

THE MACRONUTRIENT & ANABOLIC PHILOSOPHY

- **Protein Target:** Anchored at 1 gram per pound of ideal body weight (capping at 130 grams), ensuring optimal recovery without digestive friction.

- **The Leucine & Complete Protein Threshold:** Focus on complete protein sources delivering **3 to 5 grams of leucine per meal** (via 35–50g of complete protein) to trigger the muscle protein synthesis response effectively.

- **Macros vs. Micronutrients:** While your macros dictate how you *look* and perform, your micronutrient intake—driven by a rich variety of colorful vegetables—determines how you actually *feel*, supporting cellular energy and daily vitality.

- **Performance Carbohydrate Strategy:** Quality, fiber-dense, and low-glycemic carbohydrates strategically timed to fuel your training sessions, maintain high workout output, and support glycogen replenishment.

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- **Fats for Hormonal Health:** Essential fatty acids derived from clean sources to support endocrine function, cellular health, and joint mobility.

STRATEGIC PROTEIN SOURCES & SUPPLEMENTATION

- **Whey Protein:** A fast-digesting, high-biological-value staple ideal for post-workout recovery.

- **Plant-Based Blends:** Combining rice and pea protein yields a complete amino acid profile (stay tuned for the upcoming channel episode breaking down plant protein synergies).

- **Essential Amino Acids (EAAs):** Utilized for targeted cellular hydration and recovery support.

- **Practical Kitchen Hack:** Mix unflavored protein powder directly into Greek yogurt, oatmeal, or savory dishes to effortlessly boost protein density without altering flavor profiles.

DAILY STAPLES & SMART SWAPS FOR SUCCESS

- **Morning Fuel Anchor:** High-fiber bagels or high-protein cereals mixed with Greek yogurt to hit your morning protein window effortlessly while keeping energy steady.

- **The Mayo Swap:** Substitute standard mayonnaise with plain Greek yogurt in tuna, chicken, or egg salads to slash heavy fats and maximize protein density.

- **Taco Night Staple:** Use high-protein tortillas or soft street taco tortillas loaded with lean protein, black beans, corn, fresh salsa, avocado/guacamole, and a generous dollop of Greek yogurt in place of sour cream.

THE PM RECOVERY ROUTINE

- **Evening Casein Source:** A savory pre-bed bowl featuring 1 cup of cottage cheese, halved cherry tomatoes, black pepper, and pumpkin

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- seeds (or almond butter and cinnamon for a sweet variant) to sustain slow-release amino acid delivery overnight.

DAILY NUTRITION & PROTEIN TRACKER

Log your daily nutrition targets to ensure you are hitting your complete protein thresholds, micronutrient variety, and fueling your training blocks.

Day	Total Protein (Target ~1g/lb)	Leucine Threshold Met (3–5g/meal)	Veggie Variety & Micronutrients	Performance Carbs & Hydration
Monday	_____	[ ] Yes	[ ] Yes	[ ] Yes
Tuesday	_____	[ ] Yes	[ ] Yes	[ ] Yes
Wednesday	_____	[ ] Yes	[ ] Yes	[ ] Yes
Thursday	_____	[ ] Yes	[ ] Yes	[ ] Yes
Friday	_____	[ ] Yes	[ ] Yes	[ ] Yes
Saturday	_____	[ ] Yes	[ ] Yes	[ ] Yes
Sunday	_____	[ ] Yes	[ ] Yes	[ ] Yes

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