



NUTRITION PLAN

TYLER DURDEN

POWER ATHLETE NUTRITION

FUEL THE FIRE

HEAVY TRAINING DAYS

~60 min post WO

	Meal 1	Meal 2	Meal 3	Meal 4
LP	6 oz	8 oz	8 oz	8 oz
P	3 oz	0 oz	0 oz	0 oz
FC	1 servings	2 servings	0 servings	0 servings
SC	2 servings	3 servings	2 servings	2 servings
F	1 servings	1 servings	3 servings	3 servings
Supp	Shake 2	Shake 1		

	Macro Goal	Calorie Goal
P	231g	924 cal
C	300g	1200 cal
F	96g	864 cal

Approx. Daily Cals **2,988**

KEYS TO SUCCESS

We train in the morning so let's get our first meal in. Like I said, tough it out and eat your breakfast cold. We need to feed before we attack the weights.

I put together a couple shakes for you, let me know if you need supplement recommendations and I can point you in the right direction.

Pay SPECIAL ATTENTION to the final page, our ROYGBIV page, because we need to be smashing a handful of each color every day.

LIGHT TRAINING DAYS

~60 min post WO

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
LP	4 oz	6 oz	0 oz	5 oz	4 oz
P	2 oz	0 oz	4 oz	0 oz	4 oz
FC	1 servings	2 servings	0 servings	0 servings	0 servings
SC	2 servings	3 servings	0 servings	1 servings	0 servings
F	1 servings	1 servings	5 servings	0 servings	2 servings
Supp	Shake 2	Shake 1			

	Macro Goal	Calorie Goal
P	203g	812 cal
C	225g	900 cal
F	108g	972 cal

Approx. Daily Cals **2,684**

KEYS TO SUCCESS

We are knocking the cals back on your light days. We are gonna drop the carbs a bit, so if you get those cravings grab a seltzer water or something to help you feel "full."

I know you struggle with the lean proteins, lets try and slow cook some chicken breast with your favourite salsa. It's always worked for me.

ROYGBIV here, let's stay away from fruits and see if we can't put together a mega salad.

GET IT!

REST DAYS

~60 min post WO

	Meal 1	Meal 2	Meal 3	Meal 4
LP	4 oz	4 oz	4 oz	0 oz
P	6 oz	0 oz	0 oz	8 oz
FC	0 servings	0 servings	0 servings	0 servings
SC	3 servings	3 servings	1 servings	0 servings
F	1 servings	2 servings	1 servings	4 servings
Supp				

	Macro Goal	Calorie Goal
P	182g	728 cal
C	175g	700 cal
F	96g	864 cal

Approx. Daily Cals **2,292**

KEYS TO SUCCESS

Business as usual on the rest day. We are dropping carbs later in the day for this block. Let's see how you feel on your AM training sessions. I find that you may feel a little groggy and sluggish at first, but it will help us smash our body comp goals.

No shakes today, but if you find yourself in a bind smash some Whey to keep the protein up. I know your rest days are also your busy day at the office, so don't forget to eat!

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

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

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 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
3 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!

Shake 1
25g Whey Protein
50g CHO Powder

Shake 2
5g BCAAs
50g CHO Powder

Shake 3
5g BCAAs

RED	Red Grapefruit Radicchio Radishes Raspberries	Red Onion Rhubarb Strawberries Tomatoes	Watermelon Blood Oranges Cherries Pomegranates	Red Pears Red Grapes Red Potatoes Cranberries	Red Apples Red Bell Pepper
ORANGE	Butternut Squash Cape Gooseberries Carrots Ginger Grapefruit Lemons Orange Bell Peppers	Persimmons Swede Tangerine Yellow Apples Yellow Bell Peppers Yellow Summer Squash Yellow Tomatoes	Yellow Watermelon Apricots Cantaloupe Mangoes Nectarines Oranges Papaya	Peaches Pineapples Pumpkin (canned) Rutabagas Yellow Beets Yellow Pears Apricots (Dried)	Sweet Potatoes Yellow Potatoes Yellow Figs (Dried)
YELLOW	Cauliflower Chicory Garlic Ginger	Hearts of Palm Jicama Onions Shallots	Turnips Brown Pears Kohlrabi Lychee	Mushrooms Parsnips White Nectarines White Peaches	Bananas White Corn White Potatoes Dates
GREEN	Artichoke Arugula Asparagus Avocado Brussels Sprouts Celery	Chayote Squash Chinese Cabbage Cucumbers Endive Green Apples Honeydew Melon	Iceberg/Romaine Kale Leeks Limes Mustard Greens Green Grapes	Broccoli Green Onions Green Pears Green Peppers Kiwi Okra	Scallions Spinach Zucchini Broccoflower
VIOLET	Black Olives Blackberries Eggplant Elderberries	Nori Seaweed Purple Asparagus Purple Cabbage Purple Carrots	Purple Endive Purple Peppers Seaweed Black Cherries	Black Currants Black Salsify Plums Wild Mushrooms	Concord Grapes Purple Grapes