



Cookin' up Fitness™

Cultivate, Coach, Cook & Connect

Welcome to Week 6 **SportFIT Cookin'**

Introduction:

Over the past several weeks you have learned how to build a customized **SportFIT** nutrition plan. This was accomplished by applying a simple formula we've branded as the Q₂F principle. The Q₂F principle necessitates that the *quantity* of food consumed is balanced by the *quality* of fuel supplied and the *frequency* of intake. When all *three* Q₂F principles are in proper balance, food can be utilized to meet energy demands efficiently. This week we will conclude the program by looking at the "F" in Q₂F; *frequency* of fueling. Additionally, we will discuss how to use **Macro Maps** as quick guides to assess target CHO, PRO & Fat goals and provide simple strategies on how to prepare foods to boost peak performance.

Background:

In the most basic terms, metabolism is the process by which our body takes the food and beverages consumed and converts them to energy for either immediate utilization or to be used later. This is dependent on your nutritional state, fueling regimen, activity level, and health status. Typically one is in a continuous state of *catabolism* (breaking food to supply energy to the body) or *anabolism* (rebuilding to sustain life and activity). The rate and efficiency of one's metabolism is dependent on genetics, biological needs, storage capacity, frequency of delivery and quality of fuel supplied.¹

Week 6 Focus:

1. Learn general and training specific guidelines for fueling frequency
2. Understand how to use & apply **Macro Maps** to your personalized nutrition plan
3. Acquire simple tips and cooking strategies to prepare and cook power foods

Week 6 Challenge: Assess and adjust fueling schedule based on guidelines and prepare 1 recipe

Connect: To connect with us, follow us on Instagram. Direct message (DM) us for general questions about the Nutrition Basic Training program.

Coach: Individual coaching is available upon completion of this Nutrition Basic Training Program. Please eMail a brief note regarding the coaching or culinary service you are requesting.



Week 6 Instructions: This week participants will complete 3 steps to finalize the **SportFIT** Nutrition Basic Training Program. First you will review simple rules for general and training specific fueling frequency. Next, you will learn how to interpret and apply a **Macro Map** to your **SportFIT** nutrition plan. Lastly, we will provide a **SportFIT** power food shopping list and a few quick and easy recipes to power your performance objectives.

Week 6 Tip: You have officially come full circle. Take time this week to think about how you might apply each element of the Q2F principle to a **SportFIT** lifestyle. What challenges might you face? What works and doesn't work for you? Which facet might be most challenging for you? As you think through these questions, please contact us if you are struggling to fully implement all phases of the plan. We are here to guide your success.

Step 1: Assessing Fueling Frequency

In order to optimize physical fitness and athletic performance, synergy must exist among the *Quality, Quantity, & Frequency* of nutritional intake. Below we have provided a few simple rules to follow which support ideal utilization of food consumed.

RULE	General Fueling Guidelines
2 Hour Rule	Consume breakfast within 2 hours of waking
4 Hour Rule	Do not go beyond 4 hours without eating a meal or snack
Eat CHO's Early & PRO Late	<p><i>Consume more of your CHO budget earlier in the day</i> Carbohydrates are utilized more efficiency earlier in the day because liver glycogen stores have been emptied through the night and fuel is needed to supply instant energy throughout the day.</p> <p><i>Consume more of your PRO budget later in the day</i> Protein is most needed and utilized late in the day for tissue repair and growth</p> <p>Note: This does not mean you can't have an egg for breakfast or CHO at dinner just concentrate portion sizes according to the guidelines provided.</p>
RULE	Training Specific Guidelines
Eat 2 Hours Before Workout	Eating 2 hours before a workout is best to allow time for digestion however, whole fruit is digested quickly and can be consumed 30 minutes prior to a workout
Eat During Workout (Apply if continuous activity > 60 minutes)	Consume 30 to 60g CHO/hr.
	15 g/15 minute CHO Equivalents 4 oz. 100% fruit juice <i>or</i> 1/2 banana or apple, <i>or</i> 1/2 granola bar <i>or</i> 1/2 medium baked potato or 8 to 10 oz. sport hydration drink
Eat After Workout	<p>Endurance Athletes Try to eat within a 30 minute window if possible however, there is a 2 hour maximum recovery time post workout Consume at least 1g PRO/4 CHO ratio plus 1.2 g CHO/kg body weight</p> <p>Weight Training Eat within a 30 minute window after the workout has ended to optimize muscle growth. Consume 0.1g EAA/kg body weight (<i>Refer to block 4</i>)</p>

Note: Adapted from Fitzgerald, M. Racing Weight. Boulder, CO: Velopress; 2012 Ed. 2 pp. 128



Step 2: Understanding how to use the SportFIT Macro Map

Below is an illustration of the Macro Map issued in Block 6. This map serves as a simple guide to help you track consumption patterns based on CHO, PRO & Fat (g) target goals. We recommend tracking regularly in the beginning to gain awareness and confidence around eating patterns and the balance of foods required to support personal fitness and athletic training goals.

SportFIT MACRO MAP											
Daily (g) Target CHO	150-200	200-250	250-300	300-350	+350+						
Food Category	Target Unit/CHO					1 Unit Equivalent					
Fruit	2 - 3	3 - 4	4 - 5	5	5+	½ c juice or melon, ¼ c berries, 1 whole or ¼ c dried fruit					
Vegetables	3 - 5	4 - 6	5 - 7	6 - 8	8 +	½ c cooked/1 c raw, 1 c 100% veg juice, 2 c leafy greens					
100% Whole Grains (WG) or Starchy Vegetable (SV) (per preference)	6 - 7	7 - 9	8 - 10	9 - 12	12+	WG 1 slice bread or ½ bagel, ½ c cooked pasta, rice, grits or oatmeal, ¼ c granola, 1 tortilla (6"), 1 pancake (5") SV ½ c cooked or mashed, 1 large whole 2 ¼" or 3 small					
Dairy	2	2	3	3 - 4	4 +	1 c regular or soy milk, 1 c Yogurt (6 oz. container), 2 c cottage cheese, 1.5 oz. hard cheese, ½ c ricotta cheese, 1 c pudding, 1.5 c ice cream					
Fruit, Whole Grains, Starchy Vegetables & Dairy can be exchanged or traded out to suit your dietary preference											
Daily (g) Target FAT	45-60	60-75	75-90	90-105	+105+	Daily (g) Target PRO	50-75	75-100	100-125	125-150	+150+
Target Unit/Fat	3 - 4	4 - 5	5 - 6	6 - 7	7 +	Target Unit/Pro	6 - 9	10-13	14- 16	17-19	20 +
Food Category	1 Unit Equivalent					Food Category	1 Unit Equivalent				
Nuts and Seeds	1 ounce/varies 15 to 20 nuts					Beef, Pork, Chicken	1 oz. cooked				
Seeds	1 tbsp. or 3 tsp.					Fish & Shellfish	1 oz. cooked				
Oils or butter	1 tbsp.					Egg	1 whole egg or 2 egg whites				
Salad Dressing	2 tbsp.					Beans, Peas, & Lentils	½ cup cooked				
Peanut Butter	2 tbsp.					Hummus	2 tbsp.				
Avocado	½ medium avocado					Tofu or soybeans	4 oz. or ½ c				
Olives	10 to 12 large green or black olives					Nuts or peanut butter	½ oz. = 12 almonds, 24 pistachios, 7 walnut halves, 1 tbsp.				
If your target goals are in * range, please contact us to customize your SportFIT fueling plan											

Note: Adapted from: USDA ChooseMyPlate.org, 2015-2020 USDA Dietary Guidelines, NHLBI/NIH Food Exchange Lists

Outlined in **RED** are the goals calculated for the Field Hockey (FH) Player *example* used in Blocks 2 through 4. As you can see the FH athlete needed more CHO & Fat than PRO to fuel a moderate to high intensity sport. Conversely, a weight lifter would need more PRO and less CHO & fat. **Every plan is different and customized specifically for you.** Below is an example of a 1 day menu that meets the target goals outlined in **RED** above.

Field Hockey Player Example

Breakfast	Lunch	Dinner	Snack	Equivalent
1 c Oatmeal 2 Tbsp. Walnuts ¼ c dried fruit 1 boiled egg 1 c Milk	1 Tortilla ½ c Black Beans 1 c Brown Rice 2 c Spinach Salsa + Olives 1/2 c 100% fruit Juice/water	4 oz. Chicken 1.5 c Quinoa 2 c broccoli (cooked) 1 tsp. butter 1 c Milk	<i>Morning</i> Banana <i>Afternoon</i> 1 Yogurt 1/2 c Granola ¾ c Berries	CHO ✓ Fruit 4 ✓ WG/SV 8 ✓ Veg 5 ✓ Dairy 3 PRO 6 Fat 4

Step 3: **SportFit** Kitchen Grocery List & **SportFIT** Cookin Recipes can be found below.

Enjoy!



The **SportFIT** Kitchen

Appliances	In the Refrigerator	In the Pantry
<p>Other Necessities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy Stock Pot <input type="checkbox"/> 10" sauté pan <input type="checkbox"/> 6 quart large pot <input type="checkbox"/> Baking sheet <input type="checkbox"/> 8 inch square pan <input type="checkbox"/> Muffin pan <input type="checkbox"/> Cutting board <input type="checkbox"/> Assorted knives <input type="checkbox"/> Spatula & Spoons <input type="checkbox"/> Measuring cups <input type="checkbox"/> 10" steel mixing bowl <input type="checkbox"/> Strainer <input type="checkbox"/> Salt/Pepper Grinder 	<ul style="list-style-type: none"> <input type="checkbox"/> Seasonal fresh fruit & veggies <input type="checkbox"/> Citrus (limes, lemons) <input type="checkbox"/> Farm fresh eggs <input type="checkbox"/> Greek Non-fat Yogurt <input type="checkbox"/> Hard cheese (Swiss, Gouda) <input type="checkbox"/> Soft cheese (Feta, Goat) <input type="checkbox"/> Animal Protein (chicken, fish, turkey, beef, pork) <input type="checkbox"/> Plant Protein (soy beans, tofu) <input type="checkbox"/> Milk (almond, rice, coconut, dairy) <input type="checkbox"/> 100% Fruit juice (cherry, pomegranate) <input type="checkbox"/> 100% Vegetable juice <input type="checkbox"/> Tortillas (corn or whole wheat) <input type="checkbox"/> Fresh salsa <input type="checkbox"/> Fresh herbs (parsley, basil, ginger, mint, garlic minced) <input type="checkbox"/> Cold Green Tea 	<ul style="list-style-type: none"> <input type="checkbox"/> Brown rice <input type="checkbox"/> Quinoa <input type="checkbox"/> Pasta (orzo, couscous, angel hair) <input type="checkbox"/> Granola <input type="checkbox"/> Potatoes or Yams <input type="checkbox"/> Beans (canned or dried) <input type="checkbox"/> Lentils <input type="checkbox"/> Better Then Bouillon <input type="checkbox"/> Vinegars (balsamic, red wine, apple cider) <input type="checkbox"/> Oils (olive, grapeseed) <input type="checkbox"/> Nut butter (peanut, almond, cashew) <input type="checkbox"/> Seeds (sunflower, flax, chia) <input type="checkbox"/> Nuts (peanuts, walnut, pistachios, cashew, pecans) <input type="checkbox"/> Dried fruit (no added sugar or preservatives) <input type="checkbox"/> Spices (turmeric, cinnamon, chili powder, cumin, nutmeg, black pepper, sea salt) <input type="checkbox"/> Sweet (100% pure maple syrup, honey, agave, 100% fruit preserves) <input type="checkbox"/> Chocolate (dark and cocoa powder)



SportFIT Cookin'

Sweet Squash Classic

2 cups quinoa (rinsed)
4 cups orange juice (OJ)*
2 cups yellow squash (shredded)
½ cup Craisins
½ cup walnuts
*Low sugar version substitute 4 cups
OJ for 3 cups water/1 cup OJ, squeeze 3
whole oranges into water



Tex-Mexi Deliciousness

2 cups quinoa (rinsed)
4 cups better than bouillon chicken base
1 cup black beans (rinsed)
1 cup diced tomatoes Roma or fresh salsa
1 cup of fresh, frozen or canned corn (rinsed)
Sprig chopped cilantro
Fresh lime juice to taste

Leeks & Lentils

1 cup lentils
6 cups chicken stock
1 cup leeks
1 cup carrots shredded
One cup tomatoes diced

Cooking instructions: For each of the above recipes, place all ingredients in a slow cooker or stock pot and cook on low until quinoa or lentils are cooked, soft, and moist.

Original Recipes by Yanina Yearwood



Homemade Salad & Dressings

Fruity n Fun Salad Dressing

3 tablespoons olive oil
1 tablespoons white balsamic vinegar
½ teaspoon mustard
2 teaspoons shallots
½ cup strawberries pureed

Cookin' Up Fitness Classic Dressing

3 tablespoons olive oil
1 tablespoons white balsamic vinegar
½ teaspoon mustard
1 tablespoon garlic minced
2 tablespoons parsley minced

Strawberry-Walnut Salad

6 cups spinach
2 cups strawberries sliced
½ cup feta
1 cup toasted walnuts
Top with **Fruity n Fun** Vinaigrette



Classic Cucumber-tomato

1 English cucumber diced
3 Roma tomatoes diced
½ cup red onions diced
3 tablespoon olive oil
1 tablespoon apple cider vinegar

Original Recipes by Yanina Yearwood



SportFIT Soups on the Go!

Potassium Booster

- 6 cups chicken stock
- 2 tablespoons olive oil
- 2 sweet potato chopped
- 1 one onion chopped
- 2 stalks of celery chopped

Cooking instructions:

1. Sauté all vegetables in olive oil until tender
2. Place in Blender or Vitamix with stock
3. Blend until smooth
4. Serve



Beta-K Boost

- 6 cups chicken stock
- 1 pound chopped carrots
- 1 can coconut milk
- 2 stalks celery chopped
- 1 onion chopped

Cooking instructions: Simmer all ingredients until tender, purée and serve

Original Recipes by Yanina Yearwood



Resource List

Web Based References

American College of Sports Medicine www.acsm.org
Academy of Nutrition and Dietetics www.eatright.org

Books and Articles

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2. Fitzgerald, M. Racing Weight. Boulder, CO: Velopress; 2012 Ed. 2 pp. 123-139
3. Clark, N. Sports Nutrition Guidelines. American College of Sports Medicine. Spring 2011. https://www.acsm.org/docs/fit-society-page/2011springspn_nutrition.pdf?sfvrsn=0
4. Dunford M. Sports Nutrition. A Practice Manual for Professionals. 4th Edition. United States of America. Library of Congress Cataloging-in-Publication Data. 2006
5. American Dietetic Association. Sports Nutrition. A practice manual for professionals (4th edition). United States Library of Congress Cataloging-in-Publication Data. 2006
6. Bush B, Battista R, Swan P, et. al. ACSM's Resource For the Personal Trainer, 4th Edition. Lippincott Williams & Wilkins, United States Library of Congress Cataloging-in-Publication Data. 2014