | 28g P / 0g C / 20g F | 56g P / 0g C / 32g F |

KEYS TO SUCCESS

REVISED 31 DEC 1999

Lets target a 8 hour feed window. You make the call on timing, and it will affect thursday training, but that's okay.

Don't skimp out on ROYGBIV here, get your colors in, and smash the spring mix.

It's possible that 4 meals might be a challenge. We may want to just break it down to 3 meals. We'll see.

Lean Proteins

Flesh builds flesh! Measure your protein in ounces, cooked. 1 ounce of lean protein is approximately 7g of protein.

Fish (white fish)
Chicken Breast
Turkey Breast

Bison (sirloin)
Ground Beef (90% or leaner)
Lean Pork

Sirloin Steak
Ground Turkey
2 Egg Whites ~ 1oz

Canned Tuna
Sardines

Proteins

Just like your Lean Proteins, measure in ounces after cooking. These choices will have higher saturated fat content but this is a good thing.

T-Bone Steak
Turkey Thigh

Chicken Thigh (With Skin)
1 Large Whole Egg ~ 1oz

Beef Ribs
Pork

Ground Beef 85% / 15%

Fast Carbs

Earn your carbs. As you walk around and frisk your fruit to make sure it's ripe before dropping it in your shopping basket, make sure you are picking the medium sized fruit. Don't pick any fruit on a "Bulking Protocol!"

1/2 Orange
1 cup Raspberries
1 cup Watermelon
1 cup Blueberries

4 oz Red Delicious Apple
4 oz Granny Smith Apple
1 1/4 cup Strawberries
3 oz Banana

1/2 Grapefruit
1 cup Pineapple
1 1/2 Kiwi
2 Plums

1 slice Cantaloupe
2/3 cup Cherries
2 1/2 tsp Honey
1/2 cup Grapes

Slow Carbs

Potatoes and yams should be eaten without the skin. They can be cooked with the skin, but don't eat the skins. Rice and potatoes are measured cooked, while oats and quinoa are measured uncooked.

3 oz Sweet Potato
3 oz White Potato
2 oz Yam

2 oz Purple Sweet Potato
2 slices Gluten Free Bread
1/2 cup Brown Rice

1/2 cup White Rice
1/2 cup GF Oats
1/4 cup Quinoa

Fats

Fat on the plate is not the same as fat on the plate. We will consume just the right ratios of fats so will fire on all cylinders.

1 tbsp Avocado Oil
1 tbsp Coconut Oil
1 tbsp Olive Oil
1/2 Avocado

1/2 cup Shredded Coconut
20 Large, Pitted Olives
1 tbsp Grassfed Butter
1 tbsp Ghee

1 oz Almonds
1 oz Walnuts
1 oz Brazil Nuts
1 oz Pecans

2 tbsp Peanut Butter
2 tbsp Cashew Butter
2 tbsp Almond Butter

Supplements

Supplements are here to supplement our nutrition plan! Not replace it! Work with your coach to figure out your strategy!

Shake1
5g BCAAs
5g Creatine

| | | | | | |
|---------------|--|--|---|---|--|
| RED | Radicchio Radishes | Red Onion Tomatoes | Rhubarb | Red Potatoes | Red Bell Pepper |
| ORANGE | Butternut Squash Carrots Ginger | Orange Bell Peppers Persimmons Swede | Yellow Summer Squash Yellow Tomatoes Pumpkin (canned) | Rutabagas Yellow Beets Yellow Bell Peppers | Sweet Potatoes Yellow Potatoes Lemons |
| YELLOW | Cauliflower Chicory Garlic Ginger | Hearts of Palm Jicama Onions | Turnips Kohlrabi Lychee | Mushrooms Parsnips Shallots | White Corn White Potatoes |
| GREEN | Artichoke Arugula Asparagus Avocado Brussels Sprouts | Chayote Squash Chinese Cabbage Cucumbers Endive Celery | Iceberg/Romaine Kale Leeks Limes Mustard Greens | Broccoli Green Onions Green Peppers Okra | Scallions Spinach Zucchini Broccoflower |
| VIOLET | Black Olives Eggplant | Nori Seaweed Purple Asparagus | Purple Endive Purple Peppers Seaweed | Black Salsify Wild Mushrooms | Purple Cabbage Purple Carrots |