

Eating by the Clock

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By Dan Young

IS THIS YOU?

The timing of nutrients is critical in achieving your performance goals. Miss one meal or eat the wrong thing at the wrong time, all of your efforts in the gym suffer. Since you are dedicating time each day to a workout, why not dedicate some time to getting your diet right too. After all, nutrition is just as important as exercise.

Understand first that I am not going to tell you what to eat. We are all different from our heads to our toes and, as such, we all have different tastes. The only

thing I will recommend is the timing and percentages of macronutrients. I've listed the macronutrients as a percentage in the order that they appear; Carbohydrates, Proteins and Fats, respectively. Remember, these percentages are only a starting point. Depending on your personal goals or metabolic profile, you may need to tweak the percentages up or down slightly. As far as the total calories at each meal, that's all up to you. You know your body better than anyone, but never eat less than 1300 calories a day. Eating 6 meals a day doesn't mean

you are bringing in more calories; it just means that you need to divide the total calories that you normally consume into 6 meals. If you find that you are gaining weight, just cut each meal back slightly and vice versa.

THE MOST CRITICAL MEALS

The two critical meals are always the Recovery Shake and Breakfast, in that order. Don't miss these meals or you will most certainly have an uphill climb to lose that last 5 pounds or rip 10 reps at 225lbs on the bench.

Morning Exercise	Afternoon Exercise	Evening Exercise
7:00 AM: Breakfast 1 hour from rise 1/2 Banana, Coffee or Tea	7:00 AM: Breakfast 55-30-15 Full, 1 hour from rise	7:00 AM: Breakfast 55-30-15 Full, 1 hour from rise
8:00 AM: WORKOUT	10:00 AM: Snack 55-30-15	10:00 AM: Snack 55-30-15
9:00 AM: Recovery Shake 65-25-10	1:00 PM: WORKOUT	1:00 PM: Lunch 55-30-15
10:00 AM: Snack 55-30-15	2:00 PM: Recovery Shake 65-25-10	4:00 PM: Snack 55-30-15
1:00 PM: Lunch 55-30-15	3:00 PM: Lunch 55-30-15	7:00 PM: WORKOUT
4:00 PM: Snack 55-30-15	6:00 PM: Dinner 55-30-15	8:00 PM: Recovery Shake 65-25-10
7:00 PM: Dinner 55-30-15	9:00 PM: Snack 15-70-15	9:00 PM: Dinner 55-30-15
10:00 PM: Snack 15-70-15	11:00 PM: Snack 15-70-15	11:00 PM: Snack 15-70-15

Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.