

Checklist For Success!

1. Eat Breakfast.
 - a. You haven't eaten since you went to sleep...break the fast
 - b. Your body is very receptive to nutrients at this time
 - c. Set the stage for a successful day
2. Eat protein at EVERY meal or snack.
 - a. Protein helps build muscle
 - b. Protein helps you feel full
3. Eat 4-6 times daily.
 - a. You can't build muscle without raw materials
 - b. You can't perform optimally without fuel
 - c. You can't burn fat when you starve yourself
4. Eat before and after training sessions
 - a. Quick digesting protein before and after (whey protein powder, egg whites, MRPs, whole foods like white fish or chicken breasts)
 - b. Slow burning (complex) carbs before (oats, brown rice, Ezekiel bread)
 - c. Faster digesting carbs after (rice, potatoes, pineapple, papaya, Gatorade)
5. Sleep AT LEAST 8 hours per night
 - a. Optimizes health
 - b. Promotes growth and recovery
 - c. Enhances hormonal profile
 - d. Did I mention recovery? So important I say it again – RECOVERY!
6. Eliminate sodas, added sugars, and fast foods from your diet
 - a. Bad

- b. Bad
 - c. Bad
 - d. If you are serious about your body, your health, and your goals, you will give these things up. Enough said.
- 7. Eliminate trans fats from your diet
 - a. Same as above. I won't bore you with science, but trans fats along with the foods mentioned above are the worst things you can put in your body. AVOID them AT ALL TIMES.
- 8. Eat more fruits and vegetables (2-5 servings daily)
 - a. Provide nutrients your body needs
 - b. Scavenge free radicals
 - c. Alkalize the body to balance the acidity from meats and grains
 - d. Add fiber to enhance digestive health and promote feelings of fullness
- 9. Train for your goals
 - a. Fat Loss: shorter rest periods, strive to do more work in less time, move more outside of your structured training sessions, eat less
 - b. Muscle Gain: strive for strength gains, rest long enough to stay strong, eat more
 - c. Performance: strive for strength gains, eat more, rest long enough to maintain performance, enhance work capacity, train sport specific movement patterns

