

PT x PT

Nutritional Guide

December 15th, 2015

This a nutritional document to help you reach your health and fitness goals. The goal of this guide is to give you some resources to help you in and out of the kitchen.



The Window of Opportunity.
Each day we wake up, it is each our own decision, to be better than we were yesterday.

Thank you!

Thank you for downloading The PT x PT Nutritional Guide. With the research and experiments I have done over the years. This is just a small piece for you. I hope this guide is helpful in you reaching your health and fitness goals.

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Healthy Grocery List

FATS	CARBS	PROTEINS	VEGETABLES
Avocado	Kidney Beans	Egg White (or whole eggs)	Asparagus
Seeds	Chickpeas	Cottage Cheese (Nonfat)	Broccoli
Pumpkin Seeds	White Beans	Mozzarella Cheese (Nonfat)	Brussels Sprouts
Fish	Black Beans	Natural Protein Powder	Cabbage
Flaxseed (grounded)	Pinto Beans	Tuna	Cauliflower
Sunflower Seeds	Green Peas	Tilapia	Cucumber
Canola Oil	Carrots	Salmon	Eggplant
Olives	Sweet Potato	Mackerel	Lettuce
Extra-Virgin Olive Oil	Rice: Brown & White	Pot Roast	Zucchini
Coconut Oil	Yams	Haddock	Mushroom

Cashews	Pumpkin	Flounder	Onion
Almonds	Artichoke	Cod	Peppers
Pecans	Squash	Anchovy	Radish
Pistachios	Any Fruits	Any other Fish	Spinach
Walnuts	100% Whole-Wheats	Pork Loin/Tenderloin	Tomato
Hazelnuts	Multigrains	Boneless Pork Chop	
Brazil Nuts	Oatmeal	Boneless Sirloin	
Almond Butter	Quinoa	Canadian Bacon	
Hemp Oil		90% Lean Ham	
Krill Oil		Chicken	
Fish Oil Capsules		Turkey	
Block Cheeses		90% Lean Beef	
Whole Egg		Rib Eye	
Ricotta Cheese		Sirloin	
Mozzarella Cheese		Skirt Steak	
Feta Cheese		New York Strip	
Nuts should be dry roasted		Filet Mignon	
Use whole milk cheeses		Flank Steak	
Oils should have 0g carbs and protein.		Greek Yogurt - Plain / Low Fat	

Nutrition Rules and Tips

1. Eat something within 90-120 minutes before exercise to *maximize* performance. Some individuals may require meals or snacks closer to their workouts.
2. To maximize recovery, eat a real *meal* following your exercise. Typically within 60 minutes.
3. Consume adequate fluids before, during, and after exercise. Aim for 1 oz. per lb of bodyweight or 8 oz. per hour.
4. Eat at least two larger meals per day.
5. Small snacks should be primarily made up of **protein (P)**, **dietary fats (F)**, and **fiber**.
6. For most individuals, not eating for prolonged periods of time will be **detrimental** to your desired results.
7. Foods and drinks containing simple sugars should be consumed right after exercise. Otherwise, these sugars should be limited. I.e. candy, pastries, pop, *gatorade*, etc.
8. Drink water before, during, and after meals. Any type of thirst means that you are already dehydrated. Drink water immediately when you wake up in the morning.
9. Add a source of protein with oatmeal or yogurt snacks. Protein will help fuel your body and enhance your performance.
10. Aim for at least 1 gram of protein per pound of body weight. More serious resistance training will require more grams of protein per pound.

Meal Timing # 1 - Early Risers (4am) & Afternoon Workouts	
Meal Number	Notes
Meal 1 - 9 AM	2 hours after waking - (P/C)
Meal 2 - Noonish	2-3 hours prior to workout - (P/F)
Post W/O - 3 PM (resistance training only)	Shake (P/C)
Meal 3 - 6 PM	1-2 hour after workout - (P/F)

Meal Timing # 2 - Early Risers (6am) & Afternoon Workouts	
Meal Number	Notes
Meal 1 - 11 AM to 12 PM	14-16 hour after last meal Protein / Fat Meal
Meal 2 - 2 hours before exercise	2 hour before workout - Protein & Carbs/Fat
Post Workout (resistance training only)	Shake (Protein & Carbs)
Meal 4 - Dinner	1 hour after workout - (P/F) Biggest Meal

Meal Timing # 3 - Super Early Risers (4am) & Morning Workouts	
Meal Number	Notes
Meal 1 - 7-8AM (fruit / nuts / protein)	2-3 hour after waking & after exercise
Meal 2 - 11AM to 12PM	Protein & Fat meal OR Protein & Carb meal
Meal 3 - Snack 4PM	Protein Shake & Fruit OR Nuts
Meal 4 - Dinner Time	1-2 Veggies / 1-2 Meat Servings / 1 Carb

Meal Timing #4 - Early Risers (5am) & Noon Workouts	
Meal Number	Notes
Meal 1 - Snack 11AM	Protein Bar OR Fruit & Nuts
Meal 2 - 1PM to 2PM	Post Workout - Carbs & Protein!
Meal 3 - Dinner Time	1-2 Veggies / 1-2 Meat Servings / 1 Fat
Meal 4 - Snack No later than 9PM	Banana & Peanut Butter / Apple & Nuts

Meal Timing #5 - Late Risers (6am) & Afternoon/Evening Workouts	
Meal Number	Notes
Meal 1 - 11 AM Small Lunch	Protein / Carbs OR Protein / Fats
Meal 2 - 4PM to 5PM	2 hour prior to workout - Fruit/Fat & Protein
Meal 3 - 7PM to 8PM After Exercise	Full Dinner - should be biggest meal
Meal 3 - 9PM Snack (if needed)	Carbmaster Yogurt OR Almonds (or both)

RECIPES

Protein Pancakes - PT x PT

- 3 eggs
- 1 scoop Protein Powder
- 1 Tbsp Flaxseed 2.5/1.5 2
- Half ounce Water
- Half ounce Milk

Total Calories: ~400

Carbs - 2 Net. (5 Fiber)

Fats - 19

Protein - 47

8-10 oz. of liquid pours into make three 8 inch pancakes.

Almond Butter Cookies - Researched

- 2 cups almond flour (or 1 cup almond flour, 1 cup vanilla protein powder)
- ½ cup raw almond butter
- 2 organic cage free eggs
- ¼ cup honey (or Truvia for calorie free)
- 1 tsp baking soda
- 1 tsp vanilla
- 1 tsp salt
- 2 cups dark chocolate chips (Enjoy Life is dairy free and my favorite brand.)

Further Instructions

- Mix all ingredients together in a large bowl.
- Roll dough into small balls and smooch lightly onto a cookie sheet lined with parchment paper.
- Bake for 10-12 minutes in a 375 degree oven.

Coffee Protein Drink - PT x PT

- 1 Cup Coffee
- 1 Cup unsweetened almond milk
- 1 scoop plain or vanilla protein powder (or chocolate)
- 1 medium banana
- 1/4 cup rolled oats
- 1 tbsp raw or natural cacao powder
- 1 tbsp chia seeds
- 1/8 tsp ground cardamom

Nutrition Facts:

Calories: 380

Fat: 7 grams

Carbs: 49 grams

Protein: 30 grams

Smoothies 101

The chart below is something I came across while on the ACE Fitness website. These recipes are from the co-founders of U Rock Girl. U Rock Girl is a website designed to nourish the mind, body, and spirit of women of all ages. The chart below is comprised of what a smoothies should be made up of; **leafy greens + liquid base + fruit + superfood.**

Make sure to blend up the greens with the liquid first and then add the rest of your ingredients and blend until smooth. If you are looking to make a complete meal in a cup, add a source of protein and a healthy fat (avocado, coconut oil/butter or nut butter)

LEAFY GREEN	LIQUID BASE	FRUIT	SUPERFOOD	PROTEIN & HEALTHY FAT (optional)
BABY SPINACH BABY KALE COLLARD GREEN BEET GREENS CHARD ROMAINE LETTUCE	ALMOND MILK COCONUT MILK COCONUT WATER RICE MILK TART CHERRY JUICE POMEGRANATE JUICE WATER	BANANA MANGO BLUEBERRIES KIWI STRAWBERRIES CHERRIES GRAPES LEMON OR LIME	CHIA SEED GROUND FLAXSEED HEMP SEED CINNAMON TURMERIC GINGER	PROTEIN POWDER NUT OR SEED BUTTER COCONUT OIL/BUTTER AVOCADO TAHINI

<http://www.acefitness.org/acefit/healthy-living-article/60/5235/4-green-smoothie-recipes-to-kick-start-your/>

Lean and Green Smoothie

Makes 1 serving

- 1 cup unsweetened vanilla almond milk
- 2 cups baby spinach
- 1 banana, frozen
- 1 Tbsp. chia seeds
- ice

DIRECTIONS:

Place everything except ice into a blender and blend until smooth. Add ice cubes, a few at a time, until desired consistency is reached.

Anti-inflammatory Smoothie

Makes 2 servings

- 6 ounces coconut water
- 1 cup baby spinach
- 1 pear
- 1 apple
- 1 tsp. fresh ginger
- ¼ tsp. ground turmeric

-
- Juice of half a lemon
 - Pinch of cayenne pepper
 - ice

DIRECTIONS:

Place everything except ice into a blender and blend until smooth. Add ice cubes, a few at a time, until desired consistency is reached.

Hydrating Smoothie

Makes 2 servings

- 8 ounces coconut water
- 1 cup baby spinach
- 1 cup de-stemmed kale
- 1 cup frozen pineapple
- 1 cup frozen mango
- Juice of half a lime
- 1 Tbsp. chia seeds

DIRECTIONS:

Blend ingredients in order listed until smooth.

Energizing Smoothie

Makes 2 servings

- 1 cup unsweetened vanilla almond milk
- 1 cup baby spinach
- 1/2 frozen banana
- 15 frozen green grapes
- 1 tsp. chia seeds
- 1/2 tsp. matcha (green tea powder)

DIRECTIONS:

Blend ingredients until smooth.

Chipotle Pepper Stew caution: HOT!

- Meat of choice (pork shown)
- Kidney Beans (2 cans drained)
- Red Peppers
- Yellow Peppers
- Carrots
- Onion
- Chipotle Peppers (use a very small serving)

In a crockpot, throw all ingredients into the pot. Pour an amount of water in that will just cover all of the food.

Place the crock pot on High, until the meat is fully cooked.

Drain the food and water in a strainer

Place back into the crockpot and keep on warm, serve when ready.



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Crockpot Sunday

- *Choose meat of choice and cut any desired fat off (2lb of chicken breast shown).*
 - *In a crockpot, throw in all ingredients and let cook*
 - 2lb of chicken
 - 1-2 cups of carrots
 - 2 cans of green beans
 - 2 cups of broccoli
 - sweet red & yellow peppers
 - chipotle peppers (5-10) *HOT*
- *Total prep time = 10 Minutes*
- ◆ *Cook time = 3 to 4 hours*
 - ◆ *Clean up time = 10 Minutes*

Being that this is a crock pot recipe, this meal can be cooked much faster on the stove. But as Sunday's are typically for lounging or doing house work, this is a perfect meal to cook while you are occupied.



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Mexican Wednesday

- *Choose meat of choice and cut any desired fat off (chicken & steak shown).*
- *In a pan, saute meat with the following:*
 - *chipotle peppers in adobo sauce*
 - *guajillo pepper*
 - *garlic powder*
 - *salt*
 - *cumin*
- *On the side, cook pinto beans*
- *Optional: microwave corn tortillas until warm. They can used to make small chicken or steak tacos.*
- *Healthier Option: consume meat and beans from a bowl with some cheese.*
 - *Prep, Cook, & Clean Time ~ 20 Minutes*



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Hamburger & Veggies

- *Choose meat of choice and cut any desired fat off (Hamburger is shown here 90 % lean / 10% fat - drain out meat if you want less fat)*
- *In a pan, fry the meat until it becomes browned.*
- *Once the meat is brown, add the following vegetables:*
 - *Green Onions*
 - *Asparagus*
 - *Sweet Red Peppers*
 - *Sweet Yellow Peppers*
- *On the side? You really don't need a side but you can choose from:*
 - *Green Beans*
 - *Black Beans*
 - *Rice*
 - *Sweet Potato (plain)*



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Prep, Cook, & Clean Time ~ 25 Minutes

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- 20 ounces of cold water
- Musclepharm Amino1 - 1/2 serving
- Apple cider vinegar - 1 to 2 Tbsp.
- Himalayan salt 1/4 tsp.
- Cinnamon - 1/8 tsp.



NATURAL ENERGY DRINK

APPLE CIDER VINEGAR & MORE

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Peppered Turkey Burger

- *Cook lean turkey burger in pan until browned.*
- *Once turkey burger is browned, drain the fat in a strainer (optional)*
- *While turkey burger is cooking, slice up vegetables - green bell peppers, sweet yellow peppers, sweet red peppers.*
- *Chop green onions to desired size.*
- *Once meat is done, mix in the vegetables to create the main course.*
- *Add spices if desired (cumin & ginger shown - helps with reducing inflammation & muscle spasms)*
 - *Prep, Cook, & Clean Time ~ 25 Minutes*



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What type of energy supplement can you benefit from?

Supplement	Energy Type	Dose	Timing
BCAAs	Muscle Energy	5-10 grams up to 30 grams per day	Up to 3 times a day; before and after workouts, and with breakfast
Beta-alanine	Muscle Energy	2-4 grams, for a total of up to 8 grams per day	Take 1 dose 30-60 minutes before and 1 dose 30-60 minutes after training
Creatine	Muscle Energy	5 grams	Take 1 dose before and 1 dose after workouts during a maintenance phase
Caffeine	Brain Activating	200-1,000 mg	Take about 30 minutes prior to need
Rhodiola Rosea	Brain Activating	200-1,000 mg	Take 3 times a day: upon waking, before workouts and after training without food
Green Tea Extract	Brain Activating	200-400 mg	Take up to 3 times daily
Tyrosine	Brain Boosting	1-3 grams	Take 30 minutes before intense training
Vinpocetine	Brain Boosting	10-20 mg	Take up to 3 times a day, with 1 dose about 60 minutes before workouts
Sports Drinks	Macro Performance	As Needed	Consume as needed
Energy Gels	Macro Performance	As Needed	Take 1 dose about 15 minutes before an endurance event and 1 packet about every 30-45 minutes during intense training sessions
Dextrose	Macro Performance	25-30 grams	Take post workout with whey protein or a protein blend

Source: Muscle & Body June 2014 pg. 46

Tyrosine
An amino acid that is the precursor to the production of neurotransmitters, brain chemicals that control motivation, mood, focus, movement, and anxiety.
Vinpocetine
A naturally occurring phytochemical extracted from the seeds of the periwinkle plant. Vinpocetine crosses your blood-brain barrier and is the brain version of Viagra, driving circulation to this smarter organ by inhibiting phosphodiesterase-1. Reduced (PDE-1) activity results in brain stimulation by enhancing glucose and oxygen uptake as well as ATP production. Those who take vinpocetine report enhanced energy, focus and mood.
Source: Muscle & Body June 2014 pg. 46

To be continued....