

HTK

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NUTRITION GUIDE

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FITNESS

NUTRITION & SUPPLEMENTATION PROTOCOL

NUTRITION PROTOCOL

INTRODUCTION

Welcome to the Hard To Kill Nutrition and Supplement protocol. The mission is to cut through the noise and provide you with the REAL info you need to succeed in creating healthy eating habits. We want you creating meals that include the necessary macro and micronutrients to hit your desired goals.

Preparation is key to ensure you remain on track & prevents you from over or undereating. So make sure you give yourself every chance for success by stocking your cupboards with the right foods and food prepping for the day or week ahead. Skipping meals or snacks will slow your metabolism and lead you to binge eat foods with little to no nutritional value.

You can't expect to get the most out of your training and perform at your best without adequately fuelling your body. Nutrition is an important part of your energy, recovery, muscle gain and fat loss.

This guide will help you easily and correctly calculate your macros and know what your body needs. My goal for you, is to ensure that you eat **REAL** food each day & reach your **PEAK** physical form.

QUICKFIRE RULES

Start with these 7 quick and easy nutrition rules that you can implement right away with little extra effort. Even if you only follow a couple of these rules you will begin to see changes in your performance and will kick start your nutrition overhaul.

QUICKFIRE RULES
1. NO ALCOHOL FOR THE FIRST 14 DAYS (YOU MAY CONSUME ON FRIDAYS OR SATURDAYS ONLY AFTER DAY 14).
2. MUST CONSUME AT LEAST 3 LITERS OF WATER PER DAY.
3. ELIMINATE PROCESSED FOODS.
4. ELIMINATE MOST REFINED SUGARS IN YOUR DIET. FRUIT IS FROM THE EARTH AND A NATURAL SUGAR.
5. ELIMINATE FRIED FOOD.
6. AIM TO EAT 5-6 SMALL MEALS EVERY 3-4 HOURS TO AVOID OVEREATING.
7. TAKE A QUALITY MULTIVITAMIN, FISH OIL, L-CARNITINE, VITAMIN C & D EACH MORNING.

MACROS

CALCULATING YOUR MACROS

Calculating your macro's is a highly effective tool to help you customize your nutrition to exactly what your body needs. It also can be the most confusing and overly complicated part. To save you the confusion I have done the heavy lifting and detailed why protein, carbs & fats are all essential to your diet along with a simple fool-proof macro calculator below.



PROTEIN

Protein is our body's building block and an essential part of your diet. All your organs, including the skin, muscles, hair, and nails, are built from proteins. Protein is vital to development and to a properly functioning body.

When you are killing your workouts, your body becomes hungry for amino acids. If you are not eating the right amount of protein you will notice you are not going to progress as fast and will plateau in the gym.

You can make the choice if you want your protein intake to come from animals or plants. Personally, I like to rotate animal proteins.



CARBS & GRAINS

Carbs are our body's preferred source of fuel. The healthiest sources of carbohydrates are unprocessed or minimally processed whole grains, vegetables, fruits and beans. They promote good health by delivering vitamins, minerals, fiber, and important phytonutrients.

Having enough carbs in your diet will give you more energy and help you get through a long hard workout without burning out too quickly.



FATS





A properly functioned and balanced diet must include fats. They are extremely important for brain function, healthy hormones and ingesting fat helps the body to utilize your own fat as fuel, lowering your overall body fat levels.

If you neglect this and severely limit your fat intake, you will cause negative effects on your testosterone levels among other hormones. Testosterone is the super hormone which helps build muscle mass. Just remember, portion control is key when it comes to fats as it is extremely easy to overdo this.

MACRO-NUTRIENT RATIO

We are focusing on a ratio of approx. **40 / 35 / 25**. 40% protein, 35% carbs & 25% fat. This ratio provides enough protein to build muscle, enough carbs to give you the energy to power through hard workouts & adequate fat to keep your hormones at an optimal level.

DAILY MACROS CALCULATOR

	CALORIES Multiply your weight by 10. This is your starting daily calorie number. ✓ Example: 200lbs x 10 = 2000 Calories	$\frac{\text{YOUR WEIGHT}}{\text{YOUR WEIGHT (LBS)}} \times 10$	$= \frac{\text{YOUR DAILY CALORIES}}$
	PROTEIN Multiply your weight by 1. This is your daily protein need in grams. ✓ Example: 200lbs x 1 = 200g Protein	$\frac{\text{YOUR WEIGHT}}{\text{YOUR WEIGHT (LBS)}} \times 1$	$= \frac{\text{YOUR DAILY PROTEIN (GM)}}{\text{YOUR DAILY PROTEIN (GM)}}$
	CARBS Multiply your weight by 0.8 This is your daily carbs intake in grams. ✓ Example: 200lbs x 0.8 = 180g carbs	$\frac{\text{YOUR WEIGHT}}{\text{YOUR WEIGHT (LBS)}} \times 0.8$	$= \frac{\text{YOUR DAILY CARBS (GM)}}{\text{YOUR DAILY CARBS (GM)}}$
	FAT Multiply your weight by 0.3 This is your daily fat intake in grams. ✓ Example: 200lbs x 0.3 = 60g fat	$\frac{\text{YOUR WEIGHT}}{\text{YOUR WEIGHT (LBS)}} \times 0.3$	$= \frac{\text{YOUR DAILY FAT (GM)}}{\text{YOUR DAILY FAT (GM)}}$

1g of protein or carbs equals 4 calories. 1g of fat equals 9 calories. When you add up the true calories of your protein, carbs and fats it will always be slightly different to your initial calorie calculation.

For example; In the above calculation, the calories = 2000 but when you calculate the protein, carbs and fats it equals 1980 cal which is only a tiny difference & won't affect your results.

ADDING / SUBTRACTING CALORIES

For your first week, I want you to stick to the calories you have calculated above. From here, depending on whether you want to add more muscle or lose extra fat you have two options.

- ✓ **Gain more muscle:** You will add 50-100 calories to your total daily intake.
This will work out to be 350-700 extra calories per week.
- ✓ **Lose more fat:** You will subtract 100-150 calories from your daily intake.
This will work out to be 700-1050 less calories per week.



Important: Every time you make a change to your daily calorie intake, hold this level for minimum one week to allow your body to adapt. For example, if your starting calorie intake is 2000 cals. And you decide after week one you want more fat loss, you would drop your daily intake to 1900 and hold this level for at least a week before making the decision whether to drop to 1800 daily cals.

TRACKING

CALORIE TRACKING

We are keeping it simple here but if you want to take it a step further, download MyFitnessPal and keep yourself honest and accountable. It is easy to use and will let you know your exact daily intakes of protein, carbs, fat, and total calories.



SHOPPING LIST

GET BACK TO EATING REAL FOOD

If it doesn't run, swim, or grow on earth, then it will likely not be included in this plan. **Get back to eating REAL food.**

PROTEINS

- Free Range Chicken Breast & Thighs
- Grass-Fed Steak
- Lean Ground Turkey
- Lean Ground Beef
- Fish (Salmon, Cod Filet, Tuna, Sardines etc.)
- Eggs
- Tofu

CARBS

- Sweet Potato
- Squash
- Oats (Rolled, Steel-Cut)
- Quinoa
- Brown, Wild, or Black Rice
- Legumes (Beans)
- Pasta (Quinoa, Whole Grain)
- Ezekiel or Wholemeal Bread

DAIRY

- Light Cottage Cheese
- Greek Yoghurt

FATS

- Nuts (Almonds, Hazelnuts, Cashews, Walnuts)
- Nut Butter (Almond, Cashew, Peanut)
- Avocado
- Coconut Oil
- Olive Oil
- Ghee Butter

FRUITS

- Bananas
- Strawberries
- Blueberries
- Pineapple
- Kiwi
- Raspberries
- Blackberries
- Grapes
- Honey Dew
- Watermelon
- Pear
- Oranges
- Mango
- Grapefruit

VEGETABLES

- Spinach
- Asparagus
- Zucchini
- Cauliflower
- Broccoli
- Lettuce
- Brussels Sprouts
- Cabbage
- Green Beans
- Eggplant
- Bok Choy
- Bell Peppers
- Onions
- Cucumber
- Garlic
- Carrots

TREATS

- Sugar Free Jello
- Dark Chocolate (70%+)

SEASONINGS, SPICES, SWEETENERS AND DRESSINGS

- Pink Himalayan Salt
- Cayenne Pepper (Natural Thermogenesis)
- Turmeric
- Oregano
- Cinnamon
- Raw Sugar or Stevia
- Agave Nectar
- Honey
- Balsamic Vinegar
- Apple Cider Vinegar

SUPPLEMENT PROTOCOL

INTRODUCTION

When it comes to supplements & starting a supplement regimen, the same method applies as anything in life. Choose a long-term lifestyle change over a quick fix. Pick the supplements that you know you will take consistently year-round.

Below you will find the supplements we take & recommend for you along with recommended dosage.

BASICS	
MULTIVITAMIN	<p>Multi vitamins are a great way to ensure your body gets the essential vitamins and minerals it needs to run efficiently.</p> <p>✓ Recommended dose = One per day in the morning.</p>
FISH OILS	<p>Essential fatty acids (EFAs) cannot be produced by the body and are massively important to maintain healthy cells. A decrease in inflammation, improved mood, and brain function, along with a myriad of other benefits should be enough to convince you that Fish oils are a great addition along with a healthy diet.</p> <p>✓ Recommended dose = 1500 – 2500mg total of Omega 3s every morning.</p>
VITAMIN D	<p>Vitamin D is often overlooked but many people are deficient in it and it has great benefits for your health. These include improving mood, bone health, decreasing blood pressure, preventing cancer and diabetes.</p> <p>✓ Recommended dose = 3-5000IU every morning.</p>
MAGNESIUM	<p>Magnesium is a vital mineral that helps relax your body & mind. It reduces muscle cramps, improves sleep, brings up your mood and lowers your blood pressure.</p> <p>✓ Recommended dose = 200-400mg per day before bed.</p>
VITAMIN C	<p>Vitamin C supports immunity, energy, collagen production, hormone balance and helps you recover faster from your heavy workouts.</p> <p>✓ . Recommended dose = 500-1000mg every morning.</p>

SUPPLEMENT PROTOCOL

PERFORMANCE	
PROTEIN POWDER	<p>I highly recommend protein supplementation for recovery, muscle gain and preserving muscle when you are in a caloric deficit. Choose an option that works for you (whey or plant protein).</p> <p>✓ Recommended dose = 2 scoops post-workout in water, almond milk or OJ.</p>
CREATINE	<p>Creatine is a natural chemical compound found in your muscle cells but can also be taken as a supplement. There are many studies that have proven it to be safe & effective for increases in strength and muscle growth.</p> <p>✓ Recommended dose = 5-10g post-workout in water or juice.</p>
L-CARNITINE	<p>L-Carnitine is a naturally occurring amino acid that plays a vital role in the production of energy, shuttling fatty cells into your body's mitochondria. Mitochondria are like little engines in our cells that burn these fats and turn them into useable energy.</p> <p>✓ Recommended dose = 2000mg every morning.</p>

RECOMMENDED BRANDS

DISCOUNT CODE AVAILABLE ON OUR WEBSITE

Two great brands that we recommend are **Alpha-Elite** and **Thorne Research**. You will find a discount code for Alpha-Elite on your **members area** once you log into our **website**.



MEAL PLANS

3 EASY CALORIE-BASED EXAMPLES

I have included these 3 easy calorie-based examples that will help make planning your day easy. Choose the one closest to your macro calculations and adjust it to suit if need be.

Everything is cooked weights unless it says otherwise



1500 CALORIES

MEAL 1 (BREAKFAST)	<ul style="list-style-type: none"> • 3/4 Scoop protein powder • 50g dry oats w/ water • ½ grapefruit • 5g Almond butter <p>✓ Total = 369 calories, 44g carbs, 7g fat, 26.75g protein</p>
MEAL 2 (SNACK)	<ul style="list-style-type: none"> • 3 rice thins or rice crackers • 95g Canned tuna in water or 75g light cottage cheese <p>✓ Total = 160 calories, 19carbs, 4g fat, 19g protein</p>
MEAL 3 (LUNCH)	<ul style="list-style-type: none"> • 125g Rice or 100g Sweet potato • 150g Chicken breast or Lean beef • ½ plate Mixed salad w/ balsamic vinegar <p>✓ Total = 326 calories, 20g carbs, 5g fat, 48g protein</p>
MEAL 4 (POST-WORKOUT)	<ul style="list-style-type: none"> • 1.5 scoops Protein powder • 1 large glass OJ <p>✓ Total = 290 calories, 29g carbs, 3g fat, 38.5g protein</p>
MEAL 5 (DINNER)	<ul style="list-style-type: none"> • 125g Rice or 100g sweet potato w/ bone broth • 100g Chicken thigh or Steak • ½ plate Green vegetables <p>✓ Total = 290 calories, 20g carbs, 11g fat, 26g protein</p>
MEAL 6 (SNACK)	<ul style="list-style-type: none"> • 50g Blueberries <p>✓ Total = 57 calories, 15carbs, 0 fat, 1 protein</p>

DAILY (MACRONUTRIENT) TOTALS



CALORIES: 1492



PROTEIN: 159.25



CARBS: 147



FATS: 30

2000 CALORIES

MEAL 1 (BREAKFAST)	<ul style="list-style-type: none"> • 1 Scoop protein powder • 50g dry oats w/ water • ½ grapefruit • 5g Almond butter <p>✓ Total = 399 calories, 44g carbs, 6g fat, 33g protein</p>
MEAL 2 (SNACK)	<ul style="list-style-type: none"> • 4 rice thins or rice crackers • 185g Canned tuna in water or 100g light cottage cheese <p>✓ Totals = 225 calories, 25 carbs, 5g fat, 27g protein</p>
MEAL 3 (LUNCH)	<ul style="list-style-type: none"> • 125g Rice or 100g Sweet potato • 150g Chicken breast or Lean beef • ½ plate Mixed salad w/ balsamic vinegar <p>✓ Total = 326 calories, 20g carbs, 5g fat, 48g protein</p>
MEAL 4 (POST-WORKOUT)	<ul style="list-style-type: none"> • 2 scoops Protein powder • 1 large glass OJ <p>✓ Totals = 350 calories, 30g carbs, 4g fat, 51g protein</p>
MEAL 5 (DINNER)	<ul style="list-style-type: none"> • 125g Rice or 100g sweet potato w/ bone broth • 200g (cooked) Chicken thigh or Steak • ½ plate Green vegetables <p>✓ Totals = 500 calories, 20g carbs, 22g fat, 52g protein</p>
MEAL 6 (SNACK)	<ul style="list-style-type: none"> • 100g Greek yoghurt • 50g Blueberries • 20g Dark chocolate <p>✓ Totals = 247 calories, 41g carbs, 6g fat, 10g protein</p>

DAILY (MACRONUTRIENT) TOTALS



CALORIES: 2047



PROTEIN: 221



CARBS: 180



FATS: 50

2500 CALORIES

MEAL 1 (BREAKFAST)	<ul style="list-style-type: none"> • 1 Scoop protein powder • 70g Oats w/ water • ½ grapefruit • 10g Almond butter <p>✓ Totals = 526 calories, 59g carbs, 16g fat, 36g protein</p>
MEAL 2 (SNACK)	<ul style="list-style-type: none"> • 4 rice thins or rice crackers • 185g Canned tuna in water or 100g light cottage cheese • 1 Banana <p>✓ Totals = 346 calories, 56g carbs, 5g fat, 29g protein</p>
MEAL 3 (LUNCH)	<ul style="list-style-type: none"> • 125g Rice or 100g Sweet potato • 150g (cooked) Chicken breast or Lean beef • ½ plate Mixed salad w / balsamic vinegar • 5ml drizzle olive oil <p>✓ Totals = 366 calories, 20g carbs, 10g fat, 48g protein</p>
MEAL 4 (POST-WORKOUT)	<ul style="list-style-type: none"> • 2 scoops Protein powder • 1 large glass OJ <p>✓ Totals = 350 calories, 30g carbs, 4g fat, 51g protein</p>
MEAL 5 (DINNER)	<ul style="list-style-type: none"> • 125g Rice or 100g Sweet potato • 200g (cooked) Chicken thigh or Steak • ½ plate Green vegetables • 5ml drizzle olive oil <p>✓ Totals = 540 calories, 20g carbs, 27g fat, 52g protein</p>
MEAL 6 (SNACK)	<ul style="list-style-type: none"> • 100g Greek yoghurt • 1 Scoop protein powder • 50g Blueberries • 20g Dark chocolate <p>✓ Totals = 367 calories, 43g carbs, 8g fat, 35g protein</p>

DAILY (MACRONUTRIENT) TOTALS



CALORIES: 2495



PROTEIN: 251



CARBS: 228



FATS: 70

MEAL OPTIONS

BREAKFAST

OPTION 1	Breakfast Smoothie – 300ml skim milk, ¼ cup of oats, 1 banana, handful of frozen berries & 1 scoop protein powder.
OPTION 2	Scrambled Egg whites – 250ml egg whites, 1 handful raw spinach, dash of sriracha sauce, salt & pepper.
OPTION 3	English muffin w/ 15g almond butter & a protein shake (skim milk, banana & protein powder).
OPTION 4	Turkey Bacon, 2 pieces whole wheat toast & scrambled egg whites w/ salsa.
OPTION 5	Breakfast burrito – 1x whole wheat tortilla, low fat ham, 1 egg & 4 egg whites, low fat cheddar cheese & hot sauce.

LUNCH

OPTION 1	Grilled Chicken, Jasmine rice & canned crushed tomatoes.
OPTION 2	Turkey Sandwich – Roast Turkey, whole wheat bread, cranberry sauce & lettuce.
OPTION 3	Tuna Pita – Whole wheat pita, Tuna in springwater (drained), sliced olives, low fat mayonnaise, salt & pepper.
OPTION 4	Citrus Salad – Grilled chicken, mixed green salad, diced pineapple & orange slices. Balsamic vinaigrette optional.
OPTION 5	Swiss wrap – 5 egg whites omelet with low fat swiss cheese in a whole wheat wrap.

MEAL OPTIONS

DINNER

OPTION 1	Grilled Pork chops, applesauce, portobello mushrooms & boiled baby potatoes.
OPTION 2	Roast Turkey breast, Sweet potato mash, cranberry sauce, grilled zucchinis.
OPTION 3	Bunless Burgers – Low fat burger pattys, Cheddar cheese, Lettuce, sliced tomato, cucumber & peppers.
OPTION 4	Power Salad – Spinach, tomatoes, cucumber, sliced avocado, sliced strawberries & a handful of chopped pecans or walnuts. Add Grilled chicken, olive oil & garlic salt.
OPTION 5	Grilled Salmon Steak, sauteed spinach & mashed potatoes.

SNACKS

OPTION 1	High protein greek yogurt with Honey.
OPTION 2	Canned tuna in springwater (drained) & sliced apple.
OPTION 3	Hard Boiled eggs with Sriracha sauce (Remove yolks optional depending on daily fats requirements).
OPTION 4	Ricotta cheese & Frozen berries.
OPTION 5	Protein bar (Quest & RX bars are good options).

ИТК

