



**THUNDER N LIGHTNING**  
⚡ P E R F O R M A N C E ⚡

# **6-Week Transformation Nutrition**

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# **Nutrition should be simple!**

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**Small changes done  
consistently over an  
extended period of  
time will lead to the  
results that you desire.**

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## **Our Mission:**

To provide simple,  
practical information &  
recipe's that will help  
you achieve your  
nutritional goals

# 3 steps to start working towards your nutritional goals

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## 1. Develop an Eating Routine

Finding a routine will allow you to be more consistent with the amount of meals you are eating and the amount of food you are consuming within those meals.

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## 2. Track Your Food

Tracking food allows you to see the entire picture of your diet. This eliminates guessing and furthers your understanding of what your current diet looks like.

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## 3. Eat in Moderation

Changing your eating habits does not mean the complete elimination of your past eating habits. Continually enjoying the foods you love in moderation (1 meal per week) will allow for a more sustainable eating habit change.

# What makes up food?

## Macronutrients & Micronutrients:

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**Macronutrients** also known as “Macros” consist of protein, carbohydrates and fats.

**PROTEIN:** Helps to replace worn out cells, transports various substances throughout the body & aids in growth and repair (aka building muscle).

**CARBOHYDRATE:** The primary source of energy for the body. Can also aid in protein synthesis (aka muscle building process).

**FAT:** Helps to replace worn out cells, transports various substances throughout the body & aids in growth and repair (aka building muscle).

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**Micronutrients** are vitamins and minerals that we need each day to function properly.

**Vitamins & Minerals:** These come from consuming a well rounded diet of macros as well as fruits and vegetables. Trying to “eat the rainbow” (aka eating different colored fruits and veggies) will cover most micronutrients.

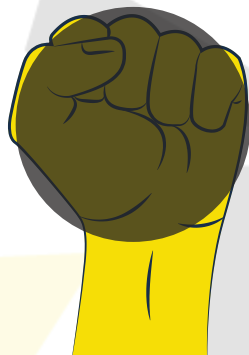


# SERVING SIZES

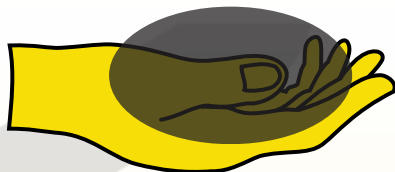
**PROTEIN  
SERVING  
=  
1 PALM  
=  
3-4 OZ MEAT  
(25G)**



**VEGETABLE  
SERVING  
=  
1 FIST  
=  
1 CUP**



**CARBOHYDRATE  
SERVING  
=  
1 CUPPED HAND  
=  
1 CUP (25G)**



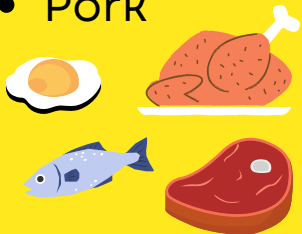
**FAT SERVING  
=  
1 THUMB  
=  
1 TBSP (12-15G)**



# Quality Sources of Macronutrients

## PROTEIN:

- Eggs
- Egg Whites
- Fish
- Shellfish
- Chicken
- Turkey Breast
- Lean Beef
- Bison
- Pork



## CARBS:

- Fruit
- Vegetables
- Oats
- Rice
- Potatoes
- Sweet Potato
- Corn
- Quinoa



## FATS:

- Extra Virgin Olive Oil
- Avocado Oil
- Egg Yolks
- Nuts
- Seeds
- Peanut Butter
- Pesto



# POST-Workout Meal

How your plate should look

**WATER  
OR  
SPORTS  
DRINK**

**STARCHY  
CARBS**

POTATOES,  
RICE, OR  
BREAD

**PROTEIN**

RED MEAT,  
CHICKEN, FISH,  
VEGGIE SOURCE

**VEGGIES  
& FRUIT**

COLORFUL  
VEGGIES & SOME  
FRUIT

# Grocery List

## PROTEIN:

- Boneless skinless chicken breast
- 96/4 lean Ground Beef
- 93/7 lean Ground Beef
- Bison
- Ground Turkey Breast
- Frozen Shrimp
- Salmon
- Tuna steak
- Non-Fat Greek Yogurt
- Protein Powder

## CARBS:

- White or Brown Rice
- Yellow Russet Potatoes
- Red Russet Potatoes
- Sweet Potatoes
- Kodiak Rolled Oats
- Black Beans
- Dave's Killer Bread (Thin Sliced)
- Carb Balance Tortillas
- Oats Overnight

## Fruits

- Banana
- Blueberries
- Mango
- Raspberries
- Pineapple
- Blackberries
- Peaches
- Avocado
- Apples
- Oranges
- Strawberries
- Watermelon
- Fruit of Choice

# Grocery List (cont.)

## Veggies

- Fresh Spinach
- Tomatoes
- Broccoli
- Cucumber
- Bell Pepper
- Romaine Lettuce
- Carrots
- Fresh Jalapeños
- Celery
- Mushrooms
- Asparagus
- White Onion
- Frozen/  
Fresh Corn

## Spices & Condiments

- Salt
- Pepper
- Garlic Powder
- Onion Powder
- Chili Powder
- Paprika
- Cilantro
- Basil
- Bolthouse Dressing
- Avocado Oil
- Extra Virgin Olive Oil
- Peanut Butter

## Fats:

- Avocado
- Extra Virgin Olive Oil
- Nut Butters
- Ghee Butter
- Raw Nuts

## SNACKS:

- Beef Jerky (No Sugar)
- Non-Fat Greek Yogurt
- Protein Bars (Rx Bar, GoMacro)
- Fruit
- Raw Nuts



# OPTIMAL HYDRATION



Dehydration can cause fatigue, decreased  
⚡ performance, muscle cramping, increased risk of injury or illness & poor coordination.

⚡ These negative side effects can impact your mental or physical performance.

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Drink at least 1/2 of your bodyweight in Oz of water per day; 4-6, 16 oz water bottles. Mix in a sports drink or hydration packet (ex. LMNT) to replenish electrolytes lost from sweat.

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## **5 Additional Tips to Stay Hydrated**

1. Drink 12oz of water immediately after waking up
2. Set an alarm to finish a water bottle every 2 hours
3. Drink 1 water bottle at & in between each meal you eat
4. Use Hydration Packets
5. Invest in an insulated water bottle

# **How to Create a Meal**

1. **Pick a Protein Source** from List
  - a. 4-8 oz portion depending on goal
2. **Pick a Carbohydrate**
  - a. Rice
  - b. Potatoes
  - c. Sweet Potatoes
  - d. Fruit
    - i. 1-2 cups depending on goal
3. **Pick a Veggie**
  - a. 1-2 cups of veggies
4. **Example Meals:**
  - a. Ground Beef + Sweet potato + Broccoli
  - b. Shredded Chicken + Rice + Spinach

## **Ways to Cook**

1. Bake
2. Roast
3. Grill
4. Air Fryer
5. Toast
6. Pan Sear
7. Sautee
8. Cook with Olive Oil & Avocado Oil + Spices
9. Cook with **Ghee Fat**

# **Tips for Eating Out**

1. Choose **GRILLED** over fried options
2. Choose **Oil/Vinegar Based Dressings** over mayo based dressings
  - a. Control portion by getting on the side
3. Choose a **VEGGIE** as a side dish
4. Split your food with spouse
5. Choose **light carb** options
  - a. **Wraps** over big burger buns
  - b. If your side is a carb (potatoes) choose a meat without a wrap or a bun
    - i. Grilled salmon & potatoes VS burger & fries

**Limit dips, aiolis, & sauces with sandwiches/burgers/etc:**

Ranch, chipotle mayo, BBQ, ketchup, honey mustard, buffalo, etc



# **Additional Tips to Healthy Nutrition**

1. Eat single ingredient foods
2. Drink a glass of water  
before every meal
3. Pre-eat a healthy meal  
before going to party with  
food
4. Use measuring cups when  
serving food
5. Pay attention to hunger  
cues
6. Eat until 80% Full

Stay away from **WHITE** stuff:

- Flour
- Sugar
- White bread

# ALCOHOL

- Adds calories (And typically makes people overeat)
- Negatively impacts sleep & recovery. This will impact your training
- Avoid for **6-Weeks**

## Healthier Drink Options:

- 5 oz of red wine
- Gin & Tonic
- Vodka Club Soda
- Tequila Lime Tonic
- Michelob Ultra
- High Noon Seltzers



# Meal Prep Made Easy!

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**BREAKFAST**

# **PB & Banana Protein Overnight Oats**



<b>Ingredients</b>	<b>Directions</b>
<ul style="list-style-type: none"><li>• 1- 1 ½ cups of oats</li><li>• 1 cup of milk</li><li>• 2 bananas</li><li>• 1 cup of greek yogurt</li><li>• 1 scoop of favorite protein powder (Grassfed Nutrabis)</li><li>• Dash of Cinnamon</li></ul>	<ol style="list-style-type: none"><li>1. Mash 1 Banana in a mixing bowl</li><li>2. Combine all wet ingredients</li><li>3. Add the oats &amp; mix until everything comes together</li><li>4. Cut additional banana into slices</li><li>5. Pour oat mixture into Tupperware or mason jars</li><li>6. Put the fresh banana slices on top of oats in the mason jar</li><li>7. Seal &amp; place in fridge overnight</li></ol>

# BREAKFAST

## PERFORMANCE EGG SCRAMBLE



Ingredients	Directions
<ul style="list-style-type: none"><li>• 1 eggs</li><li>• 1 Cup Egg Whites</li><li>• Handful of Spinach</li><li>• Handful of Chopped Tomatoes</li><li>• Handful of Chopped Onions</li><li>• 1 TBSP Extra Virgin Olive Oil (EVOO)</li><li>• 1 Cup Blueberries</li></ul>	<ol style="list-style-type: none"><li>1.Heat 1 TBSP of EVOO over medium heat.</li><li>2.Place veggies in Pan</li><li>3.Saute until doneness of your liking.</li><li>4.Mix together egg whites &amp; 1 egg in separate bowl</li><li>5.Pour egg mixture in a pan with veggies.</li><li>6.Scramble until eggs are solid.</li><li>7.Place on a plate &amp; enjoy with a side of blueberries!</li></ol>

# BREAKFAST



## Basic Breakfast

Ingredients	Directions
<ul style="list-style-type: none"><li>• 2-4 eggs</li><li>• 1 bagel thin</li><li>• 2 pieces of turkey bacon</li><li>• 1 cup of fresh fruit</li><li>• Water or Milk</li></ul>	<ol style="list-style-type: none"><li>1.Scramble 4 eggs over medium heat</li><li>2.Cook bacon in the microwave for 90 sec. Place bacon between paper towels to catch grease</li><li>3.Toast bagel</li><li>4.Put watermelon in bowl</li><li>5.Pour glass of milk</li><li>6.Place on plate &amp; enjoy!</li></ol>

## LUNCH

# Turkey Spinach Avocado Wrap



### Ingredients

- 10 inch carb balance tortilla wrap
- 2-4 slices of turkey lunch meat
- 1 small tomato
- 1 handful of baby spinach
- 1/2 avocado

### Directions

1. Cut & mash the avocado
2. Cut tomato into slices
3. Place tortilla on plate
4. Spread the avocado on the wrap
5. Place turkey, spinach & tomato on wrap (in the order)
6. Roll, cut & enjoy!



# MANGO SALAD + CILANTRO LIME VINAIGRETTE

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 TBSP Extra Virgin Olive Oil</li> <li>• ¼ TSP of Cumin</li> <li>• ¼ TSP of Chili Pepper</li> <li>• 4 Cups Lettuce of Choice</li> <li>• 1 Mango: Peeled &amp; Pitted &amp; Chopped</li> <li>• ½ Avocado: Pitted &amp; Chopped</li> <li>• ½ Chopped Tomatoes</li> <li>• Optional: Add 8 oz of shrimp OR 1 cup of shredded chicken</li> </ul>	<p><b>Makes 2 Servings</b></p> <ol style="list-style-type: none"> <li>1. In a large serving bowl combine the lettuce, mango, avocado, tomatoes (optional - shrimp/chicken).</li> <li>2. Drizzle over the top &amp; mix.</li> </ol>
<p><b><u>Cilantro-Lime Vinaigrette</u></b></p> <ul style="list-style-type: none"> <li>• Juice of 1 Lime</li> <li>• 2 TBSP Extra Virgin Olive Oil</li> <li>• 1 TBSP Honey</li> <li>• ¼ Cup Chopped Cilantro</li> </ul>	<p><b><u>Cilantro-Lime Vinaigrette</u></b></p> <ol style="list-style-type: none"> <li>1. Place all ingredients into a blender or food processor.</li> <li>2. Blend until combined.</li> <li>3. Store in an airtight container.</li> <li>4. Stays fresh for up to 2 weeks.</li> </ol>



# Southwest Chicken Soup



## Ingredients

- 1lb boneless, skinless, chicken breast
- 1 (28oz) can diced tomatoes (undrained)
- 1 can (15oz) black beans
- 1 (4oz) can chopped green chiles, drained
- 1 cup frozen corn
- 1 medium white onion, chopped
- 1 green bell pepper, chopped
- 1 jalapeno, minced
- 1 tsp minced garlic
- 3 cups low-sodium chicken broth
- 1.5 tsp ground cumin
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup low fat shredded cheese

## Directions

1. Put chicken in a crockpot.  
Add:
2. Diced tomatoes
3. Beans
4. Chilies
5. Corn
6. Chilipowder
7. Bell pepper
8. Jalapeno
9. Garlic
10. Broth
11. Cumin
12. Chili Powder
13. Salt
14. Pepper
15. Cook on high for 3-4 hours or low for 6-7 hours.
16. Transfer the chicken to a cutting board & shred using 2 forks.
17. Ladle into bowls, Add Chicken, sprinkle cheese on top & enjoy.

# Lunch

## Tofu Tacos



Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 (15 ounce) package extra firm tofu</li> <li>• 3 TBSP of Extra Virgin Olive Oil</li> <li>• 1 green bell pepper, chopped</li> <li>• 1 red bell pepper, chopped</li> <li>• ½ small white onion, chopped</li> <li>• 1.5 tsp chili powder</li> <li>• 1 tsp ground cumin</li> <li>• ½ tsp garlic powder</li> <li>• ¼ tsp sea salt</li> <li>• ¼ tsp black pepper</li> <li>• 3-4 TBSP of water</li> <li>• 6 small corn tortillas</li> <li>• Fresh Pico (store bought)</li> <li>• Fresh Cilantro</li> </ul>	<ol style="list-style-type: none"> <li>1. Press the tofu, wrap it in a clean dish towel or paper towels &amp; place something heavy (ex - cast-iron skillet) on top. Let it drain for 15 minutes. (Pressing helps remove moisture from the tofu allowing it to soak up more flavor)</li> <li>2. Meanwhile, heat 1 TBSP of olive oil in a pan or skillet over medium heat. Add the green pepper, red pepper, &amp; onion. Cook until onions are a little bit brown then set aside.</li> <li>3. Heat the remaining 1 TBSP of olive oil in another skillet over medium heat. Unwrap the tofu and crumble into bite size pieces into the skillet. Add all spices to the tofu. Saute for 8-10 minutes or until the tofu is lightly browned.</li> <li>4. Warm your tortillas in a skillet over low heat for 30 seconds on each side.</li> <li>5. Put the tofu mixture into the corn tortillas and enjoy.</li> </ol>

# BRUSCHETTA CHICKEN



## Ingredients

- 1.5 lbs of boneless skinless chicken breasts
- 1 TBSP extra virgin olive oil
- 2 large tomatoes, chopped
- ¼ cup fresh basil, chopped
- ½ tsp garlic powder
- ½ tsp black pepper
- Salt to taste

## Directions

1. Preheat the oven to 375 degrees.
2. Heat the oil in a large oven-safe skillet.
3. Season chicken with salt, pepper & garlic powder. Add chicken & cook for 2-3 minutes on each side.
4. Transfer the skillet to the oven and for 20 minutes, or until the chicken is golden brown & cooked through.
5. While the chicken is baking, combine the tomatoes, salt, black pepper, and garlic powder.
6. Refrigerate the tomato mixture until the chicken is ready.
7. Top the chicken with the tomato mixture & serve.

# DINNER

# ONE PAN BAKED SALMON



## Ingredients

- 12 oz salmon filet
- 2 Cups of Fresh & Frozen Chopped Veggies
- 4 tsp of Extra Virgin Olive Oil, divided
- 1 TBSP all purpose seasoning (Trader Joe's 21 Seasoning Salute)
- 2 TBSP Dijon Mustard
- 2 TBSP Honey
- Juice of ½ Lemon
- 1 tsp minced garlic
- Salt & Pepper to Taste
- 1 lb salmon filet, caught into 3 portions

## Directions

1. Preheat the oven to 400 degrees. Line a rimmed baking sheet with aluminum foil or parchment paper.
2. Spread out the veggies in a single layer on the prepared baking sheet.
3. Drizzle the veggies with 2 tsp of olive oil & the all purpose seasoning.
4. Roast for 10 minutes.
5. In a small bowl, whisk together the mustard, the honey, the lemon juice, the remaining 2 teaspoons of oil, and the garlic. Brush onto the tops & sides of the salmon pieces. Season with salt & pepper.
6. Move the roasted veggies to the sides of the baking sheet top to make room for the salmon filets in the center. Place the salmon between the veggies.
7. Roast for 13 to 14 min,

# DINNER

## Fajita Tacos



### Ingredients

- 8 oz lean ground beef (90/10, 93/7, 96/4) or bison
- 1-2 cups of onions & peppers
- Taco seasoning packet
- Fixings
- Cheese
- Guacamole
- Pico de Gallo
- Corn Salsa

### Directions

1. Sauté peppers & onions in pan w/ Tbsp of olive oil
2. Cook until slight soft
3. Cook bison or ground beef in cast iron pan until all red/pink is cooked out
4. Season with taco seasoning packet
5. Wrap tortillas in foil & warm in oven
6. Once everything is done create your fajita taco!



# Shrimp & Broccoli Stir Fry



## Ingredients

- 2 TBSP of Honey
- 1 piece (1 inch) of fresh ginger
- 1.5 TBSP of low sodium soy sauce
- ½ tsp minced garlic
- ½ of uncooked shrimp, peeled & deveined (can also use frozen pre-cooked shrimp)
- 1 cup frozen or fresh broccoli
- Pinch of salt
- 1 TBSP extra virgin olive oil
- 1.5 cups of cooked white rice
- ¼ scallions, chopped

## Directions

1. In a small bowl, whisk together the honey, soy sauce, ginger & garlic.
2. Pour half of the mixture into a large resealable plastic bag of bowl, add the shrimp & refrigerate for 20 min. Reserve the rest of the mixture to use as a stir-fry sauce.
3. Meanwhile pour ¼ inch of water into a sauce pan & bring to a boil over medium-high heat. Add the broccoli & salt. Reduce the heat to medium, cover, and steam the broccoli for 5-7 minutes.
4. In a large skillet or wok, heat the olive oil over medium-high heat. Add the marinated shrimp & sear for 1-2 minutes on each side. Reduce the heat to low. Add the steamed broccoli & left over sauce mixture. Stir until well combined, about 2-3 min.
5. Top the rice with the shrimp & broccoli, garnish with the chopped scallions.

# Healthy Burger (No Bun) & Fries



Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1-2lb lean ground beef (93/7)</li> <li>• Low Fat or 2% Cheese of choice</li> <li>• Lettuce</li> <li>• Tomato</li> <li>• Onion</li> <li>• 3-5 Russet Potatoes</li> <li>• Garlic Powder</li> <li>• Salt &amp; Pepper</li> <li>• 2 TBSP Olive Oil</li> </ul>	<ol style="list-style-type: none"> <li>1. Cut potatoes into fries</li> <li>2. Place in a bowl of cold water for 20-30min</li> <li>3. Take fries out &amp; pat them dry</li> <li>4. Place in different bowl with the salt, pepper, garlic powder &amp; oil. Toss until fries are coated</li> <li>5. Preheat the airfryer to 380 degrees &amp; cook for about 15 minutes, flipping the fries halfway through</li> </ol> <p><b><u>Burgers</u></b></p> <ol style="list-style-type: none"> <li>1. Divide meat into 4-6oz patties.</li> <li>2. Preheat your grill or cast iron pan to medium-high heat</li> <li>3. Cook to the doneness of your liking (3 minutes each side for medium)</li> <li>4. While burger is cooking, slice your tomatoes, onions &amp; lettuce</li> <li>5. Once the burger is done, top with 1 slice of cheese &amp; the fixins</li> </ol>

# Airfryer Hard-Boiled Eggs



Ingredients	Directions
<ul style="list-style-type: none"><li>• 4-6 eggs</li></ul>	<ol style="list-style-type: none"><li>1. Preheat airfryer to 250 degrees</li><li>2. Place 4-6 eggs in preheated airfryer</li><li>3. Cook for 16 minutes</li><li>4. Once done, place in eggs in a bowl of ice water</li><li>5. Once the eggs are cool, peel &amp; eat or store in the fridge</li></ol>



# Peanut Butter Banana Protein Ice Cream



## Ingredients

- 1 banana
- 1-2 scoop(s) of Vanilla protein powder
- 1-2 Tbsp of peanut butter
- ½ cup of ice
- 4-6oz of milk

## Directions

1. Combine ingredients into blender
2. Blend until smooth
3. Place mixture in freezer for 15-20min
4. Scoop out & enjoy!

# Frozen Yogurt Berry Bites



Ingredients	Directions
<ul style="list-style-type: none"><li>• 3 cups of fresh blueberries</li><li>• 1/2 cup non-fat vanilla greek yogurt</li></ul>	<ol style="list-style-type: none"><li>1. Line a rimmed baking sheet with parchment paper</li><li>2. Pierce the center of a blueberry then dip into the yogurt until fully coated. Slide the blueberry of the toothpick &amp; onto the parchment. Repeat with the rest of the blueberries</li><li>3. Freeze for at least 1 hour &amp; enjoy.</li></ol>

# MEAL PREP HACK

## CrockPot

### Shredded Chicken



Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 pack of boneless, skinless, chicken breasts</li> <li>• Chicken broth or cooking stock</li> <li>• Seasoning of choice</li> </ul> <p>(I use salt, pepper, onion powder, garlic powder!)</p>	<ol style="list-style-type: none"> <li>1. Trim fat off chicken breasts</li> <li>2. Season chicken on both sides</li> <li>3. Place chicken in crockpot</li> <li>4. Cover chicken completely with broth or stock</li> <li>5. Cook on high for 4-4.5</li> <li>6. Once done, place on cutting board &amp; shred using two forks</li> <li>7. Place in container &amp; store in the fridge</li> </ol>