

# 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 MIX & MATCH MATRIX (NEVER GET BORED)**

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Stop eating plain chicken and rice. Use this matrix to create endless combinations using the same core ingredients.

#### **STEP 1: PICK YOUR PROTEIN**

- Chicken Breast
- Ground Turkey/Beef
- Salmon/White Fish
- Tofu/Tempeh
- Eggs/Egg Whites

#### **STEP 2: PICK YOUR BASE**

- White/Brown Rice
- Sweet Potato Cubes
- Quinoa
- Whole Wheat Pasta
- Huge Salad Greens

#### **STEP 3: PICK YOUR VIBE (THE FLAVOR)**

THE VIBE	THE SAUCE/SPICE	THE ADD-INS
MEXICAN	Salsa, Hot Sauce, Cumin, Lime	Black Beans, Corn, Avocado, Cilantro
ASIAN	Soy Sauce, Ginger, Sriracha, Sesame Oil	Stir-fry Veggies, Green Onion, Sesame Seeds
ITALIAN	Marinara Sauce, Oregano, Basil, Garlic	Zucchini, Spinach, Parmesan Cheese
BBQ	Sugar-Free BBQ Sauce, Paprika, Chili Powder	Coleslaw Mix, Pickles, Red Onion
GREEK	Tzatziki, Lemon, Oregano, Olive Oil	Cucumber, Tomato, Feta Cheese, Olives
CAJUN	Cajun Seasoning, Hot Sauce, Garlic	Bell Peppers, Onions, Celery

## PART 4: 10 “CHEAT CODE” RECIPES

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Fast, high-protein meals that taste like cheat meals.

### 1. Buffalo Chicken Mac & Cheese

- *Mix:* Whole wheat pasta, cooked chicken, laughing cow cheese wedge (or light cream cheese), buffalo sauce.
- *Why:* Creamy, spicy, and packed with protein.

### 2. Big Mac Salad

- *Mix:* Lean ground beef, lettuce, pickles, onions, light thousand island dressing (or mix greek yogurt + ketchup + relish).
- *Why:* Tastes like the burger without the bun.

### 3. Spicy Tuna Sushi Bowl

- *Mix:* Canned tuna, light mayo, sriracha, rice, cucumber, seaweed snacks.
- *Why:* Sushi craving satisfied for \$3.

### 4. Egg Roll in a Bowl

- *Mix:* Ground turkey, bag of coleslaw mix (cabbage), soy sauce, ginger, garlic. Sauté until soft.
- *Why:* High volume, low calorie, massive flavor.

## 5. Protein Pancakes

- *Mix:* 1 banana, 2 eggs, 1 scoop protein powder. Blend and cook like pancakes.
- *Why:* Breakfast for dinner.

## 6. Chicken Pesto Pasta

- *Mix:* Chickpea pasta (more protein), rotisserie chicken, tablespoon of pesto, cherry tomatoes.
- *Why:* Comfort food that builds muscle.

## 7. Loaded Sweet Potato

- *Mix:* Baked sweet potato, topped with taco-seasoned ground turkey, salsa, and greek yogurt (sour cream sub).
- *Why:* Sweet and savory perfection.

## 8. Shrimp Stir-Fry

- *Mix:* Frozen shrimp (thaws fast), frozen stir-fry veggies, soy sauce, honey, garlic.
- *Why:* Ready in 8 minutes.

## 9. Greek Turkey Burgers

- *Mix:* Ground turkey mixed with spinach and feta. Grill or pan fry. Serve on bun or lettuce wrap.
- *Why:* Juicy and flavorful.

## 10. Chocolate Peanut Butter “Nice” Cream

- *Mix:* Frozen banana, scoop of chocolate protein, tablespoon of peanut butter, splash of almond milk. Blend until thick.
  - *Why:* Dessert that fits your macros.
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## PART 5: 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 / Shrimp [ ] Whey Protein Powder

**CARBS** [ ] Oats (Old Fashioned) [ ] Rice (Jasmine or Basmati) [ ] Sweet Potatoes / White Potatoes [ ] Quinoa / Chickpea Pasta [ ] Fruit (Berries, Bananas, Apples) [ ] Black Beans / Corn

**FATS** [ ] Olive Oil / Avocado Oil [ ] Peanut Butter / Almond Butter [ ] Almonds / Walnuts [ ] Avocados / Feta Cheese

**VEGGIES** [ ] Spinach / Kale / Lettuce Mix [ ] Broccoli / Green Beans (Frozen is fine) [ ]  
Bell Peppers / Onions / Garlic [ ] Coleslaw Mix (Cabbage) [ ] Cucumber / Tomatoes

**FLAVOR (THE SECRET WEAPON)** [ ] Hot Sauce / Sriracha [ ] Salsa / Marinara Sauce [ ]  
Soy Sauce (Low Sodium) [ ] BBQ Sauce (Sugar Free) [ ] Spices (Taco, Cajun, Italian,  
Garlic, Paprika)

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