

CITADEL

STRENGTH & CONDITIONING

BULLDOG BITES: PERFORMANCE NUTRITION NUTRITION & SUPPLEMENTATION POLICY

MISSION STATEMENT

THE CITADEL STRENGTH & CONDITIONING PERFORMANCE NUTRITION PROGRAM EXISTS TO PROVIDE OUR STUDENT ATHLETES WITH SOUND NUTRITIONAL INFORMATION, AS WELL AS AN INDIVIDUALIZED, HOLISTIC DIET THAT WILL HELP ACHIEVE PEAK PHYSICAL PERFORMANCE.

*DIETARY SUPPLEMENTS CAN BE A SAFE AND BENEFICIAL ADDITION TO A HEALTHY LIFESTYLE OR HIGH PERFORMANCE DIET. PRODUCTS SHOULD ALWAYS SERVE AS A SUPPLEMENT TO, NOT A SUBSTITUTE FOR, PROPER NUTRITION AND A SOUNDLY DESIGNED TRAINING PROGRAM. POOR REGULATION OF THE SUPPLEMENT INDUSTRY ALLOWS ATHLETES TO BE BOMBARDED WITH MARKETING HYPE THAT COMPLETELY EXAGGERATES OR INVENTS UNPROVEN BENEFITS ARISING FROM THE USE OF CERTAIN SUPPLEMENTS. SUPPLEMENTS ARE NOT A SHORTCUT TO PERFORMANCE! THE ATHLETE IS ULTIMATELY RESPONSIBLE AND ACCOUNTABLE FOR ALL SUBSTANCES USED AND/OR FOUND IN THEIR BODY.

ALL SUPPLEMENTS PROVIDED BY THE CITADEL STRENGTH & CONDITIONING DEPARTMENT UNDERGO A SCREENING PROCESS, AND ARE IN COMPLIANCE WITH NCAA REGULATIONS.

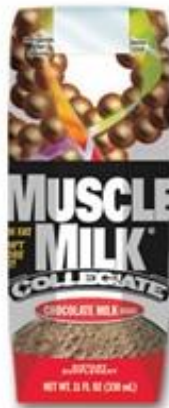
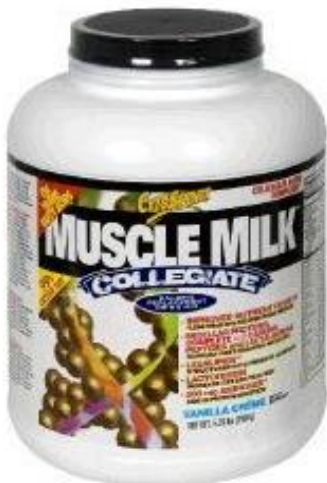
CITADEL S&C PERFORMANCE NUTRITION RECOMMENDED PRODUCTS

GATORADE ENERGY BARS / MUSCLE MILK COLLEGIATE BARS



MUSCLE MILK - COLLEGIATE

MILK [WHOLE & CHOCOLATE]



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BULLDOG BITES: PERFORMANCE NUTRITION

PERFORMANCE NUTRITION GUIDELINES

THE 6 RULES	1. CHOOSE REAL, WHOLE FOODS VS. MANUFACTURED REAL FOODS CONTAIN THE VITAMINS AND MINERALS THAT ARE ESSENTIAL TO A HEALTHY & DEVELOPING BODY. A RULE TO LIVE BY: "IF IT DOESN'T RUN, FLY, SWIM, OR GROW FROM THE GROUND, DON'T EAT IT!" NOTHING PROCESSED!!	4. MOST IMPORTANT MEAL OF THE DAY: POST WORKOUT YOUR BODY IS STARVING FOR MUSCLE BUILDING NUTRIENTS AND CALORIES AFTER A STRENUOUS TRAINING SESSION. KEEP IT GROWING BY FEEDING IT AT THE MOST IMPORTANT TIME OF THE DAY: IMMEDIATELY AFTER TRAINING - 30 MIN POST!
	2. ALWAYS EAT BREAKFAST AFTER WAKING UP! THIS WILL GET YOUR METABOLISM FIRING AND SET IT UP FOR A BUSY DAY...MUSCLE GROWTH & FAT LOSS DEPEND ON THIS HAPPENING.	5. DEVELOP FOOD PREPARATION STRATEGIES SHOP FOR THE GOOD STUFF, BUY IN BULK, AND COOK BIG MEALS THAT WILL FEED YOU FOR 2-3 DAYS AT A TIME. STORE YOUR MEALS IN TUPPER WARE / ZIP LOCK BAGS AND KEEP IT ACCESSIBLE. KEEP A RECORD [DIET RECORD PROVIDED]. GET YOURSELF A GOOD GEORGE FOREMAN GRILL AND SHAKER BOTTLE. YOUR DIET DESERVES AS MUCH ATTENTION AS YOUR TRAINING.
	3. EAT EVERY 2.5 - 3 HOURS! A HIGHLY PERFORMING BODY IS A HUNGRY ONE...KEEP FUEL GOING IN CONSTANTLY THROUGHOUT THE DAY. NEVER MISS A MEAL! EAT BIG TO GET BIG. USE THE DIET RECORD TO KEEP TRACK OF YOUR ENERGY INTAKE. DO THE MATH: IF YOU WAKE UP AT 7:00AM AND GO TO SLEEP AT 10:00PM, YOU WILL FEED 6 TIMES AT LEAST! THIS IS WHAT CHAMPIONS DO.	6. KEEP YOUR PLAN SIMPLE REMEMBER THE FIRST 5 RULES AND APPLY THEM!...DON'T OVER-COMPLICATE THE PLAN! EAT AN ABUNDANCE OF REAL, WHOLE FOODS, AND EAT THEM FREQUENTLY...TAKE ADVANTAGE OF THE POST WORKOUT WINDOW AFTER EVERY TRAINING SESSION AND YOU'RE ON THE PATH THAT LEADS TO A BIGGER, STRONGER, AND FASTER BODY!

CARBOHYDRATES	<u>ALL AMERICAN</u>		<u>ALL CONFERENCE</u>	<u>SCOUT TEAM</u>	<u>ADDITIONAL INFO</u>
	SQUASH / ZUCCHINI	BROCCOLI / CAULIFLOWER	! SPECIAL K / ALL BRAN CEREAL	FAST FOOD / FRIED FOOD	*EAT A VEGETABLE OR FRUIT W/ EVERY FEEDING
	ALL BEANS	ASPARAGUS	SHREDDED WHEAT	ENERGY DRINKS	*VEGETABLES & FRUITS ARE LOADED WITH VITAMINS & ANTI-OXIDANTS...EAT 3-5 SERVINGS EVERY DAY!
	PASTA [WHEAT]	SPINACH / BABY SPINACH	! PASTA [WHITE]	PIZZA / CANDY / JUNK FOOD	*CARBS ARE THE BODY'S MAIN FUEL FOR ENERGY, EAT ENOUGH SO YOU CAN TRAIN HARD AND PLAY HARD!
	BREAD [WHEAT, MULTI GRAIN]	TOMATO	! RICE [WHITE]	! PITA BREAD / TORTILLA CHIPS	!" GOOD POST WORKOUT CHOICE
	PEPPER [ALL COLORS]	! POTATO [SWEET]	! POTATO [WHITE]	! POPCORN / RICE CAKES	
	ONION / MUSHROOMS	! YAM	! WHEAT CRACKERS	! COMMERCIAL COLD CEREAL	
	! ALL FRUIT	CARROT	! SPORT DRINKS	SODA / SWEET TEA	
	RICE [WILD, BROWN]	BRUSSEL SPROUTS	! MILK [SKIM]	! DOUGHNUT / BAGEL	
	! OATS / OATMEAL	! MILK [CHOCOLATE, WHOLE]		PACKAGED / PROCESSED FOOD	

PROTEINS	<u>ALL AMERICAN</u>		<u>ALL CONFERENCE</u>	<u>SCOUT TEAM</u>	<u>ADDITIONAL INFO</u>
	! MILK [WHOLE, SKIM]	TURKEY [NO SKIN]	RIBS [PORK, BEEF]	FAST FOOD / FRIED FOOD	*PROTEIN BUILDS & REPAIRS MUSCLE...
	CHICKEN [NO SKIN]	GROUND TURKEY	CHEESE [REGULAR]	BACON / BREAKFAST SAUSAGE	IF YOU ARE NOT CONSUMING ENOUGH PROTEINS, YOUR BODY WILL NOT BE AS BIG OR STRONG AS IT SHOULD BE.
	LEAN GROUND BEEF [93% +]	HADDOCK / FLOUNDER	YOGURT	HAM / PEPPERONI	*EAT A PROTIEN WITH EVERY FEEDING
	SALMON / WHITE TUNA	EGGS [WHOLE]	CHICKEN [W/ SKIN]	ICE CREAM	*ALL PROTEINS ARE A GOOD CHOICE FOR POST WORKOUT...GET GOOD AMOUNTS IN AFTER EVERY SESSION.
	COTTAGE CHEESE [FAT FREE]	CHEESE [MOZZARELLA]	GROUND BEEF	HOT DOG / BOLOGNA	!" GOOD POST WORKOUT CHOICE
	PORK [NOT FRIED]	SAUSAGE [HOT, ITALIAN]	DARK TUNA		

FATS	<u>ALL AMERICAN</u>		<u>ALL CONFERENCE</u>	<u>SCOUT TEAM</u>	<u>ADDITIONAL INFO</u>
	PECANS / ALMONDS	! PEANUT BUTTER	CASHEWS / WALNUTS	FAST FOOD / FRIED FOOD	*HEALTHY FATS ARE ESSENTIAL TO A SOUND DIET
	LEAN BEEF	SMART BALANCE SPREAD	EXTRA VIRGIN OLIVE OIL	BACON / BREAKFAST SAUSAGE	*FATS ARE NOT A GOOD CHOICE FOR POST WORKOUT FEEDINGS...PEANUT BUTTER IS AN EXCEPTION: ADD IT TO YOUR SHAKES FOR HEALTHY WEIGHT GAIN.
	OLIVES [GREEN, BLACK]	AVACADO		HAM / PEPPERONI	
	ALL FISH [NOT FRIED]	ALMOND BUTTER		PACKAGED / PROCESSED FOOD	
	FLAX SEED			PIZZA / CANDY / JUNK FOOD	
				CORN OIL / PALM OIL	
					!" GOOD POST WORKOUT CHOICE

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BULLDOG BITES: PERFORMANCE NUTRITION MUSCLE MASS MEAL PLAN

DAY	TIME	EVENT / MEAL / TRAINING SESSION	ADDITIONAL INFO.
SUNDAY	7:00 AM	WAKE UP: 6 EGGS, 1C OATS, 1/2C SKIM MILK, 1 APPLE	EGGS = SCRAMBLED OR FRIED, CHOP APPLE, ADD TO OATMEAL W/ CINNAMON FOR APPLE CINNAMON OATMEAL. 1C = 1 CUP
	9:00 AM	SNACK: SHAKE [1/2C COTTAGE CHEESE, 1 BANANA, 1/2C OATS, 1/2C MILK]	ADD ALL TO BLENDER, BLEND UNTIL DESIRED TEXTURE. ADD ICE FOR THICKER SHAKE.
	11:30 AM	2 TURKEY SANDWICHES [RYE BREAD, LETTUCE, TOMATO, ONION, MUSTARD]	3-4 SLICES OF DELI TURKEY ON EACH SANDWICH. ADD 1 SLICE OF CHEESE IF DESIRED
	2:30 PM	2 CHICKEN BREASTS, 1 BAKED POTATO, 1C BROCCOLI	CHICKEN = BAKE OR GRILLED, STEAMING = BEST METHOD FOR COOKING VEGETABLES
	5:00 PM	1 CAN TUNA, 1/2 CHOPPED ONION, CHOPPED OLIVES, 1/2C WHEAT PASTA	MIX ALL TOGETHER = TUNA CASEROLE. ...ADD LIGHT MAYONNAISE FOR TASTE, BUT USE SPARINGLY.
	8:00 PM	PRE SLEEP SHAKE: 1C MILK, 1/2C COTTAGE CH, 1/2C OATS, 1Tbsp PB	ADD ALL TO BLENDER, BLEND UNTIL DESIRED TEXTURE. ADD ICE FOR THICKER SHAKE
MONDAY	6:30 AM	WAKE UP: 6 SCRAMBLED EGGS, HOME FRIES, 1 BANANA, 1C MILK	
	9:00 AM	SNACK: SHAKE [1/2C SKIM MILK, 2OZ AMONDS, HNDFL RASPBERRIES, 1/2C OATS]	PREPARE THIS EARLIER IN THE MORNING, KEEP IT WITH YOU IN YOUR BAG/CAR...CLASS/WORK IS NO EXCUSE TO MISS A FEEDING!
	11:00 AM	SNACK: 1 BANANA, 1 HNDFL MIXED NUTS	STORE IN YOUR BAG/CABINET/LOCKER
	12:30 PM	LUNCH: TURKEY SANDWICH, 1 FRUIT/VEGETABLE, 2C ORANGE JUICE	ALWAYS ADD AS MANY VEGETABLE TOPPINGS TO SANDWICHES
	3:30 PM	TRAIN: SPEED SESSION & LIFT [1.5 HRS]	
	6:00 PM	PW SHAKE: 1C CHOPPED STRAWBERRIES, 1C CHOC MILK, 1Tbsp PEANUT BUTTER	PW = POST WORKOUT
	8:30 PM	8-10OZ STEAK, 1 BAKED SWEET POTATO, 1C MIXED PEPPERS	STEAK = BROILED OR GRILLED, GRILLING = BEST FOR COOKING PEPPERS
TUESDAY	6:30 AM	WAKE UP: 4 EGG OMLETTE [MUSHROOMS, PEPPERS, SPINACH, CHEESE], 1C MILK	
	9:00 AM	SNACK: 1 APPLE, 1 HNDFL CASHEWS	HNDFL = HANDFUL, STORE IN YOUR BAG/CABINET/LOCKER
	11:00 AM	SNACK: NUTRITION BAR	GOOD CHOICE FOR NUTRITION BARS: GATORADE NUTRITION BARS.
	12:30 PM	LUNCH: 2 PORK CHOPS, 1 BAKED POTATO, 1C SQUASH & ZUCCHINI	PORK = BAKED OR GRILLED, STEAMING = BEST METHOD FOR COOKING VEGETABLES
	3:30 PM	TRAIN: SPEED SESSION & LIFT [1.5 HRS]	PW = POST WORKOUT
	6:00 PM	PW MEAL: 1C CHOC MILK, CHICKEN STIR-FRY W/ WHITE RICE	CHICKEN, VEGETABLES, AND RICE...PERFECT FOR AFTER A GREULING TRAINING SESSION...AVOID EXCESSIVE SAUCES [SOY, TERIYAKI, ETC.] ONLY USE SPARINGLY
	8:00 PM	2 CHICKEN BREASTS, 1C WHEAT PASTA, 1C ASPARAGUS	CHICKEN = BAKED OR GRILLED, STEAMING = BEST METHOD FOR COOKING VEGETABLES
WEDNESDAY	6:30 AM	WAKE UP: 1C OATMEAL, 1/2C SKIM MILK, 4OZ BLUEBERRIES, 1/2C COTTAGE CH.	HEAT OATS & MILK IN MIROWAVE FOR 2.5 MIN...REMOVE AND LET COOL FOR 3-4 MIN...ADD BLUEBERRIES & COTTAGE CHEESE AND MIX
	9:00 AM	SNACK: CARROTS & CELERY, 2 Tbsp PEANUT BUTTER	USE THE PEANUT BUTTER AS SPREAD
	11:00 AM	SNACK: SHAKE [1/2C MILK, 2OZ WALNUTS, 1/2C COTTAGE CH., 1C STRAWBERRIES]	PREPARE THIS EARLIER IN THE MORNING, KEEP IT WITH YOU IN YOUR BAG/CAR...CLASS/WORK IS NO EXCUSE TO MISS A FEEDING!
	12:30 PM	LUNCH: ROAST BEEF & TURKEY SANDWICH, 1 FRUIT/VEGETABLE, 2C WATER	ALWAYS ADD AS MANY VEGETABLE TOPPINGS TO SANDWICHES
	3:30 PM	MISC. PHYSICAL ACTIVITY: FLAG FOOTBALL, PICK UP BASKETBALL, ETC. [1.5 HRS]	
	6:00 PM	RESTURANT FOOD	LIMIT EATING OUT...BUT IF YOU MUST, MAKE SURE YOU'RE EARNING IT BY TAKING PART IN A PHYSICAL ACTIVITY BEFORE IT [TRAINING, ETC.] NO FAST FOOD!
	8:00 PM	2 PORK CHOPS, 1 BAKED POTATO, 1C BABY CARROTS	PORK = BAKED OR GRILLED, STEAMING = BEST METHOD FOR COOKING VEGETABLES
THURSDAY	6:30 AM	WAKE UP: 4 EGG OMLETTE [DELI TURKEY, 1/2 ONION, SPINACH, CHEESE], 1C MILK	CHOP 2-3 SLICES OF DELI TURKEY AND ADD TO OMLETTE WHILE COOKING, BEFORE FOLDING
	9:00 AM	SNACK: SHAKE [1C CHOC MILK, 1 BANANA, 1/2C OATS]	PREPARE THIS EARLIER IN THE MORNING, KEEP IT WITH YOU IN YOUR BAG/CAR...CLASS/WORK IS NO EXCUSE TO MISS A FEEDING!
	11:00 AM	SNACK: PEANUT BUTTER & BANANA SANDWICH ON WHEAT BREAD	PREPARE THIS EARLIER IN THE MORNING, KEEP IT WITH YOU IN YOUR BAG/CAR...CLASS/WORK IS NO EXCUSE TO MISS A FEEDING!
	12:30 PM	LUNCH: 1C PASTA W/ 4-6 MEATBALLS, 1C MIXED VEGGIES, 2C MILK	
	3:30 PM	TRAIN: LIFT & CONDITIONING SESSION [1.5 HRS]	
	6:00 PM	PW SHAKE: 1C PINEAPPLE JUICE, 1C STRAWBERRIES, 1C MILK	PW = POST WORKOUT
	8:00 PM	SALMON, 1C WILD RICE, 1C MIXED VEGGIES	FISH = BAKED OR GRILLED, STEAMING = BEST METHOD FOR COOKING VEGETABLES
FRIDAY	6:30 AM	WAKE UP: 6 EGGS, 1C OATS, 1/2C SKIM MILK, 1 APPLE	EGGS = SCRAMBLED OR FRIED, CHOP APPLE, ADD TO OATMEAL W/ CINNAMON FOR APPLE CINNAMON OATMEAL.
	9:00 AM	SNACK: 1 ORANGE, 2 HNDFL WALNUTS	HNDFL = HANDFUL
	11:00 AM	SNACK: CARROTS & CELERY, 2 Tbsp PEANUT BUTTER	USE THE PEANUT BUTTER AS SPREAD
	12:30 PM	LUNCH: TUNA SANDWICH, 1 FRUIT/VEGETABLE, 2C WATER	ALWAYS ADD AS MANY VEGETABLE TOPPINGS TO SANDWICHES
	3:30 PM	TRAIN: LIFT & CONDITIONING SESSION [1.5 HRS]	
	6:00 PM	RESTURANT FOOD	LIMIT EATING OUT...BUT IF YOU MUST, MAKE SURE YOU'RE EARNING IT BY TAKING PART IN A PHYSICAL ACTIVITY BEFORE IT [TRAINING, ETC.] NO FAST FOOD!
	8:00 PM	2C HOME MADE CHILI [LEAN GROUND BEEF, BEANS, PEPPERS, ONIONS, ETC.]	
SATURDAY	7:30 AM	WAKE UP: 4 HARD BOILED EGGS, 4 PANCAKES W/ FRUIT TOPPING, 1C MILK	REMEMBER: ALWAYS EAT A PROTEIN W/ EACH FEEDING!
	9:30 AM	SNACK: SHAKE [4OZ BLUEBERRIES, 1/2C OATS, 1C SKIM MILK, 1/2C COTTAGE CH.]	ADD ALL TO BLENDER, BLEND UNTIL DESIRED TEXTURE. ADD ICE FOR THICKER SHAKE
	12:00 PM	2 TUNA SANDWICHES [RYE BREAD, LETTUCE, TOMATO]	1/2 CAN OF TUNA ON EACH SANDWICH, ADD 1 SLICE OF CHEESE IF DESIRED
	3:00 PM	1 FT LONG SUB ON WHEAT [ANY MEAT, ALL VEGGIES, LIGHT MAYO/MUSTARD]	AVOID EXCESSIVE CONDIMENTS. BEST MEAT CHOICES: TURKEY, TUNA, ROAST BEEF. ALTERNATIVE BREAD: HONEY OAT
	5:00 PM	4OZ CASHEWS, 1 SMALL ORANGE	
	8:00 PM	PRE SLEEP SHAKE: 1/2C COTTAGE CH, 1OZ WALNUTS, 1Tbsp PB, 1C SKIM MILK	ADD ALL TO BLENDER, BLEND UNTIL DESIRED TEXTURE. ADD ICE FOR THICKER SHAKE

