


UNDERSTANDING MACRONUTRIENTS

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WELCOME TO ANDREA KLAS FITNESS

I have created this nutritional guideline booklet to educate our clients on healthy nutritional practices and to dispel some of the myths associated with different foods and their function in our bodies. Please take some time to read through this document and if you have any questions, please don't hesitate to contact us for guidance.

WHAT ARE MACRONUTRIENTS?

Macronutrients

The term "macronutrients" refers to protein, carbohydrates and fats. These three major components are responsible for calories. Each plays an important role in sustaining energy, metabolism and bodily functions.

Caloric content of these macronutrients are:

- *1 gram of carbohydrates is equal to 4 calories*
- *1 gram of protein is equal to 4 calories*
- *1 gram of fat is equal to 9 calories*

CARBOHYDRATES

The power behind the muscle – carbs are processed with water and turned into muscle glycogen, which provides the power behind the muscle. A carb-depleted muscle is not nearly as strong as a muscle full of glycogen, because there is no water and therefore less blood within the muscle to contract or drive the movement. Think of it like a creek versus a river. The force of the current in the river is much stronger than the creek, simply due to the amount of water. Carbohydrates create an insulin response, which helps transport protein into the muscle, to aid in recovery and building of new tissue. Carbs are also important for hormonal health. Low carb diets tend to be low in the vitamins and minerals that help manage hormonal fluctuations, particularly in females. Furthermore, without carbs your body goes into ketosis. While ketosis is not necessarily a bad place to be, it is quite uncomfortable to get there and one carb heavy meal can throw you out of ketosis entirely.

Myth: Cutting carbs, cuts fat.

False. What generally happens when a person cuts carbs, is there is an immediate drop of water, which gives the illusion of fat loss, resulting in higher compliance to the "diet" and therefore a lower calorie intake because the person is no longer consuming a wide range of those foods.

Myth: Do not eat carbs after 7pm.

False. Consuming carbs at any time of the day is okay. Yes, there is something to be said for nutrient timing. However, overall consumption trumps timing. Your body does not work on 24 hours alone.

PROTEIN

Protein is essential for recovery and growth of bodily tissues. Protein is processed at 4 calories per gram, which is the same as carbohydrates. However, protein has a higher metabolic rate, due to a higher thermogenic effect. Protein is broken down into 21 amino acids, of which 8 are essential and must be consumed through food, 7 are conditionally essential, meaning they cannot be constructed by the body during times of illness, injury, or extreme stress and 6 are non-essential aminos that can be produced by the body and do not need to be acquired through food. Protein is particularly important during times of lower caloric intake, because it prevents the breakdown of muscle tissue and because muscle requires more calories to sustain than fat does, it helps maintain resting metabolic rate.

Myth: Just eat protein and you will lose weight.

False. Overconsumption of protein can lead to fat gain. When we over consume protein and it cannot be used to build more organs or muscle tissue, the body will process the excess into storage, to be used as fuel at a later time. This process is known as gluconeogenesis, or as we like to say, "expensive energy" since protein is not cheap!

Myth: Extra protein will build more muscle faster, because of the higher anabolic response.

False. To an extent, yes. Protein synthesis is important, but the body can only process so much protein at one time and muscles can only grow so fast.

FAT

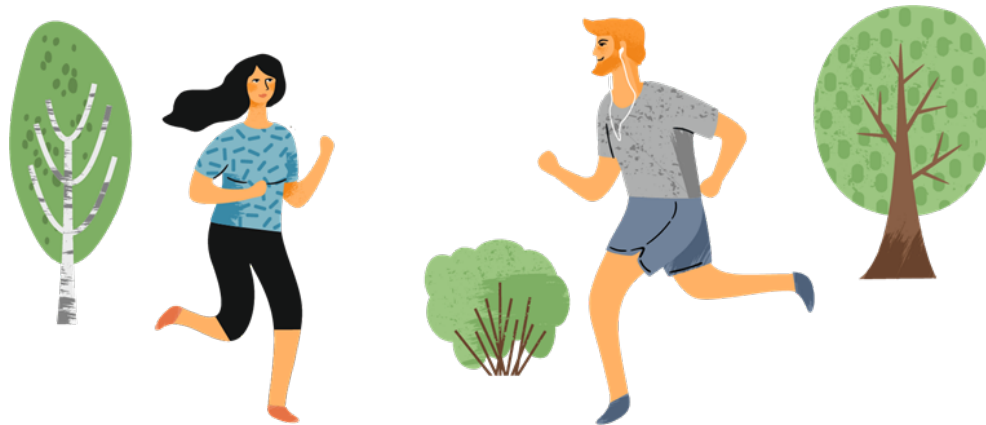
Fat is a source of energy, often burned once the glycogen stores in the muscle have been depleted. Fat is a more concentrated energy source, clocking in at 9 calories per gram. Fat is essential for healthy skin and hair, as well as being responsible for transporting fat-soluble vitamins. Due to the longer digestion rate, fat also provides satiety.

Myth: A low fat diet leads to weight loss.

False. Being in a caloric deficit leads to weight loss. There is no scientific data proving low fat diets to neither be the sole cause of long-term weight loss, nor preventing chronic disease.

Myth: "Healthy Fats" or MCT's, don't cause fat gain, or will cause fat loss.

**There is a gray area here. While MCT's do absorb faster than glucose and can be used quicker as an energy source despite being higher in calories, over consuming them can lead to fat gain. While MCT's are beneficial for carrying amino acids to your muscles, too much MCT oil can cause digestive distress. Furthermore, they do not provide any of the essential fatty acids that aid in regulation of blood pressure.



Learning to Read Food Labels

Serving Size: A serving size is usually less than most people eat. If you eat 2 servings, make sure you double the calories and all of the daily values. When comparing foods, make sure, the serving sizes are the same.

Fat: This lists the total amount of fat in one serving. Try to limit the amount of saturated fat and trans fat you eat.

Cholesterol: Try to eat less than 300 mg each day.

Sodium: Try to eat less than 2400 mg of sodium (salt) each day.

Carbohydrates: These help give you energy. They are found in bread, pasta, potatoes, fruits and vegetables. Good sources of fiber include fruits, vegetables, whole grains, and beans. Try to eat 20 to 35 g of fiber per day.

Protein: Protein helps build muscle. It is found in meat, nuts, eggs, fish, and dry beans. Try to eat lean cuts of meat.

Chicken Noodle Soup	
Nutrition Facts	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890mg	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400m 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calories: A calorie is a measure of energy use. Also listed is the number of calories from fat. The general rule is that no more than 30% of your calories should come from fat.

% Daily Value: This shows how much of the recommended amounts of these nutrients are in one serving (based on a 2,000 calorie diet). These percentages make it easy to compare one brand with another. Just make sure the serving size is the same. The goal is to eat no more than 100% of each nutrient each day.

Vitamins & Minerals: This shows you how much of the recommended amount of certain vitamins and minerals are in the food. Your goal is to reach 100% for each vitamin and mineral every day.

Recommended Amounts: Here you can see the recommended daily amount for each nutrient for 2 calorie levels: a 2,000 calorie and a 2,500 calorie daily diet. Your recommended daily calories may be higher or lower depending on your age, gender, and how active you are. However, notice that the recommended amount of sodium and cholesterol are the same no matter how many calories you eat a day.

Source: Adapted from: <http://nutrition.about.com/od/recipesmenus/ss/learnlabels.htm>

WHAT ELSE IS IMPORTANT?

WATER

Water is imperative for life. It transports nutrients, aids digestion and helps flush out metabolic waste. Water regulates body temperature, lubricates joints and carries energy and nutrients to all areas of your body. Feeling thirsty is a sign of already being dehydrated, which can cause a direct slump in both physical and mental performance. Water increases oxygen levels in the blood, leading to higher energy and results in an increased ability to burn fat. To provide your body with enough water, it's very important to consume mainly pure water; while other liquids do quench thirst, it's difficult for the body to pull enough hydration from other sources.

Myth: Cutting water makes you drop water weight.

False. Cutting water can actually lead to water retention. When we cut water, blood pressure lowers, triggering a rise in aldosterone hormone that causes water and sodium to be reabsorbed into the blood to create a rise in blood volume and in turn, gets blood pressure back up. Once water is being consumed again, aldosterone in the blood lowers and more water is then excreted through urine.

Myth: You need to drink 8 glasses of water a day.

False. The amount of adequate water consumption is more individual and, in many cases, is higher than 8 glasses a day. More body mass and higher activity levels require more water to be consumed.



FIBER

Fiber is part of plant foods that cannot be digested. There is soluble fiber – dissolves in water and readily ferments in the digestive tract as gases and insoluble fiber – does not dissolve in water, as it moves through the digestive system, it reabsorbs water, providing a bulking effect that eases digestive movement. Both insoluble and soluble fiber exists in plants, but in varying degrees. Sufficient fiber is necessary for ease of bowel movements; however overconsumption of fiber can lead to excess gas production and bloating.

VEGETABLES

Vegetables are high in fiber and volume, but low in calories. Vegetables not only provide essential vitamins, minerals, phytonutrients and trace elements, but they also provide satiety. Vegetables are comprised of carbohydrates; small amounts of protein and some fat, but the amounts are individual to the species. Many vegetables have high antioxidant properties that prevent and repair damage to the cells.

Myth: More vegetables are better.

False. High intake of vegetables can lead to digestive distress. The amount a person can tolerate, varies from person to person. Furthermore, studies show that a body consuming only vegetables as a carb source, can become more efficient at pulling calories from them.

Myth: Many vegetables are a “negative calorie food” – suggesting that to chew and digest the food, requires more energy than is being consumed.

Simply put, there is not enough scientific data to back this theory.

FRUIT

Much like vegetables, fruit is comprised mainly of carbs, a little fat and a little protein, which all vary greatly depending on the species. Fruit also provides vitamins, minerals and phytonutrients. Fruit is higher in calories than vegetables, due to their natural sugars. For the digestive benefits of fruit, you could consider eating it on its own (without other macronutrients).

Myth: Fruit is “bad” because it contains sugar.

False. Let's not demonize fruit because it contains sugar. Fruit sugar is fructose and with this fructose, you are also gaining healthy starches and cellulose, which provide fiber. And while there is a difference between natural sugars and added sugars when it comes to insulin response, what matters more in terms of caloric intake, is that 1 gram of carb will always be 4 calories, whether it comes from table sugar or from fruit, but with fruit you are also benefiting from the vitamins, fiber, folic acid and antioxidants.

Myth: You should only eat fruit that is native to you, meaning apples and berries are good for a Canadian, but tropical fruits like bananas are bad for a Canadian and good for a Hawaiian.

False. Eat the fruit that agrees with you. Recognize your digestive cues and if you sense you have intolerance, then steer clear.



WHAT ABOUT BARS, PRE WORKOUTS AND SHAKES?

In today's fast paced society, it is easy to access a quick shake, or to stash a bar in your car. We have no issue with these as supplementation, but we caution you to notice any digestive pattern changes and to be aware that they should be a supplement, not the premise of your daily nutrition plan.

In regard to pre workout supplements, which typically contain high levels of caffeine, we caution you that these can be incredibly taxing on the nervous system and we find that a regular cup of coffee is not only just as potent but saves you some \$.

WHAT ABOUT SUGAR?

We need glucose (sugar) to have energy. What about candies, cakes and simple sugars? Our recommendation is to have everything in "moderation." Keep in mind that sugar can be addictive. If you have troubles following your program because you tend to gravitate towards simple sugars, which is leading to overeating, then you should be more aware of how these affect your progress.

ALL THE FOODS?

You will hear us joking about "eating ALL the food," and we do; this is true. We do not believe in placing a "good" or "bad" label on food. Food is food. That being said, some food has more nutrient density than others and we do want to place an emphasis on health, longevity and vitality!

80/20% Lifestyle

90/10% Contest Prep

ARTIFICIAL SWEETENERS

We do not condemn artificial sweeteners, we witness many digestive issues with high consumption of sucralose (Splenda), aspartame, Truvia, etc.

We do not however believe in limiting these in your nutrition plan, but we do suggest that you pay attention to your digestive feedback and eliminate if they become problematic. This includes excessive gas, bloating, diarrhea, stomach pains, etc.

We find if used in moderation there are no major issues.

We use granulated monk fruit and Splenda for baking and recipes and Stevia for beverages. We do also drink diet pop occasionally as it does not effect us.

GUM

We do not recommend chewing gum especially in fat loss phase. Chewing gum will cause the body to produce more saliva. This is a waste of energy and water. Your body will use up more water to produce saliva because it thinks you are eating something. This could cause your body to become dehydrated and feel hunger faster. Additionally sugar free gum contains artificial sweeteners which may cause bloating and gas. We cut gum in contest perp 4 weeks out.

BEVERAGES

Water should always be your number one go-to for liquids. If you consume at least three liters per day, then 'other' beverages are perfectly fine in your daily nutritional intake.

These can include:

- Coffee
- Tea
- Energy Drinks (be mindful of stimulants)
- BCAA's in your water
- Carbonated water/Diet soft drinks (in moderation)
- Juice (count towards your carbohydrate intake)
- Milk (count towards your macronutrient intake)
- Almond/Cashew/Coconut milk (if more than a few tablespoons, then count towards your macros)

IMPORTANCE OF SALT

Sodium is incredibly important to the functionality of our bodies; and salt is a key source of sodium (not iodized table salt but pure sea salt, pink salt or gray Celtic rock salt).

Salt helps to regulate the concentration of our bodily fluids, which constantly hang in a delicate balance. It helps our cells to absorb all the vital nutrients they need, and it is also required for healthy muscle and nerve activity. But you should be very careful to monitor your salt intake in order to avoid excess.

SALT AND EXERCISE: HOW ARE THE TWO RELATED?

Any regular gym-goer will recognize the salty taste of sweat after a good hard workout.

We know that we lose salt during our workout, but it's much more than just a clever way for our bodies to cool down.

Salt plays a vital role in our body. It can help regulate muscle contraction, nerve function and blood volume. It also regulates fluid levels in your body.

Low sodium levels can cause dehydration, muscles cramps or even organ failure.



CAN I DRINK ALCOHOL?

You can consume alcohol in moderation, but it is important to note that alcohol can have negative consequences on your development, health and performance. It does count towards the calories for your day and it is very easy to quickly “drink away your intake for the day” if you overconsume. Here is a chart of some common drinks and how you would have to modify your intake to “make it fit.”

*Grams are rounded up or down and not exact on all alcohol. You are free to use fat calories instead of carbs. For example, on 4 oz. of red wine, which is 30 grams of carbs, or 120 calories, that would be equal to 120 calories divided by 9, equal to 13 grams of fat.

Type of drink	Amount	Macros used
Red Wine	4 oz.	30 grams of carbs (120 cal)
White Wine	4 oz.	25 grams of carbs (100 cal)
Vodka	2 oz.	35 grams of carbs (140 cal)
Beer	1 can	40 grams of carbs (160 cal)
Gin	2 oz.	40 grams of carbs (160 cal)
Rum	2 oz.	35 grams of carbs (140 cal)
Tequila	1.5 oz.	25 grams of carbs (100 cal)
Bailey's	1 oz.	25 grams of carbs (100 cal)

IMPLICATIONS AND PROCESSING OF ALCOHOL

Alcohol – what it's doing to your goals, the effect it has on your body, how it is processed and what happens to your caloric intake.

Alcohol is a huge part of the modern lifestyle – from a wine with dinner, to being 10 schooners deep at the footy on the weekend or every holiday event ever.

We have been engulfed and brainwashed by the marketing of big liquor brands along with peer pressure surrounding such events when mates don't have the same goals as yourself.

Before you give in, be educated on the effects it will have on your fat loss goals to come.

CALORIC VALUE

Alcohol has 7.2 calories per gram, making it more than almost double the caloric value of proteins and carbs! These calories also do not provide us with any macronutrients, unlike most foods.

For example, a VB beer bottle has 151 calories but only has 12g of carbohydrates! Most of the calories come from alcohol. This means that a simple 6-pack of beer would provide nearly 1000 calories, putting a huge dent in your progress. Assuming and depending on your current calorie deficit, this would more than likely negatively affect caloric balance and thus slow or prevent weight loss.



PROCESSING ALCOHOL

- Alcohol (ethanol) is a depressant drug and slows the Central Nervous System
- It is first oxidized by the body and becomes Acetaldehyde which is highly toxic.
- It also secretes anti-diuretic hormones.
- It causes Vagal Neuropathy – creating inflammation and oxidation stress
- May or may not enhance gastric emptying

Many studies have shown different effects on gastric emptying and metabolism while drinking alcohol with plenty of factors affecting this such as the consumption of foods, the amount/type of alcohol and the tolerance of the user.

Basically, it is toxic to the body and therefore causes intoxication which alters decision-making skills. From there, over-consumption of alcohol or additional food is likely during intoxication as well as the following day while dealing with a hangover from the anti-diuretic effect and toxicity of alcohol.

GOALS AND INHIBITION

- Alcohol decreases NEAT on the following day which means less calorie expenditure
- Decreased inhibition, therefore increasing the likelihood to over-consume calories, and; decreasing likelihood to make conscious decisions that benefit our goals such as training, increasing step count or other activities
- Your performance may suffer in the gym the following days after consuming alcohol

What do we do with this information?

It would be easy to say to eliminate it altogether and just don't drink but the ability to put this in practice is very difficult for most people. If you can, great! That is your best option.

Although, if you can't and you tell yourself you won't have any alcohol but when the occasion arises, and you do; it's best to be prepared. Instead of saying you won't have any, you're better off deciding prior how much you will have. This way you can set boundaries around how often you will drink, how many calories worth you will consume and track, planning your training and goals around this so that you don't completely go off the plan and not know how to stay on track.

Note: they are empty calories with no beneficial micronutrients- so only consume alcohol sporadically and not on a habitual basis.

Be responsible and stay on track!

WHAT ABOUT OFF PLAN MEALS AND IS IT OK TO HAVE THEM?

Our response is YES! We wish to work in off plan time. Not only do “free meals” or “non-planned” meals allow for a mental break from your programming, but they allow you to be social and enjoy family gatherings, holidays, etc. An added bonus, when the body is primed metabolically, these free meals can actually aid in fat loss by driving up the hormone leptin.

An off-plan meal, or “cheat meal” as some like to say, is not a day where you eat everything in sight. It is not specific macronutrient intake either. It is an event where you put your app away, put your charts away and enjoy being present in the moment. Eat until you are satisfied and stop when you are full.

You can expect a bit of water retention for a few days after your off-plan meal, as your body will have stored extra glycogen and potentially sub Q water from the extra calories. This will pass within a few days and should not create panic or distress. An off-plan meal includes appetizer, entrée and dessert.

*****Ensure you discuss your off-plan meal with your coach as not every week are you able to fit an off-plan meal, especially in a contest prep or fat loss phase.**

WHAT SHOULD I DO IF I FALL OFF TRACK?

We all fall off track; that's the reality of life. The way we recover, is to get back on track without doing anything extreme to “make it happen.” Detoxes, fasting, cutting carbs, etc. is completely unnecessary and does not “speed things up,” it just prolongs the inevitable. For every action, there is a reaction... if you do an extreme method to lose, your body will rebel with an extreme slingshot in the other way.

So if and when you fall off track, the best thing to do is to get right back to your plan with no extras as soon as possible and give your body and mind time to readjust. Berating yourself doesn't do any good either, so it's best to press on without the punitive self-talk. If this is a struggle for you to do, then be upfront with us as your coaches about the situation and we will help to guide you in the most positive, productive direction.

TIPS FOR STAYING ON TRACK

"Fail to plan and plan to fail!" Having food prepared is essential! We recommend spending some time each week, or twice a week, to purchase, cook and prepare essentials like protein sources, cooked carbohydrates and ready to eat vegetables and fruits. Head into the grocery store with a plan in mind of what your meals (that you enjoy) will be like. Stick to your list and plan out how much food you will need for the time ahead until your next grocery visit. Make sure your kitchen is stocked up, so you don't get desperate in the moment.

You can easily cook and store by cooking in large batches and then placing in zip lock bags, or containers for easy grab and go meals. For example, you can cook a large batch of chicken in a crock-pot or in your oven. Portion it out into zip lock bags or containers, so you have easy grab and go protein sources throughout the week. The same goes for batches of other proteins and starches such as rice, potatoes, yams, etc. We hear from clients that vegetables are tricky... we understand! Again, chop them up in large batches, portion out and have them ready in your fridge to go. That way, the time involved is minimized and you have easy to grab and go vegetables.

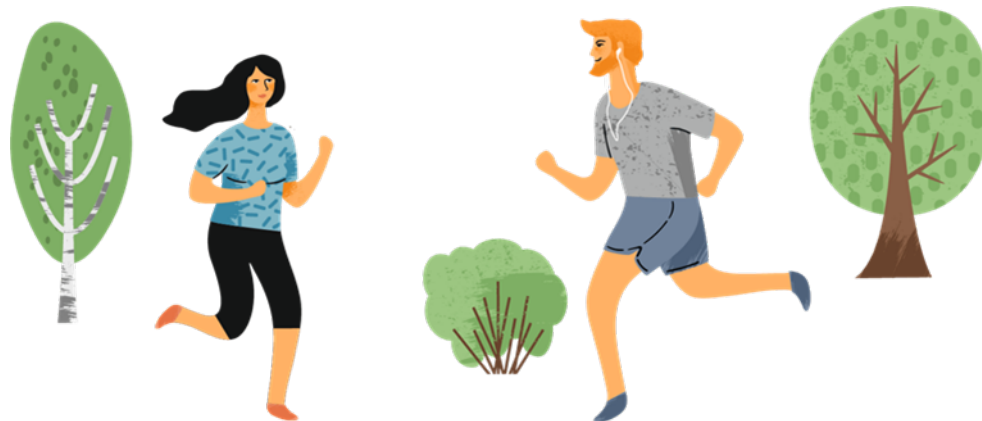
Be sure to eat food you enjoy! There are so many recipes and meal ideas in books and on the internet. Be creative and find what you really like to eat. Add spices and flavor to your food. IF eating turns into a chore, or a bore, you are going to be tempted to go off plan. Restricting certain foods, or eliminating your favorite foods altogether, will also tempt you to throw the plan to the wayside for a bit. Be pre-emptive about including these things in moderation beforehand, so you don't feel like staying on track is a challenge. It also helps to know for the most part what you're going to eat a day in advance, at least if you are just starting out. In time, "winging it" will be much easier, but at first having your meals planned out for the day, before the day begins, saves you a lot of time and stress.



PRIORITIZE SLEEP

When you're sleep deprived, you can't execute as well in areas of your life. From cloudy thinking, to subpar training sessions, to not making the best nutrition choices. When you're sleep deprived, your body also overproduces the appetite-inducing hormone ghrelin. Getting your rest will ensure you're operating on all cylinders and able to take the best care of you, not to mention how important it is for muscle recovery!

You're also more likely to stay on track if you stay plugged in with supportive people. Hopefully, this is your friends and family, but either way, you have The Fit Life 24/7 community to connect with, for emotional support. Reach out on our team page or reach out to us as your coaches. You will be more likely to stay on plan when you stay engaged with like-minded people.



SETTING UP YOUR MEALS

As your coaches, we will outline your specific macronutrient intake per meal and a total for the day (please refer to your nutrition and cardiovascular outline for specifics on this intake suggested for you).

First things first you will need a food scale to ensure accuracy in your meal preparations.

It is important that you aim to reach your daily total than your individual meal totals, as life does get in the way sometimes and when we want to reach our goals that may mean becoming creative. You are free to mix and match, suggest other foods and if you feel compelled to, Use an application like www.myfitnesspal.com to substitute foods or to make it easier for you we have created a food chart.

Keep in mind that these graphs are not perfect (which is the point) and that if you entered everything into an application program, your totals may be higher, or lower than the suggested. That is because we cannot account for trace macronutrients or discrepancies from app to app. For example, peanut butter has fat, but it also contains carbohydrates and protein. We are aware of this and when we calculate your macronutrient totals, we always take this into account. The key is that we do not want you obsessing! These charts make easy grab and go, without having to input your food daily into an app and worry about perfection. For items that may carry a large amount of another macronutrient, such as eggs, or red meat (which contains high fat, along with high protein), we have added a (*) to the value in the charting. Please use the specific values posted for BOTH macronutrients in that case. For the example of eggs, you would count the fat grams and the protein grams from the eggs in that meal.

To move away from perfection and obsessions around food, we believe these charts allow for autonomy and flexibility, without creating obsessive tendencies. You can mix and match foods, get creative and still reach your goals! If there is a food that you would like included in the list, please let us know and we will update this list with your suggestion(s).

We have included a chart that you can use to fill out your specific macronutrients' layout (one will also be emailed to you). This chart may be helpful when you are making meals for the day or planning your daily nutritional intake. We will help you navigate this chart, by indicating the number of meals, based on your preferences, with each macronutrient for your individual needs.

Meal	Protein	Carbohydrates	Fat	Vegetables	Fruit
One					
Two					
Three					
Four					
Five					
Six					
Total					

Note:

You will notice we have listed six meals. You do not have to eat six times a day. In fact, you can eat 4 or 5 times a day and achieve amazing results. Our bodies can only digest so much at one time without placing stress on the digestive tract. You will get to know your nutrient comfort level per meal.



The macronutrient chart

Please use chart attached!!!!

PROTEIN SOURCES

All proteins are in cooked weight such as bison, chicken breast, fish etc. Egg whites, powders and dairy products would be listed in raw weight.

CARBOHYDRATES

***Vegetable Sources

We suggest a minimum of 2-3 servings of vegetables per day.

Be cautious with the vegetables that have an (*), as they can cause digestive stress. You can mix and match vegetables to equal 1 serving.

All carbohydrates as in cooked weight. Because some vegetables are eaten raw please use the same weight measurement

FAT SOURCES

Please use fat choices with caution as they add up very quickly.

CONDIMENTS

Food should taste good and we want you to get creative with your meals.

The following are some condiment ideas.

Salt	Curcumin	Vinegars (all)	*Sweet Chili	*BBQ sauce
Pepper	Turmeric	Soy sauce	*Ketchup	Balsamic vinegar
Curry paste	*Apple butter	Tamari	Mustard	Cinnamon
Milk alternatives (unsweetened)	*Salsa	Fresh herbs	Lemon & Lime	Fish sauce

*Indicates portion control, aim for max 1 TBSP.

NUTRIENT TIMING?

There is a lot of discussion on nutrient timing these days. Our belief is that for a plan to be sustainable, it must be attainable. If you prefer to partition more carbohydrates pre and post workout, then to stick to a 20-30% rule when it comes to meal timing. 20-30% of your carbohydrates pre workout and 20-30% of your daily intake post workout. If you do not wish to follow this, that is fine too.

NON-TRAINING DAYS

There is a school of thought that we should be reducing our intake of carbohydrates on non-training days and we disagree with this mentality. Our bodies need fuel to recover and recovery equates to growth and increase in strength/vitality. We need that strength to train harder and we need that fuel to function and develop. Not to mention how overly complex we make our “sustainable” nutritional programming by majoring in the minors. Eat the food every day and go for consistency as your goal.

***Exception is if you are on a intermittent fasting or carb cycling program.

