



**THUNDER<sup>N</sup>LIGHTNING**  
PERFORMANCE

# Nutrition Starter Guide

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Thunder N Lightning  
Performance

# 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 (2 meals 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.

# Quality Sources of Macronutrients

## PROTEIN:

- Eggs
- Egg Whites
- Fish
- Shellfish
- Chicken
- Turkey
- 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



# SERVING SIZES

**PROTEIN  
SERVING  
=  
1 PALM**



**VEGETABLE  
SERVING  
=  
1 FIST**



**CARBOHYDRATE  
SERVING  
=  
1 CUPPED HAND**



**FAT SERVING  
=  
1 THUMB**



# 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



# 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 a minimum of 100 ounces of water per day or ~6 water bottles. Mix in a sports drink or hydration packet (ex. Liquid IV) 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

# Sports cars take premium fuel, you should too.

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Remember, you can't outrun poor nutrition habits with great training. It will only become harder to sustain and make the gains you work so hard for.

What separates a great athlete from a good athlete is the work they put in at the dinner table or in the kitchen.



**SCAN the QR code to see how you we can help with our Fueling for Performance Nutrition Program**