



Nutrition Guide Resource Page

THE 4-STEP CALORIE QUIZ

1. What's your gender?

If you're a woman, (+1) point

If you're a man, (+2) points

2

2. How much do you weigh?

If it's 130 pounds or less, (+1) point

If it's 130 pounds or more, (+2) points

2

3. How active (outside of FOCUS T25) are you?

If you're sedentary, (+1) point

If you're moderately to highly active, (+2) points

1

4. Add up your points

If you scored 3 points,

eat at the 1,200-calorie level.

If you scored 4 or more,

eat at the 1,600-calorie level.

5

TOTAL

YOUR 1,200-CALORIE DAY

BREAKFAST	300
SNACK #1	150
LUNCH	300
SNACK #2	150
DINNER	300

YOUR 1,600-CALORIE DAY

BREAKFAST	400
SNACK #1	150
LUNCH	450
SNACK #2	150
DINNER	450

Focus T25 Nutrition Guide

Mia Louis

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Focus T25 Nutrition Guide:

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The Complete Guide to Sports Nutrition Anita Bean, 2017-09-07 The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage This fully updated and revised edition incorporates the latest cutting edge research Written by one of the country's most respected sports nutritionists it provides the latest research and information to help you succeed This eighth edition includes accessible guidance on the following topics maximising endurance strength and performance how to calculate your optimal calorie carbohydrate and protein requirements advice on improving body composition specific advice for women children and vegetarians eating plans to cut body fat gain muscle and prepare for competition sport specific nutritional advice **The Ultimate Guide to Post-Workout Nutrition: Workout recovery made easy** Fitness Massive, 2022-12-05 What you eat after a workout is just as important as what you eat before a workout Find out the best post workout foods to refuel and recover your body When it comes to exercise what you do before and after your workout is just as important as the workout itself Many people make the mistake of thinking that all they need to do is exercise and then they can eat whatever they want But if you really want to see results you need to focus on both your pre workout nutrition and your post workout nutrition What you eat after a workout is crucial for recovery Your muscles are depleted of glycogen the storage form of carbohydrate after a tough workout so it's important to refuel with carbohydrates and protein as soon as possible Protein is essential for muscle repair and growth while carbs help replenish energy stores in the body **Dynamic Nutrition for Maximum Performance** Daniel Gastelu, Frederick C. Hatfield, 1997 A complete nutritional guide for peak sports performance **The Ultimate Guide**

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Maharam,2020-04-28 An easily implemented sports nutrition program for the weekend warrior the Olympic athlete and everyone in between from one of the country s most respected experts in sports medicine In *Running Doc s Guide to Healthy Eating* readers will discover Dr Lewis G Maharam s unique Fueling Plates Program Developed in 2012 it has helped countless sofa spuds who really just want to get off the couch and lose weight marathoners competing for a place at the Olympic trials and everyone in between including recreational athletes who play tennis soccer basketball and other running sports The Fueling Plates Program is designed primarily to boost the performance of athletes but can also boost the health of the average person athletic or not Every day at Maharam s busy New York City practice in addition to treating sports injuries he offers his patients nutritional advice They ask him When should I eat before the marathon Do I really need to drink eight glasses of water a day What about sports drinks Should I use energy gels Gingko Glucosamine Raspberry ketones The questions come because the bulk of the sports nutrition books on the market today make fueling your body sound like a scientific experiment The *Running Doc s Guide to Healthy Eating* explains why it s time to ditch the difficult to use food pyramid put out by the USDA in favor of a hands on experience of your actual plate what Maharam calls Fueling Plates It shows step by step how readers can apply the program to feel and perform better and have more energy Those who are already exercising will get faster by eating to fuel their body more efficiently Even everyday activities become easier with the Fueling Plates Program Readers who are willing to take advantage of everything revealed in the book from what to eat to reduce muscle soreness after exercising to how much to drink to be hydrated properly to an individualized nutrition program will transform their lives **Motives Nutrition Guide** Mia Louis,2020-08-26 This nutrition guide is just what you need to

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Table of Contents Focus T25 Nutrition Guide

1. Understanding the eBook Focus T25 Nutrition Guide
 - The Rise of Digital Reading Focus T25 Nutrition Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Focus T25 Nutrition Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Focus T25 Nutrition Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Focus T25 Nutrition Guide
 - Personalized Recommendations
 - Focus T25 Nutrition Guide User Reviews and Ratings
 - Focus T25 Nutrition Guide and Bestseller Lists
5. Accessing Focus T25 Nutrition Guide Free and Paid eBooks
 - Focus T25 Nutrition Guide Public Domain eBooks
 - Focus T25 Nutrition Guide eBook Subscription Services
 - Focus T25 Nutrition Guide Budget-Friendly Options

6. Navigating Focus T25 Nutrition Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Focus T25 Nutrition Guide Compatibility with Devices
 - Focus T25 Nutrition Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Focus T25 Nutrition Guide
 - Highlighting and Note-Taking Focus T25 Nutrition Guide
 - Interactive Elements Focus T25 Nutrition Guide
8. Staying Engaged with Focus T25 Nutrition Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Focus T25 Nutrition Guide
9. Balancing eBooks and Physical Books Focus T25 Nutrition Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Focus T25 Nutrition Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Focus T25 Nutrition Guide
 - Setting Reading Goals Focus T25 Nutrition Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Focus T25 Nutrition Guide
 - Fact-Checking eBook Content of Focus T25 Nutrition Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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