

Carbs, Protein, Fats...

How much do you need?

Your "macronutrient" amounts depend on the type of activity and your training goals. Everyone is different. You need to figure out what works best for you. You need to have enough energy to train and the proper nutrients for your body to recover from your training activities.

If you are strength training you will most likely need more protein and fat than someone who is mainly doing cardiovascular training.

Strength Training Nutrient Suggestions:

1.	55% Carbs	27% Protein	18% Fat
2.	50% Carbs	30% Protein	20% Fat
3.	40% Carbs	30% Protein	30% Fat

Cardiovascular Training Nutrient Suggestions:

1.	65% Carbs	15% Protein	20% Fat
2.	60% Carbs	20% Protein	20% Fat

What does it look like?

Strength Example: 55 - 27 - 18

55% Carbs = 2-4 servings Starch + 4 - 6 servings Greens

27% Protein = 6 servings lean protein

18% Fat = 2 - 3 servings

Cardio Example: 60 - 20 - 20

60% Carbs = 3 - 6 servings Starch + 6 - 8 servings Greens

20% Protein = 3 - 4 servings lean protein

20% Fat = 2 - 3 servings

***For the other training ratios, just adjust the servings. These are guidelines. Everyone's body responds differently to training and nutrient amounts.*

Top Nutrient Choices

<p style="text-align: center;">Healthy Fats</p> <p><i>Almonds Avocados Cashews</i> <i>Fish Flaxseed Olive Oil</i> <i>Nut butters Pecans</i> <i>Walnuts Sunflower seeds</i> <i>Pumpkinseed or Sunflower Seed Oils</i></p>	<p style="text-align: center;">Complex Carbs</p> <p><i>Starchy Complex Carbs from Whole Grains</i> <i>Cream of Wheat</i> <i>Wheat germ</i> <i>Brown rice</i> <i>Whole grain pasta</i> <i>Bulgur</i> <i>Quinoa* (also a protein source)</i></p>
<p style="text-align: center;">Lean Proteins</p> <p><i>Nut butters (natural, unsweetened)</i> <i>Almond Milk</i> <i>Eggs</i> <i>Beef or Pork tenderloin</i> <i>Bison</i> <i>Tuna</i> <i>Salmon</i> <i>Ground Turkey</i> <i>White fish (cod, tilapia, halibut)</i> <i>Chicken breasts</i> <i>Low fat cottage cheese</i> <i>Greek Yogurt (plain)</i> <i>Tofu</i> <i>Beans any kind</i> <i>Nuts & Seeds (unsalted)</i></p>	<p><i>Starchy Carbs from Vegetable Sources</i> <i>Bananas</i> <i>Beans, chick peas, split peas, lentils</i> <i>*all the above are protein sources!</i> <i>Sweet potatoes</i> <i>Potatoes</i> <i>Yams</i> <i>Carrots</i> <i>Radishes</i></p> <p><i>High Water Content Complex Carbs</i> <i>Artichokes Asparagus Broccoli</i> <i>Brussels Sprouts Cabbage</i> <i>Cauliflower Cucumbers Eggplant</i> <i>Kale Lettuce Onions</i> <i>Spinach Tomatoes Zucchini</i></p>