



Physical ENERGY Strategies: NUTRITION

- Keep healthy snacks on hand
 - *PFF: Protein (15-20g), Fiber (5g), healthy Fats (5-10g)*
- Plan ahead: meals, travel and meeting snacks
- Avoid high sugar/carb snacks
- Clean, unprocessed foods
- Follow Mediterranean style diet (*2-3 servings high-fat fish/week*)
- Minimum 25g of fiber/day and 25-30g protein each meal



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- Make 1/3 to 1/2 your plate vegetables
- Incorporate a diverse diet
- Boost immunity w/foods rich in vitamins C, D and zinc
- Consider Vitamin D supplement if <40 ng/ml
- Magnesium rich foods for stress, anxiety, sleep
- Limit caffeine and alcohol