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# NUTRITION 101



OTM PERFORMANCE

DRIVING GROWTH OUTSIDE  
THE GYM

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## **DISCLAIMER**

Owen Martin is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician.

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## INTRODUCTION

The goal of this e-book is to teach you the nutritional information necessary to build a strong and healthy body. I do not believe that you should feel like you're suffering or punishing yourself when trying to eat right. Sadly, that is often what happens. People try super restrictive diets that can only be withstood for a month or two. Eventually, they give in to their cravings and reverse all their progress. I will introduce you to some basic, yet important, nutritional concepts that are easy to follow and just as easy to put into your lifestyle. After teaching you about what nutrition is, I'll share a sample meal plan. I'll also include a nutrition

tracking tool and answer some commonly asked questions.

I hope you find value in this Nutrition Guide and transfer the concepts into a lifetime plan that helps you keep your strong and healthy body.



## NUTRITION BUILDING BLOCKS

To build a solid nutritional plan, you need to start with the basics. It's helpful to understand the reasoning behind eating something. It helps you determine what other foods you could enjoy while also filling those needs. These nutritional "principles" will help you build a custom plan and achieve your goals! Go become a healthier version of yourself!

### TERMINOLOGY

**Macronutrients:** Protein, carbohydrates, and fats that make up the different sources of calories.

**Micronutrients:** Vitamins, minerals, and many other nutrients your body needs to function properly and optimally.

**Maintenance Calories:** The number of calories you need to eat to maintain the same body weight. Same number as TDEE.

**TDEE (Total Daily Energy Expenditure):** The amount of energy (calories) your body uses in one day to function. This can vary based on activity levels. Same number as maintenance calories.

**Calorie Surplus:** Eating more calories than you burn daily. This will cause weight gain.

**Calorie Deficit:** Eating less calories than you burn daily. This will cause weight loss.

**Muscle Protein Synthesis:** Synthesis means to make something out of something else. In this case, the protein

you eat is what repairs your muscles causing them to grow.

## **CALORIES**

First, you need to understand why calories are important. The number of calories you consume directly affects how much weight your body holds onto. That is why it is important to understand what a calorie is and how they are broken down. All the calories come from either protein, carbohydrates, or fats. These each play a key role in helping maintain a happy and healthy mind and body.

When your body does anything from jumping to breathing it is using energy, also known as calories. Calories are crucial to every function of the body. Your cells need the energy for the heart, lungs, and other organs to carry out the basic function of living. Calories can be absorbed through food and drink. To find how



many calories are in a particular food or drink, look at the nutritional label on its box. This will give you the data necessary to make a sound decision on how many calories to eat. So, how many calories should you eat?

To determine how many calories you should eat, you must first understand your average daily energy consumption. From there you can adjust and build a winning nutritional plan that meets your goals.

Everybody has a maintenance calorie number. This is the amount of energy your body burns on an average day.

This includes everything you do. If your goal is to change your weight, then your daily calorie intake needs to be higher or lower than your maintenance calories number.

If you eat more calories than maintenance, you are in a calorie surplus and will gain weight. If you eat less calories than your maintenance number, then you will be in a calorie deficit and lose weight.

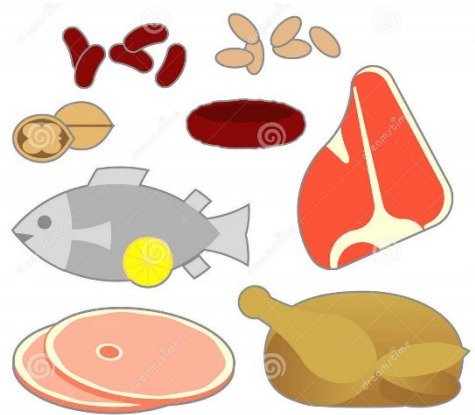
Calories can be broken down to 3 main types (aka: macronutrients): protein, carbohydrates, and fat. There are different calorie counts for each. See the table below for more insights.

- Per 1 gram consumed
- Protein                    4 calories
- Carbohydrates            4 calories
- Fat..... 9 calories

For example, if your meal had 10 grams of carbs, fats, and protein each then you would be eating 170 calories. This is because the carbs and protein are each responsible for 40 calories (80 together) and the fat is responsible for 90 calories, adding up to total calories eaten of 170 calories.

## PROTEIN

Proteins are the main calorie source that will affect your muscular growth and help keep your muscles while cutting down. It is very important to eat adequate protein to see optimal results. The recommended daily protein intake is between 0.73-1.00 grams per pound of your body weight. This means, if you weigh 150 lbs you should aim to eat about 150 grams of protein daily. There have been no proven size and strength benefits for going over this limit. Lean meats tend to be the best choice of protein. Some lean meats are chicken, turkey, and tuna.



## CARBS

Carbs are important because they fuel your workouts and replenish the glucose (fuel) lost in your muscles from the workout. Carbs can be broken down into two types, either simple or complex. This distinction is important because it



affects the time it takes to digest and access the energy.

Complex carbs pack more nutrients, are high in fiber, and digest slower making them more filling. Simple carbs, made up mainly by processed and refined sugar, are worse for you yet consumed much more. This can make carb management very tricky. It's important to note that not all simple carbs are bad though. Some come from fruits or milk products which have fiber causing them to get absorbed more slowly. We should aim to consume complex carbs rather than simple carbs. This helps to

ensure we are getting the full benefits of the carb source while keeping our body clean from processed sugars.

## FATS

Fats often get a bad reputation, but in truth, some are beneficial. They help maintain hormone levels and good overall health. The good fats are the unsaturated ones, specifically



monounsaturated and polyunsaturated fats. These fats come from many plant and animal foods. Things such as salmon, avocados, vegetable oils, and different nuts and seeds. When eaten in moderation and used to replace the bad fats (saturated or trans fats) they can help lower cholesterol levels and reduce your risk of heart disease.

One of the most beneficial types of healthy fats is Omega 3 fatty acids. Omega 3s have crazy amounts of benefits and luckily, they make up a large part of the

polyunsaturated fats. They lower your risk for heart disease by lowering triglyceride levels. They ease joint stiffness/pain and help our brains function better. They can even help asthmatics by improving lung function. Some research suggests that Omega 3s also prevent gradual memory loss from dementia. These are just a few of the benefits that come from Omega 3 fatty acids.

The FDA recommends that you eat 2-3 fish or shellfish meals weekly. These can include but are not



limited to, salmon, catfish, tilapia, lobster, scallops, and tuna. The recommended amount of total fats per day is 0.25-0.50 grams per pound of bodyweight.

## WHEN SHOULD I EAT?

If your goal is to optimize muscle growth, you need to have evenly spaced-out meals. This is to maintain elevated muscle protein synthesis levels throughout the entire day. To do this, have 4 meals a day evenly spaced out. If this does not work with your schedule, 3 meals work just as well, but there will be more food for each meal. These 4 meals can include Breakfast, Lunch, Pre-Workout, and Dinner. But, you can adjust accordingly to meet your schedule.

## WHAT SHOULD I EAT?

Try to stick to whole foods. Foods that are unprocessed and unrefined (natural). Stray away from processed stuff, such as white bread, hot dogs, or anything made by humans (made in a lab). Doing simply

this would improve anyone's diet. This can start to get hard because most of the food that is unprocessed has less sugar. This may cause you to have cravings that may derail your entire nutrition plan. To avoid this, stick to the 80/20 rule. This means 80% of the food you eat should come from whole and "clean" food. The other 20% can be your favorite "junk" foods. This seems to do the trick in keeping cravings away while also hitting that sweet tooth.

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*"Everything in Moderation"*

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## SAMPLE MEAL PLAN

These sample meals are based on calorie recommendations for a 185 pound moderately active male. In general, I recommend your starting calorie maintenance estimate should be about 14-16 calories per pound of weight.

If the goal is to be in a surplus or deficit, you would go slightly outside of this range. This is how you could initially plan out your calorie and macronutrient goals.

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**Calorie estimate:** 185 lbs x 15 cal = **2,775 cal**

**Protein:** 185 lbs x 1 gram/lb = **185 grams** x 4 calories = 740

Calories from protein

**Fats:** 185 lbs x .40 grams/lb = **74 grams** x 9 calories = 666

Calories from fat

**Carbs:** Daily calorie goal – estimated calories from (Protein + Fats)

2,775 cals – (740 cals + 666 cals) = 1,369 Calories from

.....  
Carbs/4 calories = **342 grams of Carbs**

These calories calculations are only ESTIMATES to get you started. You need to eat at this calorie goal for a few weeks and monitor how your body reacts, both how you look, feel, and weigh all together. If there is an indication your body is losing fat, you know you are below your maintenance calories. This can help you determine how many calories you need to hit whatever goal you are going for.

## BREAKFAST



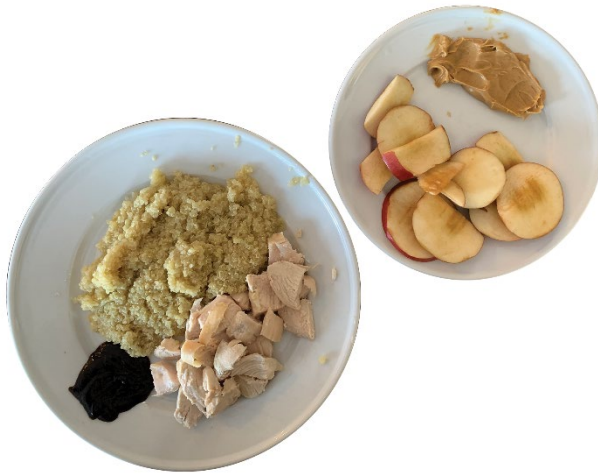
### Protein Smoothie

950 calories

- 55g protein
- 118g carbs
- 27g fat

If you struggle to hit your calorie goals because you do not eat enough food, breakfast is a great time to pack in a ton of calories without overfilling. This can be done making a protein and calorie packed smoothie. Your body can handle way more calories at once if they are liquid rather than solid causing you to not feel as full compared to the same intake in solid form. Also, it's nice to make smoothies because you can put whatever you want in it!

## LUNCH



Quinoa with Chicken and  
Apple/PB

730 calories

- 59g protein
- 67g carbs
- 25g fat

Your lunch should be a good balance of protein and plenty of carbs to fuel your workout later in the day – if you're one of those people that workout in the afternoon or at night. For those of you who work out before lunch, lunch can be a good opportunity to get some quality nutrients to help recover the muscles you worked earlier in the day.

There are 8-9 different essential amino acids that make up protein and choosing the correct ones creates balance. Quinoa is a good source of protein because it has

a complete amino acid profile. This will allow you to benefit because you are getting every type of protein, not just protein from the chicken. This is also beneficial for vegetarians to know!

## PRE-WORKOUT



(about 1 hour before workout)

Rice Cakes and Eggs

360 calories

- 20g protein
- 50g carbs
- 10g fat

You may find this combo kind of weird, but you will benefit while in the gym. Studies show that consuming adequate protein and carbs pre-exercise massively increase muscle protein synthesis during recovery and

help your performance in the gym. Simpler carbs like fruit are preferred to boost your performance during your workout. This is to ensure you can digest it fast enough to use.

## DINNER/POST WORKOUT



Turkey Sweet Potatoes and Veggies

600 calories

- 37g protein
- 75g carbs
- 13g fat

This is a good meal because it includes a source of lean protein and plenty of complex carbs. The sweet potatoes are good for replenishing the glycogen lost during the workout. Potatoes are very satiating (filling) so this will help keep you feeling full. The mixed veggies also add fiber and micronutrients. They too will satiate, while improving your general health functions.



## TOOLS FOR TRACKING

### APPS

The best way to keep track of your calorie needs and progress towards your goal is with the "My Fitness Pal" app on your phone. The app is simple to set up and use. Just input your calorie goals and the percentages you want designated to each macronutrient. Once doing this, you simple scan the bar code of the food and then input the serving size you ate. The app will add up all the numbers for you while also keeping track of the foods you eat to make it easier to log your food next time. This makes it really easy to track what you are eating.





## PRODUCTS

To track the serving sizes of your food you only need 2 tools. One being measuring cups or bowls. These are helpful for measuring out many of your ingredients for your meals. For example, rice, yogurt, or even blueberries. Just beware, there could be some variability in the accuracy of measurements using cups.

To determine the serving size more precisely, I would recommend getting a food scale. This is useful because the weighed-out serving information on nutrition labels is more accurate than the measurement cup closest to that weight. Another nice feature is that they often give you a number including decimals which allows you to more accurately determine the calories consumed.

Another tool you should have is a bodyweight scale so you can track how your weight changes. You should ideally weigh yourself each morning before eating and after using the bathroom. Watching how your weight

changes on average week to week is much more revealing and accurate than how much you weigh day to day.



## FAQS

### ***Can I splurge on weekends?***

NO! Well kinda. This will cause you to derail eventually and not see the progress you are looking for. Instead, use the 80/20 rule the entire week. 80% of the food you eat should be “clean” and whole foods, and the other 20% can be filled with your favorite foods, such as pizza, ice cream, or other “junk” food.

### ***I have been in a calorie deficit but have not seen any weight loss.***

#### ***What is going on?***

You are probably missing the hidden calories. These are consumed so easily and heavily. Some of these include

cooking oils, sports or soft drinks, and dressings/condiments. Some easy fixes are to switch to low calorie olive oil spray, switch to diet drinks or water, and find low/no sugar condiment options if available. Once you accurately account for your hidden calories you should start seeing the progress you are looking for.

### ***How do I know I am making progress?***

You will know you are making progress a couple of ways. One, your weekly average weight goes down gradually. You'll see this by simply weighing yourself consistently and analyzing the changes week to week, NOT day to day. Two, you'll start seeing changes in your physical appearance.

If you notice your weight isn't going down immediately but staying the same, it could mean that you are both building muscle (gaining weight) and losing fat

(losing weight). These processes can happen at the same time, this is a form called body recomposition. During this phase you are gaining muscle and losing fat at the same time. This can cause the number on the scale to remain pretty consistent. We'd recommend taking a picture of yourself shirtless every day, if not weekly, to make sure the pictures align with the changes in weight you see.