

GENERAL NUTRITION PLAN

In a very general sense our recommendation for nutrition and what we personally follow is straight from Coach Glassman, the founder of CrossFit:

"Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat."

If you look at nutrition from this basic perspective and follow it, its hard to go wrong.

That being said. Here is the general plan we recommend for folks (women eat less, men eat more).

Breakfast

2-5 eggs

onions, bell peppers, mushrooms, etc (in the eggs scramble)

scramble above in coconut oil (the kind that is waxy solid at room temp)

2-3 pieces bacon or 1-2 sausage or ham

1-2 tbsp quacamole

1/2 cup fresh berries (strawberries, blueberries, raspberries, blackberries, etc.)

Lunch

4-10oz meat (steak, chicken, pork etc.)

2 cups vegetables

1 medium to large sweet potato or 1 cup rice (if starches allowed that day - see below)

Dinner

4-10oz meat (steak, chicken, pork etc.)

2 cups vegetables (bagged mixed slaw and/or broccoli slaws are awesome)....or....plate full of mixed salad greens

1/2 avocado or avocado oil or olive oil on vegetables or salad

If you break down the above, you've got good protein at each meal. At breakfast you've got a plentiful amount of good healthy fats (yolks, coconut oil, avocado) which provide numerous benefits and functions in the body as well as calories. The berries add some fruit providing vitamins and antioxidants, but with little sugar.

Lunch and dinner are your big protein meals, lots of vegetables. ***You get starches on days you train hard. If you train hard that day, you get starches at lunch only.*** Potatoes and/or rice. If you crave fruits, you can have a fruit there at lunch, but reduce your starches in half.

Dinner we skip the starches but go heavy again on protein and vegetables and good fats.

Snacks

If you are snacky during the day...snack on a variety of nuts but make sure they are raw and unsalted. Not roasted or coated in stuff. Just raw. Go for a variety, not the same type every single day, day after day. And don't over do it on nuts. A small amount adds lots of calories.

That is the general plan. Stick with that and after 4-6 weeks if you are leaning out but still have plenty of energy for training and you are recovering normally, then we are on the right track.

Now, if all feels pretty good but you feel just a little sluggish sometimes, that's when we think a protein shake or meal shake or post workout recovery shake starts making sense.

If on the other hand you are actually adding weight, then you just reduce the portion sizes slightly across the day. Diet is mostly common sense. Don't over think it. The plan above is really really good solid nutrition. If you are gaining fat on the plan above, then its just too many calories and sizes need to be adjusted down slightly, but not overhaul the whole plan.

Supplements

We are huge fan of supplements. Always have been. Always will be. Always take the basics first. The basics are a multivitamin/mineral and fish oil. Those before anything else.

Personally, we take lots of fish oil. It really helps with inflammation and joints.

I'm going to pimp my brand a bit here now. [AdvoCare](#) is what we use. I'm sure you've heard of it. Of all the supplement manufacturers out there (hundreds) there are only about 2-3 brands that I actually trust and would spend my money on and put in my body...let alone my wife and my daughters.

AdvoCare is one of them. They aren't the only good brand out there, but they are one of the best.

What we recommend:

[MNS 3](#) - All your core nutrition. Multivitamin, multimineral, fish oil, probiotic and more.

[OmegaPlex](#) - Take 4 extra OmegaPlex per day (in addition to whats in MNS 3).

[Spark](#) - Energy and mental focus drink. 1-2 per day.

[AdvoGreens](#) - Phytonutrients, fiber, enzymes, preboitics and probiotics.

Extras

[BioTools](#) (BioCharge and BioTune) - A system to reduce overall systemic inflammation.