**Your Body**

* Your body is a machine, give it the right parts and it will perform better than you can imagine
* If you do not give it the right things, it will breakdown

**Calorie Intake**

* Calories are measurements of energy
* Your body needs enough calories to power all of the different processes that it performs
* Not having enough calories will cause your body to start breaking down muscle in order to find energy
* A high school male should be eating 3800 – 4400 healthy calories on a hard work out day
* A high school male should be eating 3600 – 4150 healthy calories on a light workout day
* A high school male should be eating 3300 – 3800 healthy calories on a rest day

**Types of Food**

* There are three different things that make up food; protein, carbohydrates and lipids
* Lean protein is the most important thing for you to be eating, eat at least 1g/1lb of body weight in small meals each day
  + Fish, Chicken, Whey Protein Powders, Skim Milk, Egg Whites, Shellfish, etc
* Stay away from fatty protein sources
  + Most beef, most pork, cheeses, whole fat dairy products
* Carbohydrates can be built for long term energy release or short term energy release
  + Short term – High Fructose Corn Syrup, soda, Gatorade, most “sweet” foods
  + Long term – Sweet Potatoes, whole grains, multi grains, oats, etc
* Unsaturated lipids (generally liquid at room temperature) are much more healthy for you than saturated lipids (generally solid at room temperature)

**Lose It!**

* Great athlete know a proper nutrition plan each and every day
* The Lose It! App allows you to track your calories and protein for the day

**What and When**

* Understanding when to eat is just as important as understanding what to eat
* Eat as soon as you wake up and keep eating small meals throughout the day
* The higher you keep your metabolism the more muscle you can build
  + In order keep your metabolism high put solid food in your stomach every 2 - 3 hours
* After a workout is a vital time for you to eat lean protein and carbohydrates
* AFTER EVERY WORKOUT YOU SHOULD IMMEDIATELY HAVE A PROTEIN SHAKE WITH AT LEAST 35g WHEY PROTEIN AND 60g SIMPLE CARBOHYDRATES
  + It is the single most important thing that you can do for your body post workout

**H2O to Go**

* Water allows all of your other cell processes to happen
* It is one of the main reasons that you have energy at the cellular level
* You should be drinking 1 – 2 gallons of water slowly throughout the day
* A good method is to use a canteen of water that you know the volume of
* Too much water at one time will lead to water poisoning

**Supplements**

* Supplements are used to augment whole foods
* Never replace a meal with supplements
* Do not take any preworkout supplements

**Good Brands**

* Whey Protein – Almost any major brand will do
  + Be careful of the whey proteins that are made in China, can contain more heavy metals
* Fish Oil Pills or Liquid – Any brand at the supermarket
  + Can cause “fish burps”, some brands advertise less “fish burps”
* Creatine – Look for creatine monohydrate, micronized creatine or creatine ethyl ester
  + CEE is the best absorbed however it is the most expensive and tastes horrible. Try to find cheap CEE pills
* Multivitamin – Any supermarket with higher levels of B6, Niacin and Thiamine
* Time Release Protein Blend (casein proteins) – I strongly recommend “Dymatize XT Elite”
* Vitamin D + Calcium – Any store brand will do