

FUEL THE GRIND: High-Protein Nutrition Guide

ANCHR GEAR | EAT TO WIN

DISCLAIMER

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.

THE PHILOSOPHY: FOOD IS FUEL

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

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)

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)

BREAKFAST (START STRONG)

1. The “Grind” Oatmeal

- *Ingredients:* $\frac{1}{2}$ 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, $\frac{1}{2}$ 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

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.

SHOPPING LIST (PRINT THIS)

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)

EAT CLEAN. TRAIN HARD. REPEAT.