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Turbulence Training

Nutrition Guide

Fat Loss Nutrition Made Simple for Men & Women

www.turbulencetraining.com

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Turbulence Training: Nutrition for Fat Loss

Fat loss is really a simple equation---what goes in must be less than what comes out, meaning you must burn more energy (Calories) than you eat and drink.

Move more, eat less.

However, it's not just the quantity of Calories you eat, but also the quality that makes a huge difference. Sure, you can lose weight by eating fat free Danishes, as long as you don't eat too many; however, you can also kiss your muscles goodbye if that is your choice.

Instead, it's crucial to look at the overall quality of everything you consume—food and beverages.

With that said, let's take a look at some specific guidelines and recommendations that, when coupled with a sound exercise regimen, such as Turbulence Training, can cause you to lose fat, while preserving as much muscle as possible.

Food Selection

Some folks like to count calories, others like to write everything down they eat, while some just prefer to eyeball it and hope for the best. Out of those three examples, writing everything down would be the best suggestion; if you want to stay on track and continue to lose fat fast while being healthy, you need to know what you're putting in your mouth. And this means tracking your intake.

I don't mean you have to record every last detail about all nutrients you put in your body, unless you want to; however, monitoring your intake by keeping track of the servings of foods and beverages you're consuming is the best way to keep you on track to fat loss success.

Keep in mind, also, that it's not just solid foods that count towards your total intake; any beverages should also be included, as they can provide a significant amount of calories. And this includes alcohol, which is often "forgotten" about in the whole fat loss equation---these too can add a significant amount of calories, even if just having a few drinks during the weekend.

Now, as mentioned above, it's not just the total Calories that matter, but also where these calories are coming from. First, remember that carbohydrates are not the enemy; they can and should play a role in an overall healthy diet, whether you're trying to lose fat, gain muscle, or even just for general health.

Food Selection

Specific carbohydrate needs vary from person to person; an endurance athlete, for example, would need more whole-grain carbohydrates to fuel their performance, while someone who's going to the gym a handful of times, such as what's recommended in Turbulence Training would not need as much.

Of course we know that protein is also crucial; it's imperative for helping preserve as much muscle as possible during a fat loss program, assist with recovery from training, and provide essential nutrients for basic health and performance.

Finally, let's look at fat for a bit. Like carbohydrates, fat has been put on a roller coaster over the last few decades. It was demonized in the early 90's and embraced over the last few years. Some avoid it like the plague and others think it's wise to eat lard by the spoonful.

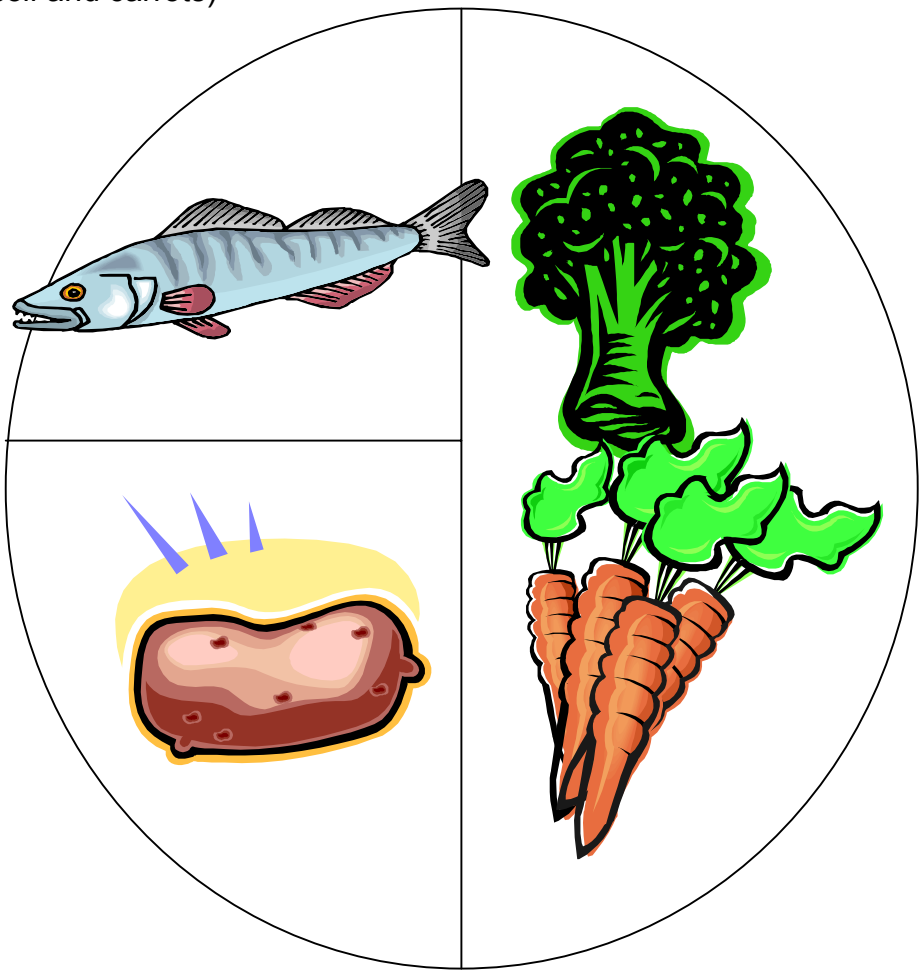
The fact of the matter is fat is crucial to an overall healthy diet; it provides a variety of essential fatty acids that cannot otherwise be consumed. So how much should we eat? Well, sit tight for a bit and remember, quality is just as, if not more important, than total quantity.

So let's make Fat Loss Nutrition simple. Without delving into a million different equations and mapping out a food label like something used to navigate the globe, let's take a more simple approach to helping you achieve your goals.

Food Selection

When eating, I urge you to divide your plate or bowl into three sections, like that outlined below. This way you have all components covered---healthy protein, whole grain carbohydrates (think fiber, not carbs), and some healthy fats. Here's an example below.

- ✓ **1 part lean protein** (in this case fish)
- ✓ **1 part whole-grain carbohydrate** (a whole sweet potato is pictured here)
- ✓ **½ the plate of fruit and/or vegetables of different colors** (in this case broccoli and carrots)



So that plate can in fact help you make some basic nutrition choices and guide you along. But the difference between eating a whole fish, like that pictured or 3 oz of fish, is a big difference.

Calculating Your Calorie Needs

Just how many Calories should you eat to lose weight? There are a variety of calculations available to estimate your needs, but I don't want you to have to pull out your calculators for this. Instead, I want you to do something that you can do right in your head.

Estimating Calorie Needs for Men

Example: 200 pound (91 kg) Man

Multiply your current body weight in pounds times 11.

- In this example, you would multiply 200 number by 11:

200 * 11 = 2200 calories each day as a daily goal for fat loss

Now, I understand this is not exactly a scientific equation. It does correlate fairly well with many of the more comprehensive formulas available, though.

For most, the number you come up with will be a moderate Calorie reduction for you, but that's what the goal is.

When this value is coupled with the Turbulence Training program, you'll be losing fat at a rapid, but safe pace. The goal is to aim for about 1-2 lbs of weight loss per week; remember, you want the fat off, but you also want this to be sustainable and not some quick fix program.

You may notice that I didn't add in any activity factors for this, but merely used a person's body weight to calculate needs. You can use more comprehensive formulas to determine your specific needs, multiply by an activity factor, subtract to cause a deficit---but I'm making it as simple as possible, while still allowing you to reach your goal, and the results come out pretty similar no matter how you slice it.

- The final recommendation for the man in this example is 2200 calories per day for fat loss.

Estimating Calorie Needs Females

Example: 150 pound (68 kg) Female

Multiply current body weight in pounds by 11

- In this example, you would multiply 150 * 11:

150 * 11 = 1650 calories each day as a daily goal for fat loss

Important Calorie Considerations

The lowest Calorie limit, when not under a MD's care, should be 1200 calories for men and women (according to NHLBI weight loss guidelines).

However, even at this very low number, you will lose a good amount of muscle. And that's why it's encouraged to couple calorie reduction with exercise, so your negative energy balance isn't solely from the calorie reduction, which eats away at muscle.

Aside from the risk of losing more muscle than desired, eating such a low amount of calories also makes it difficult to provide optimal nutrients for your body.

Regardless, it's recommended to eat plenty of fruits and vegetables, lean proteins, healthy fats, and whole grains; however, when limiting intake too much, it makes this difficult.

Calorie Recommendations for Obese Individuals

The above calculations are not appropriate for obese individuals, as the equations would significantly over-estimate calorie needs.

With most behavioral weight loss studies, we use 1200-1800 calories/day---a pretty drastic reduction, but when folks are morbidly obese, they need to get that weight off so they can even function! For those men and women that are over 300 pounds, use the 1800 calories/day.

As you are able to move more and do more of the TT training, you'll be able to up their calories a bit---at those high bodyweights, though, we're not tremendously concerned with muscle gain or maintenance; you actually have a good deal just to support their body weight, so it's expected that you will lose some muscle (as it is physically impossible not to).

Calorie & Nutrient Specifics

Let's delve a bit deeper into Calorie specifics. Remember, it's not just total quantity, but also quality of what comprises those calories in the abovementioned examples. Let's look more specifically at where these Calories come from and discuss each macronutrient: carbohydrates, protein, and fat.

Carbohydrates

Carbohydrates play a number of roles in the body. Two of the primary functions of carbohydrates are to provide glucose for the brain and energy for working muscles. Carbohydrates are stored in the muscles and liver as glycogen. Glycogen allows individuals to perform exercise for a sustained period of time, ride a bike, go for a run, etc.

While there are no essential carbohydrates, per se (meaning the body can make glucose from non-glucose sources during extreme situations, such as fasting, as described earlier), **carbohydrates play a crucial role during exercise**. Energy levels will decrease if carbohydrate intake is limited or carbohydrate stores in the body are low.

Some individuals need higher levels of carbohydrates than others (e.g., endurance athletes vs. purely strength trained athletes), but **no one should eliminate or drastically reduce carbohydrates for non-medical reasons**. Doing so will hurt mental and physical performance and there are two nutrients that cannot be obtained by any other food aside from carbohydrates: fiber and vitamin C.

There is surely much confusion about carbohydrates. Popular diets recommend avoiding them; they are often blamed for "fattening America" and nearly every food product on the shelf has a low-carbohydrate alternative.

Individuals often follow what they hear in the media and questions arise: "Should I stop eating carbohydrates after 4 PM? If I have too many carbs, will it make me fat? I can't eat fruit, it contains too many carbohydrates, right?"

So what is the truth? The truth is that carbohydrates are great for you; it is the type of carbohydrates that should be of concern, rather than carbs alone.

The key with carbohydrates is to always, always, always...**think fiber, not carbs.**

High fiber carbs are fantastic for you, will help with weight loss, and provide loads of nutrients you can't otherwise get from other foods. The only time simple carbohydrates should be part of your diet when trying to lose weight is in your post-workout nutrition. Simple carbs will help with recovery.

Carbohydrates

And remember too that sugar can often go incognito, attempting to disguise its identity by changing aliases, so don't fall for any of these.

Common Names of Sugar Found on Food Labels			
Brown Sugar	Turbinado Sugar	Honey	Maple syrup
Sucrose	Glucose	Corn syrup	Dextrin
Sugar	Lactose	Molasses	Fructose
Confectioner's Sugar	Date Sugar	Chicory syrup	Caramel
High fructose corn syrup	Fruit Sugar	Brown rice syrup	Maple sugar
Maltodextrin	Dextrose	Molasses powder	

Now to help you make sense of the normal carbohydrate confusion, here's a table that can be useful in helping you choose the right types of carbs.

Grains

Select Most Often	Select Moderately	Select Least Often
Amaranth	Cornbread	Brown sugar
Barley	Corn tortillas	Brown rice syrup
Beans	Couscous	Chicory syrup
Brown rice	Crackers	Confectioner's sugar
Buckwheat	Flour tortillas	Corn syrup
Bulgur (cracked wheat)	Grits	Dextrose
Millet	Noodles	Evaporated cane juice
Oatmeal	Spaghetti	Glucose
Quinoa	Macaroni	High fructose corn syrup
Sorghum	Most ready-to-eat breakfast cereals	Honey
Triticale	Pitas	Malt Syrup
Wheat berries	Pretzels	Maltodextrin
Whole grain barley	White bread	Molasses
Whole grain cornmeal	White sandwich buns and rolls	Raw sugar
Whole rye	White rice	
Whole grain bread		
Whole wheat crackers		
Whole wheat pasta		
Whole wheat tortillas		
Wild rice		

Note: while fairly comprehensive, this is not a complete list of all food choices

Carbohydrates

Remember too that fruits and vegetables are carbohydrates; make sure each of these categories is covered on a daily basis. Just like fiber, fruit and vegetable intake is correlated to weight loss, meaning the more you eat, the less you weigh and less fat you'll have.

Eating Your Colors: Fruits and Vegetables by Color

Eat a variety of fruits and vegetables from every column daily

Green	Yellow/Orange	Blue/Purple	White	Red
Artichoke	Acorn squash	Beets	Banana	Apple
Arugula	Apricots	Blackberry	Cauliflower	Pomegranate
Asparagus	Butternut squash	Black grape	Garlic	Radish
Bean sprouts	Cantaloupe	Blueberry	Mushroom	Raspberry
Bok choy	Carrots	Cabbage	Onion	Red onion
Broccoli	Corn	Eggplant	Parsnip	Red pepper
Brussels sprouts	Grapefruit	Elderberry	Potatoes	Strawberry
Cabbage	Lemon	Figs	Shallots	Tomato juice
Celery	Mango	Plums	Turnips	Tomatoes
Collard greens	Nectarine		Wax bean	Watermelon
Cucumber	Orange			
Green bean	Papaya			
Green grapes	Peach			
Green peas	Pineapple			
Green pepper	Pumpkin			
Kale	Sweet potato			
Kiwi	Yellow squash			
Lima beans				
Mustard greens				
Okra				
Peas				
Romaine lettuce				
Spinach				
Turnip greens				
Watercress				
Zucchini				

Note: while fairly comprehensive, this is not a complete list of all food choices

Protein

There has always been debate over the protein requirements of athletes. Muscle contains about 40% of the protein in the human body, which has led people to believe that eating dietary protein correlates directly to large muscles.

The truth is that eating protein does not build muscle; it is the stimulus of exercise (resistance training) that ultimately builds muscles.

Yes, dietary protein is crucial in the rebuilding and recovery process, but in and of itself, protein does not build muscle. This misguided belief is particularly true among strength athletes, who regularly consume an abundance of dietary protein, protein supplements, and amino acids.

So what are the requirements for fat loss? The exact protein requirements can be debated for days on end, with some folks saying they are no higher than in the general population and others saying if you're not gnawing on a side of beef, you'll never succeed.

The simplest recommendation is for folks to aim for 1 g of protein/lb of body weight. So, using the example above, if you weigh 180 lbs, you should aim for 180 grams of protein each day. If one day you get 150 grams, trust me, you'll live...more than adequately. Aiming for this number, though, is sufficient for all your growth, recovery, and repair needs.

Protein Recommendations for Women & for Obese Persons

Since women have less overall lean body mass than men, they won't require as high an amount of protein each day (0.8g of protein/lb of body weight will suffice). This value is still in line with the recommendations for strength trained athletes.

For obese individuals, just as with the calorie estimations, the protein calculations will also be over-estimated.

Therefore, in my opinion, I would put women at a maximum of 150g of protein per day and men at a maximum of 200g of protein per day. Because being obese does put them at risk for diabetes, this would also impact kidney health, so obese individuals don't need the additional urea being filtered through if in fact they do have diabetes.

Animal vs. Plant Proteins

Very often I am questioned about protein quality and what's the best source of protein. Or if someone is a vegetarian, can they meet the needs recommended. The fact of the matter is that all proteins are good and you should aim to get a variety in your diet. Here's the deal…

Animal and plant proteins can differ considerably in proportions of essential and nonessential amino acids. Animal proteins contain very high amounts of the essential amino acids.

On the contrary, plant proteins (legumes, rice, etc) are low in one or more essential amino acid (called the limiting amino acid). Some say that soybeans contain all essential amino acids in sufficient quantities, but while higher than some beans, they are still much lower in the limiting amino acid (methionine).

Proteins that offer a complete amino acid profile are sometimes referred to as complete proteins, whereas ones that do not provide all the essential amino acids are referred to as incomplete proteins.

However, this is not really a concern in developed countries. Assuming individuals are consuming adequate levels of calories and these calories come from a variety of foods, there is little concern for meeting protein needs.

This is because eating a variety of foods offers the ability to consume "complementary proteins." Complementary proteins are when two or more proteins combine to compensate for deficiencies in essential amino acid content in each protein.

For example, rice and beans are each limited in different amino acids; when combined, however, all amino acid requirements are met.

If someone was to live solely on corn as their protein source, for example, they would not obtain sufficient quantities of all essential amino acids. If all essential amino acids are not consumed in sufficient quantities, none of them can be used in the body, and it limits the amount of protein the body can synthesize.

The take home message is that it is very possible to consume adequate sources of high quality proteins if one is a vegetarian. However, it is crucial to ensure that:

1. Enough calories are consumed on a daily basis.
2. There is sufficient variety in the diet.
3. Diets must be sufficiently planned to ensure protein adequacy.

Protein

Now, just like with carbohydrates above, here's a list of a variety of foods high in protein and how the frequency in which they should be consumed. In general, the higher the fat, the further they are to the right of this chart; aside from fish and healthy fats, many protein foods are accompanied by saturated fat, which we don't want too much of, as you'll see in a minute.

Protein

Select Most Often	Select Moderately	Select Least Often
Beans	Canadian bacon	Bacon
Chicken breast (without skin)	Lean cuts of beef/pork	Chicken (with skin)
Crab	Low-fat luncheon meats (e.g., turkey)	Chicken wings
Egg whites	Mixed nuts	Fatty beef, lamb, pork
Flounder	Peanut butter	Fatty luncheon meats (e.g., bologna, pastrami, corned beef)
Halibut	Reduced fat and part-skim cheese	Fried chicken and fish
Low-fat/non-fat cottage cheese	Shrimp	Liver
Low-fat/non-fat milk	Texturized vegetable protein	Ribs
Low-fat/non-fat yogurt	Turkey bacon	Sausage
Salmon (canned or fresh)	Whole eggs	Turkey (with skin)
Snapper (red or blue)		Untrimmed beef and pork
Soy milk		Whole milk
Tilapia		Whole milk cheese
Tofu		
Tuna (steaks or canned, in water)		
Turkey breast (without skin)		

Note: while fairly comprehensive, this is not a complete list of all food choices

Fat

In the early 1990's, dietary fat received the same bad rap that carbohydrates are now receiving. It was thought that fat would be detrimental to performance, health, and cause weight gain when eaten in excess.

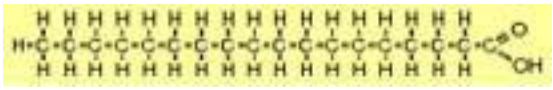
Contrary to this belief, though, scientists are now realizing more and more that fats play a crucial role in the body for performance and health.

The key is to focus on the quality of the fat, maybe even more so than the quantity. Aside from protein, fat is the only other essential macronutrient; dietary fat provides essential fatty acids (like essential amino acids) that cannot be produced by the body and must be consumed via the diet.

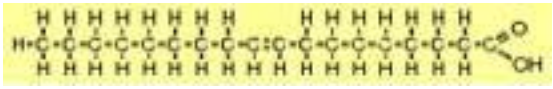
Types of Fat

All fatty acids have the same basic structure; they are a chain of carbon atoms with varying amounts of hydrogen atoms attached to each carbon. One simple way of describing the various types of fats is to think of the structure of fats as a school bus; the bus itself is the carbon atom chain discussed above and all the seats are the hydrogen atoms.

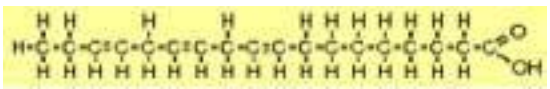
1. **Saturated Fat (SFA)**: all the carbon atoms are full of hydrogen atoms making the "seats on the bus" full. No other atoms can fit onto the structure because there are no "empty seats." Saturated fats are easy to identify because they are solid at room temperature (butter, shortening, animal fats, etc).



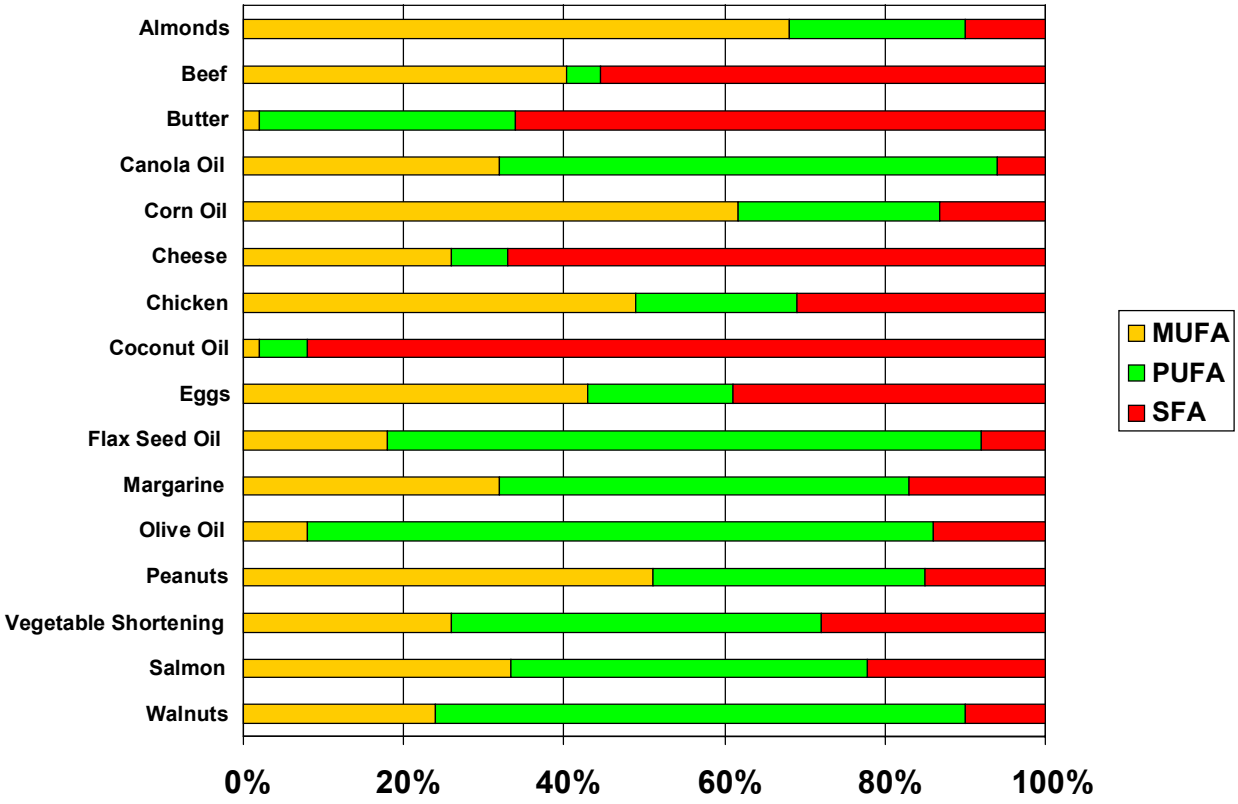
2. ***Mono*unsaturated fat (MUFA)** (mono, meaning one): there is one "empty seat" on the bus and the rest are full. There is room to fit more hydrogen because of the one "empty seat." Monounsaturated fats are liquid at room temperature (vegetable oils, olive oil, canola oil, etc).



3. ***Poly*unsaturated fat (PUFA)** (poly, meaning many): several of the "seats" are empty. Polyunsaturated fats are also liquid at room temperature (flax oil, fish oil, etc).



Fatty Acid Profile of Common Foods



Note: Information obtained from the USDA National Nutrient Database
http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl

Trans Fats

Trans fats are basically vegetable fats that have been changed chemically by a process known as hydrogenation. Remember the unsaturated fats from above had empty "seats" without a hydrogen atom.

The process of hydrogenation or partial hydrogenation is when food manufacturers artificially add hydrogen to liquid unsaturated fats to provide greater stability and, ultimately, longer shelf life; hydrogenation makes liquid fats solid at room temperature.

Trans fats should be avoided as much as possible.

Beginning in 2006, all food labels will be required to have *trans* fats listed on the food panel. In the meantime, if the words "hydrogenated" or "partially hydrogenated" are listed on the ingredient list, the food contains some quantity of *trans* fats.

Foods such as hard margarines, shortenings, and most commercially fried foods and bakery items usually contain *trans* fats. This table lists several common foods and their *trans* fatty acid content.

Trans Fatty Acid Content of Common Foods

Food	**Trans fatty acid (grams)**
Animal Crackers	1.0
Beef	0.5-1.0
Biscuit	~4.0
Breakfast cereal	0.0-1.5
Butter	0
Cheese	0.5
Chocolate chip cookies	1.5-2.5
Commercial cinnamon buns	6.0
Doughnut	6.0
French fries, large	5.0-7.0
Frozen apple pie	2.0-4.0
Margarine, regular (1 TBS)	3.0-4.0
Microwave popcorn	2.0-3.0
Olive oil	0
Onion rings	~7.0-9.0
Shortening	1.0-5.0
Tortilla chips	1.5
Whole milk	0.2-0.5

***Trans* fats have been shown through a number of studies to be more harmful than saturated fats**; they tend to raise blood cholesterol and increase the risk of cardiovascular disease. Intake should be as low as possible; there is no need for trans fats in the diet.

Essential Fatty Acids

The essential fatty acids are labeled depending on their particular structure. Without delving into advanced biochemistry, the length of the carbon chain (remember from above all fats have a carbon backbone)**,** deciphers the specific types of fat.

The primary dietary sources of essential fats are seafood, flax oil/seeds, and mixed nuts.

Omega-3 fats are a family of essential unsaturated fats that have recently received a tremendous amount of press lately; they are touted for their heart health properties, potential aiding in recovery, and reducing the risk of several other diseases as well.

The three omega-3 acids are **alpha-linoleic acid (ALA), eicosapentaenoic acid (EPA)**, and **docosahexaeonoic acid (DHA)**.

ALA is found in the plant sources of omega-3's, such as flax and nuts, while DHA and EPA are both found in highest concentrations in cold water fish (e.g., salmon, mackerel, lake trout, tuna steaks and canned, anchovies, etc). ALA can convert to the more useful EPA & DHA, but the conversion rate is low (~5-15%).

Omega-6 fats are also essential fats.

The major omega-6 fatty acid is known as **linoleic acid** and is found in primarily in vegetable oils, like canola and corn oils. While these are essential fatty acids, the typical American diet is very high in omega-6 fats; it is recommended instead to boost the intake of omega-3's through the food sources listed above.

The goal with essential fatty acids is to shoot for a few grams each day. In addition to making sure to include fish in the diet, omega-3 supplements are recommended for optimal health.

Select Most Often	Select Moderately	Select Least Often
Avocado	Margarine (without trans fat)	Animal fat
Fish oil	Egg yolks	Butter
Flax oil	Vegetable oil	Coconut oil
Olives		Cream
Olive oil		Fried foods
Mixed nuts		Ice cream
Soybean oil		Lard/shortening
Sunflower oil		Shortening
Walnut oil		Sour cream
		Whole fat dairy products

Note: while fairly comprehensive, this is not a complete list

Dr. Mohr's 12 Rules for Fat Loss

1. Eat breakfast EVERY DAY

2. Think fiber, not carbs

3. Eat some protein with every meal, aiming for approximately 1 g protein/pound of body weight

4. Drink about ½ gallon of water for every 1000 Calories you eat

5. Keep fat under 30% of total calories consumed; this amount will typically come from foods you naturally eat, rather than adding fat to foods. That is unnecessary and added fats are typically not healthy.

6. Drink unsweetened green tea throughout the day—aim for at least 3 cups each day

7. Have at least 1 fruit and/or vegetable at every single meal, with the goal of 5-13 servings total each day.

8. Get a few grams of fish oil each day, either through fish and/or supplements

9. Do not skip a meal with the intention of "saving Calories"

10. Record what you eat and drink---self-monitoring is crucial to success

11. Do not have an all or nothing attitude towards food---if you can get 90% of your intake to meet the guidelines listed above, you'll succeed.

12. Eat smaller meals throughout the day; never skip a meal to "save calories", as this will likely lead to overeating.

Turbulence Training Nutrition Plan for Men

Estimating Calorie Needs for Men

Example: 200 pound (91 kg) Man

Multiply your current body weight in pounds times 11.

- In this example, you would multiply 200 number by 11:

200 * 11 = 2200 calories each day as a daily goal for fat loss

Now let's look at where all these calories should come from. Earlier I suggested the "plate" method to estimate your intake, but I'd like to get a bit more specific than that.

2200 Calories per Day

Approximate Macronutrient Breakdown
Protein: ~1 g/pound of body weight = 200 grams = 800 calories

Fat: ~30% = 73 grams = 660 calories

*Carbohydrates: ~ 185 grams = 740 calories (remainder after protein and fat needs are met)

*Carbohydrate needs should vary among individuals, depending on activity level.

We're guessing that Turbulence Training is your primary form of physical activity, meaning the other 23+ hours of the day, you're likely fairly sedentary. Therefore, carbohydrate needs are not tremendously high, as if you were a marathon runner, for example.

Remember, it's recommended that you consume smaller feedings throughout the day, vs. a few larger meals. With that said, if you consume 6 meals per day, this is a good approximate breakdown of nutrients.

While most macronutrients are spread fairly evenly throughout the day, fat is lower post-workout, but is made up for later in the day. Also keep in mind these are approximates, meaning if you consume 10 or even 15 grams of fat one meal where it says 12, it's not a make or break situation.

The goal is to meet the general recommendations on average; Turbulence Training is not supposed to make you crazy, just lean!

Meal Plan

Meal	Carbohydrate	Protein	Fat
1	40	33	12
2-post workout	40	20	0
3	30	33	12
4	30	33	16
5	20	40	16
6	20	40	16

Suggested Meal Options

NOTE: While MRP's can make convenient, quick meal options, they should not comprise the majority of your meals, so only choose that option occasionally, not for each meal – real food is always the best option

Meal 1
Carbohydrate 40 g Protein 33 g Fat 12 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

- 2 whole Omega-3 eggs + 3 egg whites + 2 slices whole grain toast (with at least 3 g fiber/slice) + 1 cup strawberries
- ½ cup oatmeal + 1 cup blueberries + 1 oz walnuts + 1 cup fat free cottage cheese
- MRP made with water + 1 cup mixed berries + 1 TBS flax seed oil
- 6 egg whites + 1 cup spinach + ½ red bell pepper + ½ cup oatmeal + 1 cup blueberries + 1 oz almonds

Meal 2 – post workout
Carbohydrate 40 g Protein 20 g Fat 0 g

- Have pre-made carbohydrate and protein shake that meets the macronutrient requirements (e.g., Endurox, Surge, Gatorade + 1 scoop protein)
- 1 scoop protein powder + 2 bananas
- 1.5 cups fat free chocolate milk

What if You Workout First Thing in the Morning?
There is no "magical" fat burning benefit to working out first thing in the morning. In fact, it can limit your ability to work out intensely, which will ultimately inhibit the ability to build muscle. Try to get SOMETHING in your system---1 cup chocolate milk, 1 cup yogurt, yogurt smoothie, or something easily digestible with some protein in it.

Meal 3
Carbohydrate 30 g Protein 33 g Fat 12 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

If the main meal option is a salad, skip the side salad – if you choose another option, start each meal option with a side salad, dressed with a variety of vegetables

- 4 oz grilled chicken breast + 1 baked medium sweet potato with ½ oz toasted walnuts + 2 cup steamed broccoli
- 4 oz grilled tuna steak + 1 cup quinoa + 1 cup steamed carrots
- 4 oz turkey breast + roasted red skin potatoes (5 potatoes) + ½ tsp olive oil drizzled on potatoes + 1 cup mixed steamed vegetables
- Large salad with mixed vegetables topped with 4 oz canned or fresh salmon + drizzle of olive oil and balsamic vinegar

Meal 4
Carbohydrate 30 g Protein 33 g Fat 16 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

Start each meal option with a side salad, dressed with a variety of vegetables and drizzled with olive oil and balsamic vinegar or a water based soup, like minestrone or vegetable

- 1 cup whole wheat pasta + ½ cup marinara sauce + 1 cup fat free cottage cheese + 1 cup steamed broccoli
- 4 oz pork chop + steamed asparagus + 1 cup yellow and green squash + ½ cup brown rice
- 1 cup fat free cottage cheese + 1 cup plain, nonfat yogurt + 1 cup red grapes + 1 oz walnuts + wheat germ
- Favorite MRP made with 1 banana + 1 TBS flax oil

Meal 5
Carbohydrate 20 g Protein 40 g Fat 16 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

Start each meal option with a side salad, dressed with a variety of vegetables and drizzled with olive oil and balsamic vinegar or a water based soup, like minestrone or vegetable

- 4 oz lean steak + 1 cup steamed carrots + 2 cups steamed kale
- Large salad with mixed vegetables topped with + 2 oz turkey breast + 1 cup black beans + drizzle of olive oil and balsamic vinegar + 1 oz mixed nuts
- 4 oz red snapper + ½ cup cooked brown rice + 1 cup steamed broccoli
- 4 oz ground turkey breast burger + 1 apple + 2 cups steamed spinach

Meal 6
Carbohydrate 20 g Protein 40 g Fat 16 g

- 1 cup fat free cottage cheese + 1 cup pineapple + 1 cup blueberries + 1 oz walnuts
- Favorite MRP + 1 cup blackberries + 1 oz flax oil
- 1 cup vanilla yogurt + 1 scoop protein + 1 oz almonds

Turbulence Training Nutrition Plan for Women

Estimating Calorie Needs Females

Example: 150 pound (68 kg) Female

Multiply current body weight in pounds by 11

- In this example, you would multiply 150 * 11:

150 * 11 = 1650 calories each day as a daily goal for fat loss

Now let's look at where all these calories should come from. Earlier I suggested the "plate" method to estimate your intake, but I'd like to get a bit more specific than that.

1650 Calories per Day

Approximate Macronutrient Breakdown

Protein: ~.8 g/pound of body weight = 120 grams = 480 calories

Fat: ~30% = 55 grams = 495 calories

*Carbohydrates: ~ 169 grams = 675 calories (remainder after protein and fat needs are met)

*Carbohydrate needs should vary among individuals, depending on activity level.

\We're guessing that Turbulence Training is your primary form of physical activity, meaning the other 23+ hours of the day, you're likely fairly sedentary. Therefore, carbohydrate needs are not tremendously high, as if you were a marathon runner, for example.

Remember, it's recommended that you consume smaller feedings throughout the day, vs. a few larger meals. With that said, if you consume 6 meals/day, this is a good approximate breakdown of nutrients.

While most macronutrients are spread fairly evenly throughout the day, fat is lower post-workout, but is made up for later in the day. Also keep in mind these are approximates, meaning if you consume 10 or even 15 grams of fat one meal where it says 12, it's not a make or break situation. The goal is to meet the general recommendations on average; Turbulence Training is not supposed to make you crazy, just lean!

Meal Plan

Meal	Carbohydrate	Protein	Fat
1	40	20	9
2-post workout	30	20	0
3	28	20	9
4	28	20	9
5	22	20	13
6	22	20	13

Suggested Meal Options

NOTE: While MRP's can make convenient, quick meal options, they should not comprise the majority of your meals, so only choose that option occasionally, not for each meal – real food is always the best option

Meal 1
Carbohydrate 40 g Protein 20 g Fat 9 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

- 2 whole Omega-3 eggs + 2 slices whole grain toast (with at least 3 g fiber/slice) + 1 cup strawberries
- ½ cup oatmeal + 1 cup blueberries + 1 oz walnuts + ½ cup fat free cottage cheese
- MRP made with water + 1 cup mixed berries + ½ TBS flax seed oil
- 3 egg whites + 1 cup spinach + ½ red bell pepper + ½ cup oatmeal + 1 cup blueberries + ½ oz almonds

Meal 2 – post workout
Carbohydrate 30 g Protein 20 g Fat 0 g

- Have ½ serving pre-made carbohydrate and protein shake that meets the macronutrient requirements (e.g., Endurox, Surge, Gatorade + 1 scoop protein)
- 1 scoop protein powder + 1 banana
- 1 cup fat free chocolate milk

What if You Workout First Thing in the Morning?
There is no "magical" fat burning benefit to working out first thing in the morning. In fact, it can limit your ability to work out intensely, which will ultimately inhibit the ability to build muscle. Try to get SOMETHING in your system---1 cup chocolate milk, 1 cup yogurt, yogurt smoothie, or something easily digestible with some protein in it.

Meal 3
Carbohydrate 28 g Protein 20 g Fat 9 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

If the main meal option is a salad, skip this – if you choose another option, start each meal option with a side salad, dressed with a variety of vegetables

- 2 oz grilled chicken breast + ½ baked medium sweet potato with ½ oz toasted walnuts + 2 cup steamed broccoli
- 2 oz grilled tuna steak + 1 cup quinoa + 1 cup steamed carrots
- 2 oz turkey breast + roasted red skin potatoes (3 potatoes) + ½ tsp olive oil drizzled on potatoes + 1 cup mixed steamed vegetables
- Large salad with mixed vegetables topped with 2 oz canned or fresh salmon + drizzle of olive oil and balsamic vinegar

Meal 4
Carbohydrate 28 g Protein 20 g Fat 9 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

Start each meal option with a side salad, dressed with a variety of vegetables and drizzled with olive oil and balsamic vinegar or a water based soup, like minestrone or vegetable

- ½ cup whole wheat pasta + ½ cup marinara sauce + ½ cup fat free cottage cheese + 1 cup steamed broccoli + ½ oz mixed nuts
- 2 oz pork chop + steamed asparagus + 1 cup yellow and green squash + ¼ cup brown rice
- ½ cup fat free cottage cheese + ½ cup plain, nonfat yogurt + 1 cup red grapes + ½ oz walnuts + wheat germ
- ½ Favorite MRP made with 1 banana + ½ TBS flax oil

Meal 5
Carbohydrate 22 g Protein 20 g Fat 9 g

Include 1 cup unsweetened, hot or iced green or black tea with each option

Start each meal option with a side salad, dressed with a variety of vegetables and drizzled with olive oil and balsamic vinegar or a water based soup, like minestrone or vegetable

- 2 oz lean steak + 1 cup steamed carrots + 2 cups steamed kale
- Large salad with mixed vegetables topped with + 2 oz turkey breast + 1 cup black beans + drizzle of olive oil and balsamic vinegar + ½ oz mixed nuts
- 2 oz red snapper + ¼ cup cooked brown rice + 1 cup steamed broccoli
- 2 oz ground turkey breast burger + 1 apple + 2 cups steamed spinach

Meal 6
Carbohydrate 22 g Protein 20 g Fat 9 g

-
- ½ cup fat free cottage cheese + ½ cup pineapple + ½ cup blueberries + ½ oz walnuts
- ½ favorite MRP + 1 cup blackberries + ½ oz flax oil
- ½ cup vanilla yogurt + 1 scoop protein + ½ oz almonds

Bonus Supplement Report

Protein - The Rules for Protein Consumption

While it is understood that protein is important, few can seem to agree on just how much is necessary. Most strength training research recommends around 1.7 g/kg of body weight (about 0.75 g/lb), whereas most magazines suggest consuming at least 1 g/lb of body weight.

One thing we can at least agree on is that eating above and beyond the RDA for protein is safe; whether it is necessary is a different story. Is this 1 g/lb of body weight recommendation really necessary?

It's a wise idea to aim for 1 g/lb of body weight. It is not much above what the scientific evidence has shown to meet the needs for growth and recovery, and it's a much easier calculation to do since everyone knows their body weight.

What is even more important, actually, is the timing of this intake. Some protein should be consumed with every meal and research is now showing that taking some protein pre, during, and post-workout may be particularly important as your muscles are starving for amino acids to build, repair, and grow during this period.

Here's what to do. Simply divide the number of meals you'll eat each day by your body weight and that's how much protein you should eat each meal. And while supplements can be a useful adjunct to your intake, particularly around and during workouts, focusing on real foods is key; foods like whole eggs and egg whites, lean red meat, chicken and turkey breast, cottage cheese, yogurt, and others all work. The bigger the variety, the better off you'll be.

Fat Burners

The only true fat loss "product" is something called "eating less and exercising more." Now, when saying that, we're not saying starve yourself and don't stop jogging until you hit the floor.

Smart exercise, such as that outlined in Turbulence Training and a moderate caloric reduction is what's necessary. You are constantly bombarded with ads, infomercials, advice, etc on what pill will help torch fat like tissue paper doused with gasoline; the fact of the matter is that if they actually worked liked promised, there wouldn't be a new one available nearly everyday.

Even if these products worked (which they don't), they would cause a very moderate additional calorie loss, which can be done much more safely, easily, and less expensive, by eliminating an extra 1 cookie, chips, juice, or soda per day.

Fat Burners

Research continues to show these products are ineffective; in fact, a recent scientific review paper in the prestigious American Journal of Clinical Nutrition, concluded there is no substantial evidence that any fat loss products evaluated (which was most on the market) are effective.

Fish Oils

Now here's a product that should be considered by everyone. The safety data is there and the efficacy of these products continues to grow for everything from decreasing risk of heart disease to stroke, Alzheimer's to eczema.

If you're taking fish oil as a preventative measure, aim for around 1-3 grams each day; however, if you have elevated lipids or a family history of heart disease, shoot for a higher amount.

As always, even with the lower doses, speak with your physician prior to supplementing with fish oil since there is a potential for interactions with fish oil and other products. They also decrease clotting time, which shouldn't be an issue, unless you need emergency surgery.

Supplement quality is always a concern; fish oil in particular is of utmost importance. My two favorite brands to date are Nordic Naturals and Carlson Labs; both make high quality fish oils. Remember, if you're burping them up, they're rancid—high quality fish oil should not have any after-taste.

Vitamins, Minerals, & Antioxidants

All adults should be taking a multivitamin; this is particularly important for those who are also on a fat loss plan, as you will be eating less food.

Look for products that provide around 100% of the RDA for all vitamins and minerals; they make a nice insurance that you're consuming an adequate intake of these micronutrients, but it's important to note that they should and can never replace what you get from real foods, so don't rely on your multivitamin/mineral product for your nutrient needs.

And the same goes with antioxidants. There is a lot of conflicting evidence about antioxidants. The best way to consume any and all vitamins, minerals, and antioxidants is by following a sound diet. Pick foods from the "eat most often" columns in the charts provided, making sure to always get a variety of colors of fruits and vegetables with every meal.