

3 STEPS TO FIX A BROKEN DIET

IDENTIFY AND REMOVE NUTRITIONAL DEFICIENCIES STEP 1

Dietary deficiencies are more common than you think.

ATHLETES



- ↓ Iodine
- ↓ Vitamin D
- ↓ Zinc
- ↓ Vitamin E
- ↓ Calcium

STUDENTS

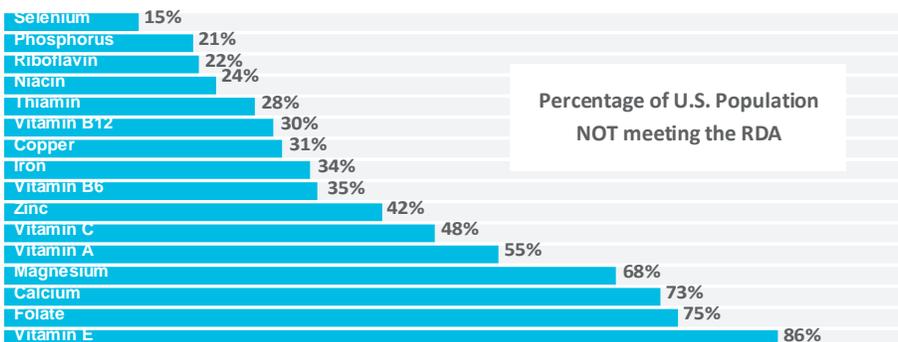


- ↓ Zinc
- ↓ Magnesium
- ↓ Vitamin D
- ↓ Omega 3s
- ↓ Protein

PEOPLE ON POPULAR DIETS



- ↓ Vitamin B7
- ↓ Vitamin D
- ↓ Vitamin E
- ↓ Chromium
- ↓ Iodine
- ↓ Molybdenum



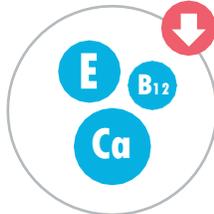
IDENTIFYING DEFICIENCIES

Blood, saliva, and urine testing can uncover specific deficiencies.
But there's an easier place to start.

COMMON DEFICIENCIES AMONG COACHING CLIENTS



WATER
(low-level dehydration)



**VITAMINS
MINERALS**



PROTEIN
(particularly in women and in men with low appetites)

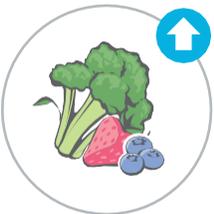


ESSENTIAL FATS
(95% of the population is deficient)

CORRECTING DEFICIENCIES: WHERE WE BEGIN



**DRINK MORE
HYDRATING FLUIDS**



**EAT MORE FOODS
RICH IN VITAMINS
AND MINERALS**



**EAT MORE FOODS
RICH IN PROTEIN**



**TAKE IN MORE
ESSENTIAL FATS**
(fish, fish oil, algae oil, etc.)

**When we don't get the nutrients we need, we suffer.
As soon as we start eating them regularly, we thrive.**

ADJUST FOOD AMOUNT AND FOOD TYPE STEP 2



**Once nutrient deficiencies are corrected,
it's time to adjust food amount.
Please note: We actively avoid calorie counting.**

Short-term food journals work well as dietary awareness tools. But long-term calorie counting can lead to burnout and frustration.

SO, HOW MUCH SHOULD I EAT?

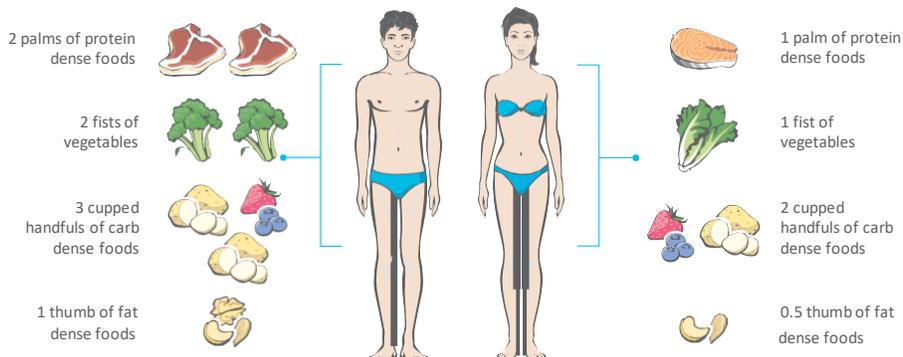
Based on your body type...

I TYPE 55% CARBS 25% PROTEIN 20% FAT

Their engine speed is set to "high revving".

They tolerate carbs well.

They're high-energy.

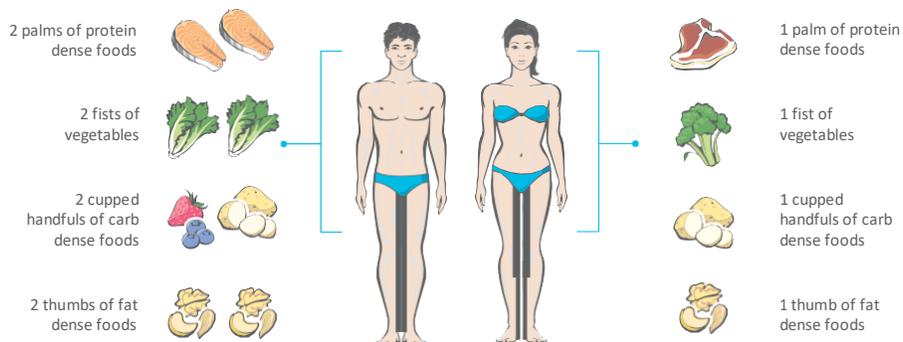


V TYPE 40% CARBS 30% PROTEIN 30% FAT

Their bodies are designed to be powerful machines.

They tend to be testosterone and growth hormone dominant.

Thus, they can usually gain muscle and stay lean easily.

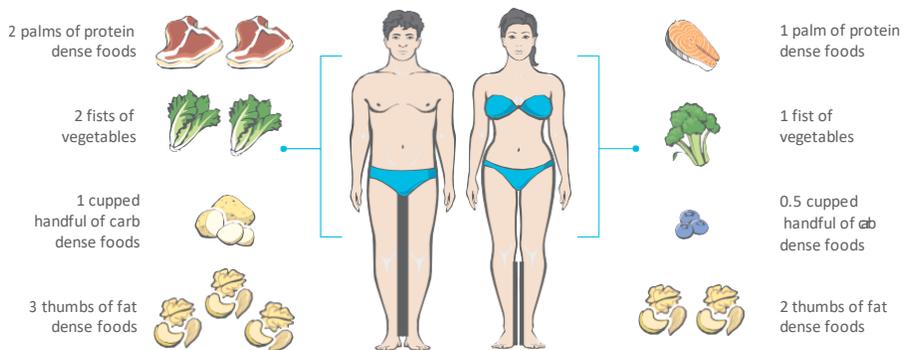


O TYPE 25% CARBS 35% PROTEIN 40% FAT

Their engine speed is set to "idle".

They're naturally less active.

They typically have a slower metabolic rate and generally don't tolerate carbs as well.



PORTION SIZES

The following portion guide assumes 3-4 meals a day. Notice that, instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats.

FINE TUNE THE DETAILS STEP 3

Once deficiencies are corrected and you're eating the right types of food in the right amounts, everything else is just a minor detail.

HOW OFTEN SHOULD I EAT?

As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often.

SHOULD I CYCLE CALORIES OR CARBS?

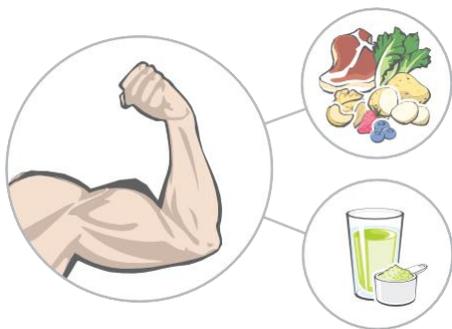
For some people this strategy can make a difference. Here's how to do it...

- On the days you're lifting weights – add starchy carbs to your baseline diet.
- On the days you're not lifting weights – eat a baseline diet of mostly protein, vegetables and healthy fats with minimal carbs.



WHAT SHOULD I EAT BEFORE, DURING, OR AFTER EXERCISE?

Workout nutrition really doesn't matter for most people except elite athletes training specifically for maximal muscle adaptation and/or training with high volume and intensity (potentially multiple times every day). For those individuals...



1-2 HOURS BEFORE AND AFTER

Eat an appropriate meal as outlined above.

DURING

Have water, a branched-chain amino acid drink (5-15 grams mixed in 1 liter of water), or a protein plus carbohydrate drink.