

MIDWEST CONDITIONING SYSTEMS
DANIEL FINNEGAN
General Athlete Eating Guide

Eat 6-7 small meals a day and drink four of water before and after each meal this technique will give you a positive energy balance throughout the day as well as these other benefits:

- Decreased chance of injury
- Increased recovery rate from unavoidable injury
- Increased chance of muscle growth
- Increased performance
- Lower amounts of body fat on a higher caloric intake

Example day of eating:

Breakfast: High fat, high complex carbohydrate, high protein

Example: 1 egg, 2 egg whites, 2 pieces of whole wheat bread, 1 slice of reduced or low fat cheese, 1 serving of fruit

Midmorning snack: Moderately high fat, moderately high complex carbohydrate, high protein

Example: Whole wheat wrap or bread with 3 egg whites (or crumbed hard boiled eggs), and a piece of low or reduced fat cheese, 1 small apple

Lunch: Low fat, moderate complex carbohydrate, high protein

Example: Whole wheat turkey wrap, low or no fat cheese, mustard, romaine lettuce, 1 slice of tomato, OR Grilled chicken salad, no cheese, mixed veggies.

Mid-afternoon Snack (3 hours pre workout or competition):

Low or no fat, high complex carbohydrates, high protein

Example: Whole wheat bagel, turkey, lean ham, tuna or chicken meat, romaine lettuce, mustard with 1 small apple, OR whole wheat turkey wrap, mustard, romaine lettuce, 1 slice of tomato. Fruit juice or drinks containing carbohydrate can be consumed at this time all the way up to training or competition provide that they are not taken in very large amounts.

competition

Pre workout or competition:

NO fat, high amounts of simple carbohydrates, high protein

Example: Protein drinks containing at least 30 grams of carbohydrates, and at least 25 grams of protein. Accelerade, G2 32 oz, Amino Vital Endurance, Pro, or TSODER are all great sources of simple carbohydrates that will provide the athlete protection from entering a catabolic state. All food at this point should be in a liquid form so as to aid in absorption rates and to and

prevent an upset stomach

Post workout or competition:

High protein, high simple carbohydrate

Example: Protein drinks containing at least 30 grams of carbohydrates, and at least 25 grams of protein. All food at this point should be in a liquid form so as to aid in absorption rates and to and prevent an upset stomach.

an upset

Note: This must be taken within 60 minutes of the last minute of your workout. Your anabolic window only lasts for 60 minutes. After that your workout has been wasted. Our suggestion, the sooner you ingest protein and carbohydrate after a workout, the better.

carbohydrates

Injury Report Protein Breakfast Guide

AN Whitehead



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