



Winning Strategies To Up Your Athlete's Game

How Much More Productive Would Your Athlete's Be If They:

- Had more energy?
- Added the muscle they need in the off-season and kept it all year long?
- Could wake up feeling rested every day?
- Had a razor sharp memory?
- Could recover from games quicker?
- Could lose those 10-30 pounds they need to before training camp or anytime?

Your Body is a Chemistry Lab, the way you feel today, right at this moment and later today is directly correlated to how you treat yourself! How you eat, How you think, How you move Creates You!

Strategy #1: Drink about 100 ounces of water per day

- Your body is over 50% water, being dehydrated decreases metabolism, energy and brain function
- Drink water throughout the day, best during workouts and in between meals
- If you are thirsty, you could already be dehydrated, so drink up and try to prevent getting thirsty
- You might find you need more than 100 ounces if you are working out more than 1 hour per day
- Give your water a 'boost' by drinking green tea
- Green tea helps elevate metabolism and improve brain health
- 6 cups has been shown to burn an extra 500 calories per day (unsweetened)



Strategy #2: Time Your Meals for Success

- Eat breakfast within one hour of waking up. This fuels your body for energy, fat burning and muscle building.
- Don't skip meals (eat 3 meals and 1 snack per day-athletes may need 2 snacks)
- Stop eating 2 hours before bed. This helps you sleep and repair better.

Strategy #3: Eat Real Food Packed with Protein

- Real food is fresh and unprocessed.
- Processed foods, additives and chemicals are inferior to real food and are potentially harmful to your health.
- Protein helps reduce cravings, builds muscle after exercise and stabilizes blood sugar.
- Healthy protein includes chicken, turkey, grass fed beef, buffalo, eggs, fish like salmon, halibut, trout, sardines, beans, nuts and seeds, unsweetened protein powders (whey, hemp, rice and pea are best) and some dairy like whole milk cottage cheese

The Real Food Challenge Eating real food has the potential to change your athlete's bodies forever.

Challenge your athletes to just try it for one week to see and feel the difference in their bodies.

The Rules For 7 days avoid eating all of the following food items:

- Bread
- Grains
- Rice
- Crackers & Chips
- Packaged snacks



- Sugar & Corn Syrup
- Soda Pop
- Packaged Bars
- Baked Goods
- Candy

Here's a list of the real foods they should eat instead:

- Seasonal, organic Vegetables
- Seasonal, organic Fruits
- Lean, organic meat, fish, beans & eggs
- Nuts and Seeds

Those four categories of food can be combined into endless, flavorful combinations. Check out the following meal ideas:

Breakfast: Breakfast is the most important meal of the day. What you decide to eat when you first wake up will set the tone for the rest of your meals that day.

- Scrambled organic eggs, sliced tomato and a handful of seasonal berries.
- Half of a dressed avocado and a few slices of nitrate-free bacon.
- Pancakes made with coconut flour and topped with chopped nuts.

Lunch: Plan your lunch ahead of time in order to avoid turning to a fast food joint or vending machine. Pack your lunch the night before and carry it with you.

- Dark baby greens topped with chopped chicken breast and diced tomatoes.
- Albacore tuna (packed in water), mixed with finely chopped cucumber over cauliflower rice. (See recipe below)
- Turkey and Spinach Salad



Dinner: Dinner is the meal where most people splurge and eat far more calories than they should. Eating at home is the first step in reducing your dinnertime calories.

- Grilled white fish, sautéed spinach and grain free rice.
- Baked chicken breast with steamed broccoli and quinoa.
- A big bowl of arugula topped with sautéed asparagus and sliced hardboiled eggs.

Grain-Free Rice

Just because you're giving your body a break from grains doesn't mean your dinner will be rice-less. Fresh, organic cauliflower makes the perfect base for grain-free rice. Serve with a side of lean meat and a fresh garden salad for a low carb, real food meal.

Servings: 4 Here's what you need...

- 1 head organic cauliflower
- 1 Tablespoon coconut oil
- Salt and pepper
- Wash cauliflower, discard the leaves, and chop into small pieces.
Grate the pieces with a food processor.

In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes, until tender. Season with salt and pepper. Serve as you would traditional rice.