

NUTRITION PLAN

OVERVIEW



Welcome to the Love Me Run Nutrition & Training Plan! Our team is excited to guide you to look and feel your best. This plan will help you build a healthy relationship with nutrition, along with building your running endurance. This is a 4-week plan that will increase with intensity as we move forward.

LET'S START WITH THE BASICS.

NUTRITION

Food determines 80% of our results. Exercise is just 20%. Here are a few sample meal plans to give you a good idea of how to eat to fuel your activities. This is not a temporary diet, it's a lifestyle.

PLANNING EACH MEAL: Choose a lean protein, complex carb and veggie. Each meal should contain about 20–25g of protein and complex carbs. Healthy fats are great in moderation.

To calculate your daily protein and complex carbohydrates needed, see below.

According to the National Academy of Sports Medicine (NASM), here are the recommended protein intakes depending on your activity level:

PROTEIN INTAKE BASED ON ACTIVITY LEVEL:

SEDENTARY (ADULT): 0.4 grams per pound of body weight (per day)

STRENGTH ATHLETE: 0.5 – 0.8 grams per pound of body weight (per day)

ENDURANCE ATHLETE: 0.5 – 0.6 grams per pound of body weight (per day)

BASIC FOOD MEASURING:

If you are just starting out, start measuring your food using this simple method. You don't want to get overwhelmed and quit. We want you to stick with this. Calorie and macro counting can be overwhelming when you are just starting out. That's why we give you this simple way to start off for you to be successful with your goals.

EACH MEAL SHOULD CONSIST OF THE FOLLOWING:

- Protein the size of your palm
- Complex carbohydrate the size of your fist
- A serving of vegetables the size of one to two cupped handfuls (when possible)
- Add one to two cupped handful (small) size portions of healthy fat per day

OR

- A meal replacement shake (limit to twice per day)
- A meal replacement bar (limit to once per day)