



## Welcome to PHASE II – (Weeks 3 & 4): Earn Your Carbs

### PHASE II GUIDELINES

What you eat after your workout, also referred to as post-workout nutrition, has a major impact on the quality of results from your hard earned, sweaty efforts in the gym.

After a resistance training workout, your muscles are weaker, because they have been torn down and damaged by an intense workout. In addition, your glycogen stores (your muscles' energy) have been used up.

So, immediately after a workout, make sure you have a protein shake that is easy to digest and quickly absorbed. This will stop any further breakdown of your muscle tissue. You also want to ensure you replenish your glycogen stores by adding some rapid digesting carbs to your post workout shake or with your post workout meal.

Immediately following your resistance training workouts (not cardio only workouts), add one scoop of protein powder in water and drink within 15min following your workout.

If you cannot get a post-workout meal within 30min-1hr post workout that contains a carbohydrate than make sure your post-workout drink contains a 2:1 carb to protein ratio and is about 200-250 calories. For example, you can eat a serving of fruit with your protein shake OR blend the fruit with the protein powder and water to make a smoothie.

If you can eat a meal based on whole foods within the 30min-1hr post-workout window than here is what a proper ***post-workout meal*** should include:

### **Starchy Carb**

Gluten-Free rice, pasta, quinoa, yams or oats will help to replenish your glycogen stores and put an end to any further protein breakdown after exercise.

### **Protein**

Proteins are the essential building blocks of muscle. I recommend lean, fast-digesting proteins like chicken, white fish, and eggs. Avoid red meat, turkey, and oily fish like salmon.

Opting for lean protein sources post workout will ease your digestion and speed up the breakdown of the protein source allowing the essential amino acids to reach your muscle quicker; speeding up recovery and stop further muscle breakdown.

### **DO NOT Add Fats to your Post Workout Meal**

Healthy fats like almond butter, or other nut butters, seeds and nuts, olive oil, and even avocado are excellent sources of essential omega-3 fats that can actually enhance the body's fat-burning capacity. However, they are NOT to be consumed post-workout.

I recommend that you keep your fat intake under five grams for your post-workout meals, because it can slow down the digestion of protein (which you want to rapidly reach your muscles) and it can blunt blood

flow to muscles and suppress your body's ability to slow down your natural growth hormone levels.

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### **Examples of AM Post-Workout Meal Options:**

- Apple Pie Oatmeal (recipe in cookbook)
- High Energy Granola (recipe in cookbook)

### **Examples of Mid-Day or Evening Post-Workout Meal Options:**

- Spiced Sweet Potato Stew (recipe in cookbook)
- Chicken Pesto Pasta (recipe in cookbook)
- Baked Lemon Shrimp w/ Broccoli & Quinoa (recipe in cookbook)
- Bow Tie Tuna Pasta (recipe in cookbook)

## **PHASE II – PART ONE GUIDELINES**

**RULE #1:** One scoop of protein powder in water after EVERY Resistance Training Workout

**RULE #2:** If Post Workout Meal is longer than 1hr post workout than make sure your post-workout drink contains a 2:1 carb to protein ratio and is about 200-250 calories.

**RULE #3:** Protein & Veg ONLY for Post-Workout Meal if longer than 1hr post workout. No Carbs!

**RULE #4:** Post-Workout Meal carbs must be limited to 1 cup serving.

**RULE #5:** Protein & Veg ONLY Post-Cardio Meal, no carbs!

**RULE #6:** AM Workout = No other carbs during the day. Only Post-AM Workout Carbs.

**RULE #7:** On Non-Workout, no carbs!

**RULE #8:** During this Phase, you can start to reintroduce added sugar (e.g. raw honey, maple syrup, coconut palm sugar) and goat-based dairy products.

**RULE #9:** If planning a 'Treat Meal' make sure to plan a Depletion Day prior; meaning no carbs the day before your Treat Meal Day; even post-workout. Enjoy the carbs as part of your treat meal 😊 And, ideally plan your Treat Meal post-workout.

Okay girl, there you have it!

Using the **7-Day Phase II – SAMPLE Meal Plan** provided, grab your cookbooks, pull out the recipes you want to try and custom design YOUR PERFECT meal plan for the next two weeks.

Note that I have also included a **Blank Meal Planning Sheet** that you can use to create your personalized plan.

I look forward to seeing your meal planning check-ins inside the Facebook group.

Your coach and cheerleader,

Courtney

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