

A man with a long, thick red beard and hair is running down a snowy slope. He is wearing a dark jacket and is looking towards the camera. A dog is running alongside him, also down the slope. The background is a bright, snowy landscape.

Fueling The Ancestral Athlete

BenGreenfieldFitness.com/weston16

You're About To Discover...

- ***4 Things Sports Nutrition Manufacturers Don't Tell You***
- ***5 Things To Avoid For Fueling Workouts***
- ***3 Reasons To Avoid Excess Sugars***
- ***5 Things To Include For Fueling Workouts***
- ***My 15 Go-To Staples***
- ***My 9 Go-To Meals & Snacks***
- ***3 Race Day or Big Workout Fueling Examples***



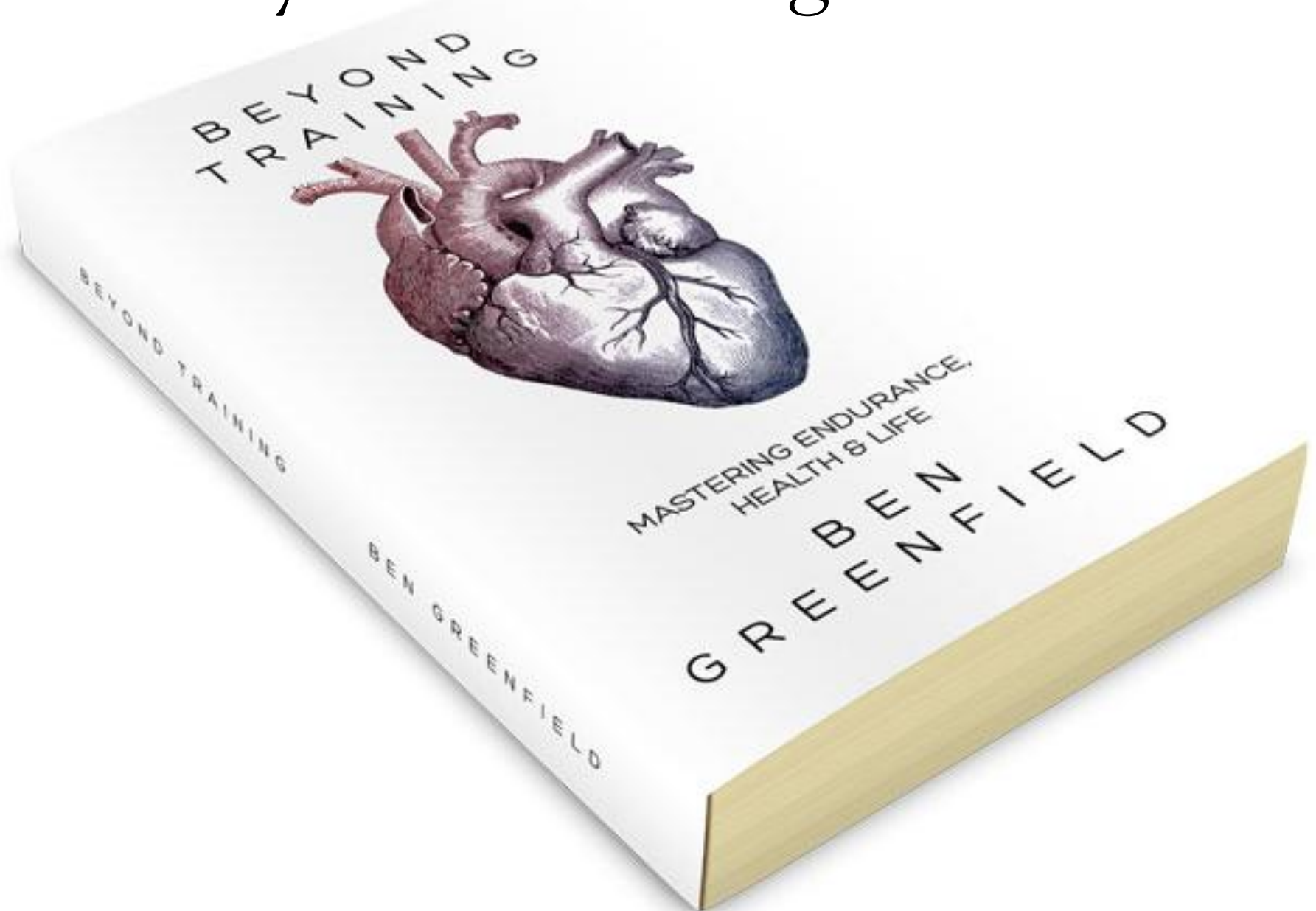




Reebok
SPARTAN  **RACE**



BeyondTrainingBook.com













The Staples...



The Staples...



The Staples...





The Staples...





The Staples...



“#1 Doctor Recommended”

Milk Protein Concentrate, Canola Oil, Soy Protein Concentrate, Corn Oil, Short-Chain Fructooligosaccharides, Whey Protein Concentrate, Magnesium Phosphate, Natural and Artificial Flavors, Potassium Citrate, Sodium Citrate, Soy Lecithin, Calcium Phosphate, Potassium Chloride, Salt (Sodium Chloride), Choline Chloride, Ascorbic Acid, Carrageenan, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Calcium Pantothenate, Cupric Sulfate, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Chromium Chloride, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Phylloquinone, Vitamin D3, and Cyanocobalamin.

But Isn't This Stuff “Engineered”?



1. Fat Adaptation



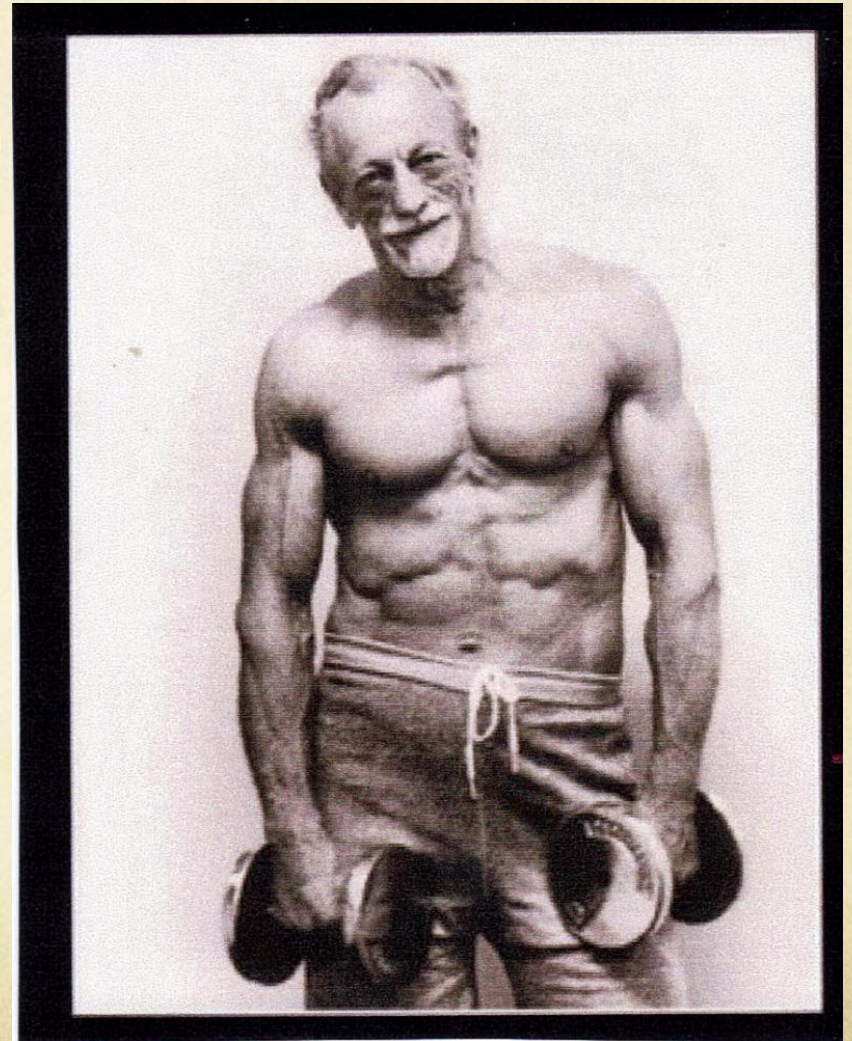
2. Fed Vs. Fasted States



3. Ingredient Cost



4. Health vs. Performance



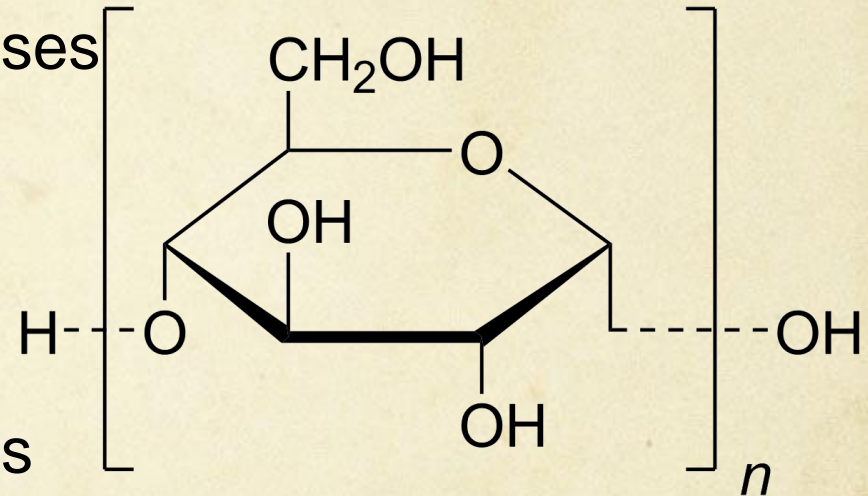
3 Reasons To Avoid Excess Sugars

- FODMAP
 - Fermentation
 - GI distress
- ROS
 - pancreas: hyperglycemia-induced oxidative stress
 - irreversible damage to the cell wall
 - cross-link collagen and elastin
 - lessens skin's natural ability to repair itself
- AGE
 - plaque
 - cross-linking of collagen protein fibers
 - inflammation
 - inhibited skin cell growth
 - accelerated aging



5 Things To Avoid During Workouts

- FODMAP's
 - Fructose and maltodextrin
- Higher end of caffeine doses
 - 0.5+mg/lb
- Artificial sweeteners
 - sugar alcohols?
- Heavy, non-portable foods
- Pre-Post Workout “window”?



α -1,4

$$2 < n < 20$$

5 Things To Include

- Blended/juiced/liquid/mashed foods
- Lower doses of caffeine
- Easy-to-digest carbs
 - High glycemic vs. low?
- Easy-to-digest proteins
 - Milk/eggs/fish
- Easy-to-digest fats
 - MCT based best



Liquids vs. Solids?



Water & Electrolytes?



My Go-To Staples































My Go-To Meals



Power Smoothie



Fat Salad



Recovery Juice



Coconut Milk Parfait



Chia Seed Slurry



Avocado Bowl



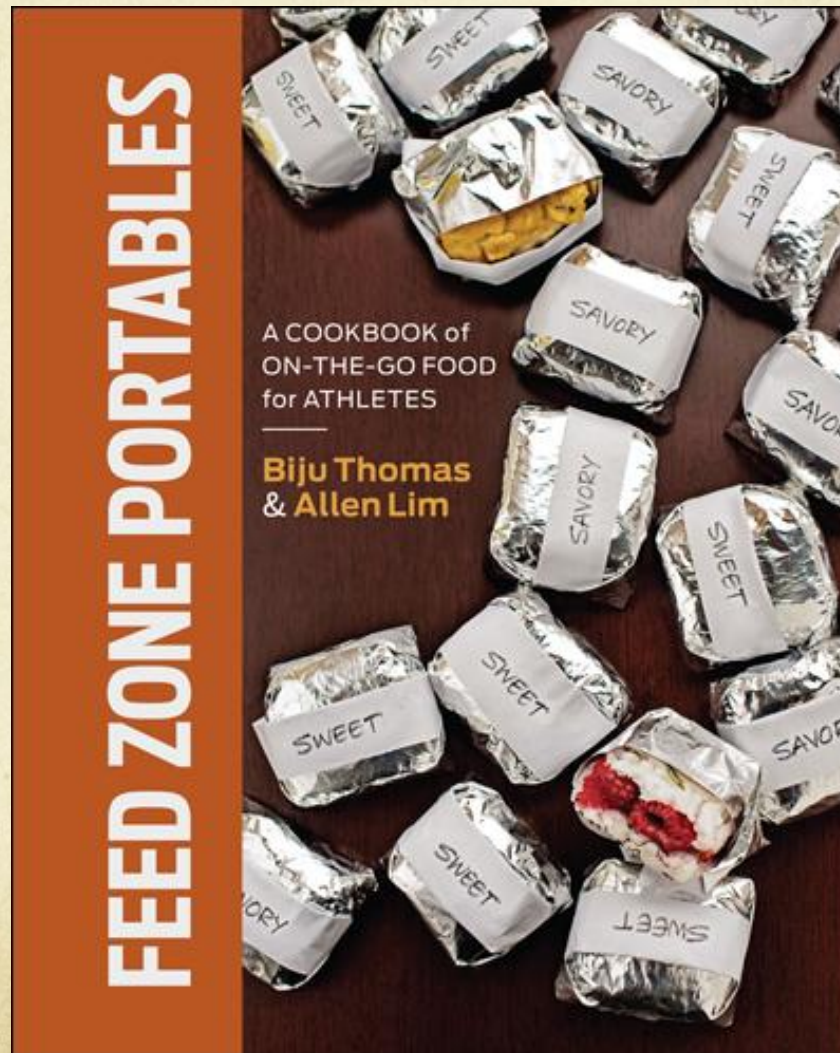
Chocolate Pudding



Sweet Potato Mash



Energy Bars?



Energy Gels?

ALL NATURAL SPORTS GEL

2 TABLESPOONS HONEY,
2 TABLESPOONS ALMOND BUTTER,
1/2 BANANA,
1 TSP LEMON JUICE.
BLEND UNTIL SMOOTH.

#RUNPRT

RECIPE CREATED BY ESTHER BLUM, MS, RD, AUTHOR OF CAVEWOMEN DON'T GET FAT.



Example Race: Ironman

- Fats with tea or coffee for breakfast
- Water bottles of MCT Oil/Amino Acids/Easy To Digest Carbs on bike (bone broth, coconut water, chia seeds/honey, etc.)
- “Real Food” Bar at end of every hour on bike – chia, raw cacao, coconut oil, etc.
- Fat based energy gels for run



Copyright © 2010 Mt. Capra

Example Race: Spartan

- White rice, sweet potato or yam with olive oil and sea salt for breakfast
- Fat based energy gel every 30 minutes or water bottle sling with electrolytes/amino acids/easy-to-digest carbs + fats



Example Race: Marathon

- Coconut oil + nut butter 2 hours prior.
- Liquid ketones, liquid MCT, coconut oil, chia seed slurry or coconut oil during (from water bottle sling)...or NOTHING.
- Water at 20-30oz/hr.



Q & A

More resources at:

BenGreenfieldFitness.com/Weston16

&

GreenfieldFitnessSystems.com

&

**BeyondTrainingBook.com (table 264 at 12:50pm
Sunday!)**