

Nutrition

Goals

1. Eat 4 - 5 Times Daily (Increases metabolism & Maintains blood sugar Level)
 - a. Small Meals
2. Balance each meal
 - a. 1 fist size portion of protein
 - b. 2 fist size portion of carbohydrate
 - c. A Fruit or vegetable with every meal
3. Drink excessive amounts of water throughout the day
 - a. Stay away from sports drinks except for directly after a workout. Even then water down the sports drink to 50% water. Straight sports drinks are not absorbed into the body.
4. Post workout Nutrition
 - a. Eat within 30 minutes of a workout to promote recovery.

Terms

1. Carbohydrates - The body's preferred energy source.
2. Proteins - The nutrient needed to build muscle and recover the body.
3. Fats - An essential nutrient to burn fat

Good Carbohydrate Sources

1. Vegetables - Broccoli, Celery, Cucumbers, Cauliflower, Peas, Spinach, Tomatoes, Mushrooms
2. Fruits - Apples, Apricots, Berries, Grapefruit, Melons, Peaches, Pears
3. Grains & Breads - Bagels, Bread, English Muffins, Grits, Noodles, Pasta, Potatoes, Pancakes, White Rice

Good Protein Sources

Chicken Breast, Turkey Breast, Veal, Egg Whites, Fat-free cheese, Low-fat yogurt, Fresh Fish, Tuna, A lean cut of Steak once every 2 weeks, Low-fat Peanut Butter
*You get your fats in the proteins

The 13 - 1 Plan (13 days on 1 day off)

1. 13 Days eat perfect (No Cheating)
2. Keep the grams of fat consumed under 30 per day
3. Increase cardio workouts
 - a. 3 to 4 per week, minimum 30 minutes
 - b. This is above and beyond your practice schedule
4. Be patient, it takes approximately 3 weeks before changes start to happen.
5. Drink excessive amounts of water
 - a. This keeps your system clean
 - b. This keeps your joints from hurting
 - c. Most importantly this keeps your muscles performing at your optimal level.
6. The 14th Day eat whatever you want. (1 Day off)
 - a. Keep the portions the same
 - b. Keep the number of meals the same

YOU WANT TO SUCCEED?

Okay, then SUCCEED. Deserve it!

HOW?

Outwork everybody in the country. Master the small details.

Concentrate on your goals. Go the extra miles.

Do whatever it takes, and put your heart and soul into everything you do.

Leave it all out on the mat.

However none of this can happen unless you choose to make it happen. Success is not a lucky break. It is not a divine right. It is not an accident of birth.

SUCCESS IS A CHOICE