The Ultimate Nutrition Guide - Expanded Version

by Jason Leydon, Head Coach, CrossFit Milford

CROSSFIT MILFORD

Table of Contents

Introduction

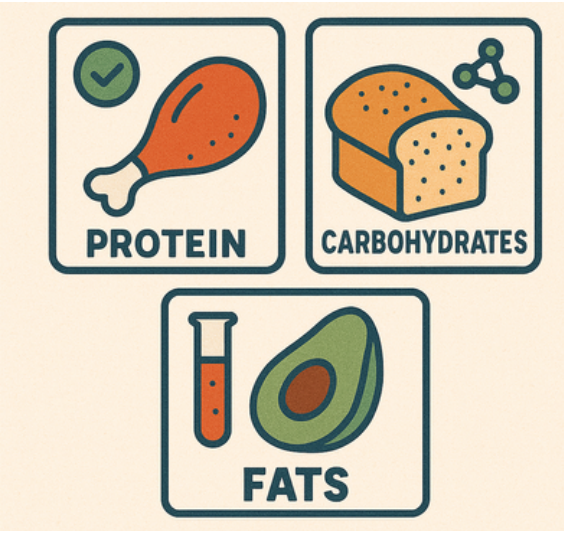
Nutrition is the foundation of health, performance, and longevity. Proper macronutrient intake fuels workouts, aids recovery, and supports long-term health. This guide will help you **understand macronutrients, calculate your daily targets, and select foods that align with your training and lifestyle.**

Chapter 1: Understanding Macronutrients

Macronutrients are nutrients your body needs in large amounts: **protein, carbohydrates, and fats**. Each plays a distinct role:

- **Protein:** muscle repair, immune support, enzyme and hormone production
- **Carbohydrates:** energy for high-intensity training and brain function
- **Fats:** hormone production, brain and nerve support, vitamin absorption

By learning how to calculate your needs and choose nutrient-dense foods, you can **fuel workouts, recover efficiently, and achieve your goals**.



Chapter 2: Proteins – The Building Blocks

Roles:

- Muscle repair and growth
- Immune system support
- Hormone production

Sources:

Animal-based:

- Chicken, turkey, lean beef, pork tenderloin
- Fish: salmon, tuna, cod, tilapia
- Eggs, Greek yogurt, cottage cheese

Plant-based:

- Lentils, beans, chickpeas
- Tofu, tempeh, seitan
- Quinoa, edamame, nuts

Practical Serving Guidelines:

- Protein shakes or bars: 20–30 g per serving
- Lean meat: 3–4 oz (20–25 g protein) per serving
- Eggs: 2–3 eggs (~12–18 g protein)

Recommended intake:

Goal	Protein g/kg	Notes
General Health	0.8-1	Sedentary to lightly active
Fat Loss/Maintenance	1.6-2	Maintain muscle mass
Strength/Muscle Gain	1.6-2.2	Supports hypertrophy
Endurance	1.2-1.6	Helps repair tissues

Tips:

- Include a source of protein in every meal and snack
- Spread intake throughout the day

Chapter 3: Carbohydrates – Your Energy Source

Roles:

- Fuel for high-intensity exercise
- Maintain glycogen stores
- Support brain and nervous system

Sources:

Complex carbs:

- Oats, quinoa, brown rice
- Sweet potatoes, potatoes, squash
- Legumes: lentils, chickpeas, black beans

Fruits and vegetables:

- Apples, bananas, berries, oranges
- Leafy greens, broccoli, peppers, carrots

Practical Serving Guidelines:

- 1 cup cooked rice, quinoa, or oats ≈ 30–40 g carbs
- 1 medium potato ≈ 30 g carbs
- 1 cup fruit ≈ 15–25 g carbs

Recommended intake:

Goal	Protein g/kg	Notes
General Health	3.0-5	Sedentary to lightly active
Fat Loss/Maintenance	2.0-4	Lower carb on rest days
Strength/Muscle Gain	4.0-7	Supports heavy lifting and recovery
Endurance	6.0-10	Supports high-volume cardio or long-duration events

Tips:

- Adjust carb intake around workouts
- Focus on whole, minimally processed carbs

Chapter 4: Fats – Essential for Function

Roles:

- Hormone production (testosterone, cortisol)
- Brain and nerve support
- Absorption of fat-soluble vitamins (A, D, E, K)

Sources:

Healthy fats:

- Avocado, olives, olive oil, coconut oil
- Nuts and seeds: almonds, walnuts, flaxseed, chia
- Fatty fish: salmon, mackerel, sardines

Animal fats in moderation:

- Eggs, cheese, grass-fed beef

Practical Serving Guidelines:

- 1 tbsp olive oil ≈ 14 g fat
- 1 oz nuts ≈ 14–18 g fat
- 1 avocado ≈ 20–25 g fat

Recommended intake:

- 20–35% of total daily calories
- Emphasize omega-3 and monounsaturated fats

Tips:

- Include a source of fat in each meal to improve satiety
- Avoid trans and highly processed oils

Chapter 5: Calculating Your Macronutrients

Step 1: Determine Calories

- Use your **Basal Metabolic Rate (BMR)** and multiply by **Activity Factor:**

1. Sedentary: 1.2
2. Lightly active: 1.375
3. Moderately active: 1.55
4. Very active: 1.725
5. Extremely active: 1.9

Example: 180 lb male, moderately active:

- BMR ≈ 1800 kcal
- Total calories ≈ 1800 × 1.55 = 2790 kcal/day

Step 2: Set Protein

- Multiply weight in kg by protein goal:

- 180 lb ≈ 82 kg
- Goal 1.8 g/kg → 82 × 1.8 ≈ 148 g protein
- Calories from protein: 148 × 4 = 592 kcal

Step 3: Set Fat

- 25% of total calories → 2790 × 0.25 ≈ 698 kcal
- Convert to grams: 698 ÷ 9 ≈ 78 g fat

Step 4: Set Carbs

- Remaining calories: 2790 – (592 + 698) = 1500 kcal
- Convert to grams: 1500 ÷ 4 = 375 g carbs

Step 5: Adjust Based on Goals

- Fat loss → reduce carbs slightly, increase protein
- Muscle gain → increase carbs and protein, maintain fat
- Endurance → increase carbs, moderate protein

Step 6: Track and Adjust

- Track intake for 1–2 weeks to see energy levels, performance, and body composition.
- Adjust macros as needed for training days vs. rest days.

Chapter 6: Practical Tips for Clients

- **Meal prep:** cook in bulk and portion by macronutrient.
- **Hydration:** aim for 2–3 liters of water daily.
- **Timing:** eat carbs around workouts; protein every 3–4 hours; fats for satiety.
- **Snacks:** Greek yogurt + berries, nuts + fruit, hummus + veggies.
- **Mindset:** focus on consistency, not perfection.
- **Experiment:** track and tweak based on hunger, energy, recovery, and performance.

Training Day vs Rest Day Adjustments

Macro	Training Day	Rest Day	Notes
Protein	1.6-2 g/kg	1.6-2	Keep protein consistent
Carbs	5-7 g/kg	3-4 g/kg	Lower carbs on rest days
Fat	20-30% calories	25-35% calories	Slightly increase fats on lower-carb days

Tips:

- On heavy training days, front-load carbs for energy and recovery.
- On rest days, reduce starchy carbs, increase vegetables and healthy fats.

Grocery Shopping Guide by Macronutrient

Proteins: Chicken, turkey, beef, pork tenderloin, salmon, tuna, eggs, Greek yogurt, cottage cheese, lentils, beans, tofu, tempeh, seitan

Carbohydrates: Oats, brown rice, quinoa, whole-grain bread, potatoes, sweet potatoes, squash, fruits, leafy greens, beans, lentils

Fats: Avocado, nuts, seeds, olive oil, coconut oil, fatty fish, cheese, grass-fed butter (moderation)

Snacks / Convenience: Greek yogurt cups, protein bars, rice cakes, nut butter packs, fruit

Printable Tracking Charts

- **Daily Macro Tracker:** columns for calories, protein, carbs, fat, water intake
- **Weekly Progress Sheet:** track body weight, energy levels, and training performance
- **Hydration Log:** check boxes for each 8 oz glass of water

Tip for Members: Tracking macros for 1–2 weeks helps identify patterns, energy dips, and recovery trends. Adjust meals and macros as needed.

Practical Tips for Implementation

- Meal prep for 3–5 days in advance.
- Use reusable containers labeled with macros to simplify portioning.
- Adjust snacks and small meals based on hunger, training intensity, and recovery needs.
- Experiment with carb timing: pre-workout for energy, post-workout for recovery.
- Hydrate consistently: 2–3 liters/day, more on intense training days.
- Aim for consistency, not perfection. Small daily improvements compound into measurable results.

Printable Tracking Charts

- Daily Macro Tracker: columns for calories, protein, carbs, fat, water intake
- Weekly Progress Sheet: track body weight, energy levels, and training performance
- Hydration Log: check boxes for each 8 oz glass of water

Tip for Members: Tracking macros for 1–2 weeks helps identify patterns, energy dips, and recovery trends. Adjust meals and macros as needed.

Conclusion

Nutrition is a skill, not a temporary solution. By understanding macronutrients, calculating your targets, and choosing the right foods, you can **fuel workouts, recover faster, and reach performance goals**. At CrossFit Milford, we know that **what you put in your body determines what you get out of your training**. Consistency, proper planning, and smart choices today will lead to measurable results tomorrow.