

# ACHIEVE

## Performance Training & Coaching

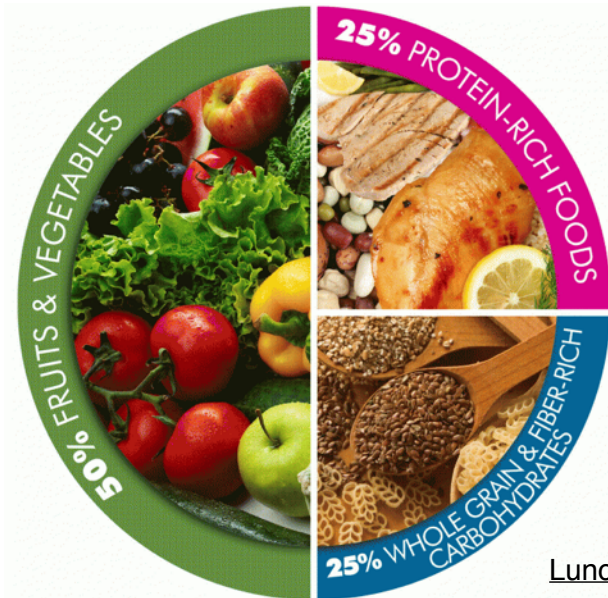
For Fitness. For Sport. For Life. [www.achieveptc.com](http://www.achieveptc.com)

Presented by: Dana Williams - Owner & Head Coach

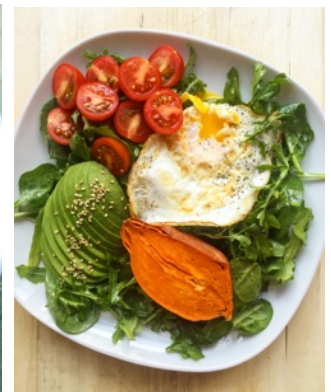
### GENERAL NUTRITION

#### Balanced Meal x 3/day + snacks

#### Breakfast



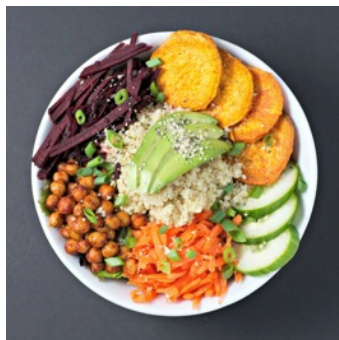
Whole grain or steel cut oatmeal, fruit (bananas, berries, peach) & nuts (sunflower seeds, almonds, walnuts)



Eggs, sweet potato, tomato, avocado on a bed of spinach

#### Lunch

?? What's a balanced lunch look like?



#### Vegetarian Bowl

1. Begin with a bed of greens:  
Greens – arugula, baby kale, romaine, spinach, mixed greens, red or green leaf lettuce

2. Add as much raw veggies as you want:  
Vegetables – cucumbers, shredded carrots, red cabbage, peppers, sprouts, shredded beets, radishes, tomatoes, scallions, onions, broccoli

3. Choose 1-2 of each from the following categories:

- Healthy Fat – avocado, walnuts, almonds, pine nuts, olive oil, hummus, hemp seeds, coconut

flakes, sunflower seeds, sesame seeds

- Protein – chickpeas, black beans, tofu, tempeh, nuts, edamame, white beans, kidney beans, (non-vegan version: hard-boiled eggs, chicken, fish)

- Complex Carbohydrates – quinoa, brown rice, roasted sweet potatoes, farro, barley

4. Optional Add-Ins:

Roasted Vegetables – asparagus, brussels sprouts, mushrooms, broccoli, cauliflower, squash, beets, corn

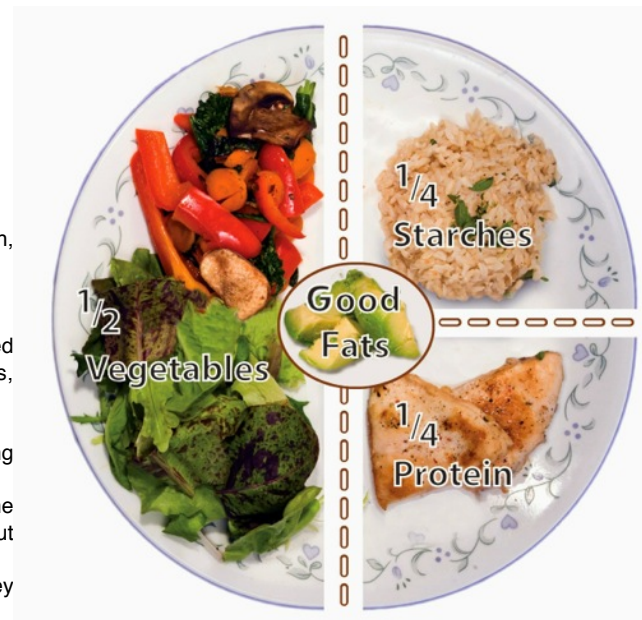
I like to add roasted vegetables especially in the winter for added warmth and satiety.

Fruit – pomegranate seeds, raisins, apple slices, mango, orange or grapefruit sections, dried cranberries

5. Dressing: Creamy Avocado Dressing, Peanut Sauce or Sweet Miso Dressing.

Sweet Miso Dressing - 1/4 cup water, 4 tablespoons toasted sesame seed oil, 2 tablespoons apple cider vinegar, 2 tablespoons white miso paste, 2 tablespoons tahini, 2 tablespoons maple syrup, sea salt ~Blend, drizzle and enjoy!~

#### Dinner

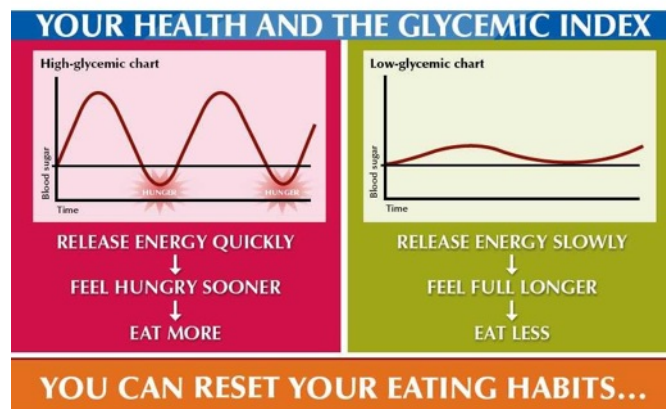


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### Fast vs Slow Burning Carbohydrates

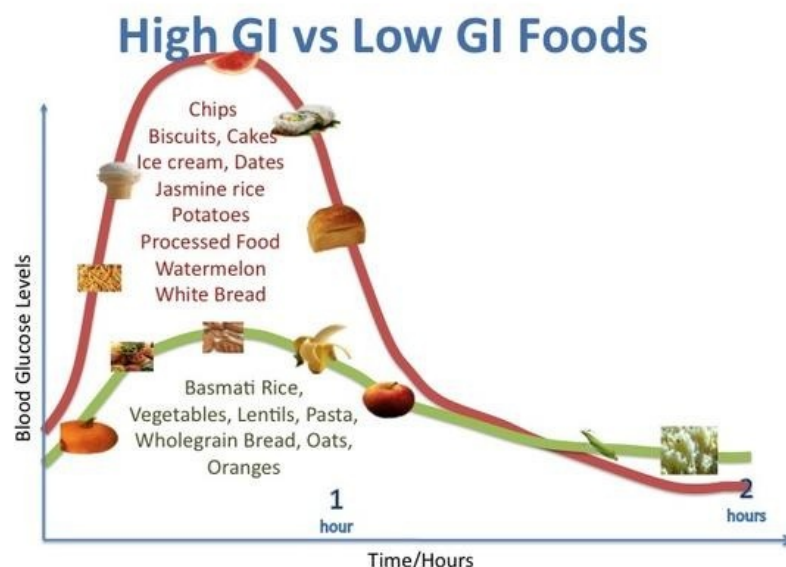


What are they best for?

Fast burning (High GI) - during and within 15mins of completion of an intense training session or race  
Slow burning - all other times

Why slow burning carbs most of the time?

- Maintain balanced blood sugar levels/decrease high spikes in blood sugar, resulting in more balanced energy throughout the day.



GLYCEMIC INDEX CHART									
Low GI (55 or below)					High GI (70 or Above)				
IMAGES	G.I.	IMAGES	G.I.	IMAGES	G.I.	IMAGES	G.I.	IMAGES	G.I.
	83		33		10		22		60
	73		38		10		14		
	49		38		10		14		
	54		44		10		30		
	55		49		10		31		
	58		55		48		32		
	72		67		49		35		
	76		80		64		36		
	80		85		75		43		
	83						60		



## Protein

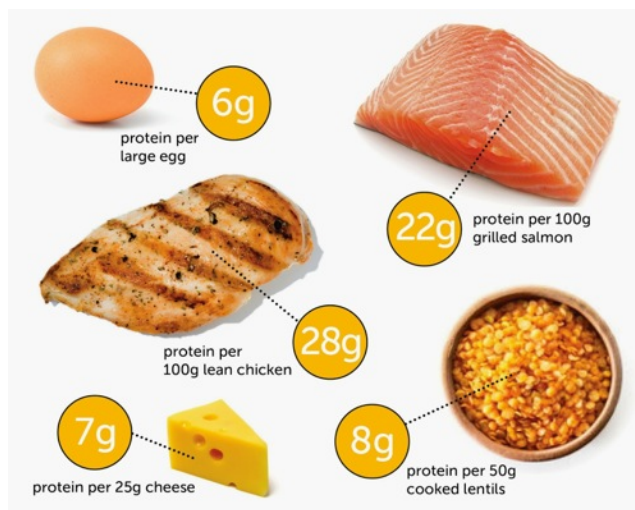
# BEST SOURCES OF PROTEIN

Protein intake: Per 100g serving



# top **meatless** protein sources

neilarey.com



## Carbohydrates

### Healthy Carbs

Vegetables



Fruits



Whole Grains



Seeds



Nuts



Beans



## Fats

### Healthy High-Fat Foods

Avocados



Peanuts & Peanut Butter



Olives & Olive Oil



Walnuts

Sunflower Seeds



Edamame Soybeans



Coconut Oil



Ground Flaxseed

Salmon



Almonds



### GOOD FATS

### BAD FATS

