

Nutrition Priorities Checklist

- ~1g/lb. of fat free mass per day
- At least 20g per meal spread evenly throughout the day

Get enough protein



- ½ oz water per pound of body weight per day
- + 16-24oz per hour of exercise

Hydrate well



- 5+ cups of fresh produce, more veggies than fruits
- At least 3 colors per day

Fill up on fibrous produce



- Consume protein or essential amino acids to support muscle recovery
- Consider additional supplements to maximize performance or recovery

Fuel for & recover from strenuous training



- Minimize refined carbs & added sugars
- Use carbs strategically before/after longest and most strenuous workouts

Be smart with carbs



- Fill in nutrient gaps with high quality multivitamin
- Consider additional supplements based on individual needs

Supplement Wisely



Visit www.ExperienceLife.LifeTime.Life for more Healthy Way of Life resources or speak with a trainer to learn more.