

Strength & Mobility for Tennis

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14 Day Jumpstart Nutrition Plan

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Get Started The Right Way With Your Nutrition

Dr. Josh Renkens

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We have put together this 14-day nutrition plan to jumpstart you into eating healthier. We cannot emphasize enough how big of an impact fueling your body with whole, nutritious foods and quality supplements can have on your overall health, body composition and performance as a tennis player.

Overconsumption of food is not the only thing that can make one overweight or fat. Neither are poor food choices the only thing that can make us inflamed. Other factors, including what we drink (soft drinks, sugary juices, alcohol) and how much sleep we get can trigger or inhibit the inflammatory response. To maximize the health and performance benefits of eating anti-inflammatory foods, you must stay on course. If you fall off, pick yourself back up and get back on track. Similar to if you miss a workout, making poor decisions at one meal does not mean it is all over. It means you have to get back on course the next time you sit down for a meal or the next time you are confronted with a decision regarding what you will eat or drink to fuel your body.

This jumpstart plan intentionally reduces carbohydrate from your diet for two weeks. It might be quite an adjustment for few of you especially if you have a heavy tennis and training schedule. If you feel you need more carbs during this time, you can add them in but make sure they are high quality carbohydrates like fruit, vegetables, brown or jasmine rice, rice noodles etc.

As you go through this two week plan and beyond, it's vital to keep a journal to achieve the most marked success. Daily journaling will keep you motivated and focused on your goals as you can record not only the foods and beverages you consume, but also how you feel both before and after your eat. When you are tempted to make a poor choice, perhaps the journal will give you some focus and steer you in the right direction.

Sample Journal

3 Things I am Grateful For:

- 1.
- 2.
- 3.

Breakfast:

Lunch:

Dinner:

Post-workout shake:

Additional snacks and beverages:

Energy Level:

of hours of sleep-

Awakening after night sleep-

After lunch-

Evening-

Additional Notes:

(Make notes on mood, memory, ability to think clearly, stress management, alcohol consumption, skin quality, quality of previous night's sleep, progress in changing habits)

As a result of eating an anti-inflammatory diet, you will likely experience changes in ways many of the individuals we have counseled report to us. Your skin will change, your mood will likely be elevated, and your mind and memory will be sharp. You can determine the food choices you make. Make each choice count. Begin a path that will make you happier and healthier for the rest of your life. It is our hope you find this guide useful in reaching your body composition and performance goals.

You do not have to be a slave to the outline we provide. The plan we are providing for you allows for some creativity. As long as you choose foods from our recommended list, feel free to mix things up a bit. Just make sure you include protein, low-glycemic carbohydrates such as vegetables, and essential fats with your meals.

The guide below does not account for total calories. This is a guide. If you have weight loss goals or if your goal is to put on muscle and gain a few pounds, adjust the amount of foods accordingly. For example, if a meal calls for 3 eggs and you want to lose a few pounds, eat 2 eggs instead. It may not seem like a lot, but decreasing overall caloric consumption little by little will add up quickly. We suspect most everyone will get leaner by the end of the 14 days – simply by eating cleaner. If, on the other hand, you want to gain a few pounds of muscle, you can add healthy snacks between meals (lean protein, nuts, a protein shake) or increase the serving size of the foods listed.

If you begin to drop more weight than you would care to, you can also add a serving of rice, quinoa, or other gluten-free grain to meals. If you do add one of these grains to your diet, we advise adding it to one out of every four meals in the beginning. If more needs to be added, you can then go to one out of every three meals and so forth.

Your 14 Day Jumpstart Nutrition Plan: Week 1

Day 1

Breakfast:

3 scrambled eggs with 2 cups spinach
½ cup walnuts

Lunch:

6 oz. chicken breast
1 sweet potato
2 cups brussel sprouts

Dinner:

8 oz. wild salmon
2 cups broccoli
½ avocado

Post-workout shake:

Your choice from our Smoothie Guide

Day 2

Breakfast:

6 oz. ground beef
½ avocado
2 hard boiled eggs

Lunch:

Salad with raw vegetables and protein of choice

Dinner:

6 oz. chicken breast
1 cup roasted peppers
10 spears asparagus

Post-workout shake:

Your choice from our Smoothie Guide

Day 3

Breakfast:

3 eggs

½ cup almonds

1 cup frozen mixed berries

Lunch:

6 oz. roasted turkey breast

1 sweet potato

½ avocado

Dinner:

8 oz. grilled mahi mahi

2 cups broccoli

½ cup roasted carrots

Post workout shake:

Your choice from our Smoothie Guide

Day 4

Breakfast:

1 cup frozen mixed berries

6 oz. chicken breast

½ avocado

½ sweet potato

Lunch:

Salad with vegetables and 3 hard-boiled eggs

Dinner:

6 oz. grilled filet or sirloin

½ sweet potato

10 spears asparagus

Post workout shake:

Your choice from our Smoothie Guide

Day 5

Breakfast:

3 eggs
½ cup walnuts
1 cup frozen mixed berries

Lunch:

8 oz. grilled or poached wild salmon
1 cup sautéed spinach
1 cup sautéed zucchini / squash

Dinner:

Grilled shrimp
1 cup roasted peppers
1 cup dark leafy greens with mixed vegetables
1 kiwi and ½ cup blueberries

Post-workout shake:

Your choice from our Smoothie Guide

Day 6

Breakfast:

3 eggs
4 – 5 strips bacon / turkey bacon
1 cup mixed berries

Lunch:

Grilled turkey burger with tomato
1 sweet potato
1 cup sautéed spinach

Dinner:

6 oz. chicken breast
1 ½ cups brussel sprouts
1 cup roasted peppers
½ cup walnuts

Post-workout shake:

Your choice from our Smoothie Guide

Day 7**Breakfast:**

3 eggs scrambled with peppers and spinach

1 cup frozen mixed berries

Lunch:

6 oz. bison burger with tomato

Sweet potato fries

2 cups broccoli

Dinner:

6 oz. chicken breast

1 cup sautéed spinach

10 asparagus spears

Healthy dessert of choice (gelato, mixed fruit, sorbet, etc.)

Post-workout shake:

Your choice from our Smoothie Guide

Your 14 Day Jumpstart Nutrition Plan: Week 2

Day 1

Breakfast:

Smoothie of your choice from Smoothie Guide
4 oz. chicken breast

Lunch:

Spinach salad with grilled shrimp and vegetables
¼ cup walnuts or pecans

Dinner:

6 oz. chicken breast
2 cups steamed cauliflower
1 cup carrots

Post-workout shake:

Your choice from our Smoothie Guide

Day 2

Breakfast:

3 eggs with roasted peppers
½ cup raw almonds

Lunch:

8 oz. grilled or poached wild salmon
½ cup quinoa
1 cup sautéed spinach

Dinner:

8 oz. pork chop
½ roasted eggplant
1 ½ cup roasted peppers and onions

Post-workout shake:

Your choice from our Smoothie Guide

Day 3

Breakfast:

6 oz. ground beef
½ cup raw nut of choice
1 cup mixed berries

Lunch:

8 oz. grilled mahi mahi
Small salad with raw vegetables
½ avocado

Dinner:

6 oz. grilled tuna steak
5 to 10 spears asparagus
1 cup sautéed mushrooms

Post-workout shake:

Your choice from our Smoothie Guide

Day 4

Breakfast:

3 to 5 links turkey sausage
2 eggs

Lunch:

2 cups beef and sweet potato stew
½ avocado

Dinner:

6 oz. chicken breast
1 cup sautéed spinach
½ cup sautéed mushrooms
½ cup frozen mixed berries

Post-workout shake:

Your choice from our Smoothie Guide

Day 5

Breakfast:

3 scrambled eggs
½ tomato sliced
½ avocado

Lunch:

6 oz. roasted turkey breast
½ cup quinoa
1 ½ cup raw vegetables chopped
½ apple chopped

Dinner:

8 oz. filet or sirloin
2 cups broccoli
1 cup roasted peppers

Post-workout shake:

Your choice from our Smoothie Guide

Day 6

Breakfast:

Smoothie of your choice from our Smoothie Guide
½ cup walnuts

Lunch:

6 oz. turkey burger
Small salad with vegetables
½ sliced tomato
¼ avocado

Dinner:

8 oz. grilled or poached salmon
5 to 10 spears asparagus
½ sweet potato

Post-workout shake:

Your choice from our Smoothie Guide

Day 7

Breakfast:

2 eggs

3 to 4 strips turkey bacon

1 cup mixed berries

Lunch:

Spinach salad with grilled shrimp

½ sweet potato

½ avocado

Dinner:

6 oz. chicken breast

½ cup roasted peppers

1 ½ cup roasted zucchini and squash

3 Chocolate covered strawberries

Post-workout shake

Your choice from our Smoothie Guide