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Protein Power Mix Athlete Nutritional Program

By: Andrew Wood, Certified Nutrition Specialist

The objective of the Athlete Nutritional Program consists of 3 stages...

Stage 1- Initial conditioning, Strength enhancement, beginning nutritional composition

Stage 2- Moderate conditioning, Strength enhancement, and secondary nutritional composition

Stage 3- Heavy conditioning, Strength maintenance, and final nutritional composition

Suggested Supplementation:

- Protein Power Mix daytime (PPM Daytime)
- V8 (low sodium) vegetable juice
- Green tea extract 500mg (50% EGCG 125mg)
- L-carnitine 100mg-300mg
- Caffeine 200mg-500mg
- "9 a day plus" (must contain Vitamin B2,6,12)
- (take supplements as instructed on the packaging)
- Vitamin C 500mg-1g
- Protein Power Mix nighttime (PPM Nighttime)

Suggested Diet Summary:

In this three stage process we are going to gradually lower body fat percentage and maintain muscle mass. We will be careful so that your body does not reject the program and you find yourself with little results. Getting your body used to a lower amount of carbohydrate and caloric intake will take time. Patience will be to your benefit in the end. This program suggests a no excess sucrose diet. This means there will be no ingestion of juices, sodas, diet sodas, sugar free sodas, candy, condiments of any kind except for those suggested in the program. 64oz will be the minimum amount of water intake suggested. It is recommended to drink a gallon of water a day to keep the body hydrated and the stomach full while the program is in process. 1 gram of protein per pound of body weight is suggested to be consumed daily. For example 190lb male will ingest 190g of protein daily. Supplemented protein will count for overall amount necessary. Consuming the day and nighttime formulas will assist in meeting protein requirements. This will guarantee the proper amount of nutrition is in your body at all times to help maintain muscle mass, relieve the body of stress due to low amount of calories and carbohydrates, and provide the correct amount of nutrition in the body for proper energy levels. This is a simple program to follow, however it will require effort and discipline.

"Nothing in life worth having comes easy." Make the most of it.





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STAGE 1 Meal Plan:

Day 1-14:

- **Morning:** 1 or 2 scoops of PPM Daytime shake in 4-8oz of water, milk, or juice of your choice, upon awakening, caffeine 100mg-300mg before cardio
- **Post cardio:** 4 egg whites, 2 whole eggs, 1 cup (8oz) V8, and banana
- **Mid Morning:** 1 scoop PPM Daytime and 1 scoop PPM Nighttime in 6-12oz of water, milk, or juice of your choice
- **Lunch:** Wheat bread, 8-12 oz meat, 1 cup V8, low fat yogurt, caffeine 100mg-300mg,
- **Mid Evening:** 1 or 2 scoops of PPM Daytime shake in 4-8oz of water, milk, or juice of your choice
- **Dinner:** 8-14oz white chicken breast or 8-12oz Tilapia or tuna or 8-12oz Turkey (choose one) with 1 cup cooked broccoli
- **2 hours after dinner:** 1 scoop PPM Nighttime in 8-12oz of water, milk, or juice of your choice

Day 1-14 workout regimen:

Cardio done three times weekly, 30min sessions

Cardio sessions:

- Warm up 3mph walk for five minutes
- 4mph for two minutes
- Then 5mph two minutes
- Then 6mph one minute
- Down to 5mph two minutes, 4mph two minutes, 3mph five min
- repeat until 30 mins is up

Day 14-21:

- **Morning:** 1 or 2 scoops of PPM Daytime shake in 4-8oz of water, milk, or juice of your choice, upon awakening, caffeine 100mg-300mg before cardio
- **Post cardio:** 4 egg whites, ½ cup oatmeal, (8oz) V8, banana
- **Mid Morning:** 1 scoop PPM Daytime and 1 scoop PPM Nighttime in 6-12oz of water, milk, or juice of your choice
- **Lunch:** Wheat bread, 8-12 oz meat, 1 cup V8, low fat yogurt, caffeine 100mg-300mg
- **Mid Evening:** 1 or 2 scoops of PPM Daytime shake in 4-8oz of water, milk, or juice of your choice
- **Dinner:** 8-14oz white chicken breast or 8-12oz Tilapia or tuna or 8-12oz Turkey (choose one) with 1 cup cooked broccoli
- **2 hours after dinner:** 1 scoop PPM Nighttime in 8-12oz of water, milk, or juice of your choice

Day 14-21 workout regimen:

Cardio done four times weekly, 35min sessions

Cardio sessions:

- Warm up 3mph walk for five minutes
- 4mph for three minutes
- Then 5mph three minutes
- Then 6mph three minute
- Down to 5mph two minutes, 4mph two minutes, 3mph five min
- repeat until 35 mins is up





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Stage 1 Meal Plan continued....

1. workouts can be done on same days as cardio sessions
2. if workout lands on same day as cardio, do cardio at the end of your workout
3. **IMPORTANT:** after your workout implement a meal as your post workout meal. Do not create an additional meal to the program. Plan your workout and cardio around your meals!
4. No mayonnaise in sandwiches, only mustard
5. Drink slim milk only
6. 2% low fat cheese, lettuce, and tomato may be in your sandwiches

STAGE 2 Meal Plan:

Day 21-42:

- **Morning:** 1 or 2 scoops of PPM Daytime shake in 4-8oz of water, milk, or juice of your choice, upon awakening, caffeine 200mg-400mg before cardio
- **Post cardio:** 5 egg whites, 1 whole egg, 1 cup (8oz) V8, banana
- **Mid Morning:** 1 scoop PPM Daytime and 1 scoop PPM Nighttime in 6-12oz of water, milk, or juice of your choice
- **Lunch:** Wheat bread, 8-12 oz meat, 1 cup V8, low fat yogurt caffeine 100mg-300mg,
- **Mid Evening:** 1 or 2 scoops of PPM Daytime shake in 4-8oz of water, milk, or juice of your choice
- **Dinner:** 8-14oz white chicken breast or 8-12oz Tilapia or tuna or 8-12oz Turkey (choose one) with 1 cup cooked broccoli
- **2 hours after dinner:** 1 scoop PPM Nighttime in 8-12oz of water, milk, or juice of your choice

Day 21-42 workout regimen:

Cardio done FIVE times weekly, 40min sessions

Cardio sessions:

- Warm up 3mph walk for five minutes
- 4mph for four minutes
- Then 5mph four minutes
- Then 6mph four minute
- Down to 5mph two minutes, 4mph two minutes, 3mph five min
- repeat until 40 mins is up

1. Workouts can be done on same days as cardio sessions
2. If workout lands on same day as cardio, do cardio at the end of your workout
3. **IMPORTANT:** after your workout implement a meal as your post workout meal. Do not create an additional meal to the program. Plan your workout and cardio around your meals!
4. No mayonnaise in sandwiches, only mustard
5. Drink slim milk only
6. 2% low fat cheese, lettuce, and tomato may be in your sandwiches





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STAGE 3 Meal Plan:

Day 42-beyond:

- **Morning:** 1 or 2 scoops of PPM Daytime shake in 4-8oz of water, milk, or juice of your choice, upon awakening, caffeine 200mg-400mg before cardio
- **Post cardio:** 5 egg whites, 1 whole egg, 1 cup (8oz) V8, banana
- **Mid Morning:** 1 scoop PPM Daytime and 1 scoop PPM Nighttime in 6-12oz of water, milk, or juice of your choice
- **Lunch:** Wheat bread, 8-12 oz meat, 1 cup V8, low fat yogurt, caffeine 100mg-300mg
- **Dinner:** 8-14oz white chicken breast or 8-12oz Tilapia or tuna or 8-12oz Turkey (choose one) with 1 cup cooked broccoli
- **2 hours after dinner:** 1 scoop PPM Nighttime in 8-12oz of water, milk, or juice of your choice
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Day 42-beyond workout regimen:

Cardio done FIVE times weekly, 45min sessions

Cardio sessions:

- Warm up 3mph walk for five minutes
- 4mph for five minutes
- Then 5mph five minutes
- Then 6mph five minutes
- Down to 5mph two minutes, 4mph two minutes, 3mph five min
- repeat until 45 mins is up

1. Workouts can be done on same days as cardio sessions
2. If workout lands on same day as cardio, do cardio at the end of your workout
3. IMPORTANT: after your workout implement a meal as your post workout meal. Do not create an additional meal to the program. Plan your workout and cardio around your meals!
4. No mayonnaise in sandwiches, only mustard
5. Drink slim milk only
6. 2% low fat cheese, lettuce, and tomato may be in your sandwich

Supplement Disclaimer:

The most effective way to utilize sports supplements is to first realize that they are in fact supplements. Supplements are nutrients that are taken in addition to an already solidified diet regimen. There are two main objectives of supplements when speaking in terms of sports nutrition. First they are to provide the body with crucial nutrients in which the body cannot manufacture (biosynthesize) on its own, secondly, to provide extra nutrients in which the body requires for replenishing energy stores and repairing muscle tissue. It is important to realize that supplements are designed to enhance one's efforts. This means that if you are looking to lose body fat, you must first have a diet plan suitable to do so. Once the diet plan is prepared, you may add a supplement to the equation. The supplement should be utilized to promote fat loss by means of providing specific nutrients to achieve a healthy state and force the body to feed off stored fat for energy. However, the supplements should not be dependant upon to fulfill these physiological effects. The supplements should only aid your meal and exercise program, not take their place.

