



NUTRITION BLUEPRINT FOR STRENGTH AND PERFORMANCE

*Build a nutrition tool kit to maximise intensity,
feel better and recover faster*

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EVERYTHING YOU NEED TO KNOW

NUTRITION FRAMEWORKS AND BEHAVIOUR CHANGE MODELS

6 ESSENTIAL SPORTS NUTRITION FOUNDATIONS

6 NUTRITION STRATEGIES TO MAXIMISE PERFORMANCE AND RECOVERY

6 MINDSET CHANGES FOR LONG-TERM HEALTH SEEKING HABITS

PERFORMANCE PLATES

BUILD A ROADMAP AND ACTION PLAN FOR SUCCESS

HOW I WORK WITH CLIENTS

RESOURCES

- *Performance Nutrition Tool kit*
- *Hand Portion Guide for Calorie Control*
 - *(credit: Precision Nutrition)*



NUTRITION AND PERFORMANCE HIERARCHY



The nutrition hierarchy above is the guiding star on how to create long-lasting sustainable change. It will never be perfect. But as your goals progress so will your skills and knowledge of your health and performance. Each step is effected by the one below it. If you toss and turn all night, get road rage on the way to work each day, hate spending time with your kids and eat way too much. Your fasting window or the best time to eat protein makes no difference what so ever!

Behaviour and lifestyle change is FOREVER. It will always be evolving. YES! It's a good thing...

The difference is how you go about making decisions and weighing up the trade-offs for each of those decisions...

Use the Nutrition Hierarchy as your guiding star when it comes to any health, aesthetic and performance goal you're pursuing

LETS DO THIS!



IT'S MORE THAN JUST NUTRITION!

STRENGTH TRAINING

STRENGTH IS THE PRODUCT OF STRUGGLE

- YOU WANT TO ABILITY TO SAY YES! TO AS MANY TASKS AS YOU CAN FOR AS LONG AS YOU CAN
 - SQUAT, PRESS, DEADLIFT, PULL UPS.
 - SUPERSET OPPOSING MOVEMENTS DURING A SESSIONS. EG DEAD LIFT AND BENCH PRESS
 - PICK 2 BIG COMPOUNDS MOVEMENTS AND 2-3 ACCESSORIES
 - TRAIN CLOSE TO FAILURE BETWEEN 4-12 REPS
 - 30-40 MINUTES IS ENOUGH TIME IF YOU PLAN AND EXECUTE WITHOUT DISTRACTION

SLEEP

THE YIN AND YANG OF SLEEP

- BUILD A BULLETPROOF 30 MINUTE ROUTINE BEFORE AND AFTER SLEEP. CONSISTENCY IS KEY!
 - YIN
 - THE GOAL BEFORE BED IS TO GET INOT THE MOST RELAXED STATE POSSIBLE. IF YOUR CORTISOL IS PEAKING AND YOU'RE STRESSING ABOUT ALL THE TASKS WHICH NEED TO GET DONE TOMORROW, SLEEP WILL BE EFFECTED.
 - ALCOHOL - EVEN 1 STANDARD DRINK 3 HOURS BEFORE BED WILL AFFECT YOU SLEEP QUALITY. AIM FOR MAJORITY OF NIGHTS ALCOHOL FREE
 - YANG
 - GET 10 MINUTES OF BRIGHT LIGHT OR SUNLIGHT AND SOON AS POSSIBLE WHEN YOU GET UP
 - PAIRING IT WITH ANOTHER ACTIVITY FILL 2 BIRDS WITH THE ONE STONE. EG. DAILY WALK AND SUNLIGHT
 - THIS WILL TELL YOU BODY IS AWAKE TIME AND KICK OFF THE CIRCAIDIUN RHYTHM FOR THE DAY
 - RESOURCE: DR MATTHEW WALKER - PODCAST

MINDSET

YOU NEED THE RIGHT TOOLS TO IDENTIFY AND OVERCOME OBSTACLES

- APPLY THE SUGGESTED TOODLS WHEN FACED WITH A CHALLENGE
 - THE MORE VOTES YOU CAN PUT IN THE BALLOT BOX FOR PERSON YOU WANT TO BECOME, THE MORE YOU WILL START TO BELIEVE YOU ARE THAT PERSON....



WHY DO YOU GET STUCK IN THE SAME OLD PATTERN?

INSANITY

DOING THE SAME THING OVER AND OVER AGAIN AND
EXPECTING A DIFFERENT RESULT

COM-B model

CAPABILITY (INTERNAL) - PHYSICAL AND PSYCHOLOGICAL ABILITY

- You need to have the Skills, knowledge and capacity to do the thing you want
 - Eg. How to use My Fitness Pal to track calories. Can I read a food label? Do I know what a protein, fat and carb is?

OPPORTUNITY (EXTERNAL) - PHYSICAL AND SOCIAL ENVIRONMENT

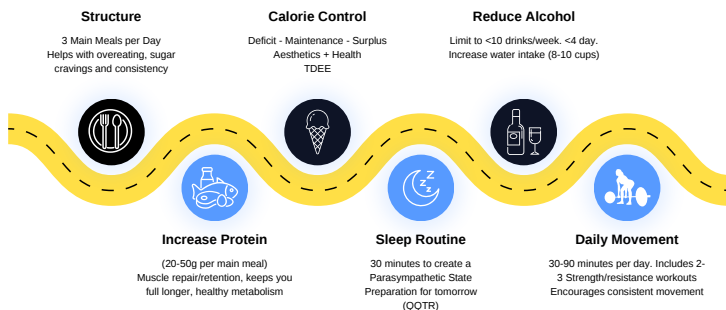
- Time, access, support and resources to make it happen
 - When will I track calories? How will I measure my protein? Do my friends support my food/alcohol choices when we go out for dinner? What happens if I skip a day of tracking?

MOTIVATION (MATTERS MORE THAN DISCIPLINE)

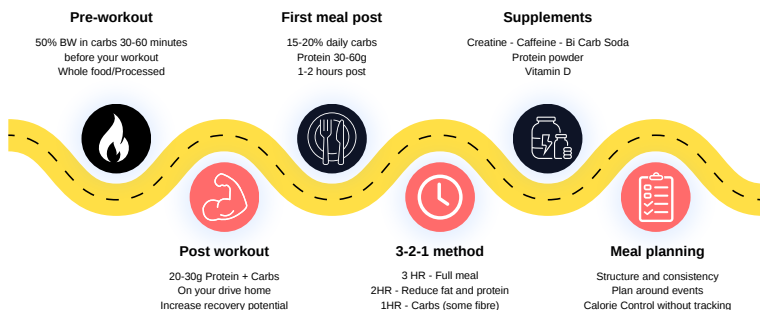
- Do you have the desire and drive to keep showing up? Is there an emotional pull towards change?
 - You need to connect with your big WHY. There is more to it than just looking good at the beach. It could boil down to becoming a Warrior for your kids before they forget who you are. Rebuilding your marriage or your partner will divorce you. Or something more positive like running your first Marathon. Either way it's the emotional connection you have to a quality life which allows you to keep pushing forwards on the days you DON'T feel like doing what you need to do



6 ESSENTIAL SPORTS NUTRITION FOUNDATIONS



6 NUTRITION STRATEGIES TO MAXIMISE TRAINING INTENSITY AND RECOVERY



6 MINDSET CHANGES FOR A HEALTH-SEEKING LIFESTYLE





Performance Plates



Considerations

Athlete digestion, comfort, recovery, fueling

3 HOURS

PROTEIN	● 20-40g
PLANTS	● 1-2 serves
CARBS	● 1-2 cupped hand
FATS	● 1 thumb
FLAVOUR	● 1-2 tablespoon

2 HOURS

● 10-20g
● 1 piece
● 1 cupped hand
● 1 thumb
● 1 tablespoon

1 HOUR

● 0-10g Easy digest, low fat
●
● 50% bw in g (low fibre)
●
●

1. Build a variety of meals based on the time gap before or after a workout
2. Consider convenience based on the environment eg. no access to a microwave
3. Your comfort for a workout and what you can 'stomach' post workout makes a huge difference
4. Always choose flavour and macro preferences





Build your own

Create 2-3 options for each time frame
Use the worksheets below to complete your plan

3 HOURS



2 HOURS



1 HOUR







1 HOUR MEALS PLUG-IN AND OUT

WILL CARBS MAKE ME FAT?

I DON'T WANT TO GET BULKY

Determining and practicing the right Macros takes time. Its specific to each person. Ideally having a plan for deficit, maintenance and surplus days will help you to have flexibility and structure

	BMR, Calorie and Macro Calculator							
								
	DEFICIT		MAINTENANCE		SURPLUS			
Age	30		30		30			
Gender	Female ▾		Female ▾		Female ▾			
Height (in cm)	155		155		155			
Weight (kg)	54		54		54			
BMR	1,198		1,198		1,198			
Lifestyle Multiplier	1.3		1.3		1.3			
Average kcal's per workout	350		350		350			
Number of workouts per week	7		7		7			
Average Daily Kcal Expenditure	300		350		350			
TDEE (kcal's)	1,857		1,907		1,907			
Goal	0.9		1		1.1			
Recommended Start Intake (kcal's)	1,671		1,907		2,098			
	Macros (Low days)		Macros (High days)		Macros (High days)			
	Macros (g)		Macros (g)		Macros (g)			
Protein	1.8	97	1.8	97	1.8	97		
Fats	35%	65	30%	64	35%	82		
Carbs	3.23	174	4.38	237	4.51	244		
Fibre	18	30.08	15	28.61	12	25.17		



BUILD A ROADMAP FOR SUCCESS

GOAL SETTING HIERARCHY

ANCHOR GOAL - INTERMEDIATE GOALS - ACTION ITEMS

CREATE A BULLETPROOF ACTION PLAN

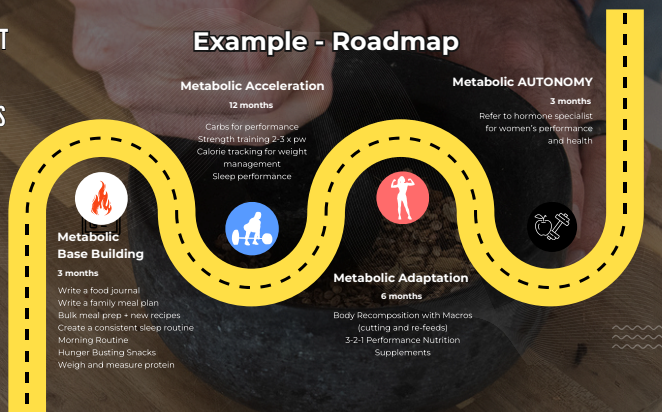
START WITH THE LOW HANGING FRUIT

MAP OUT THE EXACT STEPS

IDENTIFY AND OVERCOME OBSTACLES

DEFINITION OF DONE

Example - Roadmap



HOW TO CREATE AN ACTION PLAN

OPTION #1

1. What is the task?
2. Why are we doing it?
3. Where will you do it?
4. How are you going to do it?
5. How often?
6. How confident are you / 10?
7. What do we need to change for it to be an 8 or 9/10?
8. Why are you not less confident?
9. What Barriers and obstacles might come up?
10. If then (how to overcome those obstacles)



HOW I WORK WITH CLIENTS

GET TO KNOW ME...

INSTAGRAM @MATTY.HUMBLEWARRIOR

PODCAST - HUMBLE WARRIOR PROJECT

CLIENT JOURNEY

1. 10 MINUTE INTRO PHONE CALL

2. HEALTH AND PERFORMANCE ASSESSMENT

3. CUSTOMISED 1:1 COACHING PROGRAM

SCAN TO BOOK AN INTRO CALL





Performance Nutrition Toolkit



**Practice the skills of balancing aesthetics,
health and Performance**

Macronutrients



Have 2-3 options based on time before your next workout

Protein 1.4 - 2.2g Per kg/bw	B	
	L	
	D	
	S	

**Protein ideas for Brekky, lunch, dinner, snacks*

Carbs 3-5g per kg/bw	Grains	
	F+V	
	Pre-WOD	

**Pre-workout is 50% bw in g. Fibre = 15-18g per/1000 kcls*

Fats and Flavour 25-35% daily intake	Fats	
	Sauce	
	Indulge	

**Veggies with sauce is better than no veggies at all*

3-2-1 Meals



Have 2-3 options based on time before your next workout

3 Hour Meals	#1	
	#2	
	#3	

**Protein, plants, carbs, fats, flavour. Prioritise fluids*

2 Hour Meals	#1	
	#2	
	#3	

**Maintain carb and/or plant intake. Reduce protein, fats, fluids*

1 Hour Meal + supplements	#1	
	#2	
	#3	

Prioritise carbs (low fibre 30-50g). Low/no protein, no fats

The week ahead



Work with your calendar to achieve your >80% execution

What time do I need to be in bed each night?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What days am I working out this week?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What events do I need to consider this week?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What obstacles to I face this week?

What is my solution to overcome them?

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
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Reflection questions



Use a traffic light system and the 3 Hs

On a scale 1-10, How did I feel during my workouts this week?
(comfort, energy, hunger/fullness)

What am I **happy** with is this meal plan?

What is **helping** me with this meal plan?

What is **holding** me back?

"Everyone has a plan til' they get punched in the face"

-MikeTyson

Sample day of eating



Plan your meals based on workouts, lifestyle and preferences

Block #1 4-10am	#1	Time
	#2	Time
	#3	Time

Block #2 10am-4pm	#1	Time
	#2	Time
	#3	Time

Block #3 4-10pm	#1	Time
	#2	Time
	#3	Time

"If You Fail to Plan, You Are Planning to Fail"

-Benjamin Franklin

Weekly meal Plan



Plan your meals based on workouts, lifestyle and preferences

	Brekky	Lunch	Dinner	Snacks	Supps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

"So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable"

-Christopher Reeve

Bulk meal prep plan



Plan your meals based on workouts, fuel and recovery

Bulk Prep meals	#1	
	#2	
	#3	

Snack Combos	#1	
	#2	
	#3	

Pre-chopped options	#3	Time
	#2	Time
	#1	Time

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-Christopher Reeve

PORTION CONTROL GUIDE

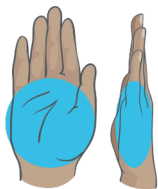
SKIP CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories or macros, but we think there's another way. Try our (much easier) hand portion system.



YOUR HAND IS YOUR PORTIONING TOOL

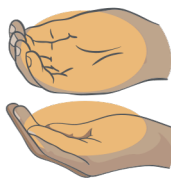
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients—minimal counting required.



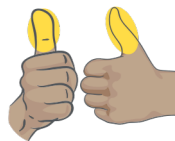
A portion of protein =
1 palm



A portion of
vegetables = 1 fist



A portion of carbs =
1 cupped hand



A portion of fats
= 1 thumb



TAILOR PORTIONS TO YOUR ACTIVITY LEVEL, GOALS, AND PREFERENCES

Moderately active folks can generally maintain their weight and improve their health with 1-2 portions of each food group per meal,* but there's lots of potential for variation. Here are some examples of customized plates based on eating 3 meals per day.



LOWER ENERGY NEEDS

PROTEIN

E.g. meat, fish, eggs, cottage cheese, Greek yogurt, tempeh, tofu

VEGETABLES

E.g. broccoli, spinach, squash, carrots, tomatoes

CARBOHYDRATES

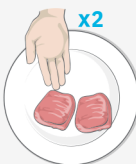
E.g. grains, potatoes, beans, fruits

FATS

E.g. oils, butters, nut butters, nuts, seeds

Minimal activity: No purposeful exercise, <6,000 steps/day

Goal:
Lose body fat and overall body weight
Preference:
Balanced



Goal:
Improve health and maintain body weight
Preference:
Higher-carb



Moderate activity: 3-4 workouts/week, 6,000 - 10,000 steps/day

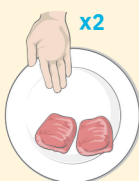
Goal:
Lose fat and overall body weight
Preference:
Lower-carb



Goal:
Improve health and
maintain body weight

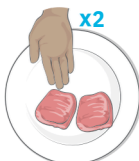
Preference:
Balanced

If you're new to hand portions,
this plate may be a good
place to start.



Goal:
Gain muscle and
overall body weight

Preference:
Balanced



High activity: 6-7 workouts/week, 10,000 - 15,000 steps/day

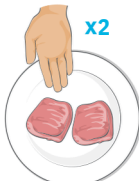
Goal:
Improve health and
maintain body weight

Preference:
Lower-carb



Goal:
Gain muscle and
overall body weight

Preference:
Higher-carb



HIGHER ENERGY
NEEDS

Not sure where a food fits? Check out [‘What should I eat!?’](#)
[Our 3-step guide for choosing the best foods for your body.](#)



*1-2 portions of each food group per meal works out to ~400-800 kcal for men and ~350-700 kcal for women.



EASY WAYS TO CUSTOMIZE YOUR HAND PORTIONS

IF YOU NEED MORE FOOD ON YOUR
PLATE BECAUSE YOU'RE...

- ☐ Not feeling satisfied at meals
- ☐ Eating fewer meals throughout the day
- ☐ Not getting muscle-gain results

IF YOU NEED LESS FOOD ON YOUR
PLATE BECAUSE YOU'RE...

- ☐ Feeling too full at meals
- ☐ Eating more meals throughout the day
- ☐ Not getting weight-loss results

...THEN START BY ADDING...

☐ 1 cupped handful
of carbs



and/or

☐ 1 thumb of fat



...TO A FEW MEALS, FOR A TOTAL FOR
2-3 ADDITIONAL PORTIONS EACH DAY.

...THEN START BY REMOVING...

☐ 1 cupped handful of
carbs



and/or

☐ 1 thumb of fat



...FROM A FEW MEALS, FOR A TOTAL
FOR 2-3 FEWER PORTIONS EACH DAY.

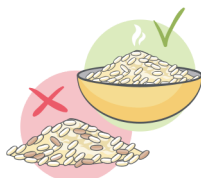
Want personalized hand portion amounts?

Use the [Precision Nutrition Calculator](#) to customize based on your goals, preferences, age, body size, activity level, and more.





HAND PORTION FAQ



Cooked or uncooked?

Gauge portions in the form you plan to eat them. Hand portions are for *plating* your food.



How do I count mixed-food meals, like chili?

Don't overthink it.

- Guesstimate your portions.
- Eat mindfully, paying attention to your fullness cues.
- Add a side of veggies (and maybe extra protein).



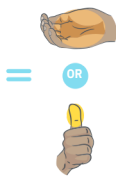
How about cookies, ice cream, chips (and other highly-processed foods)?

One handful is equal to 1 thumb of fat and 1 cupped hand of carbs.

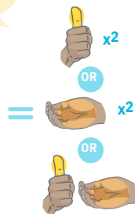
How do I handle alcohol?



1 serving of wine, light beer, or spirits



1 serving of mixed drinks, craft or high-alcohol beer, or dessert wine





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