

Fuel Right:



Personal Apex Nutrition Analysis
John Doe
(preview edition)

Kelli Jennings, RD

Fuel Your Adventure, Nourish Your Body.

Apex Nutrition, LLC

Endurance Sports, Fat Loss & Wellness Nutrition Assessment Analysis John Doe

John,
Thank you for purchasing a Personal Endurance Sports & Fat Loss Nutrition Assessment and Plan! After reviewing your assessment, I formed this analysis based on the crucial aspects of endurance sports nutrition, fat loss & overall wellness:

Eating Pattern:

Your eating pattern is good in the morning with breakfast and morning snack. I'll recommend a lunch that gives you more sustained energy (sports bars are digested, used or stored very quickly by design – likely the reason for a high and then a low energy by 1-2pm, and I'll recommend pretraining fuel before your ride in the afternoon. Additionally, we'll add a recovery after your afternoon training within 30 minutes of finishing. Your current pattern for dinner and dessert look good.

As you'll see, I promote eating proactively and consistently – just as you would not wait for your car to begin sputtering before you fill it with gas, you should not wait for your body to be dragging or for you to be ravenous before you give yourself fuel. If you're feeling low on energy early afternoon, and then ride an hour later, you're starting off in a hole – we'll correct this.

Along with a healthy pattern, we will work to make sure you are controlling portions to promote weight loss. Many times, athletes overeat because they (sometime subconsciously) feel the “owe” themselves more food than they ought to eat. Or, they eat too little early in the day and are ravenous at night (I think currently, you are eating too little during the day – especially in terms of training fuel (before, during, after). One key is curbing overeating is to make sure you recovery properly (with a recovery snack/meal) after working out, then realizing that you don't “owe” yourself anything extra after that. And, to really understand that hunger is not a call to action. I've heard Lance Armstrong state that he didn't remember a night when he didn't go to bed hungry when training – if he can't eat all he wants even when training full time, surely we can't either. This does not mean I want you to be hungry...but, realize you will be on a calorie deficit to achieve your goals.

We will work to make sure you eat consistently and proactively get enough fuel during your day when you are most active, and then plan on a “light” evening meal and snack after you are done with your activity. This “light” evening strategy will help us create a calorie deficit for fat loss without impacting your training too much. You are making really good choices at dinner, so we'll just make sure it's in a portion that will promote fat loss.

As far as your eating pattern for sports nutrition, again, I'll recommend pre-training fuel especially on any days you ride more than 60 minutes (you can likely skip this for any strength days or those that are low-mileage recovery). Then, for any rides that are greater than 60 minutes, we'll “dial-in” your training fuel with 40-60 gm carbs per hour, 400-700 mg sodium per hour, 100-150 mg potassium per hour, and 20-32 oz. fluid per hour.

Although overall calories are very important when it comes to optimal energy levels (a calorie is a unit of energy, after all), fat loss, and fueling training, a healthy eating pattern plays a large role. Your body depends on you giving it consistent fuel in order for it to burn it most effectively!

Food Choices for Individual meals:

Breakfast: Your Eggs + veg + sweet potato + olive oil breakfast is great. It's a good balance of protein, fats, and carbs. The Oatmeal + raisins + banana breakfast, though, is a bit too high in carbs and too low in protein and healthy fats – I'll provide specific recommendations using both of these meals with balance.
2-3 cups coffee is fine.

Morning Snack: Fruit is a good snack, but I'll recommend adding some protein to it (nuts, cheese, etc).

Lunch: Your lunch isn't doing you any favors. Clif bars & power bars are designed to digest and hit your blood stream very quickly to provide quick energy while you are training. So, by the time your afternoon ride rolls around, this fuel has either been used or stored, which leaves you low on energy and promoting fat storage. Instead we'll look to "whole foods" at lunch and use this sort of fuel 30 minutes before your training. **Are you able to pack a lunch, or what options do you have here? For packed lunches, it can be as simple as sandwiches, possibly yogurt, fruit and veggies.**

Afternoon Snacks: I'll recommend consistent pre-training fuel on training days, or a healthy whole food snack (like your morning one or maybe yogurt?) on light or off days.

After training, especially on those days that are intense rides and/or include CrossFit, I'll recommend adequate carbs and protein immediately after training (before CrossFit) for recovery – this will improve energy stores and riding the next day.

Dinner: Perfect food choices - protein and veg. I'll give recommendations for portions and we'll add more healthy fat as well

Dessert: fruit and nuts – great!

Also: Do you drink alcohol, if so, how much?

Calories:

I've calculated that you burn ~1947 calories for RMR (taking age, weight, height, and sex into account). Then, you'll burn an addition 10% of your RMR (195 calories) for sedentary activities throughout your day. By your calculation, you burn another 358 calories per day on your ride to and from work (correct?) and 500 calories burned at CrossFit 3x/week. Then, there's your actual afternoon training – high amounts of calories burned! So, we'll breakdown calorie goals for eating as follows:

Off-days: ~2000 calories. However, if it's the day before a big ride, we'll add up to 500 calories extra.

Off-days w/ CrossFit: 2300-2500

The above will give us a good foundation for weight loss since you burn ~2150 for RMR and sedentary activities, 2500 with cycling to and from work, and ~3000 when you add in CrossFit.

Then, we'll do our best to fuel your training so that you can keep improving:

Training Days, no CrossFit:

<60 minutes training = up to an additional 250 recovery calories if intense

60-90 minute training = + 250-350 calories

90+ minutes training = 250-350 recovery calories + ~250 calories per hour during training

180+ minutes = 250-350 recovery calories + ~250 calories per hour during training + 200 calories

extra as needed

Training Days, with CrossFit:

Add an additional 100-200 calories to above.

You won't have to figure all of this out – it's just the logic behind the meal plan you'll receive to help you lose fat based on your every day calorie output, yet still get enough training fuel to feel great and continue to excel as a cyclist.

As you'll see, I change training fuel based on your amount of training and intensity. Please remember, this is just an initial plan...we can make adjustments if the calories are too low or if you are not meeting your goals. **Let me know what you think of these estimates...**

Carbohydrates:

Some of your carbohydrates are great with the exception of using "quick-carbs" at lunch (refined). Carbs from sugar and refined grains will promote fat storage when they are not used for training nutrition. There are 3 reasons why you need to

choose high fiber carbs when using carb sources during daily eating: 1) white starch and sugar are pro-inflammatory in our bodies, 2) fiber is super important for overall health (see below), 3) minimizing your intake of refined starches and sugar is important for reducing fat storage because you reduce the need for extra insulin (which promotes fat storage and reduces fat breakdown). When you eat high fiber carbs, you do not need this insulin burst, but instead you get steady, consistent energy that is used for fuel rather than stored. The same thing can happen when you overeat at any one meal, or skip meals and then eat.

The only exception to this rule (of high-fiber carbs) is for training nutrition (especially during training) at which time your body uses the refined carbs quickly for energy. Choosing the right types of carbohydrates, in the correct portions, and within a healthy pattern is the key to maintaining good energy, high fiber, and healthy blood sugars. The best carbohydrate choices are high in fiber.

Fiber:

Your fiber intake looks a little low, likely lower than 30+ grams per day. This is a good benchmark for which to shoot. Fiber is digested and absorbed very slowly – this helps your body have slow, consistent, energy rather than blood sugar peaks and valleys. Fiber is very important for overall health and I consider it to be the foundation of preventative nutrition. It keeps your gut healthy, which keeps your whole body healthy. It also helps reduce fat gain, cholesterol, and spikes in blood sugar.

Fruits & Vegetables:

Your fruit/vegetable intake looks good, and we'll even add some more at lunch. For many years cancer experts have recommended 5-8 servings for adequate fruit and vegetable intake. Each has components that reduce your cancer risk, fight disease, prevent disease, and reduce the free radicals that cause destruction to your cells.

Fat Choices:

Your intake of “bad fats,” trans fats seems low, which is great!

Next, we need to make sure that you are proactively eating the right fats: omega-3s from fish and monounsaturated fats. You're doing a great job with supplementing fish oil – what brand or how many mg of DHA and EPA (specifically) are in each capsule?

I recommend supplementing fish oil (omega-3s) at ~1000 mg DHA/EPA per day + eating fatty fish 2x/week for optimal anti-inflammatory benefits (even tuna is fine for this one).

Then, I recommend consistent intake monounsaturated fats like olive oil, avocados, and nuts. Nuts are an easy snack or we can find a way to add the others to your meals more consistently. From an athletic and overall wellness standpoint, healthy fats help reduce the inflammation in our bodies which can lead to different chronic diseases as we age. These healthy types of fats also promote insulin sensitivity (so our bodies need less) which in turn reduces fat storage and increases breakdown.

Protein:

Overall, your protein intake looks okay, but may actually be a little low since not all of your breakfasts have much and your lunch is a little low (2 Clif Bars = 24 grams protein). Since you are eating a good deal of meat in the evening, you may be making up for it (meat usually has ~7 grams of protein per ounce) – we'll be shooting for ~100+ grams per day. It will also help that we'll add a recovery snack: After training, we'll aim for 10-20 grams of protein. You certainly need good quality protein at every meal since you are trying to lose fat while maintaining lean muscle (a tall order!). Furthermore, as an athlete, you do have much higher protein needs than a sedentary man. Protein is important for cell repair and rebuilding when you are training, and important for satiety, immune function, and overall health.

Calcium:

Your calcium intake may be just slightly low – we'll aim for ~600-800 mg per day. Calcium, whether from dairy products or otherwise, is important for bone health, nervous system health, and healthy weight maintenance.

Other Vitamins/Minerals:

Since you are training at this level, you do have higher vitamin and mineral needs than a sedentary person. I recommend adding a multivitamin, vitamin D (more below), and continuing your omega-3 supplement (I'll give specific recommendations on all of these in your plan). Vitamin D and omega-3s have actually been shown in recent research to provide a lot of protection from chronic disease + improved ability to lose fat.

I do think many people can get all their nutrients from food, but when you workout as much as you do, it helps to use a supplement (especially when operating on a calorie deficit for fat loss).

Inflammation:

It's important that your food choices promote a reduction in any chronic inflammation in your body (for health, weight loss, and sports training). Again, I recommend adding olive oil, avocados, nuts, and eating fatty fish 2x/week + supplementing with -1000 mg DHA/EPA for optimal anti-inflammatory benefits.

Metabolism:

There are a few key vitamins and nutrients that will help our bodies stay more sensitive to insulin, which in turn allows us to use foods more efficiently for energy and store less fat. These are:

*Omega-3 fats (1000-2000 mg DHA and EPA)/day

*Vitamin D (1000-5000 IU/day)

*Avoiding white sugars and starches (like white grains, sugars; except for training nutrition)

*Consuming adequate protein at every meal

Water and Fluid:

How are you doing in this department? I recommend aiming for -80 oz. per day, then increasing it by 16-32 additional oz. per hour of training, either during or immediately after (higher end if training in hot/humid conditions). If you consistently don't get enough fluid, you are at risk of being chronically slightly dehydrated, which can negatively affect your energy levels, training performance, perceived effort, and health.

Cardio exercise:

Your current amount of cardiovascular exercise is great!

Outlook on food:

It is very important to think of food as fuel for your body, just like gas is fuel for your car. There are foods with nutrients that you need, and foods that you simply don't need. You need fuel before you hit empty. You need more fuel when you are doing activity (during the day) and less when you are not active (during the evening after training). When you can think of food as fuel, and eat what your body needs, this become easy. This is not to say that you will never celebrate with food or enjoy a meal that is not high fiber and super healthy – you will...and this is okay. But the day in day out eating needs to be fuel for your body in an amount that will fuel your training and daily activities.

John, you are doing many things very well. We will work to make sure you are getting the nutrients you need every day from your meals and snacks. Then, we'll make sure to promote the best cycling possible with training nutrition. That said, you will be on a slight calorie deficit in order to lose weight/fat, so it will be important to allow yourself some hunger (without acting upon it) as long as you feel well-fueled during your training. You're already doing a great job for the most part, so we'll work to make this a realistic plan that you can maintain for life.

Plan of Action: Let me know what you think of the following plan:

1. Meal Plan: I will provide suggestions for meals and snacks with specific portions to establish a healthy calorie intake. The food choices suggested will promote high-fiber whole grains and whole foods, fruits/veggie intake, calcium food intake, healthy carbohydrates and protein at each meal, and a healthy pattern of eating for good energy levels and a steady metabolism.
2. Nutrition Education: I will provide healthy nutrition education for wellness, fat loss, and endurance sports nutrition. This package will be comprehensive and give you a good idea of what foods will benefit your body and what foods will not.
3. Lastly, you can hire me as your nutrition coach month-to-month. If added, we will work together each week as I provide continued accountability, encouragement, answers to questions, help with meal plan adjustments, and ongoing support. This part is what you make of it...I send an email at the beginning of each week and then respond to your emails throughout the week. You can send in food journals for comments and/or check in with me as much as you'd like. Let me know if you'd like to add it at anytime within 90 days

of receiving your plan (you're already set for 2 weeks FREE coaching since you we're referred by a former client).

I look forward to your feedback! Please make any comments on this analysis and plan in red. Once we have an approved plan, I will get to work on your packet and do my best to deliver it via email within 3 business days.

Thanks again and have a great day!

Sincerely,

Kelli Jennings, RD

Fuel Right:



Custom Apex Nutrition Guide
John Doe
(preview edition)

Kelli Jennings, RD

Fuel Your Adventure, Nourish Your Body.

Apex Nutrition, LLC

Endurance Sports, Fat Loss & Wellness Nutrition Guide John Doe

John,

Hello and thank you for allowing me to create your custom meal plan and nutrition education packet. This guide will direct you through the other pamphlets. I will try to explain the tools I have provided, how they relate to your wellness and sports nutrition goals, and why they are important. This packet can be overwhelming, so take a deep breath and realize that you do not have to master all of this in one day. Start by following the meal plan. By doing this, you will automatically make improvements to your nutrition plan. Then, read through the ebook, Fuel Right, as directed and learn why I have suggested the foods on the meal plan. My main recommendations for you are:

- 1) Provide your body with usable fuel before, during, and after training
- 2) Eat on a consistent whole-food meal plan with adequate daily nutrients to provide optimal energy levels
- 3) Create calorie deficit that will promote fat loss without impacting training fuel and energy
- 4) Use healthy fats to reduce inflammation while avoiding saturated and trans fats
- 5) Minimize sugars and refined grains (except for “Training Nutrition”) – focus on whole grains and 30+ grams fiber per day and fruits/vegetables
- 6) Supplement with adequate nutrients
- 7) Continue to Hydrate adequately!

Here goes...

First, read through the “Training vs. Daily Nutrition” section of your ebook (pgs. 10-12). This will give you an overview of what an athlete needs during training and during the day, and set the foundation for the rest of the packet.

Next, take a thorough look at your Mix and Match Meal Plan. If you pick one option for each meal and snack PLUS your protein/healthy fat add-ons at each meal, you will eat/drink a base of ~2100 calories per day *excluding* fuel for training days. From there, you can bring this total up to higher amounts depending on your training schedule. The healthy fats and protein you use to add calories to your meals will promote health and have a better effect of fat storage than added extra refined foods and carbs – we will include enough carbs for you to train your best – extra, will actually slow you down because they promote fat storage (you can only store so many carbs in your liver and glycogen stores) – the others are useful immediately before, during, and after training. Overeating carbs at other times is not beneficial.

Furthermore, I’ve allotted for ~150 calories of wasted calories per day as a “one-treat-per-day” rule. You can eat it at anytime, but once you’re done, you’re done.

Then, for each day you workout, ... *(further information included in Custom Guides, but not in preview)*

For daily nutrition, ...

As you’ll see, I tried to use whole-food options for your normal meals. As I mentioned in your analysis, a Clif bar or Power Bar is great training nutrition – it’s designed to be digested quickly and provide energy. But, ...

Next, glance at the ebook sections entitled “Your Gut” (page 14) and “Fiber Foods” (page 20). During week 2 of following this program, read through these sheets and discover the importance of a high fiber diet...

Then, glance at the section entitled “Eat Healthy Fats (page 26).” During week 3 of following this program, read through this sheet and discover which fats can improve your health and which ones hinder it...

For reducing inflammation (as an athlete and for overall health), try to eat foods that are...

Now for the stuff that will make a huge difference in your training and racing. Read the section on Training Fuel starting on page 34. Pay particular attention to the “During Training” aspect...

In regards to sports nutrition, 4 areas need to be addressed: Daily Nutrition for a healthy weight, training nutrition for optimal energy, glycogen replenishment, and tissue repair, hydration, and supplements for extra nutrient needs. Each is discussed below...

Please hit me up with any questions and let me know if I missed anything specific about which you’ve asked...

Keep me informed on how you feel during training with my recommendations for training fuel and daily nutrition. The goal is to see strength:weight ratio increase, and better and better training (and racing) times. I believe you can do it!

You’re all set for 1 weeks FREE coaching, I’ll check in at least 2x/week, and reply to any emails from you. Please keep me updated with any challenges, triumphs, etc so that I can help you make adjustments to the plan. The coaching relationship is what you make of it – those clients who stay most in contact with me realize the most success!

I look forward to our continued work together.

Take care and have a great day!

Kelli Jennings, RD, President
Apex Nutrition, LLC

Fuel Right:



Custom Sports Nutrition Meal Plan
John Doe
(preview edition)

Kelli Jennings, RD

Fuel Your Adventure, Nourish Your Body.

Apex Nutrition, LLC

Mix and Match Meal Planning

John Doe
-2100 calories Base

Directions:

Choose 1 option for each meal and each snack PLUS one protein/fat add-on for each meal to provide the above calories and adequate nutrients. If you'd like to use another meal or snack idea, simply use a portion that fits into the suggested nutrient allowance. You can add unlimited vegetables to the plan and make any substitutions for allergens or food sensitivities as needed. Try to include 5-8 servings of fruits and vegetables (total), 30 grams of fiber, and 3 calcium sources (yogurt, milk, low-fat cheese) each day.

Training/Nutrition Schedule:

Non-Training Days: Breakfast, Daytime Snack, Lunch, Daytime Snack, Dinner, Optional Snack – If it's the evening before a big ride, add the carb add-on option at dinner (-2100 calories)

Non-training Days w/ CrossFit: Use pre-training fuel (instead of regular afternoon snack) before CrossFit and eat recovery snack after CrossFit (-2350 calories)

Training Days, <=60 minute training (no CrossFit): Use pre-training fuel (instead of regular afternoon snack) before Training and eat recovery snack after Training (-2350 calories)

Training Days, 61-180 minutes training (no CrossFit): Use pre-training fuel (instead of regular afternoon snack) before Training, use FUEL DURING TRAINING (per hour), and eat recovery snack after Training (-2650-2750 calories)

Training Days, 180+ minutes training (no CrossFit): Eat 2-3x training fuel before beginning ride, use FUEL DURING TRAINING (per hour), eat recovery after ride. Then, pick up normal daily meals and snacks. Can use 1-2 protein/fat add-ons at meals after ride.

Training Days with CrossFit:

As above according to training time + 2nd recovery snack (should have one between training and Crossfit, and one after CrossFit)

Recommended Daily Supplements:

- Daily multivitamin (I like the Rainbow Light brand: <http://www.walgreens.com/store/c/rainbow-light-just-once-mens-one-energy-multivitamin/ID=prod5872095-product>)
- 1000 IU vitamin D: <http://www.walgreens.com/store/c/nature-made-vitamin-d-1000-i.u./ID=prod2303851-product>
- Current fish oil – 4 capsules per day

Guide to Portions:

Here are some visuals to help you with portions:

- 3 ounces of meat, fish, poultry = the palm of your hand or a deck of cards
- 1 ½ ounces cheese = 6 dice
- 1 ounce nuts = a handful ; 2 tbsp nuts = 1 ping-pong ball
- One serving bread = 1 slice or ½ English muffin or small Lender's-type bagel
- 1/2 cup potatoes, hot cereal, cooked vegetables, chopped, canned or cooked fruit = a tennis ball
- One serving fresh fruit = a tennis ball or 1 cup berries/melon = 1 fist
- 1 cup cooked vegetables or fruit = the size of your fist
- 1 cup raw leafy vegetables = the size of your fist
- 1 teaspoon oil or butter = the size of the tip of your thumb (3 tsp = 1 tbsp)

Good Breakfasts to Start the day! (-400 calories)

Protein Add-on: *(15+ options)*

24 oz. water (by noon) +

10+ Snack options

Morning Snack:

12+ Breakfast options

Lunches: Keep energy up! (-500 calories)

Protein Add-on - Add one of the following to any lunch choice increase protein and/or healthy fat (80-100 calories and 7-18 gm protein):

24 oz. add'l water by 5:00

10+ Lunch options

Afternoon Snack (-200 calories):

SEE MORNING SNACK LIST ABOVE

Training Day Light Pre-Training Fuel (-200 kcals, 30-55 gm carbs, 0-12 gm protein – aim for a 4:1 carb:protein ratio or greater)

-30 minutes out:

5+ Pre-training options

Fuel During Training (if over 60 minutes): (45-60 gm carbs, -200-240 calories)

20+ During-Training Options

Recovery within 15-30 minutes after training (300-350 calories, 32-52 gms CHO, 7-19 gms pro)

10+ Recovery Snack options

Dinner: (-500-525 kcals)

Protein Add-on - Add ONE of the following to any dinner choice to increase protein and/or healthy fat (80-100 calories and 7-18 gm protein):

Carb Add-on evening before big ride: ½ sweet potato, 2/3 cup brown/wild rice or couscous, 1 cup whole-grain pasta, 1 banana, 1/4 cup raisins, 2 slices whole-wheat bread or 1 small whole-wheat bagel, 2 fig newtons

16 oz. water by 8:00 +

20+ Dinner options

Optional Dessert : (-150 calories)

These calories can be “wasted” at anytime during the day – do not feel guilty about them, but, also, do not overindulge.

10+ Dessert options

Mix and Match Meal Plan

Recipe Collection

(25+ Delicious, Easy Recipes to Supplement the Meal Plan)

Fuel Right:



The Endurance Athlete's Guide Daily Nutrition, Training
Nutrition, and Achieving an Optimal Weight
(preview edition)

Kelli Jennings, RD

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Introduction

As an endurance athlete, you want the most out of your body. You have high demands. Especially as you leave your 20s, you realize that it takes more than just training to accomplish your goals. You need fuel. You need training nutrition, daily nutrition, and a healthy metabolism that uses the nutrients you're giving your body effectively. No matter your current fitness level, training schedule, or goals, you must support your body with nutrition and "fuel" your training.

But, you don't want to put just any fuel in your body, right? You need the right fuel, at the right times. Just like you wouldn't pour motor oil into your car's gas tank (the wrong fuel), you don't want to put "junk" into yours. On a daily basis, you want to eat "clean," aiming for wellness and disease prevention. For training, you need a different kind of fuel. You certainly don't want "roughage" setting in your belly while you're trying to power up a climb. You want easy-to-digest fuel that leaves your stomach quickly and reaches your bloodstream efficiently to give you immediate energy.

To add to the demands, many athletes strive to change their bodies while training. They want a better strength to weight ratio, and for good reason! If you can drop fat but maintain strength, you will improve as an endurance athlete. Even just 1, 2, or 5 pounds can make a difference when you climbing hills, doing speedwork, or on your 99th mile of a century.

As an example, just think of the amount of money it takes to upgrade to a high-end cycling component that weighs 100s of grams less than the lower-end one...by losing just 1 pound, you'll lose almost 500 grams!

You're in luck. Adequate fuel, healthy eating, and a better strength to weight ratio are in your grasp. My name is Kelli Jennings and I can help you achieve all three. I'm a Registered Dietitian, Sports Nutritionist, and avid endurance athlete. I've used my knowledge of nutrition, metabolism, physiology, and endurance sports to help hundreds of clients, from beginners to competitive amateurs to professional athletes – and myself! They've (and I've) had similar goals. And, we've been successful in achieving them!

The ebook you're reading, *Fuel Right*, is designed to give you this same success. It will provide all the information you need to:

- Identify daily vs. training nutrition needs
- Understand digestion, nutrition, and metabolism for the athlete
- Set up a healthy eating plan for day-to-day eating
- Add training nutrition that's appropriate for your goals, level of training and competitions
- "Prime" your body and metabolism to lose fat rather than store it
- Decrease inflammation in your body
- Use the right supplements for overall health, fat loss, and athletic goals
- Kick bad nutrition habits

All this, without all the information you don't need!

This ebook uses the same format and information I've created for my Custom Sports Nutrition clients. It begins with a "Guide" chapter - this is me walking you through my recommendations and all the tools I've provided as if we're sitting down face-to-face. From there, you can skip to different tools that are most appropriate for you. And, best of all, I've included a variety of "Dynamic Eating Plans." These plans give you specific choices for all Daily Nutrition (meals and snacks) and Training Nutrition (before, during, and after training) – with specific

portions, brands, and recommendations. If you want specific eating instructions, your “Dynamic Eating Plan” will simply tell you what to eat!

There’s a lot of information in this ebook – everything you need for healthy eating and training nutrition. Start with your guide and utilize your eating plan. You’ll automatically accomplish all the nutrition recommendations with it. Then, you can increase your knowledge with the other tools as you are able. I wish you the best and hope you enjoy the ride!

About the Author

Kelli Jennings, RD



Kelli is a Registered Dietitian with a passion for healthy eating, wellness, & sports nutrition. She is an avid athlete herself, and has become a leader and expert in the field of Sports Nutrition for endurance athletes. Her journey started with graduating from the University of Northern Colorado with a degree in Dietetics, earning a residency at Sibley Memorial Hospital in Washington, DC, and accepting a position from George Washington University Hospital as a clinical dietitian specializing in cardiac disease, neurology, neonates, and diabetes. From there, she began a private practice to focus on preventative nutrition, wellness and endurance sports.

While living in the mountain sport mecca of Crested Butte, Colorado, she quickly become a competitive athlete in endurance sports and began fine-tuning her expertise to help herself and other excel in health and performance. She has studied and worked in a variety of nutrition areas and is accredited by the Commission on Dietetic Registration.

Outside of work, Kelli loves living with her husband and 2 boys in Colorado where she spends her free time backcountry skiing, mountaineering, cycling, cooking, reading and mountain biking. She's often found in the midst of her own long distance mountain bike adventure and occasionally competing in a race like the Crested Butte Classic ('09 2nd place female finisher, 19th place overall). Or, just pulling her kids up a nice road climb in their Chariot. With a love of all things mountain, she spends a lot of time in the backcountry and has climbed all 54 summits of Colorado's 14,000 foot peaks (including 8 snow climb/ski descents). These activities give her plenty of challenge and balance with the added bonus of an opportunity to perfect endurance sports nutrition plans and sports nutrition recipes.



