

Hybrid Athlete Nutrition System

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*Learn the Secrets of Elite Athletes
On How To Prep for Games, Lose Fat,
and Gain Lean Muscle*

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Disclaimer:

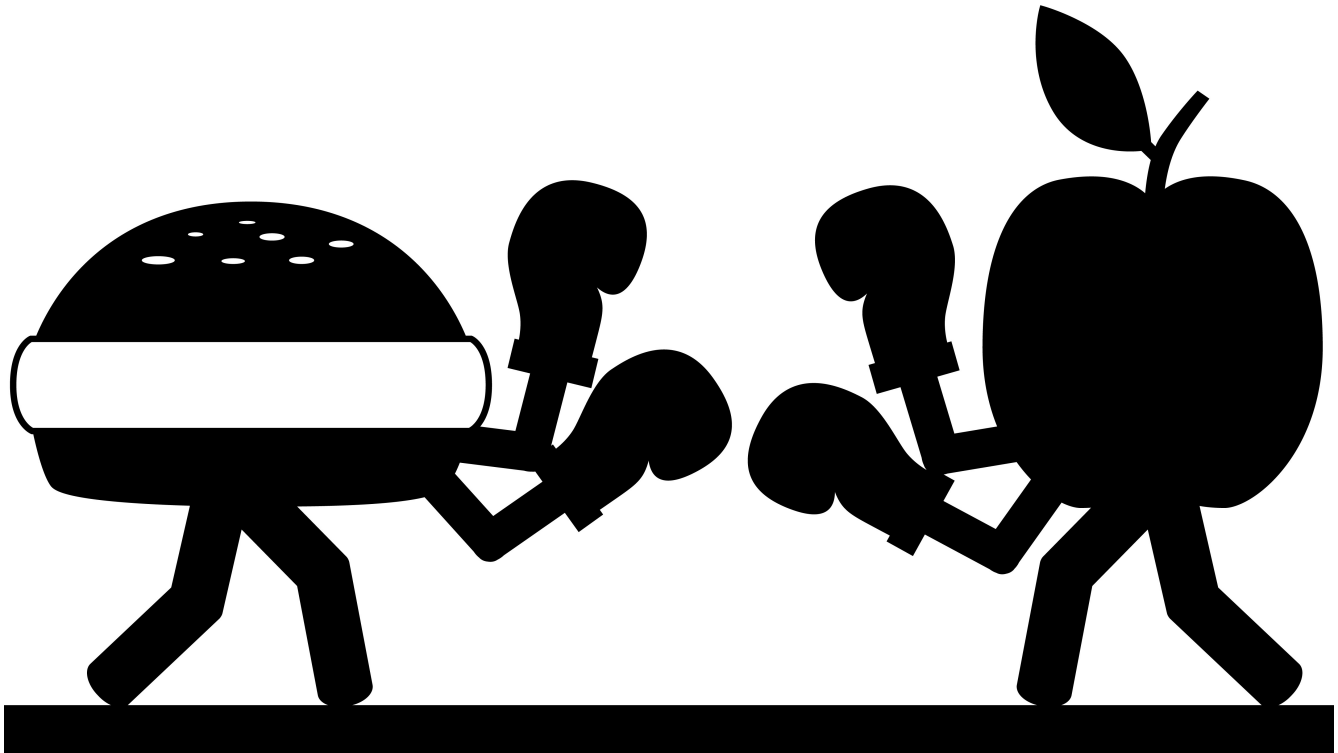
This ebook is intended as a reference only, not as a medical manual. The information given is designed to help the reader make informed decisions about their health and athletic performance. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. The reader should consult their doctor before following any of the advice given in the book. If you suspect that you have any medical problems, we urge you to seek competent medical help.

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Chapter 1:

What Type of “Eater” are You?



If you're an athlete who's looking to get the edge on your competition, then congratulations, you've come to the right place. Top trainers around the world have said that nutrition is more important than proper training in some cases – and from working with athletes from different ages across different sports, and being an athlete myself, I've seen 3 different types of “eaters”.

Athlete #1: This is the most common type of eater. They don't care what they eat before or after games, and you can bet they aren't eating right during the rest of the day.

Athlete #2: The second type of athlete thinks they are eating correctly, but they

aren't most of the time!

Athlete #3: The least common of athletes – They are smart about what and when they eat their foods, and are conscious of it the majority of their day.

Which athlete are you? If you athlete 1, that's okay... you're here for a reason. What you're about to learn will help separate you from the majority of the athletes out there. If you're athlete #2 or #3... well you really don't know that yet do you?!

I want to note that there are hundreds of different ways you can eat correctly, but what I'm going to share with you in this book are the proven methods I have researched and tested myself that have shown the best results. As long as you follow the basic guidelines I'm about to outline for you in the following chapters, you'll be fine!

My goal for you in this book is to become Athlete #3. I want you to be aware of everything you eat, because even if you decide not to use this manual, you'll at least be aware of the extraordinary benefits your missing out on.

Be ready to design a customized nutrition plan based off of your athletic goals, because that's exactly what we're about to do. Without further or do, let's get started.

Chapter 2:

How to Eat for a Game



As an athlete, there's a few things we want to keep in mind. In-season, you're going to be extremely busy between practices and games... you're doing a lot! With this being said, it's extremely important that you as an athlete are able to recover quickly.

I've personally experienced and witnessed athletes going hard in practices, and being too tired for game day, and part of the reason is they couldn't recover! Being able to recover hastily is a HUGE factor into how you're going to perform, and correct nutrition will help that happen for you.

Let me emphasize one more scenario where nutrition could make all the difference

for you. You could be training for months, even years to get to a specific game or competition in your career, but if you eat the wrong thing before, and get light-headed or get cramps, or are low in energy, all of that can mean NOTHING! Keep that into consideration as we move forward.

According to Joe Friel in his book, “The Paleo Diet for Athletes”, there are 5 goals that we want to accomplish before a competition. (1)

1. **Satisfy Hunger** – If you are hungry too early to a game, you'll either have to risk low energy or eat and risk getting light-headed, nauseous, and/or hypoglycemic.
2. **Fill Glycogen Stores** – Glycogen is sugar that is held within your muscles that is used for energy. These stores are used overnight when you don't eat. This accounts for about 10% of your body's carbohydrates. (Key point for athletes who will play or compete in the morning)
3. **Regular Fluid Levels** – Being dehydrated could destroy your performance (Another Key point for Athletes in the morning – you use fluids at night when you sleep so it's important to replenish them)
4. **Optimize Performance** – Eating the right foods at the right time can give you the boost that you need to beat the competition
5. **Prepare Your Body to Recover** – Remember how I mentioned that recovery is key for athletes in-season? If you're a basketball player, you probably have a game the day after next! You gotta recover!

Okay, so we have a really good understanding on what eating properly will do for us... Now we can start learning the exact steps you need to take to achieve the goals above, and become Athlete #3.

When Should I Eat?

Let me give you an example. It's 3:00, and your game is at 6:00. That means you have

3 hours until game time. For every hour before the game, you want to ingest 200-300 calories (1). So, if you do it right, you'll be eating anywhere between 600-900 calories. Depending on your sport and your body size, it's important to find an amount of calories that works best for you in this range. However, this will ensure that you have plenty of energy. You should start eating 2-3 hours before the game (1).

What Should I Eat?

This part is fairly simple, but keep listening. There are some small details that can really make the difference in you feeling 100% vs 80%.

The majority of the food you're going to want to eat is carbohydrates, because they digest very quickly. If you start eating your food 3 hours before the game, you want these foods to be low glycemic index, meaning, they release sugar into your blood at a slower pace. As you get closer to the game, you want to increase your glycemic index load.

(The Glycemic Index is a measurement of how fast a good (carbohydrate) releases sugar into your blood. The more sugar that's released into your blood will cause an insulin response, reducing your blood sugar.)

The last thing you'll want to look for in your low glycemic index carbohydrate is one that has little fiber. Guess what has a low glycemic index with little fiber? SOME Fruit!



These include: bananas, honey, peaches, and watermelon.

Avoid: Pineapple, apples, berries, figs, grapes, pears, mango (or anything with a lot of roughage!)

But wait! There's one more thing you'll wanna throw into your pregame snacks. Protein! Protein does a few very cool things for you. It has been shown to improve recovery after the game and improve performance during! (1) Also, digesting protein actually will slow down the release of sugar into your blood, making it so you can get energy for a longer period of time throughout the game!

So, it comes down to this – low glycemic index, low fiber carbohydrates, combined with protein = peak performance! That's not too hard is it? Here are some sample food combos and snacks you can use:

- 1. Eggs'n Fruit – If you're on the road, boil some eggs, and if you're not, scramble them at home. Combine these with the fruit I listed above as acceptable, and you'll be all set!**
- 2. Baby food – If you can see yourself eating this, than it's perfect. It gives you everything you need + it's extremely easily digestible. You can bring it anywhere...but honestly, I don't think I could do this one.**
- 3. Applesauce and Protein Powder – Easily Digestible, easy to bring with you anywhere, and gives you protein and energy. PERFECT! (2-3 Tablespoons of total powder)**
- 4. Shakes / Liquid Meals – This is perfect for those who get sick when you eat too close to exercising. You can use some of the shake options listed in the “14 Protein Packed Shakes” Bonus, or buy a commercial shake (not recommended).**
- 5. Protein Bar – Could have a lot of fiber and may not digest too well.**

KEY POINT!

Yes, you now know what foods to eat, and when to eat them, but there is ONE more thing. In the last hour before your game, do NOT eat any carbohydrates like we mentioned above. Instead, about 10 minutes before the game begins, drink 100-200 calories of gatorade, powerade, etc. with about 6-8 of water to follow. (1) These are high glycemic carbs that we're taking in... because we will need them very soon. Take into consideration if you're a starter, when your track event is, etc.

What and When to Drink

Remember, you want to drink early in the day because when you sleep, you lose a lot of fluids. If you can prevent yourself from pounding down liquids too close to the competition, that's what we want. THIS IS A MUST!

It's a must because you'll only want to start drinking in the last hour before your game. Sip on water. The point of this is to prevent hypoglycemia which can lead to light-headedness. (1)

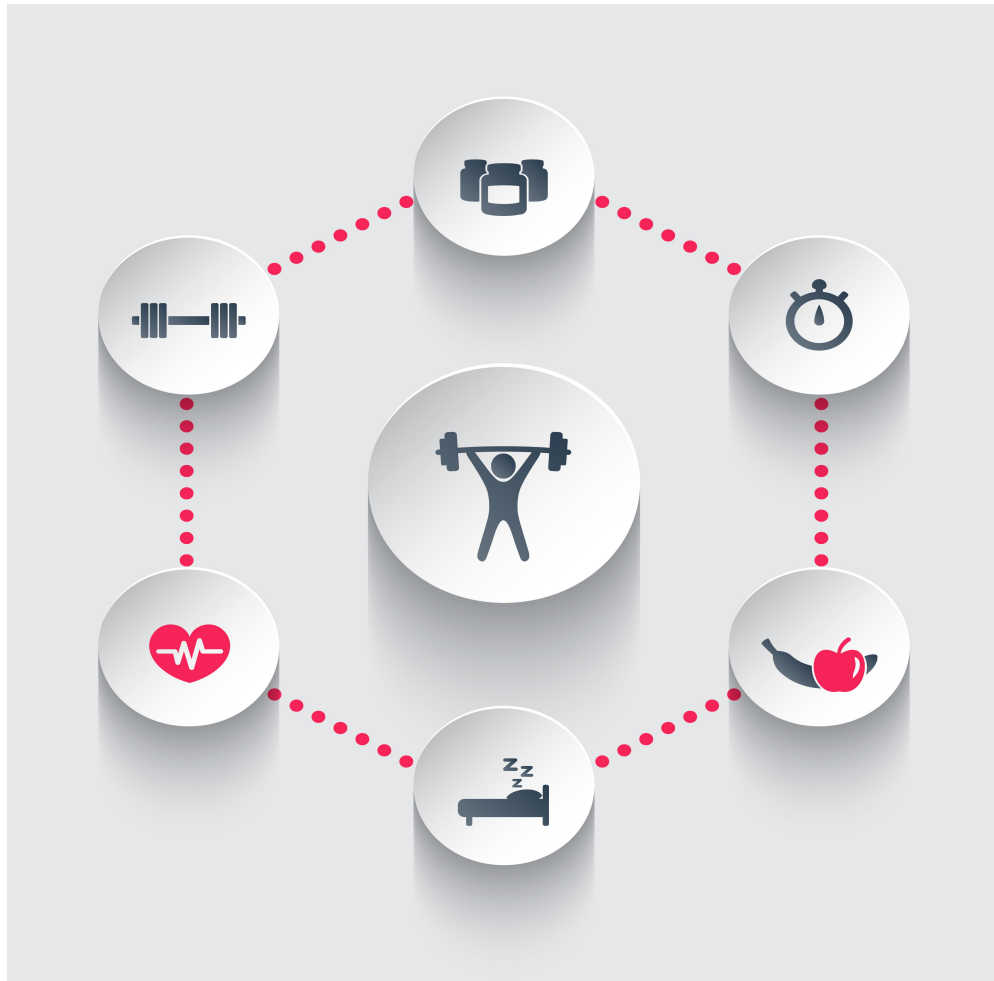
If you want, you try a little caffeine, but if you regularly drink caffeine, the benefits will be minimal.

Avoid Cramps

There isn't one cause that scientists have found that cause cramps. They think that it may happen when protein is burned for energy when you run out of sugar for energy (hopefully you won't have to worry about this if you follow the steps above). The best two things you can do are gently stretch the tight muscle, and even pinch your upper lip (some athletes swear by this). (1)

Chapter 3:

Determining your Personal Nutrition Goals



Now you know how to eat for peak performance during the game... but there's much more to nutrition to that. How can you eat to reach the body weight you desire? How can you drop weight, and put on lean muscle? Well before we get started with that, it's important to know exactly what our goals are.

Finding a Target

What position do you play? What sport do you want to excel at? These are some questions you should ask yourself when considering your goals. Take into consideration your height as well.

What advantages do you have at your goal? Maybe you want to be a quarterback and your 6'5. What are your disadvantages? If you're a 6'5 quarterback, maybe your mobility in the pocket is limited. In this case, you'll probably want to be as lean as possible, so you don't have any extra weight slowing you down when you need to scramble.

The key is here to be honest with yourself and where you stand. Chances are that there has been someone in your same position (potentially a professional athlete) who has made it with your same body frame, your same scenario. Look for that person. What do they weigh? How have they become successful regardless of genetic setbacks or being undersized. They've laid the path for you, now you just need to follow their proven method.

Once you've decided on a particular weight you want to achieve, the fun begins. Luckily for you, there are so many tools available to you today that were never available to athletes before!

But first, let's figure out exactly how much calories you need to eat to achieve the weight you want.

Aiming at the Target

Once you figure out your desired weight, we need to calculate how many calories you will need to eat to eventually reach that desired weight. Now I want to point this out really quick. If you are working out when you do this, you will add muscle indefinitely. If you don't, a lot of this weight that you gain won't be lean, and as an athlete, that is NOT what we want.

You can calculate the amount of calories you need by a few ways. If you have access

to a cell phone, I recommend using the MyFitnessPal app I talk about in the “Tools to help you hit” section of this chapter.

If you don't have access to a smart phone, that's fine. Visit http://www.freedieting.com/tools/calorie_calculator.htm. Simply type in all of your information, and it will calculate the amount of calories you need to eat to maintain your weight today. Then, simply add 500 calories per day to that number, and you can expect to around a pound each week. If you want to lose weight, subtract 500 calories per day, and that's what you need to eat. **NOTE** You should recalculate as often as possible, because your daily caloric intake will change as your weight changes.

Now, it comes down to tracking your food. This is the most difficult part. If you don't have access to a smart phone, then you can read the labels on your food, and if it doesn't have a label, you can purchase calorie counting books online for very cheap. If you do have a smart phone, check out the next section of this chapter.

Tools to Help you Hit

There is a tool I recommend that makes life so easy when it comes to tracking your total calories. It's an app called MyFitnessPal. This app allows you to calculate the amount of calories you need to eat based off of your desired goal, and has thousands of foods preset in for you. For example, lets say you went to my favorite restaurant, Olive Garden, and ate some of their delicious Zuppa Toscana soup. All you do is type in “olive garden zuppa toscana” and it will pull up with “1 bowl of soup”. You click it, say you've eaten it, and it subtracts it from the amount of calories you need to eat in that day! It's so easy!

Chapter 4:

How to Lose Weight For Athletes



So your goal is to lose some weight? Awesome. This chapter is going to show some tips and tricks to help you speed up the process.

Really, most of what losing weight comes down to is taking your daily caloric intake and dropping it down 500 calories, so keep that in mind. However, there are foods that you can eliminate or add to make this process easier for you. There are also some exercise tips you can implement to really shred the weight.

Foods To Eliminate

As athletes, we have higher nutritional demands than most regular people. Even when we lose weight, we have to do things a differently to support our energy output. This means, regardless of what I say moving forward, when you're preparing for a training session, game, or practice, you'll still need to eat correctly. Nothing changes.

In your regular meals, limit the amount of carbohydrates you eat. Eliminate pastas, and breads, and replace them with other carbohydrates like vegetables, and some starches like sweet potatoes. My philosophy when it comes to losing weight is to eat whole, real foods.

You want your calories divided up like this: 40% Protein, 30% Fat, 30% Carbohydrates. (MyFitnessPal will show you a pie chart of how you are doing) The reason being is, if we are constantly eating large amounts of carbohydrates, two things happen.

- 1. We fill up our glycogen stores (this is beneficial when putting on weight or for athletic performance, but not for weight loss!)**
- 2. Carbohydrates increase blood sugar levels, increasing insulin. Insulin allows the sugar in your blood to move into your cells, but if the sugar isn't used as energy (which it won't if you aren't intensely exercising) then it will be stored as fat.**

So when we want to perform well in a game, we want that energy in our cells, and we will definitely use it all. However, when we want to lose weight, we don't want energy in our cells at all. We want to burn the fat that already exists in the cells to be broken down and used as energy!

When you have high amounts of protein and fats in your diet, it slows down the digestion of carbohydrates, and therefore slows down insulin from flooding your cells with sugar. This is exactly what we want.

Eliminate sugar drinks. Eliminate pastas, bagels, breads.

Foods You Should Eat

There are so many great foods you can eat. Chicken, hamburger, pork, turkey, bison... the list goes on. Low sugar greek yogurt is amazing; it has a ton of protein in it. Eggs are perfect. Vegetables too.

For carbohydrates, eat sweet potatoes and brown rice. Brown rice has been known to assist muscle gain, those this can really help you out (more muscle = higher metabolism).

Sample Meal Plan

I'm not going to list the amounts of food you will eat, because that will ultimately be decided by the amount of calories you need to eat per day.

Breakfast: Eggs, Broccoli, Greek Yogurt

Snack: Almonds, Applesauce

Lunch: Chicken, Brown Rice, Green Beans,

Snack: Protein Shake

Dinner: Tilapia (Fish), Black Beans, Sweet Potato, Broccoli

Snack: Cottage Cheese or Greek Yogurt

Now check this out... this is the exact meal plan that is in the How to Gain Weight chapter. Do you know why? Because as athletes, we want LEAN muscle mass gains. If the athletes who want to gain weight are gaining fat, that's not productive at all! All that is different is the portions of food you eat. They will eat a little more carbs than you. If you're curious why, then check it out below!

Exercise Tips

So you know how earlier in the book, we talked about our glycogen stores being low when we wake up? Oh baby... this is perfect for weight loss! See, most of the time, if you were to walk, you'd have to walk about 30 minutes before you started burning fat! That's because later in the day, glycogen fills your muscle cells, and you burn that first. But in the morning... you don't have any of that! You're going to go straight to burning fat. Walk 30-60 minutes in the morning before eating anything, and you will see some results!

Chapter 5:

How to Gain Muscle For Athletes



So you need to gain some muscle eh? Well look, as an athlete, you want LEAN muscle gains. You want to minimize the amount of fat you put onto your frame, but that's just gonna slow you down. So guess what... just because your about to add a bunch of weight doesn't mean you get to eat like crap. No. You're actually eating the foods that the weight loss guys are going to eat, just more of it! You'd actually benefit by going up a chapter and read what's going on up there. It might answer a few of your questions on why you can't eat like crap.

But anyways - I'm also going to show you a few exercise tips on how you can gain

muscle even faster, as well as give you a sample meal plan. You ready?

Foods You Need To Eliminate

We already talked about this up top. No junk food. No Fast food. Do your best to throw out the pasta and bread. That's it for this section.

Foods You Should Eat

Meat baby! Eat a lot of it! Oh yeah... and a LOT of Brown Rice. I'll say it again, Brown Rice has been known to give an extra muscle building effect, so it's perfect for carbohydrates. It's also healthier than most pastas, breads, etc. Quinoa is a really good choice, as well as your full variety of vegetables and fruits.

Now although you'll be eating the same foods that the guys losing weight are eating, you're going to eating more food, in different proportions.

You're going to eat your foods 50% Carbohydrates, 30% Protein, 20% Fat. Why so many carbohydrates? Because, you're going to be working out hard. You're going to be breaking down muscle, and we need extra nutrients to repair those muscles.

Here's the science: You eat a ton of carbohydrates and protein. The high volume of carbohydrate will fill your muscles with glycogen, so you always have energy. Here's the kicker. If you weren't working out, the left over energy would convert into fat. But since you are working out hard, and breaking down your muscle fibers, the extra energy goes to repairing them and building them back up stronger and bigger with the protein! Pretty cool right?

Sample Meal Plan

Breakfast: Eggs, Broccoli, Greek Yogurt

Snack: Almonds, Applesauce or Oatmeal

Lunch: Chicken, Brown Rice, Green Beans, Black Beans

Snack: Protein Shake

Dinner: Tilapia (Fish), Black Beans, Sweet Potato, Broccoli

Snack: Cottage Cheese or Greek Yogurt

Okay, so there were a few differences, but minus a snack and adding black beans to a meal, it's the same compared to the fat loss guys.

Exercise Tips

The key to adding muscle mass is to really break down those muscle fibers, and then recovering from them fully. Using drop sets and super sets are the best way to really break down the muscle fibers.

A drop set is when you perform a weight training exercise with a certain weight, and as soon as you fail, you grab a light weight and go to failure. Then, when you hit failure again, go down one more time. This will completely destroy you!

A super set is when perform two exercises one after another. For example:

A1) Bicep Curl 3x8-12

A2) Triceps Extension 3x8-12

You will perform the first set of Bicep Curls, and then without taking any rest, move down to the triceps extensions. After the triceps extensions, you rest, and repeat for the given amount of sets.

Congratulations!

You have finished reading the program! Now, all you have to do is go do it.

Remember this saying before you stop reading... Knowledge isn't power. Applied Knowledge is power.

Thank you so much for reading this book, and I can't wait to hear the results you are able to achieve!

(1) Cordain, Loren, and Joe Friel. *The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance*. New York: Rodale, 2012. Print.

