

TRIBE4

FITNESS HEALTH & WELLNESS

CHALLENGE

NUTRITION HANDBOOK



NUTRITION FOR OPTIMAL PERFORMANCE

Welcome to the Tribe41 Nutrition Handbook! This guide is designed to provide you with valuable insights, evidence-based information, and actionable tips to make nutrition an integral part of your fitness journey.

By understanding the impact of nutrition on your body composition, energy levels, performance, and recovery, you'll be equipped with the tools to make intentional and sustainable changes to your dietary habits. This handbook simplifies the process, offering clear explanations and real-life examples to support your journey towards optimal nutrition and performance.

Let's dive into the content, which covers topics such as building balanced meals, macronutrients, hydration, pre- and post-workout nutrition, mindful eating, portion control, healthy snacks and more. Each section provides information and practical tips to help you integrate these practices into your daily routine.

We're excited to support you every step of the way as you harness the power of nutrition to fuel your Tribe41 experience and unleash your full potential during the challenge!



BUILDING A BALANCED PLATE

Creating a balanced plate is crucial for fueling your body effectively. A balanced meal should consist of four key components: protein, carbohydrates, healthy fats and vegetables. Let's take a closer look at each:

Protein: Proteins are the building blocks for muscle repair and growth. Include a portion of lean meats, fish, tofu, or legumes equivalent to the size of your palm or a fist.

Carbohydrates: Carbs provide energy for your workouts and overall daily activities. Opt for whole grains, sweet potatoes, or legumes, and aim for one to two fist-sized portions.

Healthy Fats: Healthy fats support brain function and hormone production. Add one to two thumb-sized portions of avocados, nuts, or olive oil to your meals.

Vegetables: Non-starchy vegetables are packed with essential nutrients and fiber. Fill at least half of your plate with vegetables, equivalent to two fists.

By incorporating these components into your meals, you'll provide your body with the necessary nutrients for optimal performance and overall well-being.



MACRONUTRIENTS

PROTEIN | CARBOHYDRATES | FATS

Macronutrients, including proteins, carbohydrates, and fats, are the foundation of a healthy diet. Understanding the role of each macronutrient can help you make informed choices and optimize your nutrition for performance and overall well-being.

- **Proteins:** Proteins are essential for muscle repair, growth, and recovery. They provide the building blocks for tissues, enzymes, and hormones. Include a variety of lean protein sources such as chicken, turkey, fish, lean meats, eggs, tofu, legumes, and dairy products in your meals. Aim for a portion size equivalent to the size of your palm or a fist. This ensures you're getting adequate protein to support muscle maintenance and growth.
- **Carbohydrates:** Carbohydrates are your body's primary source of energy, particularly during high-intensity workouts. Opt for complex carbohydrates such as whole grains, fruits, vegetables, and legumes. These provide a steady release of energy and important nutrients like fiber, vitamins, and minerals. Aim for one to two fist-sized portions of carbohydrates per meal, adjusting the amount based on your activity level and individual needs.
- **Fats:** Healthy fats are essential for hormone production, brain function, and absorption of fat-soluble vitamins. Include sources of unsaturated fats such as avocados, nuts, seeds, olive oil, and fatty fish like salmon or mackerel. Aim for one to two thumb-sized portions of healthy fats per meal. Remember that fats are calorie-dense, so moderation is key.



OPTIONS FOR YOUR MEAL PLAN

PROTEIN SOURCES:

- Lean meats (chicken breast, turkey, lean beef)
- Fish and seafood (salmon, tuna, shrimp)
- Eggs and egg whites
- Greek yogurt
- Cottage cheese
- Tofu and tempeh
- Legumes (lentils, chickpeas, black beans)
- Greek yogurt
- Protein powder (whey, casein, plant-based)

HEALTHY FAT SOURCES:

- Avocados
- Nuts (almonds, walnuts, cashews)
- Seeds (chia seeds, flaxseeds, pumpkin seeds)
- Coconut oil
- Nut butter (peanut butter, almond butter)
- Fatty fish (salmon, mackerel, sardines)
- Olives
- Dark chocolate (in moderation)
- Full-fat Greek yogurt

CARBOHYDRATE SOURCES:

- Whole grains (brown rice, quinoa, oats, whole wheat bread)
- Sweet potatoes
- White potatoes
- Fruits (berries, bananas, apples, oranges)
- Vegetables (broccoli, spinach, kale, carrots)
- Legumes (black beans, lentils, chickpeas)
- Whole wheat pasta
- Whole grain cereals
- Buckwheat
- Barley



HEALTHY SNACKS OPTIONS

- Fresh fruits (apples, bananas, berries, oranges, grapes)
- Greek yogurt with berries or a sprinkle of nuts/seeds
- Raw or roasted nuts (almonds, walnuts, cashews)
- Baby carrots with hummus
- Celery sticks with almond butter or peanut butter
- Hard-boiled eggs
- Rice cakes with avocado or almond butter
- Cottage cheese with sliced fruits or vegetables
- Homemade trail mix (nuts, seeds, dried fruits)
- Edamame (steamed soybeans)
- Homemade protein bars or energy balls
- Greek yogurt parfait with granola and berries
- Veggie sticks (cucumber, bell peppers) with guacamole
- Sliced cucumbers with low-fat cream cheese
- Chia seed pudding
- Roasted chickpeas
- Mini frittatas or egg muffins with vegetables
- Whole grain crackers with tuna or chicken salad

These snack options provide a balance of macronutrients and can help satisfy hunger between meals without derailing progress towards fat loss and muscle building goals.



PRE & POST WORKOUT NUTRITION

PRE WORKOUT NUTRITION:

Timing: Eat a balanced meal or snack 1-2 hours before exercise.

Carbohydrates: Include complex carbs like whole grains, fruits, or starchy vegetables.

Protein: Add a lean protein source like chicken, fish, Greek yogurt, or plant-based options.

Hydration: Stay hydrated by drinking water or a sports drink.

Example pre-workout options:

Whole grain toast with avocado and boiled egg

Greek yogurt with berries and a small handful of nuts

Grilled chicken with quinoa and steamed vegetables

POWORKOUT NUTRITION:

Timing: Consume carbs and protein within 30-60 minutes after exercise.

Carbohydrates: Choose fast-digesting options like fruits or rice cakes.

Protein: Include a high-quality source like lean meats, fish, eggs, or plant-based alternatives.

Hydration: Rehydrate with water or a sports drink.

Example post-workout options:

Grilled salmon with quinoa and roasted vegetables

Protein smoothie with Greek yogurt, fruits, and protein powder

Whole grain wrap with lean turkey, vegetables, and hummus



HYDRATION FOR PERFORMANCE

Proper hydration is essential for optimal performance. Consider the following tips:

- **Importance of Hydration:** Hydration is crucial for regulating body temperature, delivering nutrients, and removing waste. It's especially vital during exercise to prevent fatigue and support performance.
- **Signs of Dehydration:** Watch out for increased thirst, dry mouth, dark urine, fatigue, dizziness, and reduced performance. Stay proactive in maintaining hydration.
- **Hydration Guidelines:** Aim for at least 2 liters (8 cups) of water per day. Adjust fluid intake based on activity level, climate, and personal needs.
- **Pre-Workout Hydration:** Drink 0.5-1 liter of water 2-3 hours before exercise. If time is limited, consume 0.2-0.3 liters of water 10-15 minutes prior.
- **During Exercise Hydration:** Drink 0.2-0.3 liters of water every 10-20 minutes during exercise. Consider electrolyte-rich sports drinks for prolonged or intense sessions.
- **Post-Workout Hydration:** Rehydrate by consuming 0.4-0.6 liters of fluid for every kilogram lost during exercise. Monitor urine color for hydration status.
- **Individual Hydration Needs:** Adjust fluid intake based on body weight, sweat rate, and exercise intensity. Listen to your body's thirst cues.

Stay hydrated throughout the day by sipping water regularly and carrying a reusable bottle with you.



MINDFUL EATING

Practicing mindful eating can help you develop a healthier relationship with food, make conscious choices, and maintain a balanced diet. Consider the following tips:

Mindful Eating:

- **Slow Down and Savor:** Take your time while eating, chewing your food thoroughly, and savoring each bite. This allows you to fully enjoy the flavors and textures of your meal and promotes better digestion.
- **Pay Attention to Hunger and Fullness:** Tune in to your body's hunger and fullness signals. Eat when you're genuinely hungry and stop when you feel comfortably satisfied. Avoid overeating or eating out of boredom, stress, or other emotional triggers.
- **Engage Your Senses:** Use all your senses to appreciate your food. Notice the colors, aromas, and textures. By engaging your senses, you can enhance your eating experience and cultivate a greater appreciation for the nourishment you receive.
- **Minimise Distractions:** Avoid eating in front of screens or engaging in other activities while eating. Create a calm and focused eating environment to fully enjoy your meals and avoid mindless overeating.
- **Practice Gratitude:** Cultivate gratitude for the food you have. Acknowledge the effort and resources that went into producing it. Express gratitude for the nourishment it provides your body and the pleasure it brings to your meals.



Congratulations on completing the Tribe41 Nutrition Handbook! By incorporating the tips shared, you're taking important steps towards your health and fitness goals. Remember:

- **Consistency is Key:** Build healthy habits gradually and stay committed to making mindful choices.
- **Listen to Your Body:** Adjust your diet based on your body's needs and preferences.
- **Fuel for Success:** Prioritize nourishing your body with wholesome foods for energy and nutrients.
- **Practice Portion Control:** Be mindful of portion sizes and use your hand as a guide.
- **Hydrate for Performance:** Drink enough water, especially during exercise.
- **Embrace Mindful Eating:** Slow down, savor your meals, and engage your senses.
- **Seek Support:** Your Tribe41 community is here to cheer you on and provide guidance.

This handbook is just the beginning. Educate yourself, stay open to new ideas, and adapt as you learn and grow. With dedication and the support of Tribe41, you can achieve your goals and create a balanced and fulfilling life.

