

POWER STRENGTH **TRAINING SYSTEMS**

Female Training **& Nutrition Manual**



If you always do what you always did, you'll always get what you've always got.

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Introduction

If you're reading this, chances are you're a female looking to get serious about her training. It is oftentimes very confusing when it comes to training for females as most media is geared towards the male population. Most common knowledge believes that females should perform various aerobics, spin classes, and lift light weights for high reps. I'm here to tell you that it's not so hard to understand once you've been given the facts. In fact, females should train very similarly to their male counterparts. Hopefully the information you'll read shortly will help clarify any misinformation that you may have heard and put you on the right path to achieving your athletic and aesthetic goals. Just to be clear you'll find no recommendations revolving around fluorescent dumbbells and mindless, boring cardio.

Here are some commonly used words among the female population that are often unclear and misused.

Toned

'Toning' is often misused to mean that I want to make my muscle look better without getting bigger. There aren't any specific workouts for this but high reps with light weight are often poorly prescribed. The only way to get toned is to add muscle through strength training and lose fat. This is what you see. Without well-trained muscle tissue, your body will never look healthy and athletic- with or without excess fat.

Shaping

Muscles are determined by your genetics and cannot be specifically shaped. You can only make them bigger or smaller but changing the shape of individual muscles isn't possible.

Sculpting

The most accurate word which implies a combination of muscle growth and fat loss. This leaves the person's body looking 'sculpted'. However, it's important to say that you can't sculpt a body with muscle that hasn't been built yet! Muscle is very hard to build and it never accumulates by accident.

Bulky

This implies getting 'huuuuge'. From above we know that muscle is very hard to build and it just doesn't happen by accident- for anyone. Just like a male, if a female is willing to work hard, commit to a strength program, and follow a nutrition program suited for their goals then getting bulky isn't going to happen.

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Female Training Habits

Many females get “babied” and “coddled” when it comes to their training. Anyone who has ever been around serious female athletes in the gym will tell you that these ladies are anything but babied. In fact, here are some things we’ve noticed at PowerStrength between male and females and the habits that most females have in the gym.

- Female athletes are smarter (sorry guys). They listen more intently and in return learn more quickly. They also seem to remember what they learned from session to session more efficiently.
- Female athletes mobility and flexibility is usually better. This is because females are almost always more flexible than males. This greater mobility allows them to achieve proper positions and ranges of motion more easily and more effectively with greater results.
- Female athletes hate to rest and can handle more volume. Females don’t like sitting around in between sets and tend to sacrifice load (how much weight) and recovery just to keep moving. They like to sweat so they know they’re doing something (however, you can perform a crappy workout and still sweat, it doesn’t mean it’s an effective workout). Because females’ maximal strength isn’t as great as males, they can handle more volume without negatively affecting their recovery.
- Females are competitive but in a different way than males. Females compete more against themselves compared to males who enjoy competing against each other and seeing who is the big chief of the group.
- (Not at PSTS!) Females are generally attracted to cardio equipment, machines, and light dumbbells. Endless cardio will be covered later. Machines stabilize and guide the weight through a pre-determined range of motion, which doesn’t allow for any improvement in stability and coordination as well as preventing any leeway if there is a restriction in joint mobility because the weight is guided on a track. Light dumbbells should only be used for smaller exercises requiring them and to build a foundation but shouldn’t be apart of many programs.
- Females underestimate how strong they really are. They have less muscle mass than males but their muscle tissue is still the same. Meaning they have the capacity to make that muscle strong the same ways males do. The more muscle they build, the more capacity they have for strength. Females can’t fear heavier weights- they can handle them.
- Females almost always use picture perfect technique compared to males who tend to strain and grind throughout the end of their sets- most commonly with too much weight. They usually have higher kinesthetic awareness (knowing how to move their body efficiently through space), which makes them easier to cue into proper exercise positions.

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Get Stronger and Build Muscle

The goal for any female looking to train for athletics or any other reason should be to get stronger. Recall the phrase “muscle tone”. Build muscle while losing fat. If the focus is getting stronger and adding weight to the bar then muscle will be built and strength will rise. Stick with 3-5 sets of 2-8 repetitions and that should do the trick. Simply performing higher reps just increases muscle endurance and won’t show up in the mirror or on the court too much. High reps (10+) should only be used to build tendons and ligaments in a foundational phase to prepare the body to build muscle and get stronger.

Building muscle is extremely hard to do. Many females think they will get “too big” if they train for strength. This is like putting a lawn mower motor in a car and expecting it to work. The lawn mower engine doesn’t have the capacity to move the car. This poor example is supposed to represent testosterone- the muscle-building hormone. Males possess enough testosterone to move the car while females have significantly less (20 times less) and physically are unable to pack enough juice to get the car rolling.

If building muscle were easy then you would see many more muscular guys walking around. Instead, there are guys who train for years that are still relatively small in size- even if they train and eat in a manner that promotes muscle growth. The only way a female will get larger (naturally, without the use of drugs) by lifting weights to get strong is if she has poor nutrition and adds new fat to her new muscle- more muscle, but also more fat. A complete strength training program must be coupled with a nutrition program to coincide with the goals of adding strength, size, athleticism, while losing body fat (read on for nutrition information).

To get stronger one must add enough weight to the bar to make it challenging. Progressively add weight in small increments from workout to workout until progress begins to level off. A proper program will contain enough variety to make these plateaus uncommon and will provide stimuli to keep your body adapting.

Most females don’t realize how strong they really are. Getting strong is supposed to be challenging and one must use greater resistance to do so. Hard work with a challenging weight is what we want. Performing exercises in any rep-range with low weights rarely has its place in a training program. If you ever hear “high reps with low weight” turn and run from that program/coach as fast as you can.

Male and female muscle fibers are made the same- meaning both get strong by the same means. The muscle fibers are structurally the same. They also gain strength at relatively the same rate as well. However, males have more capacity for larger and stronger muscles due to greater muscle cross-sectional area (CSA)- male muscle fibers are larger. Regardless, they should still be trained in the same manner, just with different loads. If squatting a weight for five sets of five with a sub-max weight gets a guy strong, chances are it will get the female strong also.

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Cut Mindless Cardio

Strength training will burn more fat longer and more effectively than going for joint-busting, muscle-zapping jog. This is why the same people who perform one hour on the treadmill every morning and never do anything else always look and perform the same- probably worse actually. Sure it's better than nothing (I guess) but don't expect to get lean or athletic by doing it. If you enjoy it, then do it for enjoyment but expecting an increase in performance or appearance just from running must be made an afterthought. The most effective forms of fat loss are diet and anaerobic exercise (lifting weights). Remember that the amount of fat you burn during exercise is less important as the amount of fat you burn when you aren't exercising. Weight training will burn more fat after you stop exercises longer than aerobic exercise will- almost twice as long to be exact.

All someone is doing by jogging for long periods of time is making her body more efficient at NOT burning fat. Your body adapts to the same stimulus over and over again (which is why you should always be adding weight and getting stronger) so running repeatedly at the same speed day after day at a moderate pace is just too easy after awhile and doesn't cause your body to adapt- aka burn fat. Instead it burns for more tasty energy like your muscle. This is where the terrible term "skinny fat" comes from. Low muscle mass, little strength will result in a soft, skinny fat look. This look is the enemy for both performance and aesthetic purposes. You can stay away from this look through building strength and muscle and other forms of cardio.

Training for strength is a high-intensity activity. Your cardio should be the same. Running sprints, performing intervals (5-10s on, 30s off), or resisted cardio such as dragging a sled or pushing a prowler will burn fat a lot more quickly than jogging. These should only be done for 5-15 minutes depending on the activity. These will teach your body to be fast, athletic, and powerful while allowing time to recover more quickly from your strength workouts because it shortens the time you're in the gym. On off days a 30-45-minute brisk walk (preferably on an empty stomach) will also aide in unwanted fat loss and won't take any energy away from your workouts because it's at such a low intensity. So, either high or low intensity for your cardio work- stay away from the mind-numbing medium-intensity zone.



Nutrition Disclaimer and Expectations

PowerStrength Training System: Disclaimer and Expectations

Disclaimer

First and foremost, the following guidelines are for our athletes. We are not doctors or registered dietitians. If you have any existing health problems or have questions about changing your eating habits, consult a licensed professional. The following consists of eating habits that are common among today's serious athlete. Educate yourself and find out what you need to change to reach your personal goals.

Expectations

Know this: In order to see maximum results and reach peak athletic and strength gains you must follow these guidelines. Regardless of your strength program, speed program or conditioning program, you must set nutritional goals. If you choose not to follow these nutritional guidelines you will have trouble reaching maximum results. This DOES NOT mean you have to follow everything listed in this packet; however, it DOES mean that you must take nutrition just as serious as training, considering they go hand-in-hand. NUTRITION IS PART OF YOUR PROGRAM!

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Nutritional Guidelines for Female Athletes

You are now on a proper strength training program that will lead you to a healthier body, improved performance, and an overall leaner look. Like strength training, proper nutrition will also lead to these same results. As an athlete your nutritional needs are different than non-athletes. Your body needs a big supply of macronutrients to supply enough energy for training sessions, practices, and games. Proper nutrition is also needed in order to recover from all these demands, adapt, and grow stronger.

I'm going to assume we all want to improve athletic performance, lose some body fat, gain muscle, get stronger, and improve overall health while feeling great. These are all attainable through strength training and proper nutrition. However, here are some of the most common problems female athletes share- they eat too many carbs, not enough protein, and oftentimes too few calories overall.

These problems won't be fixed by the newest diet craze, cleanses (whatever those are), or any supplements. We'll have to learn what works for you (certain things work best for certain people) and be disciplined in carrying out your new way of eating.

So what foods are good and what foods are bad? We want the majority of calories coming from whole, unprocessed, all natural foods. This means that your food has one ingredient (Chicken- ingredients: chicken). I understand that on a budget this can be hard as it takes some coin to eat healthy, all natural foods. Remember that you're investing your money in your body, your health, and your performance- some pretty important aspects of your life. Look at the food source list for more ideas on what should make up your meals.

One thing that will be mandatory for all female athletes is that you must consume protein at every meal! This will solve one of the most common problems but will also fill you up (and keep you feeling full for longer) and will prevent any overeating on the carbs- also killing another common problem. Some examples of protein sources throughout the day would be- breakfast- eggs, lunch and dinner- chicken or other lean meat, snack- protein bar or shake.

Remember that carbs aren't the enemy, especially on intense training days or during the season. During the off-season it is best to consume fewer carbs on non-training days than on training days. To make-up for the lack of calories on non-training days simply consume a little bit more protein and fat. Carbs are best used during your first meals of the day and your post-workout meal.

*It's also important to state that eating less and restricting calories is not the way to lose fat, gain muscle, and improve performance. It's best to time your nutrition more effectively, choose healthier food options, and participate in a training program revolved around getting stronger and improving performance. Here are some negative side effects of calorie-restriction...

- Depression
- Loss of strength and muscle mass
- Diminished energy and sex drive
- Deteriorating bone mass
- Hormonal disruption- amenorrhea in females and lower testosterone in men

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Calories and Macronutrients

A dedicated athlete is constantly active. Where they get the energy for these activities is from calories derived from macronutrients- carbohydrates, proteins, and fats. It is important to meet correct calorie requirements to meet your goals. You don't necessarily have to count calories on all your food, but it might be a good idea when just starting out to help see how much/little you're actually consuming. Keeping track in a Food Log (time of day, serving size, type of food) for a week or two will help you develop a routine.

Figuring out how many calories you consume each day shouldn't be made into a stressful situation but it should keep you more focused on your goals. As an athlete, it is better to aim high on the caloric intake rather than undershoot and not eat enough. Some signs that you aren't eating enough would be- you're constantly starving, grumpy, obsessing over food, exhausted, and feel cold all the time. We want to have a surplus of calories to pull from rather than your body turning towards other sources for its energy needs (your hard-earned muscle for example!).

Carbohydrates- Carbohydrates are the primary source of fuel for the body. Each gram of carbohydrate carries 4 calories. Make sure to consume plenty of these at breakfast, pre-workout, and post-workout. Carbohydrates provide the body with the energy it needs to perform quality work. When carb levels are low in the muscle and blood, so are your body's energy stores (glycogen). This will cause your muscles to work harder and fatigue faster. Over time these muscles become tighter and more vulnerable to cramping and pulling causing you to lose a step or become injured.

Your body eventually breaks all carbohydrates down into sugar before it enters the bloodstream. How quickly the sugar gets into the blood is measured by the Glycemic Index (0-100, with 0 taking the longest). Post-workout, you want fast-acting (higher glycemic index) carbohydrates to replenish your blood and muscle sugar stores. On non-training days the need for carbohydrates are diminished. Minimize or eliminate fast acting carbs and eat controlled portions of slow digesting ones. Try to avoid the "sugar rush" and be sure to consume fruits and vegetables.

RULE OF THUMB- aim to consume 1-1.25g of carbohydrates per pound of bodyweight per day

Proteins- Proteins have the primary responsibility of tissue growth and repair. Each gram of protein carries 4 calories. They break down into amino acids, which are the building blocks of muscle. Eat protein at every meal, especially when going through intense training. Protein is a must for pre- and post-workout meals. A good protein guideline is for every pound of bodyweight, consume 1-1.5 grams of protein.

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Protein will help you recover from your workouts faster and reduce muscle soreness. Your rate of protein synthesis is at its peak about one hour post activity and again at night while you sleep. This is why it's important to get quality protein following your training and again before bed.

RULE OF THUMB- aim to consume 1-1.25g of protein per pound of bodyweight per day

Macronutrients & 'M.A.N'

Fats- Fats assist in protein breakdown and act as a secondary source of fuel for the body. Each gram of fat carries 9 calories. Fats also provide protection for internal organs and tissue extensibility. There are 'good' fats and 'bad' fats. It is necessary for the body to consume good fats (avocado, fish oil, and almonds just to name a few). Try to minimize bad fats. Bad fats are abundant in fried foods. Always try to opt for low-fat or non-fat options when it comes to dairy products and dressings. Be aware of consuming too many foods (generally animal proteins) that are high in saturated fat. Eating leaner meats is an easy way to avoid too much of this.

RULE OF THUMB- aim to consume .3 - .4g of fat per pound of bodyweight per day

Water and Fluids- Water is often the most forgotten of all the nutrients. Your muscles are made up of about 70% water so neglecting water wouldn't make you very wise with your training. Remember, once you're thirsty, you're already dehydrated so don't wait. Athletes should consume half their bodyweight, in ounces, of water a day. Example: 160 lb athlete divided by 2 = 80 ounces. This is a minimum guideline and you should consume more before, during, and after workouts. Gatorade is the best-known source for doing this but other fluids like Pedialyte and Coconut Water offer a greater number of electrolytes than Gatorade.

***Shopping Tip**

If you're comparing two products based on their nutritional information but don't know which to buy look to see which product has more fiber and/or protein. This should tell you which product is the least processed.

'M.A.N'

Everything for female training and nutrition can be summed up into this simple acronym.

Metabolism- maintain or increasing your metabolic rate (the rate at which you burn calories) is the key to weight control

Anaerobic Exercise- train to be strong and athletic. Aerobic endurance is important to provide a base on which to build. Anaerobic exercise will lead to a stronger, healthier, and less injured life. Anaerobic exercise is more important for longevity- in the athletic arena and in life.

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Nutritional Consistency- once you sift through all the misinformation this is what it comes down to. Eat the best foods, avoid the worst ones, practice moderation, avoid long stretches without any food at all, and, most of all, to employ all these habits almost all the time.

Source: ‘New Rules of Lifting For Women’- Lou Schuler, Cassandra Forsythe, Alwyn Cosgrove

Supplements

Supplements

With the abuse that athletes put themselves through, it is sometimes recommended they use a few proven supplements to aid not only in growth, but also in repair and recovery. Before we go further, please note that THERE IS NO SUPPLEMENT FOR GOOD WORK ETHIC, SMART TRAINING, and A HEALTHY DIET. This has always been true and will continue to be so. Despite this fact, there are more and more nutritional supplements being created. The reality is that only a few nutritional supplements have actually been proven to work and their effects are mostly modest. In short, taking nutritional supplements is optional and will not make or break your athletic career. There are only a few that we recommended: Protein powders, creatine, fish oil, vitamin D, turmeric, and a multivitamin.

Our Family has had to deal with manipulative marketing and inferior supplements for far too long- so we decided to get it done ourselves! We are proud to pair with a trusted manufacturer and distributor to bring you our very own line of high-grade, **PowerStrength Supplements!**

We’ve done this in order to provide the highest quality supplements we could find and deliver them at an affordable price we wouldn’t be able to get otherwise. By putting our name on it you can be sure we’ve done the research and sought out the most effective and safe supplements possible. All of our supplements are GMP Certified which means the raw materials, facility, and packaging all undergo an extreme certification process. We have personally met the manufacturers and toured the facility ourselves just to ensure we left no stone unturned.

You won’t hear any confusing marketing or mile-long chemical names from us – we can explain exactly how they are formulated because we designed them ourselves.

Protein Powder

Protein Powder is a convenient way to make sure you get enough protein in your daily diet. It’s more practical to consume a couple protein shakes a day compared to carrying around various sources of meat or other whole food protein sources with you everywhere you go. You want to find a brand that dissolves well in water and contains as few ingredients as possible. Using a lower quality protein powder may cause bloating and it won’t be digested very well. We stand by (and all PSTS coaches use) our Advanced Whey protein powder. It is the most pure, effective protein we have ever used...and we have used nearly every brand between us. For those that are intolerant of whey protein we also have our plant-based Vegan Protein.

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Creatine

Within the last two decades, creatine has arguably been the most researched supplement on the market. Creatine is responsible for high-intensity muscle contractions, making it one of the most important sources of energy for power sports and intense athletic training. Only a small portion of our creatine phosphate stores are synthesized in the body. The rest comes through our diet of protein-rich foods, specifically red meat. Scientists found that even protein-rich foods only contain small amounts of creatine phosphate. They studied further to see if creatine supplementation had the ability to enhance high-intensity muscle performance if more of this energy source was stored in the muscles. It was quickly found that creatine phosphate precursors, such as creatine monohydrate (what you would buy in the store as a supplement), is readily converted to creatine phosphate in the body. When taken as a supplement, creatine monohydrate increased creatine phosphate stores in the muscles far beyond the levels that can be reached through a daily diet.

If you decide to supplement with creatine, it is suggested to use 5-7 grams per day, even on non-training days. There's no need to do a loading phase when first starting out. The small dosages will still get you the same results (and save you money) over a few weeks and will cut back on any gastrointestinal distress that is sometimes associated with a loading phase. The huge loading phase can also cause dehydration, which could lead to other negative issues. Creatine must get into your muscles to be effective, so taking your creatine with a high glycemic carbohydrate source (read: sugar) is a popular strategy to get the most out of supplementation. As a result, the best time to take creatine is with your post-workout meal. Different types of creatine (Kre-Alkyn, Creatine HCl, etc.) have recently been designed and touted as being more effective than creatine monohydrate in various ways. None of those claims have been supported by scientific evidence, and most are actually refuted by it. Most of the designer creatine forms are completely safe, but we recommend creatine monohydrate on a cost/effectiveness basis.

There has been concern of negative side effects associated with creatine supplementation such as muscle cramping, altered liver and kidney function, and an increased risk of muscle strains. Take note that formal scientific studies have found these claims to be unsupported by any scientific evidence, with the only real side effect being muscle weight gain due to increased water storage. It has also been concluded that long-term creatine supplementation is safe in populations ranging from teen athletes to 80+ year old Alzheimer's patients.

Those interested in creatine supplementation should go with our PowerStrength brand Creatine Monohydrate Powder. It is pure and dissolves easily because it has no other ingredients or fillers – simple and effective as all our supplements are.

Fish Oil

It is recommended by the American Heart Association to eat fish at least twice a week to provide our bodies with healthy fat. Even if this accomplished, it doesn't provide enough of the essential fatty acids EPA and DHA to meet our body's needs, especially during intense training. The benefits of fish oil have been well documented and publicized throughout the last decade. It can help prevent arthritis, heart disease, psychological disorders, gastrointestinal problems, eye issues, and dozens of other causes of inflammation. You want to shoot for about 3,000 milligrams of EPA and DHA combined per day. Inferior brands of fish oil will have you taking 6-8 pills daily to meet this goal, while higher quality oil will

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contain more EPA and DHA. Lower quality fish oil pills will also contain contaminants that you definitely don't want in your body. Luckily, in addition to our other supplements, we have fish oil integrated into our line. It is a large part of our Athlete's Daily Foundation support pack along with the following beneficial ingredients.

Vitamin D

Vitamin D is a fat soluble vitamin used in many processes in your body. Among those processes, the most important to athletes is the production of hormones. Many of the most important hormones produced in your body depend on vitamin D being around to be made. These include melatonin (sleep), dopamine (mood), serotonin (mood), and the big one – testosterone (muscle, performance). Without an adequate supply of vitamin D through sun exposure or diet, people become lethargic, irritable, and develop low testosterone levels. In the winter most people do not get enough sun exposure, and thus not enough vitamin D. This is referred to as “Seasonal Affective Disorder” and shows all the symptoms mentioned above. This can be solved by simply supplementing with 2000-4000 IUs of vitamin D (specifically D3, “cholecalciferol”) a day. This should always be taken with fats and dosages can be reduced in the summer when you start to go outside more. Do not exceed 10,000 IUs within a 24 hour time period, as it is possible to overdose on vitamin D. Our PowerStrength supplement line has allowed us to bring you the aforementioned high quality fish oil and vitamin D combination supplement that will absorb better, eliminate fishy aftertaste, and work as a one-two punch to increase your performance. Both are included in our Athlete's Daily Foundation pack.

Turmeric

Turmeric is a natural extract from the turmeric plant that is widely used in Indian cooking. Its active ingredient is a powerful antioxidant and anti-inflammatory that has been tested to reduce the inflammation that comes from athletes training hard.

Our Athlete's Daily Foundation pack has a dose of turmeric with piperin (black pepper extract) to make it absorb and function better because we know our athletes can only train as hard as they can recover.

Daily Multivitamin

Owing to their hectic schedule, most athletes don't eat enough vegetables, fruit, and varied food sources. This leads to deficiency in many of the micronutrients that their bodies need to perform at their highest level. Multivitamin supplements are an insurance policy, taken to ensure that none of the essential micronutrients are missing. Deficiencies in vitamins and minerals can have unanticipated effects on performance and health that athletes should strive to avoid.

Our Athlete's Daily Foundation pack contains all of the aforementioned – vitamin D, fish oil, and turmeric – in addition to a whole food vegetable blend and the vitamins and minerals athletes need to fill the gaps in their nutrition.

Mass Gainer

Some supplements combine protein and carbohydrates into a higher calorie mix that is meant to cause weight gain. This mix, while effective, should be used with caution. It is not meant to replace meals, nor

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should it be taken all the time for most athletes. Many mass gainers also contain extra ingredients that may or may not reflect the goal to gain lean (muscle only) mass.

PowerStrength Monster Mix is formulated to contain high quality whey protein powder, creatine, complex carbohydrates, and more added amino acids to boost muscle gain when used responsibly. These are the ingredients that are proven to increase muscle gain, so that's all we put in it.

Pre-Workout Supplements

These are booming in the supplement industry these days. A lot of them are useless (and expensive) and could potentially contain ingredients that would make an athlete test positive for banned substances. They also contain ingredients that younger athletes should probably avoid – mainly because they can alter their sleep schedule and quality to say the least. What we recommend is that they aren't taken every day – if at all. They can get expensive and athletes shouldn't use them as a crutch, they should more motivated on their own first. If you are going to use them, save it for the days when your energy is ultra-low, or for testing/intense training sessions. If in doubt, ask us before you buy a pre-workout mix.

***When choosing a pre-workout supplement, or any supplement for that matter, try to make sure it's GMP Certified. This means it has been tested and proven to be safe and free of harmful ingredients that could cause a positive drug test or worse, as well as having the manufacturing and packaging facility approved and certified.**

If you are interested in taking supplements to complement your health and performance, please inquire at the gym about our PowerStrength Supplement Line and which products would best fit your your needs and goals.

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Food Sources

Protein Sources – *In order of quality, try to get these from grass-fed, pasture-raised sources where possible*

Whole Eggs
Lean Meats - lean ground beef, lean ground turkey, chicken, pork
Fish, Tuna, Shrimp and other Seafood
Whole Eggs
PSTS Advanced Whey Protein Powder
Whey Protein Bars
Organic Dairy - Greek Yogurt, Cottage Cheese, Whole Milk
All Natural Beef Jerky/High Quality Deli Meats
All Natural Peanut Butter
*Little to none - Soy-based protein bars/foods/milk

Slow, Low Glycemic Carbohydrate Sources – *For non-workout meals, in order of quality*

Oats and oatmeal – Rolled/steel cut, not Quaker instant oatmeal packets full of sugar
Whole Wheat Pastas
Whole wheat Bread/Wraps
Beans – All, aim for low sodium
Most Vegetables – Corn, soy, and peas being the exceptions
Potatoes - Sweet, Red, White Rice - Brown, Wild, White

Fast, High Glycemic Carbohydrate Sources – *For Pre/Post/During-workout meals, in order of quality*

All Fruits - fresh, frozen, or dried
Dairy – Greek yogurt, milk, regular yogurt
Jelly/Jam
Gatorade/Sports Drinks
Bagels
Fruit Juices
PSTS Monster Mix Formula

Good Fat Sources – *In order of quality, little to no hydrogenated or trans fats*

Oils- Extra Virgin Olive Oil, Coconut Oil, Fish Oil
Olives
Coconut
Nuts - Almonds, Walnuts, Pecans, Cashews, and Nut Butters
Seeds - Flax, Hemp, Sunflower
Avocado (Guacamole)
Whole Omega-3 Eggs

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Nutrition Nine

1. Eat 4-6 times per day (every 3-4 hours)- never skip meals!
2. Eat minimally processed foods without added sugars- no pop and limit fast food.
3. Eat more green vegetables throughout the day.
4. Drink more water and calorie-free beverages.
5. Focus on eating lean proteins or protein containing foods throughout the day- preferably at every meal!
6. Supplement with a couple core supplements but don't depend on them. There's no supplement for a well-balanced diet!
7. Pre-Workout and Post-workout nutrition is a must for intense workouts and recovery. Don't train on an empty stomach and have a post-workout shake.
8. Plan and pack your meals/snacks ahead of time if you need to- this is what responsible athletes do.
9. Skipping meals is neither a successful way to gain weight, nor a healthy way to lose weight. Be consistent with your meals.