



DETERMINATION. CHARACTER. COMMITMENT.



Athlete High Performance Nutrition Program

ELITE HOCKEY DEVELOPMENT PROGRAM

Off-Season Strength and Conditioning

2016



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'Failing to plan, is planning to fail'

The purpose of the Depth Nutrition Guidebook is to provide our athletes with a plan for nutritional success both during Off-season training and In-season competition. We want to provide our athletes with the opportunity to be successful in the kitchen as well as in the gym, on the track or on the ice. This guidebook will provide athletes with the necessary tools to make simple, but effective changes in their nutritional habits, behaviors and choices.

The success of an athlete depends largely on what the body is able to do. As strength and conditioning specialists it is our job to serve as the 'mechanics' of the body. We are responsible for helping the body perform at a higher level by improving the body's ability to run/skate faster, jump higher, be stronger, more explosive and more powerful, all while protecting against common injuries. Nutrition plays a key role in helping the body to function at the highest level possible by providing it with the nutrients required for energy production, recovery, healing and adaptations to training stress. Without proper nutrition the body is missing a vital component when it comes to high levels of athletic performance. Simply put, without the right fuel the body has very little chance of functioning at a high level. If you are not recovering, you will not be maximizing your training results and are more likely to be limited by fatigue.

Unlike training which can take weeks, months and even years for adaptations to have an impact on performance; nutrition can immediately improve the body's ability to move and function. For this reason, what you do from a nutritional standpoint on a day to day basis can truly mean the difference between being successful or not; between making the team or not; between being injured or not; between scoring 10 or 20 goals. With athletes, radical changes in body composition and performance can happen by following small daily steps. The strategies that we have outlined in this guidebook will not only help make you a better athlete and hockey player, but also improve health, mental focus, energy levels and recovery time. The best part is that you can start applying them immediately.

Use the tools outlined in this program, try the recipes and tips, follow the recommendations given from your assessment, and I guarantee you will see a significant improvement in how you recover, perform and feel.

Good Luck!



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A. Athlete High Performance Nutrition Principles

What is Nutrition Really?

Food is your body's way of obtaining energy so that you may transform it into a usable means to execute your body's functions. Food contains nutrients, both known and unknown which provide you with energy and are vital to optimizing your performance. The foods you choose to put into your body can have a dramatic impact on your performance capacity. In fact, each meal is an opportunity to improve your body and your performance capacity, or make it worse. There is no in between. You train hard to achieve a specific goal and therefore you need to start focusing on the food choices you make to help optimize these training effects. Why put in so much effort in the gym and on the ice/field to throw it away with poor eating habits?

Role of Nutrition in Exercise

Nutrition is vital for your ability to recover from exercise. Exercise creates damage at the cellular level, largely by the repetitive contractions required by your muscles to produce movement. Exercise acts as a stress upon your body, which for a period of time weakens your body and makes it worse in order to produce a positive adaptation so your body will become stronger, faster or more powerful depending on the applied training. Without proper nutrition, your body does not receive the building blocks it needs to recover from training. After exercise, your body is in a state of breakdown known as 'Catabolism'. Your body will remain in this catabolic state until it is provided with nutritional building blocks to begin the repair and recovery process. This is why nutrition is so important, especially after exercise, training or an athletic event. An exercise is only as good as your body's ability to recover from it. Poor nutrition = Poor Recovery = Poor Performance. This can lead to overtraining, exhaustion, decreased motivation and especially injury.

Benefits of High Performance Nutrition Program

- Improved Performance in the weight room, on the ice and at the track/field
- Improved focus and motivation
- Decreased fatigue and stress
- Reduced risk of injury
- Improved recovery time from injury
- Improved recovery time from exercise stress
- Increased muscle mass
- Increased strength levels
- Decreased fat mass
- Improved immune system function/reduced likelihood of illness
- Improved anabolic (muscle building) hormone profile

Estimated Required Caloric Intake per day for the Off-Season Training Athlete

Athlete Weight	150 lb Athlete	180 lb Athlete	200 lb Athlete
Estimated Calories/day	3000 to 3500 kcal/day	3500 to 4000 kcal/day	4000 to 4500 kcal/day
Calories per Meal (4)	750 to 875 kcal/meal	875 to 1000 kcal/meal	1000 to 1125 kcal

As previously mentioned, food provides you with nutrients. Your body needs nutrients for energy, as well as providing your body with the structural building blocks needed to execute cell -functions, repair your muscles and promote cellular health. It is important for the food you eat to contain a large amount of nutrients. This concept is called, '**NUTRIENT DENSITY**'. Nutrient density is a vital for good nutritional habits.

A diet **HIGH IN NUTRIENT DENSE FOODS** would have the following **benefits**:

- Increased probability of muscular growth and development
- Improved recovery from strenuous exercise
- Anabolic hormone profile
- A higher total essential nutrient intake
- More essential nutrients per volume of food

1. Responsibility

As an athlete, you must take ownership over your own food choices. You want to lose body fat and increase muscle mass? Great, we can help you. Want to increase body mass and become stronger? Awesome, let's do it! But, it is not going to be easy all the time. If it was easy then everyone would walk around with the body they wanted, but if you take a good look around the next time you are out, I doubt this is what you will see. Good nutrition takes focus and consistency. As an athlete you are responsible for your choices and your actions. Remember, the body will do exactly what you tell it to. How you take care of your body is **your responsibility**.

2. Preparation

Good nutrition does not just happen. As I doubt many of you have a personal chef to make you nutrient dense meals any time you want, you are going to have to make sure you are prepared, or you will not succeed. This builds on responsibility and means you must play an active role in grocery shopping, cooking and food preparation.

3. Execution

A plan is great, but it must be executed for it to be effective. If the plan on paper does not translate into food in your stomach, then your body cannot use it to make it better.

B. Athlete High Performance Nutrition Program – The Strategy

Our approach to your nutrition is simple – **Nourish!** Our goal is to help educate you on how to provide your body with the proper nutritional fuel to help it recover faster and maximize performance gains from your training. As you can see from the **7 Habits** below, we will focus on a protein based diet with lots of vegetables and fruits with an adequate consumption of complex carbohydrates and healthy fats. Our goal is to help you develop healthy, consistent eating habits which are quick and easy to implement. We want to help show you there is always time to fuel your body. Nutrition **MUST** be a major priority for you as an athlete if you expect to get the most out of this off-season.

Our **7 Mandatory High Performance Nutrition Habits** are listed below – **PRIME, BUILD, NOURISH, FEUL, GROW, RECOVER, SUPERCOMPENSATE**. These are the building blocks of the Athlete High Performance Nutrition Program

1. PRIME - Daily Hydration

Hydration is the **FOUNDATION** of our Athlete High Performance Nutrition Program. Our nutrition program requires athletes to drink **2 L of water each day** in addition to their training and workout hydration (see chart below). This will ensure your hydration is not a limiting factor in your training and results. Water will help your body recover and maintain its ability to continue performing at a high level. Dehydration slows down recovery and will reduce your training gains.

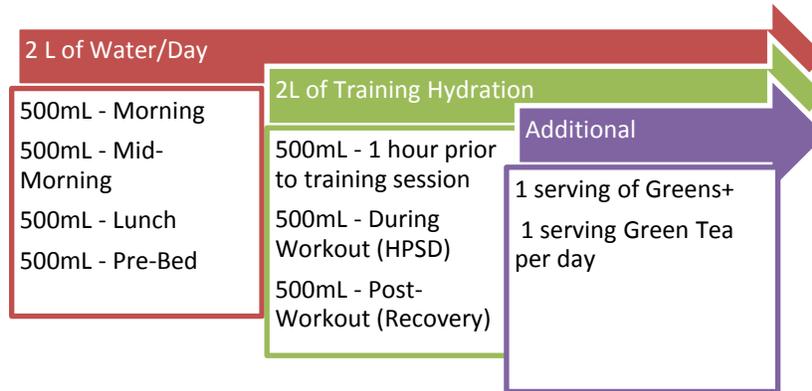


Figure 1: Hydration Schedule

2. BUILD - Protein with EVERY Meal

As all of our athletes are highly active and perform resistance training on a regular basis protein is extremely important for good nutrition. If you want to be stronger, faster, leaner and a better athlete then you need to be eating a sufficient amount of protein. Although ‘how much’ you eat will depend on body size and goals, as a general rule more protein will provide better muscle growth, improved recovery and elevated energy levels – all important for athletic performance.

As a general rule, we recommend **30-35%** of Total Caloric Intake be directly from protein based sources. This can be achieved by eating **30 grams of Protein with every meal** for a total of 1 gram of protein per pound of bodyweight each day or 2.2g protein per kilogram of bodyweight.

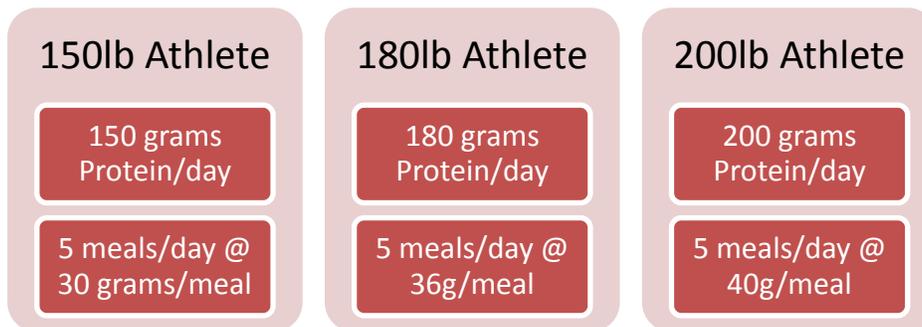


Figure 2: Athlete Protein Intake Recommendations

High Performance Protein Food Recommendations		
<ul style="list-style-type: none"> • Whole Eggs (omega 3) • Egg Whites • Chicken (skinless, breast, thighs, legs, whole) • Steak • Lamb • Salmon • Lean Beef (ground, roasts) • Turkey (ground, sausage, breast) • Fish (sole, tilapia, tuna, sea bass, cod) • Wild Meats (buffalo, elk, venison, emu, ostrch, bison) • Shrimp, scallops 	<ul style="list-style-type: none"> • Quinoa • Legumes (chick peas, black beans, kidney beans, navy beans) • Nuts – almonds, cashews, hazel nuts, brazil nuts, walnuts • Seeds – pine, chia • Almond and Nut Butters • Plain Greek Yogurt • Cottage Cheese • Almond Milk • Spinach 	<ul style="list-style-type: none"> • Biosteel Whey Isolate Protein Supplement • Biosteel Advanced Recovery Protein Supplement • Branch Chain Amino Acids (BCAA) Supplement

Table 1: High Performance Protein Food Recommendations

3. NOURISH – 8 Servings of Vegetables EVERY Day, 2-3 Servings of Fruit EVERY Day

Vegetables and Fruits are high in **NUTRIENT DENSITY** which is a vital concept to maximizing your training results. Vegetables and Fruits provide your body with the vitamins, minerals and anti-oxidants required to help repair the body after training. These vitamins, minerals and anti-oxidants will help you maximize the benefits of your protein consumption as they play a vital role in repairing and building muscle cells. High Protein without proper consumption of vegetables and fruits will not produce the same increases in muscle mass. Below is a list of some recommended vegetables and fruit sources.

Try different methods for cooking your vegetables including grilling or steaming them for variety; add spices, oils and different seasonings to give them some flavor; if you eat them raw avoid the ranch or blue cheese and try a blend of olive oil/balsamic vinegar or a hummus blend.

High Performance Vegetable Sources			
<ul style="list-style-type: none"> • Spinach • Kale • Greens • Broccoli • Zucchini • Celery 	<ul style="list-style-type: none"> • Cauliflower • Egg Plant • Asparagus • Carrots • Mushrooms 	<ul style="list-style-type: none"> • Beets • Radish • Tomatoes • Red, Yellow, Orange Peppers 	<ul style="list-style-type: none"> • Green Beans • Cucumber • Green Pepper • Onions • Green Onions

Table 2: High Performance Vegetable Sources

High Performance Fruit Sources				
<ul style="list-style-type: none"> • Strawberries • Raspberries • Blueberries • Blackberries • Acai berries 	<ul style="list-style-type: none"> • Grapefruit • Oranges • Mango • Watermelon 	<ul style="list-style-type: none"> • Tangerines • Bananas • Pineapple • Peach 	<ul style="list-style-type: none"> • Melon • Cantelop • Avocado • Apricots 	<ul style="list-style-type: none"> • Grapes • Pear • Apples • Cherries

Table 3: High Performance Fruit Sources



4. **FUEL – Complex Carbohydrates POST-WORKOUT and Mornings**

Carbohydrates provide you with energy and are an excellent source of fuel for your body when used properly. The key concept with carbohydrate intake is not all carbohydrates are created equal. This is a concept athletes must understand, especially if looking to decrease body fat. There are 3 divisions of carbohydrates based on complexity: monosaccharides, disaccharides and oligosaccharides. The more complex the carbohydrate (oligosaccharides), the slower the carbohydrate is digested and the slower its digested components, glucose or sugar is released into the blood. The more simple the carbohydrate (mono-disaccharides), the faster the carbohydrate is digested and the faster glucose or sugar is released into the blood. When a large amount of sugar is released into the blood over a short period of time with simple carbohydrates, our body recognizes this as a surplus of energy currency. If there is no immediate need for this increased energy (ie. from intense exercise) then our body will store this currency, primarily in the fat cells of our body. This is why foods high in fiber are important as they slow down the release of glucose into the blood stream allowing the food we eat to be used gradually for energy demands and not be recognized as a surplus to be stored as body fat.

In the Depth Athlete High Performance Nutrition Program our goal is to use carbohydrates properly to help build lean body tissue, improve performance and assist in recovery. **Our recommendations for Carbohydrate intake for athletes are as follows:**

1. **35%-40%** of Daily Caloric Intake should come from carbohydrate sources.
2. Complex carbohydrates in the morning and post workout to maximize muscle protein synthesis.
3. Vegetables with every meal.
4. 2 servings of fruit per day.
5. Simple Sugars post-workout as part of Biosteel Advanced Recovery Formula.

Table 4 provides some examples of the different types of carbohydrates. As a general rule, unless you have just performed intense exercise you should select foods from the columns on the left side of the page (complex/fibrous). If you are looking to reduce body fat, then you should only consume fruits/vegetables with emphasis on vegetables over fruits, unless you have just performed intense exercise. For those looking to gain weight, eat fruits and vegetables with every meal and focus on the starchy carbohydrates in the morning and post exercise and possibly a small amount prior to bed. This will help to ensure the best improvements in muscle mass while minimizing excessive body fat increases, which will only serve to slow you down and reduce your performance.

High Performance Carbohydrate Sources					
Complex Carbohydrates		V&F	Simple Sugar Carbohydrates		
<ul style="list-style-type: none"> • Quinoa • Sweet Potato • Whole Grain Rice • Red Potatoes • White Potatoes • Legumes 	Whole Grain Pasta <ul style="list-style-type: none"> • Whole Grain Bread • Whole Grain Wraps • Fibre 1 Cereal • Bran Muffins 	See Table 2 and Table 3 above	Recommend: Biosteel Advanced Recovery Formula	Avoid: Fruit Juice Soda Candy Chocolate	Sweets Pastries Ice Cream High Sugar Sauces (ketchup, BBQ sauce, etc)

Table 4: High Performance Carbohydrate Sources

5. GROW – 4 Sources of Healthy Fats EVERY Day

Fats are the biggest secret to athletic performance often ignored by many individuals. Fats are involved in a number of important functions including:

- Provide an energy source
- Manufacture and balance hormones including testosterone to help muscle building and strength levels
- Form our brains and nervous system tissues
- Help to transport fat soluble vitamins
- Provides essential fatty acids the body cannot make (Linoleic acid and linolenic acid)
- Keep our cell membranes healthy for efficient cell to cell communications
- Slow down the digestive process so our bodies can properly absorb nutrients
- Improves recovery from training sessions

There are 3 different types of fats and the key to a healthy dietary fat intake is to ensure a balanced diet of saturated, mono-unsaturated and poly-unsaturated fat.

- **Saturated**
- **Mono-unsaturated**
- **Poly-unsaturated** (Omega 3 and Omega 6 fats)
- Approximately 30% of caloric intake should come from fats
- 33% saturate, 33% mono-unsaturated, 33% poly-unsaturated (50% omega 6, 50% omega 3)
- **Trans Fats are Universally Bad and should be avoided at all costs**

Our nutrition program recommends:

- **30%** of Total Caloric Intake from Fat Sources
- 3 to 6 grams of Omega-3 Fish Oil **EVERY** day
- 4 servings of healthy fats each day (2-3 servings additional servings plus your daily Omega-3 Fish Oils)

We have provided some recommended fat sources below. You will notice there are foods which overlap with our recommended protein sources, as these foods are often high in both protein and fat, making them very **NUTRIENT DENSE** food choices.

High Performance Healthy Fat Sources		
<ul style="list-style-type: none"> • Omega-3 Fish Oils • Avocado • Flax Seed/Oil • Olive Oil • Olive Oil based salad dressings • Coconut Oil • Coconut Flakes • Coconut Milk • Pine Nuts • Chia Seeds 	<ul style="list-style-type: none"> • Nuts – almonds, cashews, hazel nuts, brazil nuts, walnuts • Nut Butters (almond, organic peanut butter) • Almond Milk • Healthy Cheese (not processed) • Goat Cheese • Cottage Cheese 	<ul style="list-style-type: none"> • Atlantic Salmon • Pork • Lamb • Omega 3 Eggs • Lean Ground Beef • Steak • Wild Game Meats

6. RECOVER – Pre/During and Post Workout Supplements

Taking advantage of your nutrition in and around training sessions is vital for optimizing proper recovery and performance. The Depth Athlete High Performance Nutrition Program Recommends the following supplements for Pre/During and Post Workout Supplements:

- **Pre/During** – 1 scoop Biosteel High Performance Sports Drink, 1 scoop (5 grams) Creatine Monohydrate, 1 scoop (5 grams) Branch Chain Amino Acids (BCAAs) –in 500-700mL of water
- **Post Workout** – 1-2 scoops Biosteel Active Recovery Formula in 700-1000mL of Water

7. SUPERCOMPENSATION – The Super Foods List

This concept is very simple. As a training athlete you need to be eating large amounts of nutrient dense, healthy food. Selecting items from the lists (Proteins, Carbohydrates, Fats) above will ensure you are choosing from the **SUPERFOODS!** Do not just eat – **FEED!** Feed your muscles!

C. Athlete High Performance Supplement Program

As discussed above, the foundation for the Depth Athlete High Performance Nutrition Program is built upon proper hydration and healthy, nutrient dense whole food choices. Building healthy nutritional habits using whole food sources is a primary focus for our nutrition program. We use specific supplements **IN COMBINATION** with a healthy diet. As part of our High Performance Nutrition Program, we have recommended the following supplements to be used by our athletes as part of a comprehensive nutrition plan designed to optimize metabolism, recovery and performance.

- **Omega-3 Fish Oils (Genuine Health)**
 - Omega-3 fatty acids are integral to our health and well-being and are an important component of every cell in our body. Research has proven that Omega-3 from wild fish oils, like those in omega3 provide the best source of EPA and DHA for a healthier heart, brain, skin, mood, joints and more. **3 to 6 grams/day.**
- **Greens+ Extra Energy Superfood (Genuine Health)**
 - With greens+ extra energy, you get all-natural energizing ingredients including taurine and naturally occurring caffeine from the kola nut, PLUS a full serving of nutrient-rich greens+ in every scoop! Just one scoop daily provides immediate, long-lasting energy, along with essential nutrients for a healthier, energized body – naturally. **1-2 servings/day.**
- **Biosteel High Performance Sports Drink (Biosteel)**
 - BioSteel Sports HPSD uses a precise ratio of amino acids, electrolytes, organic minerals and B vitamins to fuel your body and fight exhaustion - helping you reach peak performance in any sport or physical activity. **Pre-during workout, snacks, hydration.**
- **Biosteel Advanced Recovery Formula or ARF (Biosteel)**
 - BioSteel Sports Recovery Formula provides a potent dose of key amino acids that the body craves after periods of exercise. BioSteel's proprietary blend of the highest quality amino acids are designed to repair muscle damage, enhance lean muscle gain, improve

immune function and reduce the effects of exercise induced stress. **Post Training, Exercise.**

- **Biosteel Whey Isolate Protein (Biosteel)**
 - The BioSteel Whey Isolate Protein (WPI) promotes lean muscle growth and fuels your muscles with the highest grade of protein commercially available. The WPI is the most un-denatured form of whey protein available, its native protein structures are kept intact through a specialized production format. BioSteel Sports WPI has the highest protein content and biological value of any protein supplement on the market. The BioSteel WPI is lactose free and is low in fat and cholesterol. It has the lowest level of potential allergens of any comparable protein product on the market. **1-2 servings/day.**
- **Branch Chain Amino Acids or BCAAs (PVL)**
 - BCAAs (the 3 essential Branch Chain Amino Acids; L-Leucine, L-Valine and L-Isoleucine) are directly linked to muscle protein growth. Taking BCAAs during or after training prevents muscle loss and improves whole muscle recovery. **10 grams/day.**
- **Creatine Monohydrate (PVL)**
 - 100% Pure Pharmaceutical Grade Creatine. Rigorously tested by athletes around the world since 1996; delivers power, strength and speed. Taken at the proper dose with water, creatine does not cause dehydration or heaviness from bloating. **5 grams/day.**

D. Athlete High Performance Muscle Building Tips

The following strategies have been provided for athletes who are looking to increase body mass and muscle mass. Many of our athletes need to increase their body mass so they can be stronger and more effective in their sport. The following strategies are excellent ways to accomplish this goal.

1. Eat more. Eat early. Eat often. If you want to get bigger then you need to be eating, almost all the time. As a general rule, if you are not eating then you are not growing. Now this does NOT give you the okay to just eat whatever you want all the time. Remember, you are trying to gain muscle mass, not just increase body fat. A bigger but fatter athlete is not a superior athlete so make sure you stick to healthy, nutrient dense food when trying to gain weight. NEVER skip breakfast and always be prepared.

2. Drink your calories – ‘Supershakes’ are your friend. With the large amount of calories you are going to want to put into your body, it can be difficult to attain this through consuming food alone. For this reason SUPERSHAKES are a great way to get a lot of high quality calories in a short amount of time. See the section on Super-shakes below for more information.

3. Start the day with a liquid meal when possible (20-30 grams of Biosteel Whey Isolate Protein in a shake about 30-40 minutes before breakfast). As soon as you wake up in the morning consume a Biosteel Whey Protein shake while you get ready for your day. This will provide your body with fast digesting protein after being in a fasted state during the night. Then when you are dressed and ready for your day, eat your regular breakfast. This will help you add valuable calories at a time when your body can use them the most, in the morning. This is a quick way to pack on muscle to your frame.

4. Cook your food in bulk and be prepared; 'the Sunday Ritual'. With the large amount of food you are going to need to eat during the week, it is a good idea to prepare ahead of time. One effective strategy is to cook your food in bulk so you can have easy access during the week. For example BBQ all of your chicken breast, cook all your ground beef or BBQ all your Turkey Sausage. Then put it in the fridge in Tupperware so you can easily take it from the fridge and re-heat it (whether quickly in the oven, on the bbq again or in the microwave). This will save you time and make getting your food much easier. The easier access you have, the more likely you are to eat it!

5. Incorporate high caloric 're-feed' days, every 7 days. This can be an effective way to increase weekly caloric intake and stimulate growth. Every 7 days, consume an increased amount of calories. This can come from foods you would not normally eat such as pizza, ice cream and other high calorie foods. Just be sure to train or exercise on these days and do not let them occur more than every 7 days. The other days should focus on eating lots of healthy, nutrient dense foods and whole grains.

6. Take BCAA (Branch Chain Amino Acids – a major component of Biosteel HPSD) between meals (breakfast and lunch and/or lunch and dinner) to prevent muscle breakdown. When looking to build muscle and grow, you want to make sure your body is never in a catabolic or breakdown state. When you begin to fast, your body loses some of its anabolic momentum and can start to breakdown muscle tissue. When looking to add muscle and grow, we want to avoid this catabolic state at all costs. By having 1 scoop of BCAAs with 1 scoop of Biosteel HPSD (pink) in 500mL of water you can avoid this and keep building muscle mass. Do this a maximum of 2 times per day.

7. Get 5 hours of exercise each week. Even though you are trying to gain weight, we want it to be lean healthy muscle, so you need to make sure you are exercising with resistance training to give your body a stimulus for muscle growth.

8. Get 8-10 hours of sleep each night. Sleep helps you to repair and recover. Recovery is the time when you build muscle. Without sleep there is no recovery and no muscle growth. Remember an exercise is only as effective as your ability to recover from it. You want to increase muscle? Then get some shut eye.

9. Take naps when possible. This is an effective way to give your body an anabolic surge and help it put on muscle. The best time to nap is after you have had your post-workout meal. This will help your body to digest the food and begin the muscle repair process immediately. Get in the habit of taking naps to help you build muscle.

10. Have a high calorie/nutrient dense food source to snack on when between meals (ie. Nut and fruit mix). Remember, you are going to need to be eating all the time. That means you need a plan for having a way to get food during periods where it is difficult to eat, such as in class or on road trips. Have a high calorie snack ready. One recommendation is to have some mixed nuts (almonds, cashews, walnuts, pecans) and dried fruit available to eat. This is an excellent high calorie, nutrient dense snack to eat during times like these! Supershakes are also a great resource during these instances.

E. Athlete High Performance Fat Loss Tips

The following strategies have been included in this program for those athletes interested in reducing body fat and improving their body composition. These strategies are practical behaviors you can implement easily and start seeing results immediately. Fat loss can be very simple and can occur quite quickly if you are disciplined and stick to these guidelines.

1. Stop eating at 80% fullness and take your time when eating. This is simple yet very effective. There is a delay from your brain to signal when you are full. If you stop eating before you 'feel' full, you will avoid overeating. Any food or caloric intake when in surplus (even healthy, nutrient dense food) will be recognized by the body as unnecessary for immediate use and stored as body fat. To reduce body fat storage, follow this rule and avoid over-eating.

2. Get 5 hours of exercise each week. In order to lose body fat you must be in a caloric deficit, meaning the energy expended must be greater than the energy consumed through food. The best way to do this is to make sure you are getting 5 hours per week of exercise. Most of our athletes are very active, but total your hours up over the week. Having a difficult time getting in your 5 hours of exercise? include a run or brisk walk in the morning before breakfast, add in an extra interval session in, attend strongman Saturdays at Depth or find some other way to get that extra exercise in. It will make a difference!

3. Get 7-8 hours of sleep every night. Without adequate sleep our body's catabolic hormones such as cortisol and our anabolic hormones such as testosterone (even in females) become imbalanced, with an excessive amount of cortisol present. This changes the way our body stores fat and can be a cause of excess abdominal fat. Sleep is important for recovery of all systems including the muscular, digestive and nervous system. If these systems are in a state of fatigue it will slow down your body's ability to burn fat and prevent you from getting leaner.

4. Fruits/Grains in the morning or 1 hour post workout only. Managing blood sugar is extremely important for fat loss. ANY time there is a rapid increase in blood glucose (sugar) from high sugar foods such as fruits or carbohydrates the body will recognize this as a surplus and store in your fat cells. When looking to lose fat, you want to AVOID this at all costs. For this reason, eat these types of carbohydrates when the body is in need of them such as post exercise. This will ensure these carbohydrates are being used to help your body recover and grow instead of increasing body fat. One reason fruits are best in the morning, is that the carbohydrates stored in your liver (liver glycogen) has been depleted during the night to help maintain blood sugar levels. Liver glycogen prefers the sugar found in fruit. Therefore, when eating fruit in the morning you are simply restoring liver glycogen and not storing fat. For the fastest results, fruit in the morning and starchy carbohydrates only after exercise. All other meals should contain protein, fat and lots of vegetables.

5. Increase your intake of healthy fats (nuts, seeds, flax, peanut/almond butters) as you reduce your carbohydrate intake. One of the best ways to do this is to include extra virgin olive oil as either a salad dressing (with balsamic vinegar) or as a vegetable dip (again with balsamic vinegar). Try to get at least 2

tablespoons of fat with each meal. This can include adding some nuts, nut butter or avocado to your meal as well.

6. Take 6-9 grams Omega 3 fish oils each day. This is another excellent way to increase your dietary fat intake. Fish oils will help to stimulate fat metabolism and keep your body using its fat stores for energy all throughout the day. The more fat you burn for energy, the leaner your body will be. This is an extremely effective way to help reduce fat and build lean muscle.

7. Avoid ALL high sugar drinks (soda, sport drinks, juices). Period. These will not help you recover and contain very little nutrition. If you want fruit in the morning, have some fruit. I am not saying all fruit juice is bad, but if you want to reduce body fat then it is something you need to avoid. Get in the habit of drinking water and healthy teas such as green tea. If you find water boring, try adding some sliced lemon to it.

8. Eat vegetables with every meal to increase fibrous carbohydrate intake. Not only are vegetables very nutrient dense, but they also are high in fiber which helps to control blood sugar levels. The better you manage your blood sugar, the leaner your waistline.

9. Drink 3 L of water each day. Water will help keep the body functioning at a high level. With dehydration your bodily functions slow and so too does your metabolism and fat burning mechanisms. To keep your body a fat burning machine, start each day with 2 glasses of water and make sure to stay on top of your hydration.

10. Prior to workout, take 1-2 scoops Biosteel HPSD (Pink) and 3 Fish Oil/Omega 3 pills. Avoid breads/sugars/fruit. If you want to use more fat for energy during your workout, avoid eating foods with sugar (such as Gatorade, fruit, grains) prior to exercising. This will force your body to use more fat stores as energy substrates as opposed to the sugar in the bloodstream available from the food you just consumed. To increase fat mobilization and fat burning during exercise try taking 3 Omega 3 fish oils along with your Biosteel HPSD. This is a very effective strategy!

11. Be smart and pay attention, remember good nutrition is honest. If you are serious about reducing fat, then stay disciplined and make good choices. If you make poor choices your body will tell you by keeping you further from your goal.

12. Plan to break the rules, stay focused and reward yourself at a specific day and a specific time. Preferably post workout. It is impossible to be perfect all the time and you don't have to, but be sure when you decide to break the rules a little that it is planned and does not occur too frequently. Pick one day of the week as a 'cheat day', where you let yourself enjoy certain foods you otherwise would not. For example, you could use Friday as a day where you let yourself have some desert or stray from your plan. Just make sure you exercise on this day and don't let it stretch to Saturday and Sunday. Pick one day; use it as a reward for yourself and also as motivation to eat 'clean' the rest of the week. Make it a day you look forward to, but stay healthy the rest of the week. Follow this rule and you will see some great results.

13. Be Consistent in your choices. Remember, the body does not lie. The more consistent you are with eating healthy, the better your results will be in terms of body composition, performance and health.

F. Athlete High Performance Nutrition Program – Sample Meal Plan A

Meal	Time	High Performance Nutrition Program
Breakfast	7 am	<ul style="list-style-type: none"> Spinach & Avocado Omelette 1 Grape Fruit (medium) 1 Glass Water with Lemon 3g x Omega 3 Fish Oil (Genuine Health)
Morning Workout (Pre-during)	9 am	<ul style="list-style-type: none"> Biosteel HPSD x 1 scoop , Creatine Monohydrate x 1 scoop (5 grams), Branch Chain Amino Acids (BCAA) x 1 scoops (5 grams) in 500-700mL Water
Morning Workout Post	10:30 am	<ul style="list-style-type: none"> Biosteel Advanced Recovery Formula (ARF) x 1-2 scoops in 700-1000mL water
Lunch	11 am – 12 pm	<ul style="list-style-type: none"> Super Spinach & Chicken Salad 1 Glass Water with Lemon
Afternoon Snack	3 pm – 4 pm	<ul style="list-style-type: none"> 1 scoop Biosteel Whey Isolate Protein 1 scoop Greens+ (Genuine Health) 3g Omega 3 Fish Oil (Genuine Health)
Dinner	6 pm	<ul style="list-style-type: none"> Salmon and Sweet Potato Mash with Steamed Vegetables 1 glass Water with Lemon
Snack	8 pm	<ul style="list-style-type: none"> Chocolate Peanut Butter Shake

**If Training in the afternoon, simply substitute the Afternoon Biosteel Whey Isolate Protein Snack with your workout nutrition.*

Spinach and Avocado Omelette						Super Spinach and Chicken Salad					
Item	Quantity	Calories	Protein g	Carbohydrate g	Fat g	Item	Quantity	Calories	Protein g	Carbohydrate g	Fat g
Omega 3 Eggs	3	210	18	15	3	1 Sliced Chicken Breast (pre-cooked)	1 - 4oz	164	26	0	1
Egg Whites	0.25 cup	90	21	0	0	Baby Spinach Raw	2 cups	14	2	2	0
Avocado	0.25 medium	40	1	2	4	Cooked Quinoa	0.5 cup	111	4	20	2
Chopped Baby Spinach	1 cup	7	1	1	0	Sliced Apple	0.5	36	0	10	0
Chopped Porabellow Mushrooms	0.25 cup	26	3	5	0	Chopped Celery	1 stalk	9	0	1	0
Chopped Bell Pepper	0.25 cup	10	0	2	0	Cherry Tomatoes	10	40	2	7	0
Chopped Red Onion	0.25 cup	22	0	5	0	Sliced Strawberries	0.25 cup	13	0	3	0
Sliced Tomato	2 slices	17	0	1	0	Blueberries	0.25 cup	21	0	5	0
1 Slice Havarti Cheese	1 slice	60	3	0	3	Pecans Halves	10	100	1	2	10
Olive Oil	1 tbspc	119	0	0	14	Cashews	10	87	3	5	7
Cinammon	dash	0	0	0	0	Almonds	10	21	2	2	5
Garlic	dash	0	0	0	0	Avocado	0.25 medium	40	1	2	4
Basil	dash	0	0	0	0	Olive Oil Based Dressing	3 tbspc	90	0	3	6
TOTAL		601	47	31	24	Havarti Cheese Pieces	1 slice	60	3	0	3
Instructions						Instructions					
1. Pre-heat skillet on medium heat. Add 1 tbspc Extra Virgin Olive Oil. 2. Add chopped mushrooms, bell pepper, onion to the skillet and cook for 2-3 minutes over medium heat. 3. Add baby spinach and avocado and let cook for 1-2 minutes over medium heat. 4. Add pre-scrambled eggs with spices added. 4. Allow Egg to cook until ready to flip. 5. Flip Omellette, add the sliced havarti cheese and sliced tomato. Then fold omellete over and ready to serve.						1. Pre-cook chicken breast (add spices as desired). 2. Fill bowl with 2 cups raw baby spinach. 3. Add Sliced Chicken, cooked quinoa, berries, tomatoes, apple, chopped vegetables and nuts, cheese, avocado. 4. Add olive oil based dressing. 5. Ready to eat.					

Salmon and Sweet Potato Mash with Steamed Vegetables						Chocolate Peanut Butter SUPER Shake					
Item	Quantity	Calories	Protein g	Carbohydrate g	Fat g	Item	Quantity	Calories	Protein g	Carbohydrate g	Fat g
Fresh Atlantic Salmon	1 medium	241	34	0	11	Unsweetened Vanilla Almond Milk	0.75 cup	20	2	2	0
Boiled Sweet Potato	1 medium	248	4	58	0	Biosteel Chocolate Whey Isolate Protein	1 scoop	97	23	0	0
Boiled Apple	0.5 raw	36	0	10	0	2% Cottage Cheese	2 tbspc	73	10	2	4
Pecan Halves	10	100	1	2	10	Avocado	0.25 medium	40	1	2	4
Asparagus (steamed)	12 spears	48	5	9	0	Organic Peanut Butter	2 tbspc	200	8	6	16
Cherry Tomatoes (Fresh)	10	40	2	7	0	Raw Almonds	10	21	2	2	5
Carrot Sticks (Steamed)	1/2 cup	26	0	6	0	Banana	1 medium	105	1	27	0
Cinammon	1 teaspoon	0	0	0	0	Ice	2 cubes	0	0	0	0
Brown Sugar	1 teaspoon	20	0	5	0	TOTAL		556	47	41	29
Organic Maple Syrup	1 teaspoon	50	13	0	0						
TOTAL		809	59	97	21						
Instructions						Instructions					
1. Cook Salmon either on grill or using oven at 350 degrees. 2. For Sweet Potato Mash - boil sweet potato and apple together until soft. Then mix together using hand whip. Add in the cinammon, brown sugar and syrup as you blend. Make sure it is smooth with no chunks in the mix. Then add the pecan halves. Add more cinammon as needed for taste. 3. Steam asparagus and carrots together. 4. Serve salmon with sweet potatoes, asparagus/carrots and tomatoes.						1. Add almond milk to blender first, then additional ingredients in following order: whey isolate, cottage cheese, avocado, peanut butter, almonds, banana, ice cubes. 2. Blend together and ready.					

G. Athlete High Performance Nutrition Program – Sample Meal Plan B

Meal	Time	High Performance Nutrition Program
Breakfast	7 am	<ul style="list-style-type: none"> High Performance Oatmeal 1 Glass Water with Lemon 3g Omega 3 Fish Oil (Genuine Health)
Morning Workout (Pre-during)	9 am	<ul style="list-style-type: none"> Biosteel HPSD x 1 scoop , Creatine Monohydrate x 1 scoop (5 grams), Branch Chain Amino Acids (BCAA) x 1 scoops (5 grams) in 500-700mL Water
Morning Workout Post	10:30 am	<ul style="list-style-type: none"> Biosteel Advanced Recovery Formula (ARF) x 1-2 scoops in 700-1000mL water
Lunch	11 am – 12 pm	<ul style="list-style-type: none"> Turkey Balls and Quinoa Salad 1 Glass Water with Lemon
Afternoon Snack	3 pm – 4 pm	<ul style="list-style-type: none"> 1 scoop Biosteel Whey Isolate Protein 1 scoop Greens+ (Genuine Health) 3g Omega 3 Fish Oil (Genuine Health)
Dinner	6 pm	<ul style="list-style-type: none"> Coconut Chicken Strips with Steamed Vegetables 1 glass Water with Lemon
Snack	8 pm	<ul style="list-style-type: none"> Muscle Fuel Fibre 1 High Performance Cereal

H. Additional High Performance Meal Plans and Menu Ideas

H1. The following meal plan is designed for an athlete who weighs 170-190lbs. Small changes can be made to the meal plan to increase or decrease caloric intake to accommodate differences in weight.

Meal	Menu Item	Quantity	Protein	Carbohydrates	Fat	Calories
Breakfast	Water	500mL	0	0	0	0
	Lemon Slice	1	0	0	0	0
	Spinach & Cheese Omelette	1	41	3	27	420
	Watermelon	1.5 Cups	1	12	0	46
	12 Grain Bagel	0.5	5	19	2.5	115
	Organic Peanut Butter	1 tbsp	3	3	8	100
Meal Totals			50	37	37.5	681
Snack	Hard Boiled Eggs	3	18	2	15	290
	Banana	1	2	34	0	134
	Brazil Nuts	10	7	6	32	78
	Water	500mL	0	0	0	0
	Greens +	1 scoop	2	9	2	66
	Biosteel HPSD	1-2 scoops	0	0	0	0
	BCAA/Creatine	1 scoop	0	0	0	0
	Omega 3	3 grams	0	0	3	30
Meal Totals			29	51	52	598

Lunch	Steak Stir Fry - no rice	1 bowl	35	7	12	285
	Water	500mL	0	0	0	0
Meal Totals			35	7	12	285
Snack	Turkey Balls	3	2	21	3	113
	Sliced Celery	1 Cup	0	0	0	0
	Sliced Carrots	1 Cup	1	10	1	40
	Roasted Red Pepper Hummus	2 tbsp	2	5	4	60
	Water	500mL	0	0	0	0
Meal Totals			5	36	8	213
Pre-during Workout	Water	500mL	0	0	0	0
	Biosteel HPSD	2 scoops	0	0	0	0
	Creatine/BCAA	1 scoop	0	0	0	0
	Omega 3	3 grams	0	0	3	30
Meal Totals			0	0	3	30
Post-Workout	Biosteel Advanced Recovery Formula	2 scoops	24	37	3	260
	Water	700mL	0	0	0	0
Dinner	Barbecue Chicken Breast	6 oz	36	0	3	210
	Cooked Brown Rice	1 Cup	5	46	2	218
	Peppers, Sliced	1 Cup	0	4	0	20
	Asparagus	1 Cup	3	5	1	33
	Pear Slices (grilled with cinammon)	1	1	27	0	102
	Water	500mL	0	0	0	0
	Lemon Slice	1	0	0	0	0
Meal Totals			45	82	6	583
Snack	Chocolate Protein Mouse	1 bowl	18	16	32	442
	Water	500mL	0	0	0	0
Daily Totals			206	266	153.5	3092

* For Increased calories add 2 glasses of 2% milk each day

*Add 1 serving of Green Tea each day to help with recovery

Breakfast Option	Ingredients	Instructions
High Performance Oatmeal	<ul style="list-style-type: none"> • ½ cup unsweetened almond milk with ½ cup of water in a pot and bring to boil • Add ½ cup Large Flake Whole Oats sprinkled with cinnamon and ½ chopped apple and cook over medium heat until the liquid has been absorbed – oats should be cooked, if not add more almond milk and continue • In a separate bowl, mix ¼ cup of water with ½ scoop Vanilla Whey Protein or blend together quickly • Add Cooked Oats/Apple to a bowl with the mixed protein/water (acts as the milk) • Then add small handful of walnuts, some sliced strawberries, blueberries, blackberries, raspberries or any other type fruit ie. banana • Pour a little organic maple syrup over the mix and Enjoy! 	
Turkey Sausage Breakfast Skillet	<ul style="list-style-type: none"> • Add 1 tbsp olive oil to fry pan • Chop ¼ cup onion, ¼ cup chopped mushrooms, ½ cup green/yellow/red pepper, 0.25 avocado, ½ cup chopped baby spinach, ½ cup pre-cooked sweet potato squares • Chop 1-2 pre-cooked lean Turkey Sausage • Add all the ingredients to fry pan on medium heat and simmer for 5 minutes • Add 2-3 whole eggs (omega 3 preferred) and ½ cup of egg whites in a bowl. Add spices (garlic, salt, pepper) and mix together. • Add eggs to pan and scramble as a skillet • For more healthy fats, add 1 sliced 3 x 3 cm cube of natural cheese. • Add ½ cup chopped tomato. • Cook until eggs are ready. Then Ready to eat. 	
High Protein Pancakes	<ul style="list-style-type: none"> • Add 1 scoop of Vanilla Biosteel Whey Isolate Protein to a blender with 2 omega 3 eggs • Add 1 tablespoon of cottage cheese • Add 1 banana • Add ¼ cup almond milk • Add 1 dash of cinnamon, 1 dash of nutmeg and 1 dash of ginger • Blend ingredients together • Prepare a fry pan on low medium heat and grease the pan with coconut oil • Pour the batter into the fry pan (can also add blueberries and dark chocolate pieces, even some sliced banana for extra calories). Wait until the pancake starts to bubble and then flip. • Cook on both sides and serve with organic maple syrup, add some sliced berries, banana etc 	
Berry Blast Breakfast SUPER Shake	<p>Blend the following:</p> <ul style="list-style-type: none"> • ½ cup unsweetened Vanilla Almond Milk • 1 tablespoon plain greek yogurt or cottage cheese 2% • 1 scoop Biosteel Vanilla Whey Isolate Protein • ¼ frozen berries • 0.25 Avocado • Small amount of Baby Spinach • 1 tbsp ground flax or flax oil • A few mixed nuts • *chia seeds small amount (pinch) • 2 ice cubes 	
Muscle Fuel Fibre 1 High Performance Cereal	<p>Add the following to a big bowl (great post workout snack):</p> <ul style="list-style-type: none"> • 1 scoop Biosteel Vanilla Whey Isolate Protein (can also use chocolate if preferred) blended with 1 cup unsweetened almond or coconut milk • 1-2 cups Fibre 1 Cereal • ½ cup frozen berries • 1 sliced banana <p>*mix together and enjoy as a high protein, nutrient dense cereal option</p>	
Steak and Eggs	<p>Simple and easy combination. Scramble up 3 Omega-3 eggs and ¼ cup of egg whites. Serve eggs beside a grilled 6oz steak cooked to your preference. Add 2 slices of multi-grain toast with organic peanut butter for more calories.</p>	

Breakfast Burgers	<ul style="list-style-type: none"> • 1 package of lean ground meat (any variety approx.. 500 grams) • 1 cup of whole flake oats • 1 whole omega-3 egg • 1 tsp of chili powder • 1 tsp cumin spine • Salt, pepper, steak spice – additional spices • ½ Cup Chopped onion • Can add chopped mushrooms, sliced cheese, bbq sauce, mustard, etc for added flavour and taste <p><i>*Mix together in a big bowl and then either separate into burgers and BBQ or put into muffin tins (below surface just like with muffins) and place in a pre-heated 375 degree oven and cook for approximately 20 - 35 minutes.</i></p>
Muscle Fuel Mix	<p>Mix the following together in a bowl for a quick, nutrient dense breakfast option:</p> <ul style="list-style-type: none"> • 3-4 tablespoons oatbran • 1 tablespoon Chia Seeds • ½ banana sliced • ¼ cup blueberries • 1 tsp raw honey • 1 tablespoon organic peanut butter or almond butter • 1 tablespoon coconut oil
Spinach & Cheese Omelette	<ul style="list-style-type: none"> • 2 whole eggs • ½ cup egg whites • 1 cup chopped spinach • 3 sliced medium cheddar cheese • 1 tbsp salsa • Pepper, spices
Breakfast Wrap	<ul style="list-style-type: none"> • 1 whole egg • ¼ cup egg whites • ¼ cup shredded cheese • Mushrooms, onions, green pepper • 1 tbsp salsa • 1 whole wheat wrap
Almond Banana Nut Bars	<p>Ingredients:</p> <p>1/2 cup (128 grams) almond butter 2 bananas, mashed 1/2 cup (78 grams) whole almonds 1/4 cup (50 grams) dried apricots 1/4 cup (40 grams) raisins ¼ Dried blueberries 1/8 pumpkin seeds 1/8 cup sunflower seeds 1 cup rolled oats (GF if you would like)</p> <p>Directions:</p> <p>-Preheat oven to 350 degrees F. Lightly grease then line 9x9 tin with parchment paper. -In a small pot heat almond butter and mashed bananas. Stir gently until well combined. Set aside. -In a food processor, coarse chop the almonds. Use a knife to coarse chop apricots, raisins and blueberries. -Transfer to a bowl. Mix in seeds and oats. Fold in the almond butter mixture. Press the batter into prepared loaf tin. Bake for 20-25 minutes. Let cool before cutting into bars/squares. Wrap individually in cellophane and store in fridge for up to 1 week. Yields 12 bars.</p>

****Recommend 1 medium piece of fruit in combination with 3 grams Omega 3 Fish Oils and 1 large glass of water with Lemon as part of your complete Breakfast***

Lunch Option	Ingredients	Instructions
Super Spinach and Salmon Salad		Repeat the recipe for the Super Spinach & Chicken Salad above but substitute salmon as the primary protein source instead of the chicken.
Chicken Stir Fry		<ul style="list-style-type: none"> • In a non-stick fry pan pre-cook 1 small package of ground meat (chicken, turkey, beef, pork, lamb) • Add 3-4 cups chopped vegetables of your choice (bright, dark green vegetables, mushrooms, onion, peppers, zucchini, eggplant, etc – be creative!) • Add 1 cup of fresh baby spinach • Add some seasoning and spices (cumin, chili, steak, salt, pepper) • Add 1-2 cups of cooked quinoa • *Add 2-3 Pre-Cooked Chicken Breasts sliced • Mix Together and Enjoy! Makes approximately 3 servings (to cook quinoa, add to cups of water to a pot with 1 cup of quinoa, then bring to a boil on high. After it comes to a boil turn it to medium heat and let it cook until all the water has absorbed.)
Beef/Steak Stir Fry		Repeat above for stir fry but add pre-cooked, sliced steak or beef strips instead of chicken. Can also use pre-cooked pork or lamb.
Chicken and Sweet Potato Wrap		Add the following ingredients to a Whole Wheat Wrap. Make sure it is a large wrap and thick enough to support the contents: <ul style="list-style-type: none"> • Sliced Chicken Breast • Mashed Sweet Potato • Mashed Avocado or Guacamole • Lentils, kidney beans, chick peas (1 or all – some type of fibrous carbohydrate source) • Baby spinach • Onions • Chopped Tomato • Shredded Carrots • Corn • Pepper • Havarti Cheese • Franks Red Hot Sauce as desired
Turkey Balls		<ul style="list-style-type: none"> • Mix 1 x 500 lb package of ground turkey in a bowl with 1 cup chopped spinach, 1/4 cup chopped onion, 2-3 chopped mushrooms, 1/4 cup chopped pepper, 1 egg, 1/2 cup large whole flake oats, some finely chopped cheese, steak spice, chili spice, cumin spice, salt, pepper. • Mix into small balls and place in a muffin baking sheet • Cook at 350 for 12-18 minutes or until cooked

**Recommend 1 glass of water with lemon or a green tea along with your meal*

Dinner Option	Ingredients	Instructions
Coconut Chicken Strips		<ul style="list-style-type: none"> • Preheat the oven to 375 deg • Slice 2-4 chicken breasts (raw) into strips • Sprinkle the chicken strips with salt, pepper and paprika • Add 1 egg and 1/4 cup of water to a bowl and mix • To another bowl, add 1/2 cup coconut mix and 1/2 cup whole wheat bread crumbs • Dip the chicken strip in the egg/water mix, then coat in the coconut/bread crumb mix lay on a non-stick baking pan coated with olive oil • Once all the strips are coated, place in the oven and cook for approx. 15-20 min. • Remove, let cool and store in the fridge until ready to eat
High Performance Chili		<ul style="list-style-type: none"> • Pre-cook 1-2 x 500g packages of lean ground beef or lamb or ground turkey/chicken • Put into a big pot • Add 1 chopped onion, 1 chopped pepper (green/orange/red – select 1), 1 medium sliced tomato, 2 cups chopped mushroom, 2 cups baby spinach • Add 1 can kidney beans, 1 can black beans, 1 can chick peas, 1-2 cans brown beans • Add 1 can crushed tomatoes • Grind 1/2 cup cashews in blender into a powder and sprinkle over the chili • Add franks red hot and/or tobacco and/or red pepper flakes for spice or banana hot peppers • Add chili spice, cumin spice for flavour • OPTION – increase the protein content by adding 2-3 chopped, pre-cooked turkey sausage • Bake in the oven or in a slow cooker until ready

Seasoned Chicken Breast	<ul style="list-style-type: none"> • Slice 5-6 chicken breasts into halves or thirds and place on a baking sheet over tinfoil • Sprinkle sea salt, pepper, paprika, garlic salt, basil, parsley and chicken spice over the sliced chicken breast. • Bake in the oven under low heat 350 degrees for 12-18 minutes until cooked
Salmon with Fruit Salad	Grill your salmon with sea salt and paprika spice. Chop a mix of strawberries, apples, pineapple, mango, add blueberries and raspberries and mix together to cover your salmon. Makes for a great, nutrient dense combination!
Crockpot Cashew Chicken	<p>2 chicken breasts, cut into smaller pieces 1-2 cups frozen broccoli, cut into bite-size pieces 1 cup carrots, sliced 1/2 Red Pepper - bite-size 1/2 cup cashews (unsalted works best so as not to oversalt the recipe) 1 tablespoon olive oil 1/2 cup soy sauce 4 tablespoons rice wine vinegar 1/4 cup maple syrup 1 garlic clove, minced 1 tablespoon finely grated ginger 1/4 teaspoon red pepper flakes salt and pepper to taste 1/2 cup water or chicken broth</p> <p>Directions: layer chicken, cashews and vegetables in the crockpot combine remaining ingredients except water and pour over chicken in crockpot add water or broth if necessary so mixture is almost completely covered cook for 2-4 hours on high or 4-8 hours on low Serve on a bed of spinach - Quinoa or whole grain brown rice (post workout)</p>

****For dinner we recommend a primary protein source (fish, chicken, lamb, pork, turkey, steak, beef, wild game, seafood, etc) with vegetables and a complex carbohydrate source (brown rice, whole grain pasta, quinoa, sweet potato, red potato, white potato, ect.) Keep dinners simple and balanced.***

Snack Option	Ingredients	Instructions
Nutrient Dense Trail Mix	Mix the following ingredients together and take handfuls as a high calorie, nutrient dense snack: <ul style="list-style-type: none"> • Almonds • Cashews • Hazel nuts • Brazil nuts • Pecans • Walnuts • Dried fruit pieces • Dark Chocolate pieces • Coconut Flakes 	
Chocolate Protein Mouse	<ul style="list-style-type: none"> • 0.5 scoops of Biosteel Chocolate Whey Isolate Protein • 1 scoop of Organic Peanut Butter • 1-2 pieces of 90% Dark Chocolate • Small handful of raw mixed nuts • Sprinkle some unsweetened dried coconut flakes into the bowl • Add a small amount of water or milk for some moisture • Mix as if you were making some eggs and the mix will thicken – add water to make it less thick • Eat as is or place in the freezer for 5 minutes to make it like an ice cream snack 	
Strawberry Coconut Pudding	<ul style="list-style-type: none"> • Combine ¾ cup Low Fat Cottage Cheese with ¼ cup of almond milk with ¼ cup shredded coconut with ½ cup chopped strawberries and honey to sweeten, with 1 scoop vanilla whey protein • Blend together and add some extra chopped strawberries or blueberries, blackberries, raspberries 	

Peanut Crunch Bars (precision nutrition)	<p>Ingredients:</p> <ul style="list-style-type: none"> • Pure Honey 1 tbsp • Pure Vanilla Extract 1 tsp • Low Fat Cottage Cheese ½ cup • Cinnamon ½ tsp • Water ¼ cup • Organic Crunch Peanut Butter 1 cup • Biosteel Vanilla Whey Isolate Protein 5 scoops • Oat Flour ½ cup • Almond Slivers/sliced <p>Directions:</p> <ul style="list-style-type: none"> • Add honey, vanilla, cottage cheese, cinnamon, water to blender and mix on high • Pour into mixing bowl and add peanut butter • Stir • Add protein powder and stir – it should thicken – use an electric mixer • In a 9”x9” baking pan cover the bottom with a sheet of saran wrap big enough to cover the bottom and then cover the top as well • Scoop the mix onto the plastic wrap inside the baking pan • Fold the extra plastic over the mix and smooth out with a fork or spatula • Add the almond slices on top and pat down – then place in the fridge for 2 hours • Then ready to cut up into squares and serve
Chocolate Protein Muffins	<ul style="list-style-type: none"> •Preheat oven to 350 deg •Add to mixing bowl: 4 whole eggs, ¼ cup almond milk, 1 tsp vanilla extract, 2 cups whole wheat flour, 6 scoops of Biosteel Chocolate Whey Isolate protein, 1 tsp baking powder, ½ cup chocolate chips, ½ cup dried fruit or berries, 1 tsp cocoa powder •Stir until completely mixed •Lightly coat a non-stick muffin pan with olive oil and fill each muffin tin with mix almost to the top •Place in the oven and bake for 10 min or until the top is set •Makes 12 muffins •Store in fridge so they are ready to go!
Strawberry Banana Blast Shake	<ul style="list-style-type: none"> •1-2 ice cubes •1/2 cup frozen strawberries •1 small banana •1/4 cup fresh spinach •1 scoop Biosteel Vanilla Whey Protein Isolate 1 tablespoon 2% cottage cheese •1 Tbsp ground flax •1/2 cup unsweetened almond milk •½ cup water
Mint Chocolate Shake	<ul style="list-style-type: none"> •Boil water in a kettle •Add ¼ cup of hot water to a peppermint tea bag and let it steep for 5 minutes •Squeeze the liquid from the tea bag and add 1 cup of ice to the liquid tea •Add the tea/ice and 1 scoop of Biosteel Chocolate Whey Isolate protein, 1 cup of low fat plain yogurt, 1 tbsp flax oil and blend together •For more chocolate taste add cocoa powder or chocolate chips
Biosteel Whey Isolate Protein + Greens+ Extra Energy Superfood with 3 grams Omega 3 Fish Oil	<p>Yes, 1 scoop of Biosteel Whey Isolate Protein with 1 scoop of Greens+ Extra Energy Superfood combined with 3 grams of Omega-3 Fish Oil is an excellent option for feeding the muscles when no whole food is available. This is a much better option than going too long without giving the body nutrition.</p>
Biosteel HPSD + 3 grams Omega 3 Fish Oil	<p>Again, when you are having a hard time finding food, or on the road – you still want to provide your muscles with fuel. Adding 1-2 scoops of Biosteel HPSD to your water combine with some Omega-3 Fish Oils is another excellent way to provide your body with nutrients when whole food is not available. Again, this is a much better option than going too long without giving the body nutrition.</p>

H2. The following meal plan has been designed for an athlete weighing 150-170lbs. You can add or subtract food from this plan in order to alter the caloric intake from this guideline.

Meal	Menu Item	Quantity	Protein	Carbohydrates	Fat	Calories
Breakfast	Multi-vitamin	1	0	0	0	0
	Water	500mL	0	0	0	0
	Lemon Slice	1	0	0	0	0
	Breakfast Wrap	1	26	16	11	208
	Banana	1	2	34	0	134
Meal Totals			28	50	11	342
Snack	Grapes	1.5 Cups	1	24	0	92
	Cheese Slices	4 x 0.5"	5	0	7	90
	Black forest ham slices	4	17	2	3	100
	Water	500mL	0	0	0	0
	Creatine/BCAA	1 scoop	0	0	0	0
	Greens+	1 scoop	2	9	2	66
	Biosteel HPSD	1 scoop	0	0	0	0
Meal Totals			25	35	12	348
Lunch	Tuna Sandwich	1	16	27	4	255
	Apple	1	0	19	0	72
	Almond Butter	2 Tbsp	6	6	16	200
	Water	500mL	0	0	0	0
Meal Totals			22	52	20	527
Snack	Beef Jerkey	5 pieces	9	1	5	60
	Blue Berries	0.5 Cup	1	11	0	41
	Brazil Nuts	10	7	6	32	78
	Orange Sliced	1	2	22	0	86
	Water	500mL	0	0	0	0
Meal Totals			19	40	37	265
Pre-during Workout	Water	500mL	0	0	0	0
	Biosteel HPSD	2 scoops	0	0	0	0
	Creatine/BCAA	1 scoop	0	0	0	0
	Omega 3	3 grams	0	0	3	30
Meal Totals			0	0	3	30

Post-Workout	Biosteel Advanced Recovery Formula	2 scoops	24	37	3	260
	Water	700mL	0	0	0	0
Dinner	Salmon	4oz	34	0	11	130
	Steamed Broccoli	2 cups	4	9	1	47
	Salsa	1 tbsp	0	1	0	10
	Cooked Quinoa	1 cup	8	39	4	233
	Water	500mL	0	0	0	0
	Sliced Lemon	1	0	0	0	0
Meal Totals			46	49	16	420
Snack	Chocolate Peanut Butter Shake	1	18	16	32	442
	Omega 3	2-3 grams	0	0	3	30
Meal Totals			18	16	35	472
Daily Totals			182	279	137	2664

* For Increased calories add 2 glasses of 2% milk each day

*Add 1 serving of Green Tea each day to help with recovery

Final Notes:

Our goal is for you to understand how to build a meal plan and how to put together individual meals based on the suggestions above. The specific meal plans provide an outline of what to eat when, while the additional recipes and menu items provide some additional ideas and options for you.

The most important part of good nutrition is that you work on it every day, consciously trying to improve and develop your nutrition habits.

Those of you who put the work in will see excellent results when it comes to your training! Good nutrition pays dividends.

You have a plan and strategy in front of you, now it is time to get to work!

The End.