

## Never Get Hungry- Eat 5-6 small meals throughout the day

- Without proper nutrients, your body will not be able to build or maintain any new/existing muscle. Eating only **two meals per day** consisting of a cup of yogurt and some berries **is not going to cut it**.
- The idea is to provide your body with fuel throughout the day and avoid hunger pangs entirely. If you are the type of person who eats only once or twice per day, you are setting yourself up for failure. You are going to cause more stress to your physique than any potential benefits from weight loss. Yeah, you might lose weight, but you are losing muscle along with the fat.
- Let's say that you have **not eaten all day** and once you get home, it's dinner time, so you have a balanced meal with proteins, fats and carbohydrates. You are **NOT** going to lose weight. It really makes no difference at all that you had a healthy meal for dinner because you have failed to eat anything else throughout the day.
- You have starved your body for anywhere from 8-24 hours. You are now in 'starvation mode' (yes, there is such a thing) and **your body will store any ounce of food you eat as fat for use as energy in preparation for tomorrow**, where you will likely starve again.
- You have defeated the purpose of eating anything healthy in the first place. However, if you **feed your body throughout the day**, you are going to use rather than store most of the food you consume because your body knows it will get to eat again soon.

## Most Important Meal of the Day- Eating Post-Workout

- The **post-workout window is the most critical time** to take in the proper nutrients to aid in the recovery process. What you eat after your workout can help determine the effectiveness of the workout itself.
- After a vigorous exercise session your body has increased blood flow to the muscle, but only for a short period of time (about 45 min). If you provide your body with the appropriate nutrition in that time frame, you allow the essential nutrients to get into your muscle and begin to repair and build.
- You have approximately 45 minutes to consume your post-workout meal to ensure the recovery process has begun.

## The Right Combination of Nutrients- Best time to eat carbs

- You need to **eat fast absorbing protein and carbohydrates**. Within 45 min of working out. It is best to avoid fiber, or fat also since these slow down nutrient absorption.
- A low or non- fat protein shake with oats, blueberries, or banana
- **Whey Protein Isolate**. Whey protein is best found in powder form and is easily available in local supplement stores as well as online retailers. Look for zero fat protein powder.
- **Carbohydrates** consumed post-workout 1. Replenishes glycogen stores lost during training, thus providing energy for your next workout. 2. Stimulates an insulin spike. Insulin shuttles protein and carbohydrate **into the muscle**, thereby stopping catabolism and promoting recovery and anabolism. 3. **Reduces inflammation, reduces muscle damage and initiates tissue repair**. Avoid products containing a high percentage of fructose or galactose like Sports drinks may **not** be the ideal carbohydrate source in this case.

## How Much? -

- A good rule of thumb is to consume 3-4 grams of carbohydrate for every gram of protein. So, if you are using 1 scoop of your average whey protein powder =20g of protein per level scoop, you would need about 60g of carbohydrate in your post-workout meal.
- Check out: <http://www.fitfaq.com/2004/12/post-workout-carbs.html> for more info