



OPTIMAL NUTRITION GUIDELINES



BLENDED
ATHLETICS

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PURSUING EXCELLENCE

HIERARCHY OF NUTRITION

01

QUANTITY

Quantity of food is most important, no matter what your goal. You can't build muscle without fuel, you can't lose fat without fuel and you can't get strong without fuel. If you don't eat enough calories your body will start shutting down processes to ensure your survival, this is bad for any goal. Calculate your daily needs based on activity level, age, gender, etc. and then add or subtract 300cals depending on whether you're looking to build or shed. Alternatively the InBody scanner can be utilized to help determine your most accurate caloric intake.

02

QUALITY

The quality of your food is an important consideration as well. Once you equate for protein intake there is no difference in results for fat loss between a low fat or low carb approach, the quality of your protein sources will determine if it's easier or harder to digest and utilize the amino acids for muscle building or retention.

Think of your body like a sports car engine, you wouldn't put cheap low quality fuel into an expensive engine and expect to operate at peak capacity, would you? So why would you fuel your body with junk food? Quantity matters most, but it will be much easier to hit your targets if you eat lean proteins, veggies and unprocessed carbs, so these should make up the bulk of your diet. Occasional deviations from this are acceptable and expected, but limit these deviations as much as you can.

03

MEAL AND NUTRIENT TIMING

When you eat what is very low on the importance scale. Timing of nutrients can improve absorption and performance very slightly and is really only important for athletes and the very lean as it becomes more and more challenging to make progress as you get leaner. For maximum results you should eat the bulk of your carbohydrates (~60-70% of your daily needs) in the pre and post workout meals. Protein and fats for breakfast has been shown to improve blood glucose levels through the day and insulin sensitivity has been found to improve as well. A little carbohydrate in your last meal before bed has also been shown to improve sleep quality as the brain is still active overnight and requires fuel. The brain will cause a release of hormones to bring you out of sleep for food if it doesn't have the necessary fuel to function.

01

PROTEINS

Protein is a macronutrient that is essential to building muscle mass and it assists the body in recovery. Proteins come in two types: plant based and animal based. Animal based proteins are: meat, chicken, dairy, eggs. Many plants are also high in protein and a great alternative: chickpeas, beans, lentils, edamame, tofu, and seitan are a few examples.

02

FATS

Rather than adopting a low-fat diet, it's more important to focus on eating beneficial "good" fats and avoiding harmful "bad" fats. Fat is an important part of a healthy diet. Choose foods with "good" unsaturated fats, limit foods high in saturated fat, and avoid "bad" trans fat.

- "Good" unsaturated fats – Are liquid at room temperature. Foods high in good fats include vegetable oils (such as olive, sunflower, soy, and corn), nuts, seeds, and fish.
- "Bad" trans fats – increase disease risk, even when eaten in small quantities. Foods containing trans fats are primarily in processed foods made with partially hydrogenated oil. Fortunately, trans fats have been eliminated from many of these foods.
- Saturated fats, while not as harmful as trans fats, when compared to unsaturated fats negatively impact health and are best consumed in moderation. Foods containing large amounts of saturated fat include red meat, butter, cheese, and ice cream. Some plant-based fats like coconut oil and palm oil are also rich in saturated fat.

03

CARBOHYDRATES

What's most important is the type of carbohydrate you choose to eat because some sources are healthier than others. The amount of carbohydrate in the diet - high or low - is less important than the type of carbohydrate in the diet. For example, healthy, whole grains such as whole wheat bread, rye, barley and quinoa are better choices than highly refined white bread or french fries.

Carbohydrates are found in a wide array of both healthy and unhealthy foods.

- The healthiest sources of carbohydrates such as; unprocessed or minimally processed whole grains, vegetables, fruits and beans promote good health by delivering vitamins, minerals, and fiber.
- Unhealthier sources of carbohydrates include white bread, pastries, sodas, french fries and other highly processed or refined foods. These items contain easily digested carbohydrates that may contribute to weight gain, interfere with weight loss, and promote diabetes and heart disease.

A low-angle, close-up shot of a person's legs and feet as they run on a paved path. The person is wearing blue leggings and light-colored sneakers. The background is a blurred park scene with green trees and a clear blue sky. The lighting is bright, suggesting a sunny day. The overall mood is energetic and positive.

**YOU DO IT BECAUSE
MAKING YOURSELF PROUD
IS ONE OF THE BEST
FEELINGS IN THE WORLD**

MACRONUTRIENTS

Your body needs these nutrients in larger amounts in order to function properly. Hence why macro means large. In addition, all of these nutrients provide your body with energy measured in the form of calories or kcals. There are three types of macronutrients: carbohydrates, proteins, and fats.

- Carbohydrates contain 4 calories per gram
- Proteins contain 4 calories per gram
- Fats contain 9 calories per gram

Along with energy, all of these macronutrients have specific roles in your body that allow you to function properly, as noted on the previous page.

PROTEIN (PALM)	FATS (THUMB)	CARBS (FIST)	VEGGIES (FIST)
CHICKEN BREAST BISON BURGER VENISON 99% LEAN TURKEY BREAST PORK TENDERLOIN EXTRA LEAN GROUND BEEF ANY WHITE FISH OR SHRIMP TUNA EGG WHITES 0% COTTAGE CHEESE 0% PLAIN GREEK YOGURT PROTEIN POWDER	PEANUT BUTTER ALMOND BUTTER COCONUT OIL GRASSFED BUTTER OLIVE OIL AVOCADO ANY NUTS COOKING OIL NO VEGETABLE OIL NO CANOLA OIL	SWEET POTATO RED POTATO BEAN & LEGUMES COOKED RICE EZEKIEL BREADS DRY ROLLED OATS SMALL BAKED POTATO COOKED QUINOA PIECE OF FRUIT BERRIES	ASPARAGUS BROCCOLI SPINACH CAULIFLOWER BRUSSEL SPROUTS CABBAGE ROMAINE LETTUCE ZUCCHINI GREEN BEANS KALE
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>BREAKFAST</p> </div> <div style="text-align: center;"> <p>SHAKE 1</p> <p>More than 20g Protein Less than 1g Sugar</p> </div> <div style="text-align: center;"> <p>LUNCH</p> </div> <div style="text-align: center;"> <p>SHAKE 2</p> <p>More than 20g Protein Less than 1g Sugar</p> </div> <div style="text-align: center;"> <p>DINNER</p> </div> </div>			
SPICES AND SAUCES		BEVERAGES	
MUSTARD SOY SAUCE ANY DRY SPICES ANY DRY RUBS FOR MEAT LEMON JUICE	BALSAMIC VINEGAR SALT AND PEPPER STEVIA AND SPLENDA ANY HOT SAUCES	WATER BLACK COFFEE TEA NO ALCOHOL, CREAM OR SUGAR - IF DESIRED GOAL IS WEIGHT-LOSS	CRYSTAL LIGHT MIO FLAVORED WATER BUBBLY WATER
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SUPPLEMENTATION

01

THEORY

Supplementation should be approached with caution as most supplements tend to be ineffective and a waste of money. Whenever possible, it is recommended to obtain nutrients from whole foods, which offer a wide range of essential vitamins and minerals. It is advisable to undergo blood work to assess any deficiencies before considering unnecessary supplements. However, there are a few exceptions worth noting that can provide significant benefits

02

PROTEIN POWDERS

Protein shakes benefit your active lifestyle in multiple ways. Ones with a high-quality protein content, supply the essential amino acids needed to repair and build muscle after intense workouts. Additionally, protein shakes help optimize nutrient timing, ensuring timely protein delivery before or after workouts. Incorporating protein shakes adds convenience, flavor, and versatility to your nutrition routine, promoting your fitness goals effectively.

03

OMEGA 3

Omega-3 supplements are worth considering, especially for individuals who have an aversion to fish, which is one of the primary sources of these essential fatty acids. Omega-3s offer various health benefits, including supporting heart health, reducing inflammation, and promoting brain function. By opting for omega-3 supplements, individuals can ensure they are obtaining these vital nutrients even if fish consumption is limited.

04

VITAMIN D

Vitamin D3 supplementation can be particularly beneficial due to the challenges many people face in meeting their vitamin D needs solely through sun exposure. This form of vitamin D supplement is highly bioavailable and can help individuals maintain optimal vitamin D levels. Adequate vitamin D levels are important for bone health, immune function, and overall well-being. While sunlight remains the best natural source of vitamin D, supplementing with vitamin D3 can be an effective solution, especially in regions with limited sun exposure.

05

MAGNESIUM

Magnesium deficiency is common, especially among physically active individuals. Supplementing with around 2-400mg of magnesium before bedtime can have significant benefits. Magnesium is essential for energy production, muscle and nerve function, and protein synthesis. Addressing magnesium deficiency can enhance sleep quality, muscle recovery, and overall performance.

OVERVIEW

Sleep is a vital component when it comes to achieving your goals, which is why there is a dedicated section to highlight its utmost importance. Insufficient sleep can lead to tiredness, cravings, mood swings, elevated stress hormones like cortisol, and a range of other issues that hinder your progress. Numerous studies have extensively examined the effects of sleep on performance, both physically and mentally. More sleep translates to improved performance and exponentially enhanced results.

TO IMPROVE YOUR SLEEP QUALITY, CONSIDER THE FOLLOWING TIPS:

- Aim to follow your circadian rhythms, sleeping between 10pm-6am or 11pm-7am whenever possible.
- Every hour of sleep before midnight is equivalent to two hours in the sleep bank.
- Ideally, aim for 7-10 hours of sleep per night, supplemented with a 20-minute daily nap (limit naps to 20-30 minutes to avoid grogginess upon waking).
- Strive to wake up at the same time every day, including weekends, to regulate your circadian rhythms and facilitate falling asleep each night.
- Create an environment conducive to sleep by ensuring absolute darkness, eliminating any lights or electronic devices that could disrupt your sleep.
- Sleep in a quiet room and consider using earphones or earplugs if necessary.
- Limit the intake of caffeine, stimulants, and excessive fluids before bedtime.
- Including a dose of carbohydrates in a meal about two hours before sleep has been shown to improve sleep quality, as the brain requires glucose throughout the night. Without sufficient glucose, the brain releases adrenaline and cortisol, potentially disrupting sleep.
- Minimize exposure to TV, phones, and other sources of blue light within an hour before bed. Consider using blue light-reducing glasses if necessary.
- Take daily Vitamin D3, especially if your blood levels are low. Aim for the ideal range of 60-80ng/dl.
- If possible, sleep alone to avoid disturbances from partners, children, or pets. Alternatively, using a "wedge" or pillow wall can help improve sleep quality.
- If you struggle with insomnia, short naps of 20-30 minutes in the early afternoon around 1 pm can be acceptable. Avoid 4-hour bouts of sleep and consider adopting a biphasic sleep pattern, where you sleep for 7 hours at night and a couple of hours after lunch, aligning with natural brain wave cycles.
- While white noise has not shown to be effective, other practices such as magnesium supplementation (300mg) before bed (using citrate, taurate, malate, or glycinate), meditation, keeping a worry journal, and taking a warm shower or bath to promote relaxation can be helpful.
- Maintain a consistent sleep schedule, get exposure to sunlight in the morning, limit screen time before bed, keep your room cool, dark, and quiet.
- Avoid relying on medications like Ambien, as they can impair REM sleep and potentially leave you feeling groggy in the morning.

FOUNDATIONAL NUTRITION

WHAT DO WE NEED TO FUNCTION OPTIMALLY

To ensure our success in achieving our goals, it is essential to discuss the key components that should be included in our diet. By incorporating these elements, we can make our journey towards success much smoother.

Let's explore the fundamental nutrients and sources that should be part of our daily nutrition:

01

RED MEATS

Including red meat in our diet provides us with essential nutrients like iron, B vitamins, zinc, and selenium. It can be challenging to find these nutrients in adequate amounts from other sources. Consider including beef, lamb, venison, deer, goat, or wild game in your meals.

02

FATTY FISH

Consuming fatty fish at least twice a week ensures an optimal intake of omega-3 fatty acids, which promote glucose utilization, joint health, and brain function. Sardines, salmon, trout, and anchovies are excellent choices. However, it's important to note that white fish may not provide the same omega-3 benefits.

03

RAW CARROTS

Incorporating some carrots into your daily diet is recommended. Avoid cooking them, as cooking can reduce their fiber content, which plays a crucial role in eliminating toxins from the body.

04

FRUITS

Enjoy juicy fruits such as oranges, berries, and melons. Citrus fruits contain an enzyme called naringin, which may help maintain free testosterone levels in the body, supporting muscle development and fat reduction. Additionally, fruits provide various vitamins, minerals, and metabolism stimulation due to their natural fructose content.

05

CHICKEN OR BONE BROTH

Consuming chicken or bone broth on a daily basis can improve digestion and support overall gut health.

06

POTASSIUM

Aim for a daily intake of 4700mg of potassium. Good sources include potatoes, spinach, fruits, yogurt, beef, and salmon.

07

WHOLE EGGS AND YOLKS

Whole eggs, including the yolks, provide valuable nutrients such as vitamin K, choline, and biotin.

CALCULATING YOUR NEEDS

Unlocking the secret to our calorie needs can be a fascinating journey. If you've undergone an InBody scan, you're one step closer to discovering your Basal Metabolic Rate (BMR).

TO CALCULATE YOUR BASELINE, SIMPLY MULTIPLY YOUR BMR BY AN ACTIVITY MULTIPLIER THAT MATCHES YOUR LIFESTYLE:

Once you have your baseline, it's time to fine-tune. Add or subtract 300-500 calories per day based on your goals, whether it's building muscle or shedding fat.

Exciting, isn't it? So, let's dive into the world of calorie calculation and watch your progress soar!



The following recommendations are based on optimizing protein intake for preserving or building lean mass, optimizing fats for hormones and nutrient absorption (some nutrients are fat soluble and require fats for absorption) and optimizing carbohydrates for anaerobic activities such as resistance training which is your best tool for building/maintaining lean body mass.

MACRO TYPE	MAINTENANCE	FAT LOSS	MASS GAIN
PROTEIN	1g /LBS of BODY WEIGHT	1.2g /LBS of BODY WEIGHT	0.8g /LBS of BODY WEIGHT
FATS	0.3g /LBS of BODY WEIGHT	0.3g /LBS of BODY WEIGHT	0.3g /LBS of BODY WEIGHT
CARBS	REMAINDER OF YOUR CALORIES	REMAINDER OF YOUR CALORIES	REMAINDER OF YOUR CALORIES

As an example a 200lb man would use 240g of protein per day with 60g of fats for weight loss, 200g of protein and 60g of fats per day for maintenance and 160g of protein and 60g of fats per day for weight gain. Whatever was left of calories after deficit or addition would be the calories from carbs in each scenario.

People should shoot to eat 3-5 meals per day and evenly distribute your protein between those meals. The bulk of your carbs (60-70%) should be centered around training (pre, during and post workout)

THE INBODY SCAN AND HOW WE READ IT

InBody

[InBody270]

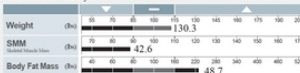
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GOAL YOU'RE MADE OF

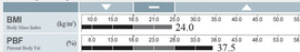
Body Composition Analysis

Total amount of water in body	Total Body Water (lb)	60.0
For building muscles and strengthening bones	Dry Lean Mass (lb)	21.6
For storing excess energy	Body Fat Mass (lb)	48.7
Sum of the above	Weight (lb)	130.3

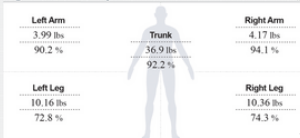
Muscle-Fat Analysis



Obesity Analysis



Segmental Lean Analysis



Body Composition History

Weight (lb)	141.9	139.9	137.6	136.2	137.3	134.3	133.4	130.3
SMM (kg)	44.3	44.1	43.4	43.4	43.6	43.4	43.6	42.6
PBF (Percent Body Fat)	41.3	40.7	39.2	39.0	39.4	38.6	37.8	37.5

Body Fat-Lean Body Mass Control

Body Fat Mass - 22.0 lbs
 Body Mass + 8.4 lbs
 (+) means to gain (-) means to lose fat/lean

Lean Body Mass

81.6 lbs

Basal Metabolic Rate

1168 kcal

Results Interpretation

Body Composition Analysis

The body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Fat Mass. The longer the Skeletal Muscle Mass bar compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscle is adequately distributed throughout the body. Compares muscle mass to the total weight.

Body Composition History

Track the history of the body composition change. Take the InBody Test periodically to monitor your progress.

Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The "+" means to gain and the "-" means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass.

Results Interpretation QR Code

Use the QR Code to see results interpretation in more detail.



Impedance

RA: 14.0 | LA: 13.8 | RL: 11.1 | LL: 12.0 | TB: 12.5 | TB: 12.5 | TB: 12.5 | TB: 12.5
 Z: 1000 | 1000 | 1000 | 1000 | 1000 | 1000 | 1000 | 1000 | 1000

WATER WEIGHT

This is the amount of body water held within the body's cells. The more muscle you have the more water your body will hold. Your total weight should be 50-65% water.

DRY LEAN MASS

This is the weight of the protein and mineral content in the body. We use this measurement to track muscle development.

LEAN BODY MASS

This number is used at Blended to help us determine how much protein you need to consume to support a body composition change.

MUSCLE - FAT CHART

This allows us to quickly identify your overall body composition. By looking at the chart and the lengths of each bar, we can better understand how to help our members reach their goals.

MY MEASUREMENTS

TOTAL BODY WATER

DRY LEAN MASS

BODY FAT MASS

WEIGHT

BODY FAT PERCENTAGE

LEAN BODY MASS

SEGMENTAL LEAN ANALYSIS

The InBody divides the body into 5 segments, two arms, two legs and the trunk sections that runs from our armpits to our groin.

The percentage is comparing your lean body mass against your measured body weight. This shows whether or not you have enough muscle mass to support your own body weight, where 100% = sufficient.

HOW TO USE YOUR BODY'S METRICS

WATER INTAKE

Water makes up over 60% of our body and over 90% of our blood. The problem is... too many of us drink just enough water to survive and not enough to THRIVE.

For a general rule, our required water intake is based on our total weight and body type.

- **More Muscle than Fat:** if this describes your body, you need 1L of water for every 50 lbs of body weight. (ie: if you weight is 200 lbs, your minimum water intake per day is 4L)
- **More Fat than Muscle:** this body type requires 1L of water for every 75 lbs of body weight. (ie: if your weight is 200 lbs, your minimum water intake is 2.6L)

The reason for this is that muscle holds more water than fat does.

WATER TIP:

WAKE AND CHUG

BEFORE YOU DRINK COFFEE, GET SOME OUNCES IN! START YOUR DAY WITH A WIN SO THAT YOU ARE NOT CHUGGING YOUR WATER RIGHT BEFORE BED. INCREASING YOUR INTAKE OVER TIME IS ALSO IMPORTANT, WE DON'T WANT TO GO FROM ZERO - 100 IN ONE DAY.

PROTEIN INTAKE

If you're healthy and trying to stay that way, simply eating quality protein sources with most of your meals along with nutritious plant foods, should bring your intake of protein to an optimal range.

The best sources of protein are; beef, chicken, fish and eggs as they have all the essential amino acids your body needs. Some plants are fairly high in protein as well; such as quinoa, legumes, and nuts.

"Grams of Protein" refers to the number of grams of the macronutrient protein, not the weight of the protein.

- An 8-ounce serving of beef weights 226 grams but only contains 61 grams of protein. Similarly, a large egg weighs 46 grams but only packs 6-9 grams of protein.

At Blended Athletics we use the InBody scanner to provide us with a guideline for your own custom protein intake. We use your lean body mass to provide you with your minimum daily protein consumption, aiming for 1g per lean pound of body weight as a reasonable estimate.

PROTEIN TIP:

MAKE A SHOPPING LIST

BEFORE YOU GO FOOD SHOPPING, MAKE A LIST OF PROTEIN OPTIONS SO THAT YOU HAVE PLENTY AVAILABLE FOR THE WEEK.

MY INTAKE GOALS

NECESSARY WATER INTAKE

WATER INTAKE GOAL

PROTEIN INTAKE GOAL





GET IN TOUCH

REACH OUT TO US ANY TIME FOR MORE INFORMATION ABOUT OUR COACHING SERVICES, GROUP FITNESS CLASSES AND OUR FACILITY.

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