

Nutrition Recommendation

Athlete: Blast Team

Goal: Improve recovery time, add lean body mass, minimize inflammation



Sample menu:

Meal	Protein	Amount	Carbohydrate	Amount	Fat	Amount	Supplements	Amount
1	Range Free Full eggs	3	Breakfast potatoes Spinach	2 cups 1 cup	Ghee	2 tbs.		
2			Whole Milk Frozen berries	2 cups 1 cup	Almond Butter	2 tbs.	Whey protein	1 scoop
3	Grass fed Flank Steak	6 oz.	Broccoli White rice	3 cups 2 cups	Sour Cream Or grass fed butter	2 tbs.		
4	Shrimp or salmon	6 oz.	White rice Small salad	2 cups 2 cups	Coconut Oil Oil/vinegar dressing	1 tbs. 2 Table spoons		
5	Grass fed ground beef	6 oz.	Sweet Potato	2 cups	Avocado Coconut oil	1 1 tbs.		
6			Whole Milk	2 cups	Almond Butter	2 tbs.	Whey protein	1 scoop

Supplement List

Whey Protein Powder (No aspartame or sucralose)

Menu options

Protein (Interchangeable)	Amount	Carbohydrate (Interchangeable)	Amount	Fats (Interchangeable)	Amount
Grass fed Steak (flank, ribeye, filet, NY, etc.)	6 oz.	Sweet potato Red/White potato	2 cups cooked	Olive oil	2-3 tablespoons
High fat grass fed ground beef	6 oz.	Spinach raw	No limit	Coconut oil	2-3 tablespoons
Salmon, cod, halibut, shrimp, sardines	6 oz.	Cucumber/Peppers	No limit	Macadamia oil	2-3 tablespoons
Turkey	6 oz.	Romaine Lettuce	No limit	Avocado oil	2-3 tablespoons
Pork chops or shredded pork	6 oz.	White rice	2 cups cooked	Avocado large	1-2
Chicken breast	6 oz.	Broccoli/Cauliflower	No limit	Ghee (clarified butter)	2-3 tablespoons
Ham or turkey slices	6 oz.	Strawberries, Raspberries, blackberries, blueberries	1 cup	Nuts (almonds, walnuts, macadamias)	1 cup

Foods to avoid: Simple or refined sugars (candy, soda, cake, pies, cookies, brownies, Ice cream, etc.), Grain (Any grain including: pasta, Brown rice, **bread**, breakfast cereals, oatmeal, tortillas, corn and anything made from **corn**), anything with high fructose corn syrup, juices, Seed oils (soy, safflower, canola), Gatorade, energy drinks, Artificial sweeteners (Aspartame /NutraSweet, Sucralose)

Sources:

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|---------------------------------------|---------------------------------|---|
| 1. Jaminet, Perfect Health Diet | 3. Hartwig, It Starts With Food | 5. Wolf, The Paleo Solution |
| 2. Taubes, Good Calories Bad Calories | 4. Perlmutter, Grain Brain | 6. Cordain, The Paleo Diet for Athletes |