

Non Training Day Schedule

Sample Athlete

Get 10 Grams of Protien source with in 15 minutes

Morning Salt

after being awake this counts for breakfast

Blue Underlined is Hyperlinked!!!!

Also Include Some Fat With this Morning Protien

Breakfast Protien Grams	Breakfast	More Breakfast options
Grams 42 To 46	<u>Lean Breakfast Meat OR</u>	<u>Breakfast Ideas</u>
Breakfast Carb Grams	<u>Protein Source</u>	<u>10 Breakfast ideas</u>
Grams 56 To 61	<u>Healthy Fat or Nut Source</u>	<u>Fast Food Options</u>
Breakfast Fat Grams	<u>Stay lean Carbs</u>	<u>Breakfast Protien Source</u>
19 To 20	OR	
	<u>Cellular Recovery Shake</u>	
<u>Quick Fueling for Breakfast</u>	Recovery shake included breakfast Grams, use if needed	

Snack Protien Grams	Snack	<u>Top Snack Foods</u>
Grams 13 To 17		<u>Snack Ideas</u>
Snack Carb Grams		<u>9 Snack ideas</u>
Grams 17 To 23		<u>Top Snack Foods</u>
Snack Fat Grams		
Grams 6 To 8	<u>Grab and Go: Quick Stop Options</u>	

Lunch Protien Grams	Lunch	<u>Lunch ideas</u>
Grams 42 To 46	<u>General Protien Source</u>	<u>40 Meals</u>
Lunch Carb Grams	<u>Stay lean Carbs</u>	
Grams 56 To 61	<u>Healthy Fat or Nut Source</u>	
Lunch Fat Grams		
19 To 20	<u>10 Packed Lunch Ideas</u>	

90 Minutes and Under Before Game Time or Between Games

Post Work/School Snack

Dinner Protien Grams	Dinner	<u>Dinner Ideas</u>
Grams 42 To 46	<u>General Protien Source</u>	
Dinner Carb Grams	<u>Stay lean Carbs</u>	
Grams 56 To 61	<u>Healthy Fat or Nut Source</u>	
Dinner Fat Grams		
19 To 20		

Bed Time Snack Protien Grams	<u>Before Bed Snack</u>	<u>Best Protien Source</u>
Grams 13 To 17	Cut Carbs Back on this snack	<u>Casein Protien Powder</u>
Bed Time Snack Fat Grams		Cottage Cheese
Grams 6 To 8	Other Interest	

List of Healthy Spices

Meal Portion Guide

Healthy Shopping List Guide

Hydration Chart

Food Charting

Food Portion Guide

Click here to get your custom nutrition plan based on size and sport

[Click here to Purchase Full Nutrition Plan](#)

[Blog Info on Plan](#)

2 Early AM & PM Training or Game

[Get 20 Grams of Protien source with in 15 minutes of waking](#)

[Morning Salt](#)

Workout Period in afternoon

[The Ultimate Fueling Workout Calculator](#)

[Video about Fueling Calculator and product](#)

Sample Athlete

Fueling Calculator for Pre workout fuel and energy.

[More Fueling Before Practice or Game](#)

This does not include caffeine. - Add normal caffien or less it if needed

Late Breakfast

Breakfast Protien Grams			
Grams	48	To	52
Breakfast Carb Grams			
Grams	73	To	86
Breakfast Fat Grams			
	23	To	25

Breakfast
[Lean Breakfast Meat](#) OR
[Protein Source](#)
[Healthy Fat or Nut Source](#)
[Stay lean Carbs](#)
 OR

More Breakfast options
[Breakfast Ideas](#)
[10 Breakfast ideas](#)
[Fast Food Options](#)
[Breakfast Protien Source](#)

[Breakfast Meals 2-4 Hours Before](#)

[Cellular Recovery Shake](#)

[Quick Fueling for Breakfast](#)

Recovery shake included breakfast Grams, use if needed

[Click here to get your custom nutrition plan based on size and sport](#)

Snack Protien Grams			
Grams	14	To	19
Snack Carb Grams			
Grams	20	To	26
Snack Fat Grams			
Grams	7	To	9

Snack

[Top Snack Foods](#)
[Snack Ideas](#)
[9 Snack ideas](#)

[Grab and Go: Quick Stop Options](#)

Lunch Protien Grams			
Grams	48	To	52
Lunch Carb Grams			
Grams	65	To	71
Lunch Fat Grams			
	14	To	16

Lunch
[General Protien Source](#)
[Stay lean Carbs](#)
[Healthy Fat or Nut Source](#)

[Lunch ideas](#)
[40 Meals](#)

[10 Packed Lunch Ideas](#)

[Pre-Game or Practice](#)
[Meals 2-4 Hours Before](#)

[90 Minutes and Under Before Game Time or Between Games](#)

Workout Period in afternoon

[The Ultimate Fueling Workout Calculator](#)

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Fueling Calculator for Pre workout fuel and energy.

[More Fueling Before Practice or Game](#)

This does not include caffeine. - Add normal caffien or less it if needed

Dinner Protien Grams			
Grams	48	To	52
Dinner Carb Grams			
Grams	78	To	91
Dinner Fat Grams			
	31	To	33

Dinner
[General Protien Source](#)
[Stay lean Carbs](#)
[Healthy Fat or Nut Source](#)

[Dinner Ideas](#)

Bed Time Snack Protien Grams			
Grams	14	To	19
Bed Time Snack Fat Grams			
Grams	7	To	9

[Before Bed Snack](#)
 Cut Carbs Back on this meal

[Best Protien Source](#)
[Casein Protien Powder](#)
 Cottage Cheese

For a Copy of this Please e-mail Cal Dietz at cal.dietz@gmail.com

Caffeine Loading Model Single Dosage

Caffeine Loading Guidelines for Optimal Performance

Sample Athlete

Make sure you Experiment prior to gameday.

[Find you Daily Cafeine intake here](#)

A Performance loading for games take caffiene 1 hour from the start of the game

[Add Taurine to your caffeine supplement for performance and skill stabilization](#)

Beaware some drinks have Taurine in them, Account for this in your dosage

If your daily caffeine levels you consume is between the following amount

0 to 153 Mg - Use the below protocol

don't consume caffeine within 5 hours of this loading plan

1 hour prior to start of game

102 to 205 MG of Caffeine for Game

614 to 1636 Taurine Mg's amount to improve performance

If your daily caffeine levels you consume is between the following amount

154 to 307 Mg - Use the below protocol

don't consume caffeine within 5 hours of this loading plan

1 hour prior to start of game

205 to 307 MG of Caffeine for Game

1023 to 2148 Taurine Mg's amount to improve performance

If your daily caffeine levels you consume is between the following amount

431 to 564 Mg - Use the below protocol

don't consume caffeine within 5 hours of this loading plan

1 hour prior to start of game

307 to 460 MG of Caffeine for Game

1688 to 3222 Taurine Mg's amount to improve performance