

SPORTS NUTRITION POWER PROTOCOL

WAKE UP	BREAKFAST	TRAINING	POST WORKOUT	LUNCH	SNACK	DINNER	SNACK	BEDTIME
GLASS OF WATER WITH LEMON	LOW TO MEDIUM GLYCEMIC CARBS, WITH A PROTEIN (3:1)	1 - 1.5 HOURS DRINK H ₂ O : 500ML - 750ML	HIGH GLYCEMIC CARBS WITH PROTEIN (2:1) FIBER BASED PROTEIN: OATMEAL, OAT BRAN, ADD HONEY OR A FRUIT **	MEDIUM GLYCEMIC CARBS WITH PROTEIN AND FAT (2:1:1)	LOW GLYCEMIC CARBS WITH PROTEIN AND FAT (1:1:1)	MEDIUM TO LOW GLYCEMIC CARBS WITH PROTEIN AND FAT (1:1:1) - NO CARBS PAST 7PM	SLOW RELEASE PROTEIN	
	FISH OIL (1TBSP) CLA 5G	BCAA 7G PER L OF WATER	WHEY PROTEIN 25-35G CARBOHYDRATE DRINK 50-60G	FISH OIL		FISH OIL	PROTEIN (SLOW RELEASE PROTEIN BLEND) 30G	L- GLUTAMINE POWDER 10G WITH 250ML WATER

** BENEFIT: SLOW DIGESTING CARBS RESULTS IN MODERATE INSULIN RISES WHICH OFFERS ANABOLIC OR BUILDING SUPPORT, WITHOUT REVERSING THE FAT BURING STATE INDUCED WITH CARDIO. SIMPLE CARBS (WHITE BREAD, JUICES, ETC. WILL SPIKE INSULIN LEVELS AND COMPROMISE FAT BURNING BY SUPPRESSING FAT-BURNING HORMONES AND ENZYMES)

CARB. DRINK
1 TBSP. HONEY OR MAPLE SYRUP
1/4 TSP. SEA SALT
500 ML WATER

GLYCEMIC INDEX
HIGH = 70+
MEDIUM = 50+
LOW = BELOW 50

AVOID VERY HIGH (80+)