NUTRITION FOR PERFORMANCE PROTOCOL

Whether you are wanting to shred the fat, gain muscle or improve your performance, the below principles will set you up for success! We will cover:

- Macronutrient Partitioning
- Carbohydrate Timing
- Carbohydrate Cycling

Macronutrient Partitioning:
To get the most out of fat loss and performance, we need to focus on the structure of your meal plan over the course of the day. Remember that protein is used to build the structure of tissue and hormones, whilst fat and carbohydrates are the fuel sources of the body. Macronutrient Partitioning is a method whereby our fuel sources carbs and fats are specifically structured through the day to maximise the potential of the body to dip into fat stores and refuel depleted stocks of glycogen after a workout. Essentially, fat and carbohydrates will never be placed in a meal together. Fat slows down the release of carbohydrates into the bloodstream, essentially slowing down your metabolic engine. You want to focus on the following principles:

- Combine protein and a fuel source (fat or carbohydrate)
- Avoid combining the two fuel sources at the same time
- Carbohydrates are to be consumed before and after training. Which leads us to …

Carbohydrate Timing:
Structure carbohydrates and protein PRE and POST workout to fuel the muscles during weight training sessions and promote fast delivery of nutrients and glycogen to your muscles to replenish glycogen stores depleted during the session.

When to use carbs post workout:
During intense bouts of exercise such as weight training, or high intensity cardio longer than 45 minutes. Low intensity exercise such as walking, cycling, swimming; where you have not exerted yourself to max capacity, it is not necessary to refuel with carbs as you will not have sufficiently depleted your muscle glycogen stores and have more likely tapped into your fat for energy.

How to structure carbs around a workout:
Structure your carbohydrates around your workouts. These meals should contain a portion of protein (i.e. 150g chicken) + 20g of carbohydrate (i.e. 1 cup berries, 100g of cooked sweet potato or quinoa) and no fat in this meal. Have your carbs on weight training days and on your cardio or rest days stick to protein and fat as your fuel source. Add in plenty of vegetables where you can.

Carb Cycling:
Carbohydrate cycling is a metabolic technique used predominantly to assist breaking through fat loss plateaus and to improve performance and recovery. It works by cycling through periods (usually 5-7 days) of consuming zero starchy carbohydrates, and then breaking this period with 1-2 higher carbohydrate days. As an example:

- 5 consecutive days of high fat, moderate protein, low carbohydrate diet
    - I.e. 4 meals, each with 10g Fat per meal, 30g Protein and stick to green vegetables only
- Followed by 2 consecutive days with carbohydrates
    - I.e. 4 meals; 2 meals with 30g Protein and 10g Fat and the other 3 meals with 15g carbohydrates and 30g protein. Adding in vegetables where you prefer.

The main points to remember are:

- Reduce your overall production of insulin by reducing your carbohydrate intake and focusing on quality complex carbohydrates such as sweet potato, brown rice, quinoa, fruit pre and post workout.
- Improve recovery time by focusing on Omega 3 sources of fats such as fish, walnuts, chia seeds, flaxseed and oil, hemp seeds, natto, and egg yolks.
- Pre and post workout, fuel your body with carbs and protein in the absence of fat. This is because fat slows down the release of carbohydrates into the bloodstream, at this time you want the glycogen from the carbohydrate to be driven straight into the muscle

Sweet Potato Pikelet Recipe:

Ingredients:
1 medium sweet potato
6 egg whites

Method:
Steam the sweet potato and mash together with the eggs to make a pikelet consistency.
Add Herbs and Spices I.e:
Mixed spice
S&P
Cinnamon
Parsley
Chilli Flakes

Add 3 tbsp of mixture to a non stick pan and cook for roughly 2 minutes per side.

Store in an airtight container in the fridge.

Carbohydrates to focus on:

For best results, focus on sources of carbohydrates that are whole and complex in nature and with very little to no processing involved. These are going to be the most nutrient dense and easy to digest options. Processed food can fuel inflammation in the body which will delay your ability to regenerate and recover after your workout. See below for examples on what to include and avoid.

Include:	Avoid:
All fruit (1-2 pieces) Berries (1 cup) Sweet potato (70-80g) Brown Rice (70-80g) White rice (70-80g) White potato (occasionally; 70-80g) Quinoa (70-80g) Buckwheat (70-80g) Oats if tolerated (70-80g)	Pasta Bread Sugar (i.e. lollies) Cakes/ Pastries Deep fried potatoes chips Crisps Burger buns