# 5 BULLETPROOF WAYS TO EAT **LIKE AN ATHLETE**



### NUTRITION

There are many aspects of Professional wrestling training, nutrition is one aspect that is often left out all together, based off of "Bro Science" or misleading, dangerous diet trends/fads.

Here we will go into 5 bulletproof ways you eat like an athlete and immediately implement into your day to get looking, feeling and performing your best in the ring





# GETTNGSTARTED **CONSUME QUALITY MACRONUTRIENTS**



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If you are new to training and getting serious about changing the way you look, feel and perform but do not know where to start when it comes to nutrition, here we will break the fist steps for effective long term fat loss.

High protein, low fat, high fat, carbs, no carbs, no fat, gluten free, intermittent fasting, juicing, ketogenic, less protein, 40/40/20, 50/30/20, paleo, Atkins, macronutrients/micronutrients, detox, vegan, more of this, less of that?

...It all can be a bit can be very confusing, right?

There is no one better than the other. Everyone is made up of different genetic and hormonal profiles, intolerances/allergies and you must do what works FOR YOU. What might one-person great results, may not work for you.

You might not know exactly what works for you yet, so here is the very first step.

Food choices.



Cut out the refined/processed stuff and eat real foods (vegetables, animal proteins, whole-fat foods, natural starches). This will increase your health profile and help lose body fat (keep in mind, this is the very first step.

Doing this will not get you super ripped but it will take you a good percentage of the way).

When your motivation is high, almost any 'diet' can work.. short term. But if you are making bad food choices, this will be virtually impossible.

#### When we choose bad foods:

- They are just empty calories with no functional nutrients
- You will always feel hungry, deprived and more likely to over eat (which is why people tend to yoyo diet, it is not sustainable for a long period)
- There is no positive effect on hormones that regulate appetite and energy intake

Along with eating good food, a great starting point is ensuring you get a combination of macronutrients each meal (protein, carbohydrates, and fats).

Let's take a look.



Carbohydrates:

Carbohydrates are our bodies preferred source of energy; they're found in large quantities of things like pasta, bread, potatoes as well as vegetables and fruit. Some carbs are good, and some are bad. The good carbs help supply your body with energy and nutrients and help you get leaner and more muscular.

The bad carbs have a greater propensity for fat storage, contribute to health problems and are nutritionally empty (white sugar and white flour products).

Carbohydrates in chemical form are known as monosaccharides, disaccharides, and polysaccharides. Monosaccharides + disaccharides = simple sugars (glucose, fructose, Maltose) = absorbed quickly found in table sugar, fruit juices, honey, sweets etc. not ideal sources of carbohydrates as they can be associated with some disease + weight gain. Polysaccharides = complex carbohydrates.

They contain large amounts of glucose molecules (glycogen, starches, and fibres). Complex carbohydrates are great sources of energy as they are broken down slowly supplying long lasting energy.



Example of "good carbohydrates" include: Rice (brown, white or basmati are great options), Quinoa, Oats, Potato (sweet and white) Whole meal wrap/bread, whole meal pasta, Rice cakes, fruit, and vegetables

#### **Protein:**

Protein is essential for growth (muscular development) and repair. Protein is broken down into smaller compounds called amino acids – there are nine essential amino acids that your body can not make itself - you must get them from food.

Amino acids provide the building blocks for your body. Protein is found in large quantities in mean and animal products (eggs and dairy).

Example sources of protein include Chicken: 21.2g protein, Cottage cheese: 13g protein, Salmon: 22g protein, Venison: 27g protein, Steak/lean beef: 31g protein, Pork: 20g protein, Egg (1 egg not 100g) :7g protein, Cod: 20g protein, Whey protein (1 scoop not 100g): 33g protein, Greek yogurt: 8g protein (Each food listed shows protein amount in 100g)



Fat:

Fat is essential for general health and is critical for your bodies function.

Fat is found in large quantities in foods such as meat and dairy (mostly sources if saturated fats – aka "bad fat").

Fat is also found in food like olive oil, nuts, fish and avocados (sources of unsaturated fats – aka "good fat")

Examples of healthy fats include Coconut oil, Almonds, Olive oil, Pistachios, Olives, Peanut/nut butter, Macadamia nuts, Cashews, Walnuts, Flax seeds, Avocado and Chia seeds.

Invest a few extra dollars into your body and buy real good quality food. Your health and physique will thank you for it.



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Low calorie Diets do not work:

First, we need to establish that weight loss and fat loss are not the same thing. You have to learn to distinguish between the two.

Scales can be very misleading if this is your only form of measurement. For example, a woman could weigh 70kg with 33% body fat. A female figure athlete could way 70kg but have a body fat percentage well into the low teens – the same weight but completely different body compositions.

Your goal should never be 'weight loss' but 'fat loss' while maintaining muscle. Stay away from 'diet'- instead, adopt new habits you can maintain as a lifestyle.

Often when we talk about or try to lose weight, we say we are 'going on a diet'. This implicates that it is temporary and at some point, we will have to 'go off' the diet.

The only way is to adopt new habits and keep them for life. Start by making small changes to your current eating habits such as reducing saturated fats, reducing refined sugars, eating natural, unrefined foods, plenty of fibre, eating frequent meals and drinking plenty of water.



#### What is a diet?

A diet could be defined as a temporary change in your eating habit to help you lose weight. Most 'diets' consist of a severe restriction of calories or food that is temporary. Why don't they work? Anytime you restrict calories drastically you will lose weight. So if your only criteria for success is weight loss, not caring where the weight comes from or how long it lasts, then 'dieting' is for you, and we could just go ahead and say that 'all diets work'.

Two major problems with this is- low calorie diets almost never last and 95% of people who lose weight of conventional diets can't keep it off and the weight that is lost is often muscle, not fat. A classic mistake people make is the idea of 'starving the fat' (restricting calories and food to a point which their body will use remaining body fat for energy) but it simply doesn't work like that. Our body has a complex series of defence mechanisms to protect us from starvation.

Our body can't tell the difference if we are 'dieting' or 'starving'. When our body senses a severe calorie deprivation it says "ok, this is all the food we are getting for a while so better stop burning calories and start saving our energy". This is where our body stops burning fat for energy.



#### Reasons to stay away from low calorie diets

- Slows down metabolic rate
- Lose muscle, not fat
- Increases activity of fat storing enzymes and decrease the activity of fat burning enzymes (when you don't eat enough, your body changes its chemistry to make it easier to store fat in the future)
- Decreases output of thyroid hormone (responsible for your basal metabolic rate; the rate at which you burn calories at rest)
- Increases the chance of rebound weight gain
- Increases appetite and cravings
- Decreases energy and work capacity

Losing fat is simple, but not easy. No one tells you this because let's face it, hard work, sweat, and dedication is not marketable. Hard work scares people away; everyone is looking for a quick fix. Quick, overnight, and effortless "fads" are more marketable. Fat loss, muscle gain and increasing performance capacity come down to proper training, nutritional intake, rest /recovery and understanding it takes time and will not happen overnight.



#### Water / Hydration

This is essential! We need to drink water to keep our body systems running smoothly, optimize metabolism, boost energy levels, promote good digestion (deliver nutrients to cells) and flush toxins out of the body.

Remove all sugary drinks. This includes sports drinks/energy drinks. Diet soft drinks/sports drinks with NO sugar are okay in moderation. Aim to drink at least 2L of water per day (minimum).

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# **HYDRATION** Get lean and boot performance

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#### Water / Hydration

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If you don't get enough water, you're likely seriously limiting your performance potential. Sticking to your hydration goals with a <u>water tracker</u> will help you remember to drink water when you need it so that you can perform at your best.

#### How can hydration affect your performance?

- Hydration enhances your motor neurons. Your muscles move only when they receive commands from your brain. These commands move through neural pathways, which depend on adequate hydration to function at their best. When exercising, you need your motor neurons at their top potential — otherwise your speed and strength can decrease.



- Your body needs fluids to transport energy nutrients. Without fluid, your body can't move essential macronutrients. You use these macronutrients for energy, and if your muscles don't get enough of them, your muscles will fatigue. Your body also needs fluids to remove the metabolic waste created when you're exercising intensely.

- Hydration helps regulate your body temperature. Your body is put under stress when its core temperature rises above normal. This stress interferes with the energy systems your body uses, which has negative effects on performance and recovery.

- Hydration helps you burn more fat. If you're trying to lose weight, you're likely engaging in some longer-duration and lower-intensity workouts to burn fat. Fat is a primary source of fuel in these activities. However, if your cells aren't adequately hydrated, your body won't oxidize fat as efficiently.

- You need fluid to regulate your blood pressure. When your body successfully regulates your blood pressure, your heart rate stabilizes, enabling you to help manage the stress placed on your body when you're training and recovering afterward. Too much stress, however, can lead to inflammation and interfere with performance and recovery.



# HOW MUCH YOU SHOULD EAT

#### 17.

**Calories to get lean!** 

Here is a simple calculator you can use to determine a starting point for determining how many calories to have.

THIS IS JUST A GUIDE - Everyone will different and adjustments will need to me made on a individual basis when sticking points occur (which they will)

Earlier, we looked at the three macronutrients. Each gram of macronutrients contains a certain number of calories :

Protein: 4 calories per 1 gram Carbohydrate: 4 calories per 1 gram Fat: 9 calories per 1 gram



Calories: Step by Step For this example, I will use my current weight 90kg

1.Body weight (Kg) x 2.2 = (90 kg x 2.2) 198

2. Bodyweight (198) x 14 = 2772 Total calories per day

3.Bodyweight (198)  $\times 4 = 792$  Protein Calories

4. Total calories - Protein calories = (2772 - 792) 1980 Energy calories

5. Energy calories  $x 0.5 = (1980 \times 0.5) 990$  Fat calories

6. Energy calories x 0.5 = (1980 x 0.5) 990 Carbohydrate calories

Protein: 792/4 = 198g per day Fat: 990 / 9 = 110g per day Carbohydrates: 990/4 = 247.5g per day



#### **Be consistent**

As mentioned, the determined calories is a starting point. I would recommend sticking to the calories each day for 2 weeks before adjusting.

If Fat loss comes to halt you can reduce total daily calories by 150-300 calories or increase activity/cardio sessions to increase total daily calorie expenditure



# SUPPLEMENTATION THE BEST SUPPLEMENTS FOR MAXIMUM RESULTS





#### WHEY PROTEIN ISOLATE

Inadequate amounts of protein is what is stopping you from getting "toned", JACKED and recovering to your full potential.

Australian standards of Protein intake are incredibly low for building muscle tissue that you're working so hard for.

Australian Protein recommendations: Women aged 19-70 years 46g/day Men aged 19-70 years 64g/day

Sure, this should keep you alive - but this level of protein intake will not give you the nice legs, tight arms and small waist you're after. Nor is this enough for guys looking to add some serious muscle

Truth is, a lot of people aren't getting enough protein.

Protein shakes are a great way to ensure you are hiting your daily protein targets.







#### CREATINE

IThe primary benefit of creatine is an improvement in strength and power output during resistance exercise.

For this purpose, creatine is well-researched, and the effects are quite notable. When used in conjunction with resistance exercise, creatine will increase strength, power output and lean mass.

It has also been tested for anaerobic running capacity in many studies, the results are that of increase performance.

Other supplements that may help performance, health and recovery:

Magnesium Omega-3 Carbohydrate supplement BCAA's (Branch chain amino acids) Vitamin D Caffeine



