

P NUTRITION

WINNING HABITS **PRODUCE** WINNING RESULTS!

PROTEIN
WITH EVERY MEAL AND POST WORKOUT

RAINBOW
COLORFUL FRUITS AND VEGETABLES

OMEGA-3
ALWAYS INCLUDE HEALTHY FATS

DRINK WATER
HALF OF YOUR BODYWEIGHT IN OUNCES

UNPROCESSED FOOD
EAT REAL FOOD

CARBOHYDRATE TIMING
PRE/POST WORKOUT AND COMPETITION

ELIMINATE JUNK
YOU ARE WHAT YOU EAT