



# FUEL YOUR STRENGTH PERFORMANCE KIT

ACHIEVE OPTIMAL PERFORMANCE  
WITHOUT HOURS OF UNWANTED AND  
JARGON-FILLED RESEARCH

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# THE ATHLETE GROCERY LIST

CREATE YOUR OWN IDEAL MENU!

ONE OF THE BIGGEST HURDLES ATHLETES AND PEOPLE ALIKE FACE IN REGARDS TO NUTRITION IS ADHERENCE. INSTEAD OF RESTRICTING WHAT YOU CAN AND CAN'T EAT, INSTEAD CHOOSE 2-3 HIGH QUALITY SOURCES "YOU" ENJOY FROM EACH OF THESE CATEGORIES TO BUILD YOUR OWN IDEAL MENU.

## LEAN PROTEIN

### MEAT

Lean/extra-lean cuts of beef

Lamb

Lean pork

(e.g. pork tenderloin) Wild game

(e.g. venison, elk)

### POULTRY

Chicken

Turkey

Duck

Eggs & egg whites

### FISH

Tuna

Salmon

Tilapia

Cod

Haddock

Trout

Sardines or mackerel

## **SEAFOOD & SHELLFISH**

**Shrimp (fresh or plain frozen)**  
**Mussels, clams, scallops**

**Crab, lobster Squid (calamari) or octopus**

## **DAIRY**

**Milk**  
**Cottage cheese Plain yogurt / Greek yogurt**  
**Protein powders (e.g. whey protein)**

## **PLANT BASED**

**Lentils**  
**Beans**  
**Peas (chickpeas, pigeon peas, etc.)**  
**Hummus**  
**Tofu, tempeh Vegetarian protein powders (e.g. hemp protein)**

**Turnip greens**  
**Collard greens Radishes**  
**Rapini (broccoli rabe) Red lettuce, radicchio Red peppers Rhubarb stems Spinach**

**Sweet potatoes Tomatoes**  
**Winter squash & pumpkin**  
**Zucchini / courgette**

## **SMART CARBOHYDRATES**

**Look for whole food carbohydrates that pack lots of nutrition and fiber, such as the options below.**

## **WHOLE GRAINS**

Oats  
Buckwheat  
Barley  
Brown, red, or wild rice  
Amaranth  
Sorghum  
Quinoa  
Spelt  
Kamut  
Teff  
Wheat berries (whole wheat kernels)

Sprouted grains or breads  
Whole grain pasta

## **HEALTHY FATS**

Look for less-processed and/or “whole food” fat sources.

## **COLD-PRESSED OILS**

Extra-virgin olive oil  
Walnut oil  
Hemp seed oil  
Pumpkin seed oil  
Avocado seed oil  
Flax seed oil  
Extra-virgin coconut oil  
Fish oil or algae oil

Butter (look for grass- fed / organic if possible)  
Fresh avocado or fresh guacamole

## **STARCHY TUBERS**

Purple, red, or gold potatoes  
Sweet potatoes / Yams/ Yuca / cassava

## **LEGUMES**

Lentils & beans  
Bean / lentil pasta

## **FRUITS**

**Apples Apricots Banana**

**Berries Cantaloupe Cherries Cranberries (fresh) Currants (fresh) Grapefruit**

**Grapes**

**Guava**

**Lemons, limes Mangoes**

**Melons**

**Oranges**

**Peaches, nectarines Persimmons Pineapple Plantains**

**Plums Pomegranates Strawberries Watermelon**

## **NUTS & SEEDS**

**Raw, unflavored, unsalted nuts (e.g. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.)**

**Raw, unflavored, unsalted seeds (e.g. pumpkin seeds, sunflower seeds, hemp seeds, etc.)**

**Ground flax seeds, Coconut (including fresh coconut or coconut milk) Natural peanut butter, Natural nut or seed butters (e.g. almond butter, tahini, etc.)**

## **VEGETABLES**

**Bean sprouts**

**Beets**

**Broccoli**

**Brussel sprouts Cabbage (e.g. Napa, purple, etc.)**

**Carrots Cauliflower Celery Cucumber**

**Eggplant / aubergine Fennel / anise**

**Fresh herbs (e.g. parsley, basil)**

**Garlic**

**Green beans**

**Green peas**

**Green peppers**

**Kale**

**Lettuce**

**Mushrooms**

**Okra**

**Onions, leeks, shallots**

# PRE/POST-WORKOUT GUIDELINES

ONE OF THE MOST COMMON QUESTIONS ANY SPORTS NUTRITIONIST/DIETITIANS RECEIVE WHEN WORKING WITH ATHLETES: "WHAT SHOULD I EAT BEFORE AND AFTER A WORKOUT/GAME?"

MAJORITY OF THE TIME IT DEPENDS ON THE ATHLETE AND THE SPECIFIC ACTIVITY, BUT THERE ARE SOME COMMON GUIDELINES YOU SHOULD FOLLOW.

## 1. DON'T SKIP CARBS!!

THINK OF YOUR BODY LIKE A HIGH PERFORMANCE VEHICLE. YOU'D NEVER BE ABLE TO GET IT MOVING WITHOUT FUEL IN THE TANK, CORRECT?

SO WHY WOULD WE WILLINGLY GO TRAIN OR PLAY OUR RESPECTIVE SPORTS WITHOUT DOING THE SAME FOR OUR BODY?

CARBOHYDRATES ARE THE "FUEL TO OUR ENGINES"! AND THE LONGER AND HARDER YOUR ENGINE IS WORKING, THE MORE FUEL YOU'LL NEED TO KEEP GOING.

SO HOW SOON BEFORE A WORKOUT SHOULD I BE CONSUMING FOOD?  
AGAIN, THE ANSWER IS "IT DEPENDS. "

AS A GENERAL RULE OF THUMB, YOU NEVER WANT TO CONSUME FOOD RIGHT BEFORE YOU WORKOUT. THE REASON BEING THAT YOU DO NOT WANT COMPETING DEMANDS ON THE BODY. WHILE YOUR MUSCLES ARE AT WORK, SO IS YOUR STOMACH! THESE TWO DEMANDS ARE VERY TAXING AND CAN CAUSE NEGATIVE IMPLICATIONS ON YOUR PERFORMANCE GOALS. FURTHERMORE, EATING TOO CLOSE TO A WORKOUT CAN IN TURN CAUSE GI DISTRESS.

IDEALLY, YOU SHOULD LOOK TO EAT YOUR MEAL 1-4 HOURS PRIOR TO TRAINING BASED ON YOUR TOLERANCE LEVEL. SO PLAN ACCORDINGLY! TAKE SOME TIME TO EXPERIMENT AND SEE WHAT TIME FRAMES WORK BEST FOR YOU. DO NOT USE GAMEDAYS TO EXPERIMENT WITH YOUR EATING, DO THIS ON YOUR TRAINING DAYS.

## **HERE ARE SOME QUICK EXAMPLES:**

- PEANUT BUTTER AND BANANA OR PB&J SANDWICH**
- GREEK YOGURT WITH BERRIES**
- OATMEAL WITH LOW-FAT MILK AND FRUIT**
- APPLE SLICES WITH PEANUT/ALMOND BUTTER**
- HANDFUL OF NUTS AND RAISINS**

**NOTICE, ALL OF THESE EXAMPLES CONTAINED CARBOHYDRATES AND PROTEIN. CARBOHYDRATES ARE THE FUEL. PROTEIN IS WHAT BUILDS AND REPAIRS, AND ALLOWS FOR READILY AVAILABLE AMINO ACIDS FOR YOUR MUSCLES. GETTING CARBS AND PROTEIN IN POST-WORKOUT IS EVEN MORE IMPORTANT!**

## **2. POST-WORKOUT NUTRITION**

**DURING TRAINING OR GAMES, THE BODY IS UTILIZING STORED ENERGY (AS GLYCOGEN) TO POWER ACTIVITY. AFTER A WORKOUT OR GAME, WE MUST REPLENISH THOSE LOST NUTRIENTS.**

**THE MAIN AREA OF FOCUS POST-WORKOUT SHOULD BE TO GET CARBS AND PROTEIN INTO YOUR SYSTEM. THIS ALLOWS THE BODY TO REPLENISH LOST GLYCOGEN STORES AND AIDS IN THE REBUILD AND REPAIR OF MUSCLE TISSUE THROUGH THE AVAILABILITY OF PROTEIN AND AMINO ACIDS. TRY EATING ABOUT AN HOUR OR SO AFTER TRAINING OR A GAME.**

## **HERE ARE A FEW EXAMPLES:**

- POST-WORKOUT RECOVERY SMOOTHIE (POST-WORKOUT PROTEIN SOURCE WITH LOW-FAT MILK AND FRUIT)**
  - LOW-FAT CHOCOLATE MILK**
  - TURKEY ON A WHOLE GRAIN WRAP WITH VEGGIES**
  - LOW-FAT YOGURT WITH BERRIES**
- \*THE ABOVE OPTIONS OFFER MAINLY QUICK AND CONVENIENT CARBOHYDRATE-RICH SELECTIONS WITH PROTEIN, AND LIQUID OPTIONS FOR REHYDRATION PURPOSES.**

# HYDRATION

HYDRATION IS ONE OF THE MOST UNDERVALUED ASPECTS OF NUTRITION, ESPECIALLY AMONG ATHLETES.

1	HYDRATED	BY PERFORMANCE METRICS, BEING SLIGHTLY DEHYDRATED BY 7-10% CAN NEGATIVELY IMPACT YOUR PERFORMANCE. IF YOU'RE A COMPETITIVE ATHLETE, NORMALLY, THE BEST TEAM TO SHOW UP IS GOING TO HAVE THE BETTER OUTCOME. SO WHY WOULD YOU WANT TO START A GAME 10% WORSE THAN YOUR OPPONENT ALL BECAUSE OF POOR HYDRATION?
2	HYDRATED	
3	HYDRATED	
4	DEHYDRATED	I'M GOING TO GIVE YOU TWO IMAGES. ONE IS A PIECE OF BEEF JERKY, AND THE OTHER IS A FRESH JUICY STEAK. WHICH ONE IS EASIER TO RIP? THE BEEF JERKY! WELL THAT'S WHAT HAPPENS TO YOUR MUSCLES WHEN YOU'RE DEHYDRATED. IMAGINE YOUR MUSCLE RIPPING GOING UP FOR A GAME DEFINING CATCH OR REBOUND IN THE 4TH QUARTER, AS OPPOSED TO HAVING THAT JUICY STEAK THAT CAN BEND AND MOVE.
5	DEHYDRATED	
6	DEHYDRATED	
7	SEVERELY DEHYDRATED	SO A GOOD RULE OF THUMB IS TO ENSURE YOU ARE DRINKING AT LEAST HALF YOUR BODYWEIGHT IN OUNCES PER DAY WHEN IT COMES TO WATER CONSUMPTION.
8	SEVERELY DEHYDRATED	

ANOTHER GOOD GAUGE IS USING THIS HYDRATION TEST WITH URINE. IF YOUR URINE IS BETWEEN A 1-3, YOU'RE IN THE CLEAR. IF YOUR COLOR DROPS BELOW A 3, YOU'RE DEHYDRATED.

IT'S ALSO VITAL FOR ATHLETES TO TRACK THEIR BODY WEIGHT PRE AND POST WORKOUT TO SEE HOW MUCH WATER WAS LOST DURING A PRACTICE OR TRAINING SESSION. FOR EVERY POUND YOU LOSE, YOU NEED TO BE REPLENISHING WITH 16-24 OUNCES OF WATER. SO IMAGINE LOSING 10 POUNDS DURING A GIVEN PRACTICE, THAT'S NOW 160-240 OUNCES OF WATER NEEDED TO REHYDRATE YOURSELF!

# MEET COACH JULIAN



**Julian LoCasto is the Director of Nutrition and Head Strength Coach at Challenger Strength. He has helped serve numerous roles as a strength coach since joining on with Challenger Strength in 2018 and has since become a certified nutrition coach serving as the Head of Challenger Strength Nutritional Services. Julian also has studied under, and is certified by industry legends Joe DeFranco and James Smith. As a Certified Physical Preparation Specialist he specializes in athletic, performance, pre-movement preparation, strength, power, speed, core training, program design, and mental toughness, all built on the seven pillars of athletic performance. Aside from being a Certified Physical Preparation Specialist, he is an ISSA Certified Personal Trainer, with a background in personal training, general fitness, and hypertrophy/body transformation. In addition, Julian has a B.S.B in Biology from Caldwell University, and is PN Level 1 Certified in Sports Nutrition. Julian has experience competing in the NPC Bodybuilding Federation, placing as high as 2nd overall in his respective classes, as well as competing in both basketball and lacrosse at the high school and collegiate level.**

