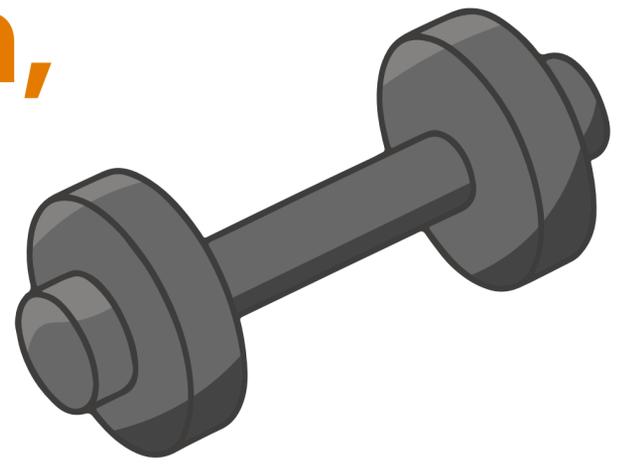


Nutrition for Strength, Power and Muscle Growth



Nutrient Needs for Strength Athletes

Carbohydrates: The body's primary source of fuel.

45-65% of total daily calories recommended.

Protein: Supports muscle repair and recovery.

10-35% of total daily calories recommended, or 1.2-2.0 g/kg body weight.

Fat: Supports energy needs and the health for hormones necessary for muscle growth and repair.

20-35% of total daily calories recommended.

Water: Adequate hydration is crucial for performance and recovery.

Recommended daily intake of 10 cups for women and 15.5 for men.



Nutrient Timing

Intentionally time your food intake to support performance and recovery.

Pre-workout (*1-2 hours before*)

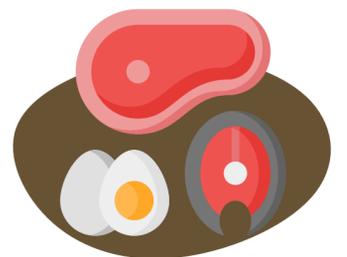
Carb-rich snack for fuel, protein for satiety.

Intra-workout (*during, if more than 60 minutes*)

Quick carbs if needed for longer lifts.

Post-workout (*within 30-60 minutes*)

Protein + carbs for muscle repair and to repair glycogen stores.



Goal-Based, Individualized Needs

Athletes with more lean muscle mass have increased nutrient needs for muscle maintenance and recovery. Your calorie intake can be adjusted based on your goals such as fat loss, maintenance, or muscle gain.



Protein Pudding

Ingredients: $\frac{3}{4}$ cup water or almond milk, 1 serving protein powder, 1.5 tablespoons chia seeds, 1 tablespoon cocoa powder (optional if making chocolate pudding), 1 tablespoon chocolate chips (optional - can use sugar-free chocolate chips for a lower-calorie or reduced-sugar option)

Directions: Add all ingredients to a blender, making sure to add the liquid first. Blend until the chia seeds are completely blended and a thick mixture forms. Serve immediately or let chill in the refrigerator for 1 hour. Top with chocolate chips (optional).

Nutrient Spotlight: This simple dessert is high in protein, helping athletes recover from lifting and other sorts of training. Also, the chia seeds that are added into this pudding add an extra source of fiber for digestion.

Sample Meal Plan

For a 180-pound male with the goal of increasing muscle mass and strength.

Individual needs can be calculated using the USDA DRI Calculator for Healthcare Professionals

Breakfast

- 3 eggs
- 2 slices whole-grain toast
- 1 cup oatmeal with berries
- 1 cup of 2% milk

Nutrition

700 kcal
75g carbohydrates
38g protein
28g fat

Lunch

- 5 oz. grilled chicken breast
- 1.5 cups brown rice
- 1 cup broccoli

Nutrition

910 kcal
75g carbohydrates
45g protein
20g fat

Dinner

- 6 oz. lean steak
- 1 large baked potato
- 1 cup green beans
- light side salad

Nutrition

620 kcal
65g carbohydrates
40g protein
20g fat

Morning or Evening Snack

- $\frac{3}{4}$ cup nonfat greek yogurt
- 1 banana
- 1 tbsp peanut butter

Nutrition

330 kcal
40g carbohydrates
20g protein

Pre-workout Snack

- 1 cup nonfat greek yogurt
- 1 cup granola
- 1 cup mixed berries
- drizzle of honey

Nutrition

520 kcal
85g carbohydrates
32g protein
8g fat

