

# FUEL THE GRIND: High-Protein Nutrition Guide

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ANCHR GEAR | EAT TO WIN

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## DISCLAIMER

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*This guide is for informational purposes only and is not intended as medical advice. The nutritional information provided is based on general healthy eating principles. Individual needs vary. Consult a physician or registered dietitian before making significant changes to your diet, especially if you have pre-existing medical conditions such as diabetes, kidney disease, or food allergies.*

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## THE PHILOSOPHY: FOOD IS FUEL

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Most diets fail because they treat food as the enemy. They tell you to eat less, starve yourself, and be miserable. **That ends today.**

Your body is a machine. If you want it to perform—if you want to build muscle, burn fat, and crush your workouts—you need to fuel it.

### The ANCHR Rules of Nutrition:

1. **Protein is King:** It builds muscle and keeps you full. Every meal must have protein.
  2. **Real Food First:** If it comes in a box with a cartoon character on it, don't eat it.
  3. **Preparation is Key:** You will fail if you rely on willpower. You will succeed if you rely on preparation.
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# PART 1: MACRO MASTERY

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You don't need a degree in biochemistry. You just need to know your numbers.

## THE SIMPLE FORMULA

- **Protein:** 1g per pound of goal body weight. (e.g., Goal is 150lbs = Eat 150g Protein)
- **Fats:** 0.4g per pound of current body weight. (Essential for hormones)
- **Carbs:** Fill the rest of your calories here. Eat them around your workouts.

## THE “HAND” METHOD (NO SCALES REQUIRED)

- **Protein:** 1 Palm size portion (Chicken, Beef, Fish, Tofu)
  - **Carbs:** 1 Cupped Hand portion (Rice, Potatoes, Oats, Fruit)
  - **Fats:** 1 Thumb size portion (Oils, Nuts, Avocado)
  - **Veggies:** 1 Fist size portion (Broccoli, Spinach, Peppers) - *Eat as much as you want.*
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# PART 2: THE SUNDAY RITUAL (MEAL PREP)

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Give us 2 hours on Sunday, and we'll give you a week of freedom.

### Step 1: The Protein Batch

- Roast 2-3 lbs of Chicken Breast (Season with salt, pepper, paprika, garlic powder).
- Cook 1-2 lbs of Ground Turkey or Lean Beef (Taco seasoning or Italian herbs).
- Hard boil 6-12 Eggs.

### Step 2: The Carb Batch

- Cook a large pot of Rice or Quinoa.
- Roast 3-4 Sweet Potatoes (cubed).

### Step 3: The Veggie Batch

- Buy bags of frozen broccoli/green beans (Steam in microwave when needed).
- Wash and chop fresh peppers and cucumbers for snacks.

#### **Step 4: Containerize**

- Pack 5 lunches for the work week.
  - Store the rest in large containers for quick dinners.
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## **PART 3: THE RECIPES (FAST, CHEAP, PROTEIN-PACKED)**

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### **BREAKFAST (START STRONG)**

#### **1. The “Grind” Oatmeal**

- *Ingredients:* ½ cup Oats, 1 scoop Whey Protein (Chocolate or Vanilla), 1 tbsp Peanut Butter, Water/Almond Milk.
- *Prep:* Cook oats. Stir in protein powder and PB after cooking.
- *Macros:* ~35g Protein / 40g Carbs / 10g Fat

#### **2. Egg White Scramble**

- *Ingredients:* 1 Whole Egg, 1 cup Egg Whites, Handful Spinach, 1 slice Whole Wheat Toast.
- *Prep:* Scramble eggs with spinach. Serve with toast.
- *Macros:* ~30g Protein / 15g Carbs / 5g Fat

#### **3. Greek Yogurt Power Bowl**

- *Ingredients:* 1 cup Non-fat Greek Yogurt, ½ cup Berries, 1 tbsp Chia Seeds/Nuts.
- *Prep:* Mix and eat.
- *Macros:* ~25g Protein / 15g Carbs / 5g Fat

### **LUNCH & DINNER (FUEL THE MACHINE)**

#### **4. The “Lazy” Chicken Bowl**

- *Ingredients:* 6oz Pre-cooked Chicken Breast,  $\frac{1}{2}$  cup Rice, 1 cup Steamed Broccoli, Hot Sauce/Salsa.
- *Prep:* Microwave and mix.
- *Macros:* ~40g Protein / 25g Carbs / 5g Fat

## 5. Turkey Taco Skillet

- *Ingredients:* 6oz Lean Ground Turkey, Taco Seasoning, Bell Peppers, Onions,  $\frac{1}{2}$  Avocado.
- *Prep:* Sauté turkey and veggies. Top with avocado.
- *Macros:* ~35g Protein / 10g Carbs / 15g Fat

## 6. Salmon & Asparagus

- *Ingredients:* 6oz Salmon Fillet, Bunch of Asparagus, Lemon, Olive Oil.
- *Prep:* Bake at 400°F for 12-15 mins.
- *Macros:* ~35g Protein / 5g Carbs / 20g Fat

## 7. Beef & Sweet Potato Hash

- *Ingredients:* 6oz Lean Ground Beef, 1 cup Cubed Sweet Potato, Kale.
- *Prep:* Brown beef. Add pre-roasted sweet potatoes and kale until wilted.
- *Macros:* ~35g Protein / 30g Carbs / 10g Fat

## SNACKS (BRIDGE THE GAP)

- **Protein Shake:** 1 scoop Whey + Water (25g Protein)
  - **Tuna Packet:** Eat straight or on crackers (20g Protein)
  - **Cottage Cheese:**  $\frac{1}{2}$  cup (14g Protein)
  - **Jerky:** 1oz Beef/Turkey Jerky (10g Protein)
  - **Almonds:** Small handful (Healthy Fats)
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## PART 4: HYDRATION

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Water is the most anabolic supplement you can take. If you are dehydrated, you are weak.

**The Goal:** Drink 0.5 - 1 gallon of water per day. **The Hack:** Drink 16oz (2 cups) immediately upon waking up. Before coffee. Before scrolling.

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## SHOPPING LIST (PRINT THIS)

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**PROTEINS** ☐ Chicken Breast (Boneless, Skinless) ☐ Lean Ground Turkey ( $\frac{93}{7}$  or  $\frac{99}{1}$ ) ☐  
Lean Ground Beef ( $\frac{90}{10}$  or leaner) ☐ Eggs & Egg Whites ☐ Greek Yogurt (Non-fat, Plain)  
☐ Salmon / White Fish ☐ Whey Protein Powder

**CARBS** ☐ Oats (Old Fashioned) ☐ Rice (Jasmine or Basmati) ☐ Sweet Potatoes / White Potatoes ☐ Quinoa ☐ Fruit (Berries, Bananas, Apples)

**FATS** ☐ Olive Oil / Avocado Oil ☐ Peanut Butter / Almond Butter ☐ Almonds / Walnuts ☐  
☐ Avocados

**VEGGIES** ☐ Spinach / Kale ☐ Broccoli / Green Beans (Frozen is fine) ☐ Bell Peppers ☐  
Onions / Garlic

**FLAVOR (0 CALORIE)** ☐ Hot Sauce ☐ Mustard ☐ Soy Sauce (Low Sodium) ☐ Spices  
(Salt, Pepper, Garlic Powder, Paprika, Taco Seasoning)

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**EAT CLEAN. TRAIN HARD. REPEAT.**