



## Sample Meals for Off Season: 3 Day Plan

- Adjust serving sizes up or down according to weight gain for the week. 1-2lb per week is acceptable. Any more is likely fat or dangerous to your health.
- Always consult w a certified sport nutritionist or sport dietitian before taking nutritional supplements

Day 1	Day 2	Day 3
2hr PreTraining: 2 cups of H2O 1 container of 'live' yogurt + ½ cup of granola & 1 scoop of whey protein isolate in 2% milk, whole milk or almond milk	2hr PreTraining: 2 cups of H2O ¾ cup of low fat cottage cheese + 1tsp of flax oil + canned pineapple OR mandarin & Two rice cakes or 'live' grains w. peanut / almond butter OR Melted Cheese & 1 scoop of whey protein in 2%, whole milk OR almond milk	2hr PreTraining: 2 cups of H2O 1 cup of whole wheat pasta OR rice pasta, whole grain rice, yam or sweet potato & whole steamed OR cooked in olive oil steamed vegetables & 4-5 ounces of wild fish, grain fed beef, omega 3 eggs, cottage cheese or free range chicken
30 min PreTraining: 2 cup of H2O Elevate me protein bar; ¾ cup of dried fruit nut mix and 1cup of milk or 2-3 scoops of <b>Biosteel HPSD</b>	30 min PreTraining: 2 cup of H2O Elevate me protein bar; ¾ cup of dried fruit nut mix and 1cup of milk or 2-3 scoops of <b>Biosteel HPSD</b>	30 min PreTraining: 2 cup of H2O Elevate me protein bar; ¾ cup of dried fruit nut mix and 1cup of milk or 2-3 scoops of <b>Biosteel HPSD</b>
During Training: see 'midtraining' & H2O	During Training : 'midtraining' & H2O	During Training: 'midtraining' & H2O
Immediately Post workout: 1 fruit smoothie 1 Protein Meal Replacement Drink or 1-2 scoops of <b>Biosteel ARF Formula</b>	Immediately Post workout: 1 Protein Meal Replacement Drink or 1-2 scoops of <b>Biosteel ARF Formula</b> 1 cup of nut mix or dried fruit 1 tetra pack of 100% juice	Immediately Post workout: 1 cup of seasonal fruit salad (include kiwi, berries, melon, pineapple) w Goat Yogurt 1 Protein Meal Replacement Drink or 1-2 scoops of <b>Biosteel ARF Formula</b>
Breakfast 6 eggs 2 whole, 4 whites either 6 oz of leftover steak or chicken 175 ml of 'live' yogurt or 1/2cup of granola on fresh fruit & van. yogurt 1 glass of low acid orange juice	Breakfast: * Breakfast of Champions or 1 cup or 2 packages of oatmeal (add cinnamon, brown sugar and raisins or apple slices to taste) 6 oz of apple or cranapple juice	Breakfast: 1 glass of low acid orange juice Turkey Bacon OR Ham and eggs 2 slices of live grain bread w/peanut OR almond butter 1 cup of milk or Yogurt
Lunch: Chicken Sandwich on sprouted wheat or live bread 1 large baked potato or yam w/ light sour cream (or) 1 side salad (Spinach, Egg, Tomato's, Bacon bits, Red Onion) w/ vingerette dressing. 1 large banana or 2 ½ inch pieces of fresh pineapple	Lunch: 2 slices of stone ground bread 100 gm of turkey, black forrest, or chicken lunch meat 2 tsp of mustard or mayo 2 slices of aged cheddar cheese	Lunch:: Sandwiches (turkey ham, roast beef, black forest ham, chicken). Opt for mustard, honey mustard instead of mayo, ceasars sauce or butter. + Salad, soup (not creamy), plain baked potatoes, or yams, fruit, juices and low fat milk products are good.
Dinner: 2 medium sized chicken breasts 2 cups of mixed frozen or fresh veggies (or) 1 cup of long grained brown rice or quinoa *1 dessert	1 8-10 oz steak *1 greek pasta or rice pasta salad *1 dessert (different from day 1)	2 medium sized cod or haddock fillets *1 seasonal fruit spinach salad 1 cup of long grained brown rice or quinoa 1 real cream ice-cream float
Snack: ½ bag of popcorn (light) or 1 cup of nut mix or granola or ½ cup of frozen, fresh, or canned fruit	Snack: Fruit smoothie: 1 cup of 'probiotics' yogurt (banana, milk or rice ice cream or peanut butter) 1 cup of fruit juice	Snack: 1 Large Barley or Bran Oatmeal Muffin 2 pieces peanut OR almond butter on sprouted wheat bread or whole grain rice cakes
NB* greek salad: 1 cup of pasta, ¼ cup of feta cheese, ¼ of a cucumber, 2 medium tomatoes or 1 cup of cherry tomatoes, ¼ cup of red onion, ½ cup of olive oil, 2 Tsp of red wine vinegar, 2 tsp of oregano. Combine all ingredients. Cook pasta first	NB* (1/2 cup of ricotta cheese, English muffin, ½ cup of natural apple sauce, ¼ teaspoon of cinnamon: spread ricotta and apple sauce over muffin and add cinnamon to taste	



## Performance Nutrition (Training Session Component)

During periods of intense training typical daily nutrition should consist of the 3 larger portioned meals of nutrient dense, low glycemic index meals, including vegetables, live grains, nuts / legumes and lean meats plus 3 healthy snacks. In addition, if your goal of gaining size and strength is going to be achieved, special attention must be paid to your training session nutrition. The following are ARC performance recommendations:

### Morning:

- multivitamin/mineral [www.nulifevitamins.com/categories/Multivitamins.asp](http://www.nulifevitamins.com/categories/Multivitamins.asp) ,
- a good and larger portioned breakfast (see handout)

### Pre-Training (90-120 minutes prior to the start of the session):

The objective is to refrain from eating high glycemic index carbohydrate-rich foods (that the body quickly converts to blood sugar), in the 2hr prior to the training session in order to prevent a significant elevation and subsequent decrease in blood sugar that is not conducive to sustained energy during training. See Sample Meals 2-4 hours Pre-Exercise

**Immediately prior** (1hr - 30 min prior) to the training session the objective is to provide a protein that can be used as a back up energy source and amino acid supply that will inhibit catabolism of existing muscle. Drink 20 grams of high quality whey protein (isolate or microfiltered) if a proper pre training meal has been eaten. If not 30-40 grams of whey protein + 2 - 4 grams of glutamine peptides. Glutamine peptides are usually included in a high quality whey protein supplement. I recommend Six Star from Walmart and London Naturals from London Drugs. Both are extremely inexpensive. The Six Star includes essential oils, but also has artificial flavoring. The London Naturals is sweetened with Stevia, a natural sweetener. Mix this drink in WATER ONLY or Juice if you haven't eaten in the last 3 hours and are taking this drink immediately prior to the session.

### Mid-Training (Assuming a min of 90 min training session):

The objective is to replenish glucose and amino acids being extracted from the blood as you exercise. It will also prepare acts in a protective manner, ensuring that you have a continual supply of energy and muscle building blocks. Without the addition of a protein high in branched chain amino acids, the body will dip into its stores to repair the muscles you have damaged. The stores are other muscles and hormones. Any snack sized meal replacement bar will suffice, but whole nutrient bars with high quality protein are hard to find. 1.5 blocks of an Elev8me bar from <http://www.prosnack.com/info2.htm> . Another more affordable, non whole food option is  $\frac{1}{2}$  of a Bioprotein bar available from Costco and other retailers. At least 10 ounces ( $\frac{3}{4}$  of a cup) of Water must be consumed with the bar. An alternative is another protein carb combo based drink.

### Post-Training:

There are 2 anabolic windows here. The first window is 0-30 min post exercise. This is the critical carb window; the objective is to restore carbs at this time. The 2<sup>nd</sup> window is from 30 min - 8hr post exercise. This time is critical for both protein and continued carb replenishment. It is best to replenish your carbs consistently (every 2hours) over these 8 hours, so 20 grams of carbs low to moderate GI carbs every hour works best to achieve this goal. This is a period when the body has an extremely heightened ability to absorb essential nutrients. Similarly, to the mid training bar, the effectiveness of the anabolic insulin response is heightened with 1:4 protein carb mixture. DO NOT MISS THIS WINDOW OF OPPORTUNITY!!

### Late Night - Pre Bedtime:

This is very simple. You are about to deprive your body for 6-9 hours, so it is important to fuel the rebuilding process with a small dose of protein and carbs. I suggest something that is slow digesting, a combination of protein, low glycemic carbs, and essential fatty acids.. A whole nutrition option would be a fruit smoothie, including 'live' yogurt and fresh fruit or mana bread with almond butter



Protein sources and an evaluation of protein quality-BV of selected proteins		
Protein		<b>**this table was adapted from various sources</b>  1. Colgan, Michael Ph.D., The Right Protein for Muscle and Strength (1998). Progressive health series Colgan Institute,. Pg 20.  2. FAO / WHO (1990). Report of a joint FAO/WHO Expert Consultation on Protein Quality Evaluation, Food and Agriculture Organization of the United Nations, Rome.
hydroxylate or isowhey protein	100	
whey concentrate	100	
whole egg	91	
**milk	88	
egg whites	84	
**cottage cheese	83	
tuna	82	
fish	88	
beef	79	
chicken	74	
soya	71	
casein	68	
peanuts	68	
yogurt	58	
oatmeal	54	
*wheat		

The Nutritional Supplement Program is designed as an elite support component with the following benefits:

- Timely delivery of optimal pre-training, mid-training and post-training nutritional supplements required to maximize size and strength gains, while maximizing health and reducing injury
- Competitive cost based on the cost of the supplemental products alone, with no mark-up for preparation, storage, delivery or research

#### Pre-Training Shake:

- 25 – 30 grams of high quality whey protein isolate formula
- I recommend Six Star from Walmart and London Naturals from London Drugs. Both are extremely inexpensive. The Six Star includes essential oils, but also has artificial flavoring. The London Naturals is sweetened with Stevia, a natural sweetener.
- **Biosteel HPSD (cost is \$50+hst if ordered through ARC)**

#### ½ Mid-Training Bar :

- The mixture should include 1 protein gram for every 4 carb grams.
- 10-18 grams of high quality whey protein isolate
- 30 - 50 grams carbohydrates
- 3- 4 grams fat = 2x 3,6,9 oil blend capsules)
- I recommend ½ of a medium sized banana or potato / yam or 1 block of Elevate Me bar every 30 min of training (**cost is \$25+hst for box of 12 if ordered through ARC**)

**Post-Training Drink: IMMEDIATELY FOLLOWING** the training session (while stretching) a drink containing the following should be slowly sipped on over the next 2 hours:

- 25-40 grams high quality whey protein isolate containing 2 – 4 grams of glutamine peptide
- 100 grams maltodextrose or simple carbohydrate
- Or **Biosteel ARF Formula (cost is \$75+hst if ordered through ARC)**+ banana, blueberries, pineapple, strawberries, raspberries added to smoothy if extra carbs are needed.
- 2-3 grams flaxseed oil
- 2-3 grams salmon or other fish oils
- fortified with vitamin/minerals