

Dietary Plan for Off-Season Lifters

Upon Waking Up-

Get a good breakfast containing a High amount of Protein and some Carbohydrates aiming around 2 to 1 Protein to Carb Ratio. High Protein Breakfast foods are Eggs, Greek Yogurt (17g/serving), Peanut Butter, Meat. Try to get Carbs from Whole Grain Products to increase Fiber.

By Homeroom-

Get a good Balanced Snack with close to equal parts Protein to Carb. Good travel foods are Peanut butter Sandwich, Protein/Granola Bars, Fruit (Apple/Banana/etc.) , Protein Drinks, Peanuts, Mixed Nuts, Trail Mix, Jerky

Lunch-

Make sure you get Protein in your diet during this time and it is important it comes from actual food. Try not to supplement it during this time if you can avoid. Use the same principal as breakfast 2 to 1 Ratio for Protein to Carb. Try and aim for lean meats, complex carbohydrates, and stay away from Soda if you can.

30 Min or So Before Workout-

Good Carbohydrate loaded snack. Simple Carbohydrates (Sugar/Honey) are good here for Quick Energy as well as Fruits like Apples, Bananas, etc. Don't Over-Do it and stay away from Dairy as it does not digest Quickly.

Post Workout-

VITALLY IMPORTANT you feed your body 2 to 1 Protein to Carbs and it should be Good Protein. Supplementation with a post workout or Chocolate Milk here is the fastest way to get this but you can also get it from a good diet. Whey Protein ingested at this time will be digested the quickest and help with faster Recovery. Casein Protein ingested will slowly digest and feed the muscles over a number of hours.

Dinner-

Make sure you get Protein in your diet during this time and it is important it comes from actual food. Try not to supplement it during this time if you can avoid. Use the same principal as breakfast 2 to 1 Ratio for Protein to Carb. Try and aim for lean meats, complex carbohydrates, and stay away from Soda if you can.

Bedtime Snack-

Great Sources of Casein Protein are best to be ingested at this time. Greek Yogurt, Cottage Cheese, Peanut Butter, Peanuts, Casein Protein Supplements, etc.

Important Things To Remember:

- 1) *Muscles need complete proteins to grow. Complete proteins are found in meats and dairy. They contain the essential amino acids to build proteins and muscle growth.*
- 2) *Increasing protein in your diet will also increase the water usage in the body. Proteins take more water to digest, therefore you need to increase your H2O intake. Aim for 100oz a Day.*
- 3) *You do need to balance your carbs within your diet. The body need complex carbs for proper digestion and absorption.*

Great Sources of Whey Protein (Whey is the fastest and first protein digested by the body)

Milk, Cottage Cheese, Yogurt, other Dairy Products

Great Sources of Casein Protein (Casein is a slow absorbing protein that can last 6-8hrs for a constant muscle feed)

MEAT, Milk, Cottage Cheese, Yogurt, and Other Dairy Products

Complex Carbohydrate Sources

Potatoes	Prunes	Rice
Beans	Apples	Corn
Carrots	Pears	Wheat
Okra	Strawberries	Oats
Zucchini	Yams	Lentils
Cucumbers	Dill pickles	Chick peas
Radishes	Onions	Split peas
Asparagus	Tomatoes	Soybeans
Grapefruit	Pinto Beans	Kidney beans

Simple Carbs

Pre Workout Supplement
Fruit Snacks
Easily Digestible Carbs