



ATHLETE'S DIARY NUTRITION GUIDE



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calories

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What is a calorie?

A calorie is the energy it takes your body to raise 1 gram of water by 1 degree Celsius. Most people are used to tracking their caloric intake, which you can set yourself using a fitness app, Google, a book, etc... But, most of the time, this caloric intake is extremely hard to sustain, here is why:

- The calories in calories out equation tells us that if you eat less calories than you burn, you will lose weight. It's true, but there's a whole lot more to nutrition! (Macronutrients, Micronutrients, Hormones, Sleep, Activity, Stress, etc...)
- Calories are a great place to start, but if you are seeking long term individual goals, building muscle, performance, cutting fat, counting just calories won't be enough.

With AD, we dig into a lot more than just calories. Your coach will start by:

- 1 - Helping you identify your goal
- 2 - Assessing your habits, behaviour, environment
- 3 - Aligning your goals with your sport and lifestyle
- 4 - Assess your sleep and stress levels

From there, your coach will create an individual macronutrient plan for YOU. This is not a print out template that anyone can follow, this plan is completely designed and tailored for you. Your coach will also provide tips, tricks, label guides, and shopping lists. Our coaches' objective is to educate you, because flexibility, consistency and sustainability are necessary for a healthy lifestyle.

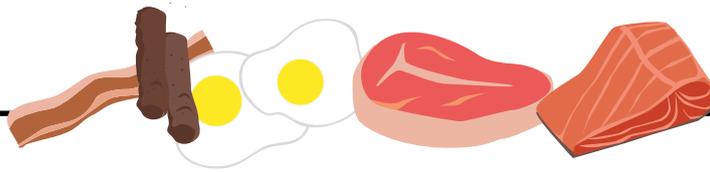
macros

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At AD, we work with our clients to build specific nutrition plans and macro splits for them. Each macro serves a different role in the body. Having a good balance of all three is a great place to start. Our food is made up of 3 macronutrients:

- 1- Protein
- 2- Carbohydrates
- 3- Fats

protein



Protein is made up of building blocks called amino acids. They play a big role in building muscle in the gym and muscle recovery on your rest days! If you want to get strong for a competition, make sure you are getting enough protein. The repairing benefits of protein will help you recover from the tough workouts that you are performing. Protein has the highest thermic effect of food, which means, it uses the most energy to digest.

Our recommended protein sources include chicken, lean meat, fish, eggs, yogurt and protein powders (casein and whey). Legumes, beans, tofu and dairy also good protein sources, but they also include a good number of either fat and/or carbs.

“How much protein should I eat per day?”

Your recommended protein intake depends on lots of factors. Consult with a coach/nutritionist before. However, you can start with a fist size portion of protein/meal.



macros

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Protein is not just meat and chicken. Tons of delicious, high quality protein comes from plant-based proteins. Relying less on animal based proteins and more on veggies will provide the added benefit of a higher volume diet with more micronutrients.

These high-protein veggies will give you between 4-6 grams of protein per 200 grams:

- Broccoli
- Mushrooms
- Corn
- Spinach
- Kale
- Brussels sprouts
- Artichoke
- Cauliflower
- Green beans
- Potatoes
- Arugula
- Asparagus

Protein can also be found in dairy products like milk, cheese and yogurt! Dairy products are full of some really important micronutrients like calcium, Vit D, Vit A, Vit B12, phosphorus, potassium, magnesium, etc... Some dairy products contain probiotics which supports gut health.

AD COACH TIPS FOR EATING

ENOUGH PROTEIN

- Always have a pure protein source at home like egg whites, turkey, whey or tuna.
- If you are facing difficulty reaching your protein, try to make your main meals (breakfast/lunch/dinner) highest in protein. Protein powders and bars help too!
- If your protein target seems too high, divide it by the number of meals/snacks you're planning on having each day.
- Mix whey protein in with coffee, or bake with it!
- Whey: Quick digesting protein powder - great for post workout!
- Casein: Slow digesting protein powder which is more beneficial before a long fasting period, like right before bedtime.



macros

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carbohydrates



Carbohydrates = main source of energy! Eating carbohydrates in the hours before your workout is optimal to fuel your workout. After a hard workout, carbs will help you replenish your muscles' depleted glycogen stores, which will improve recovery and performance. Our recommended carb sources include vegetables, fruits, grains, rice, legumes, bread, pasta, oats and more.

fiber is essential because it is packed with micronutrients that lower cholesterol, and manage blood sugar levels. Fiber also helps you stay full for longer as they take more time to digest.

Dietary fiber is a complex form of carbs.

There are two types of fiber:

- **Soluble fiber:** Helps slow the digestion and absorption of your food, especially carbs.

Important for regulating blood sugar levels.

Soluble fiber also helps lower blood cholesterol levels.

- **Insoluble fiber:** Helps bulk up stool volume, speeds up digestion of your food and aids in a healthy digestive system.

Insoluble fiber is found in plants and whole grains.

OUR FAVORITE HIGH FIBER FOODS

- Apples
- Lentils
- Beans
- Broccoli
- Sprouts
- Asparagus
- Spinach
- Pears
- Whole grains (oats, pasta, bread)
- Pumpkin (seeds)
- Pumpkin (seeds)
- Prunes
- Sweet potatoes
- Avocado
- Raspberries
- Blackberries
- Strawberries
- Carrots
- Corn
- Peas
- High fiber cereals/bars

macros

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- We do not recommend a whole lot of fiber before your workout as it can cause stomach pain, gas, bloating, and sometimes constipation.
- Add vegetables to your snacks to get in a little more fiber throughout your day!
Example: cherry tomatoes, celery, cucumbers, beets, carrots.
- We recommend 10-20g of fiber for each 1,000 calories of your diet.
- We recommend 30g-100g of carbs pre and post workout. The specific requirement is different for each individual.

fat



Fat is essential for growth and development of cells, nerve and brain functioning, transporting and absorbing vitamins through the body, insulation and protection of your body and organs, and most importantly, hormone production.

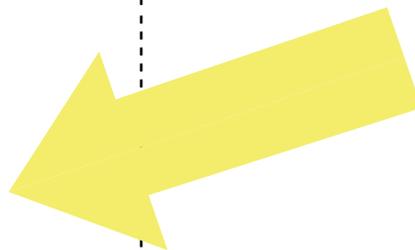
- Omega-3 fatty acids and DHA support cardiovascular health, joints and digestion.

Fat will not be your best friend pre and post workout. Avoid fat as they can negatively affect and slow down glycogen synthesis. A good time to have fat is away from your workout period, perhaps before bedtime!

10G OF HEALTHY FAT SOURCES

- 1/4th avocado
- 14 almonds
- 0.6 tbsp olive oil
- 1 tbsp peanut butter
- 100g olives
- 1 tbsp of butter

Our recommended fat intake pre and post workout range from 0-10g.





micronutrients

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Micronutrients are nutrients that are needed in small amounts in your body. There is a whole lot to discuss about micronutrients, but to summarize, micronutrients are referred to as vitamins and minerals.

vitamins

- Vitamins are "essential," which means that your body can't make them fast enough to meet your daily needs.
- Vitamins are present in very small amounts in foods.
- It is important to get enough vitamins in your diet because they are needed for healthy body functions like growth and reproduction.
- Examples: Vitamin C, D, E, A, K and the B Vitamins. These vitamins all play specific roles in your body.

minerals

- Most minerals are also "essential" and need to be consumed through diet.
- Minerals can be broken down even further in to macro-minerals and micro-minerals depending on their daily requirements.
- Minerals are present in very small amounts in foods.
- Examples: calcium, phosphorus, potassium, magnesium, iron, zinc, fluoride, etc...

Vitamins and minerals can be found in most foods, mainly whole foods like fruits, vegetables, nuts, seeds, and whole grains.

alcohol

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alcohol



Alcohol is not a macronutrient, but it still has a specific caloric value for every gram consumed. There are 7 calories in every gram of pure alcohol. Alcohol has limited nutritional value and intake should be tracked. It's all about creating a balance between your actions and your goals.

AD COACH TIPS FOR

TRACKING ALCOHOL

- If you are planning to drink alcohol, substitute the calorie content from either carbs or fat, or both. Never protein, protein is too important!
- Most alcohol beverages do not include the grams of alcohol on the nutrition label. Let us take the nutrition facts of the beer can (picture on the right).
- 1 can (356 grams) has 154 calories, 0g fat, 13g carbs, 1.6g protein. What about the alcohol?
- So, there are 52 calories from carbs, 6.4 cal from protein, what about the 95.6 cal left? Those cal come from alcohol, which means this beer can has around 14g of alcohol (divided by 7).
Now, we can substitute that from carbs (divide by 4) = 24g of carbs. Or, from fats (divide by 9) = 11g of fat.

Alcohol does not fall under a macro, but we still gotta track it!

Nutrition Facts	
Beer ▾	
Amount Per 1 can (356 g) ▾	
Calories 154	
	% Daily Value*
Total Fat 0 g	0%
Saturated fat 0 g	0%
Polyunsaturated fat 0 g	
Monounsaturated fat 0 g	
Cholesterol 0 mg	0%
Sodium 14.2 mg	0%
Potassium 96.1 mg	2%
Total Carbohydrate 13 g	4%
Dietary fiber 0 g	0%
Sugar 0 g	
Protein 1.6 g	3%
Vitamin A	0%
Calcium	1%
Vitamin D	0%
Cobalamin	1%
Vitamin C	0%
Iron	0%
Vitamin B-6	10%
Magnesium	5%

*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



tracking

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tracking macros

Tracking can be tough, it is important that just like anything new, tracking macros and understanding how to read labels can take time. Patience is important, tracking could take time, effort and lots of practice before it feels automatic and easy.

Standard Fruit, Seed and Nut Muesli Nutrition Facts

Serving Sizes: Standard portions, mostly **not** serving size of the whole product.

Fats: How many grams of fat is in that serving size, not the whole product. Try to avoid saturated and trans fat. Do not exceed 20% DV of saturated fats.
There is 5g of fat in 55g of muesli.

Carbs: How many grams of carbs are in that serving size, not the whole product.
There is 37g of carbs in 55g of muesli.

Fiber: How many grams of fiber are in that serving size, not the whole product.
There is 6g of carbs in 55g of muesli.

Nutrition Facts			
Serving Size 1/2 cup (55g)			
Servings Per Container: About 7			
Amount Per Serving	Cereal		
Calories 220	Calories From Fat 50		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 37g	12%		
Dietary Fiber 6g	22%		
Sugars 8g			
Protein 7g			
Vitamin A	0%		
Vitamin C	0%		
Calcium	2%		
Iron	10%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4			

Calories: How many calories in the serving size.
There are 220 calories in 55g of muesli.

Protein: How many grams of protein in that serving size, not the whole product.
There are 7g of protein in 55g of muesli, which means, there are 14g of protein in a cup (110g).

1/2 cup of muesli macros:
220 calories
37g carb (of which 6g are fiber)
7g protein
5g fat



tracking

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sample: breakfast macros

- 18g of protein
- 25g of carbs
- 7.5g of fats

Now to get 25g of carbs from this source you will need to do the following math!

- $25 \times 55 = 37x$
- $1,375/37x = 37g$

Bring your cereal to the kitchen scale, the scale should say 37g to get 25g of carbs.

Apply the same for protein and fats.

Your total macros from the cereal would be (37g serving size):

- 25g of carbs
- 3g of fats
- 4g of protein.

You will still need 16g of protein and 4.5g of fats from other sources. You can take the 16g of protein from 4 egg whites and 4.5g of fats from 1/2 tbsp of peanut butter.

1/2 cup of muesli macros:
220 calories
37g carb (of which
6g are fiber)
7g protein
5g fat

AD COACH TIPS FOR

TRACKING MACROS

- Use an App (MyFitnessPal)! When scanning entries into the app, make sure the entry matches the nutrition listed on the package and make sure of the serving sizes.
- Pay attention to the fiber content in food entries because many of them are empty.
- Select smart: There are a ton of different options for a food when the exact item is not available. Simply use the manual search bar.

tracking

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tracking macros q&a

1- What is the best way to measure my food for accuracy?

To be most accurate, everything you eat should be weighed to have approximate numbers to track. We recommend using the weight of food over measuring cups and spoons. It's way more accurate. For example, the peanut butter jar nutrition facts states that 1 tablespoon is 15g in weight and 8g of fat. Take a random scoop from the jar with a tablespoon and you might end up with double the intake (image below).



Whether it's a spoon of cheese or peanut butter, everything should be weighed for accuracy.

2- Should I track my food raw, cooked or frozen?

Weighing your food raw is the most accurate. When you cook any food it either absorbs water or water evaporates. For example, 100 grams of uncooked chicken will weigh less than 100 grams once it's cooked. The weight change will depend on how you cook it. Also, rice, pasta, lentils, quinoa will change in volume when cooked. 40 grams of uncooked rice can be 115 grams when cooked. These are just examples, we know that it could be difficult and you should not be so extreme at all times. Remember, flexibility is key!



meal prep

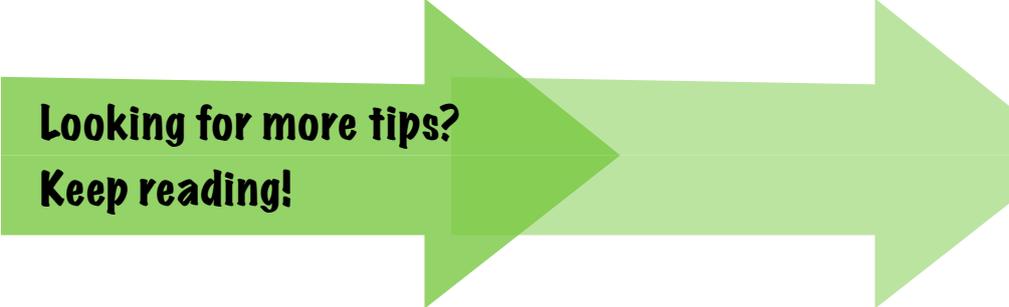
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meal prep tips

- **Shopping list:** A must have, our diaries have extra grocery list sheets! You need a list, especially if you are new to meal prepping. Our list is divided into 4 sections: Carbs, Fat, Protein and Veggies. It helps you break your groceries down into macro groups!
- **Plan ahead:** Do you have a busy schedule? If you have one day that you can dedicate to chopping veggies and marinating your meat for the week, all you have to do is throw it in a pan.
- **Cook & Buy in Bulk:** If you do not have time, buying and cooking in bulk will save you trips to the grocery store.
- **Spice it up!** Food can get boring especially if you are eating the same thing every day. The base of the meal can be the same, just add some extra spices, herbs, and sauces (salsa!) to mix it up!
- **Eating out at Restaurants:** Social life is important and it is possible to hit your macros while doing so. It just needs a little practice and planning. Remember, the goal of counting your macros is to create a healthy, sustainable relationships with food. No extreme restrictions.

Here are some tips:

- There are mini food scales you can take with you to dinners. But if you are uncomfortable doing that, then keep reading!



**Looking for more tips?
Keep reading!**

meal prep

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meal prep tips

- Look at the menu ahead of time. Pick a meal that you know can somehow fit.
- Estimate what the portion sizes will be and log them into your diary straight away.
- Always leave some wiggle room in your macros. Over-estimate to stay on the safe side.
- Choose wisely: Choose lean protein sources and lower carb sources like chicken, white fish, tuna, lean meat, vegetables and fruit. Oh, and always order your sauce on the side! Do not be afraid to ask the waiter how the sauce is made and what it contains.
- Use your hands as a measuring tool: Estimating your portion sizes is better than nothing.



**1 serving of protein:
1 palm**



**1 serving of veggies:
1 fist**



**1 serving of carbs:
1 cupped hand**



**1 serving of fat:
1 thumb**

- You can ask the waiter how they cook their meat or chicken, whether it is using oil or spray oil or butter.
- You can even ask how many grams is the chicken, meat or fish. Restaurants will have the exact amount in grams, because they serve all customers equally!

cheat sheets

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carb & fiber cheat sheets

Types of Carbs	Carb (g)	Types of Food	Fiber (g)
1 medium banana (118g)	27g	Prunes - 1 cup dried	3.0
1 medium apple (182g)	25g	Oatmeal - 1 cup cooked	4.0
100g blueberries	15g	Broccoli - 1 cup cooked	4.0
100g strawberries	6g-8g	Apple (with skin) - 1 medium	4.4
100g pineapple	13g	Whole spaghetti - 1 cup	4.8
100g cherries	12g	Brown Rice (cooked) - 1 cup	3.5
1 medium pear (178g)	27g	Quinoa (cooked) - 1 cup	5.5
1 medium nectarine (142g)	15g	Pear - 1 medium	5.5
100g watermelon	8g	Peas (cooked) - 1 cup	8.8
40g Raw Oats	27g	Sweet Potato - 1 medium	3.7
150g potato	26g	Bran Flakes - 1 cup	7.0
130g sweet potato	24g	Raspberries - 1 cup	8.4
100g quinoa (cooked)	21g	Lentils - 1 cup	8.9
100g rice (cooked)	23g	Black Beans - 1 cup	12.7
100g brown spaghetti (cooked)	27g	Chia Seeds - 1 tbsp	8.2
100g parsnips	18g	Flax Seeds - 1 tbsp	5.6
100g beets	10g	Blackberries - 1 cup	8.0
100g carrots	10g	Avocado - 1 medium	13-30g of Fat
100g butternut/acorn squash	10g	Bulgur - 1 cup cooked	8.2

cheat sheets

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protein cheat sheets & fat

Types of Protein	Protein (g)
Chicken Breast	26g + 1.5g fat
Protein Powder	15-25g
0% Greek Yogurt	12-23g
Sea Scallops	15g + 1g fat
Deli Turkey (Lean)	20g + 2g fat
Tuna In Water	26g + 2g fat
Egg Whites (3)	12g
Shrimp	16g + 1g fat
96% Lean Beef	25g + 3g fat
99% Lean Turkey	25g + 2g fat
Pork Tenderloin	22g + 2g fat
Deli Ham	19g + 4g fat
Whole Egg	14g + 11g fat
Thick Bacon	33g + 34g fat
85% Ground Beef	21g + 17g fat
Salmon	23g + 15g fat
Ribeye Steak	23g + 14g fat
90% Ground Beef	23g + 11g fat
90% Ground Turkey	21g + 11g fat

fat options (15g):



1/2 avocado



24 almonds



1 tbsp olive oil



100g olives



2 tbsp peanut butter



49 pistachio kernels

These are just a few healthy fat options. You can get healthy fat from other sources: nuts, butters, and seeds. Remember, it is always more accurate to weigh your food for exact macros.



meal timing

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Meal/Nutrient timing: eating specific amount of nutrients at a specific time for either fat loss, muscle mass, performance, recovery, energy, productivity, etc...

1- Carbohydrates & Timing: Carbohydrates can be “high-glycemic” or “low-glycemic”. In general, high GI foods have a higher carb content and spike your blood sugar faster than low GI foods. High GI foods can fuel or help recover from workouts. It is best to eat high GI foods before, during or after training. Some examples are whole grains, fruits, white rice, potatoes, and dried fruit.

Whereas, Low GI foods can be eaten throughout the day to help you stay full! Low GI foods are usually high in volume and have great micronutrients, such as, magnesium, potassium, calcium, and vitamins! Some examples are green veggies, brown rice, oats, and berries.

2- Protein & Timing: Protein should be included in every meal. You can start by dividing your protein goal by the number of meals you have per day. For extra recovery, muscle repair and growth, powders like whey and casein can be super helpful. Whey is great intra or post workout since it is a fast digesting protein. Casein can be useful late at night since it is a slow digesting protein.

3- Fats & Timing: Fat helps you stay full, it slows the digestion of food keeping you full for longer. Avoid eating lots of fats around your workout, since it will slow down the digestion of carbs and delay the access of fuel and energy for your workout. A good time to have your fats is bedtime, perhaps with casein!



conclusion

Athlete's Diary Nutrition Guide

If your training program is individualized, shouldn't your nutrition be individualized too?

The combination of fats, proteins and carbs can be individually designed to achieve your fitness goals. Unlike counting calories, which only requires you to hit a general daily number, counting macros ensures that you are eating for health, fitness, metabolism, productivity, energy and fat loss or muscle mass! Your individual nutrition program is designed based on gender, age, environment, culture, level of activity, lifestyle, personal goals, previous experiences, sport, training sessions (AM/PM).

Consult with our Nutrition coaches for your own individualized nutrition plan!

In conclusion, counting macros teaches you a whole lot about nutrition, performance, your body, and how everything works together to function in a specific way. All this info is important, however, what is more importance about tracking and watching your food is being flexible. Flexibility, patience, and consistency are the key points to a successful and healthy lifestyle. We care about sustainability, building long term healthy habits, not restrictions.

We hope that this guide helps you build a healthy relationship with food. It is important to note that one size does not fit all. We work one-on-one with our clients to develop an individualised nutrition plan that is based on your lifestyle, habits, etc...

**Are you ready to transform your life with one-on-one nutrition coaching?
Join us now!**