

FUELING PROPERLY

Recipes for busy people who want to
live their best life.



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TABLE OF CONTENTS

Introduction- pg 3

Recipes for Meal Prep- pg 4-8

Food in a Hurry- pg 9

Adjusting Food for Junior High Athletes- pg 10

Adjusting Food for High School Athletes- pg 11

Adjusting Food for Adults- pg 12



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WHY ANOTHER NUTRITION BOOK?

One of the things I have personally struggled with the most is nutrition. As a kid, I would refuse to eat dinner because I was such a picky eater. *eventually that pattern broke due to being told to think of food as "tackling fuel". I still remember the conversation, and how it made it click enough for me to eat more. As I got into middle school, I wondered why my friends could do and eat certain things and just magically get bigger, stronger, and still look good yet I would do the same thing and not look like or perform like they did. I started trying to find new solutions through middle school and high school; tried paleo, tried eating more protein, tried using certain supplement powders.

Eventually at the end of high school, I found crossfit and learned through them about the zone diet. That was the first time I found something that was really working for me. As I switched into powerlifting training after a few years of primarily crossfit training, I just thought eat more and get bigger which led to me being really disappointed in how I looked over time and more importantly how I felt. I was using 600-1000mg of caffeine daily to make it through the day without falling asleep in my chair. I thought there had to be a better way. Fortunately, there is. Nutrition is where the biggest benefit to quality of life and performance comes into play. Without any type of nutrition plan in place, finding your highest potential becomes impossible. *but it DOESN'T have to be complicated.

The one thing I wish I knew when I was younger was that it each tiny step forward would have huge benefits over time. I would have started with taking 2 prepped meals to school with me each day. That 1 step sets a huge cascade of benefits, so I wanted to give options of ways to actually do it even with crazy, busy schedules for others. Better nutrition is truly the biggest thing in this day and age that I believe, if improved, would create a huge impact on quality of life making our days that much more fulfilling.



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RECIPES FOR MEAL PREP

When it comes to helping most people with food, the best thing to do is find things that are EASY. Pattern change is a hard thing to do, but it is even harder when we don't have the time to make food and/or the food we make doesn't taste near as good as the less healthy options we have easily available (fast food, gas stations, etc).

I want people to have the ability to successfully eat to fuel themselves. This requires having quick to make meal options, quality food sources, and TASTY meals. The meals below are ones I firmly believe people will not only enjoy, but they will give higher quality fuel and take less than an hour to make for a whole week of food.

4 of My Favorite Meals

- 1- Fajita Chicken Bowl
- 2- Hamburgers and Rice
- 3- Taco Bowl
- 4- Chicken and Waffles



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FAJITA CHICKEN BOWL

If we are looking at making this last 5+ days, we will need PLENTY of food. I typically try to stretch meals to last 7 days simply to save time. On the 7th day, cook the meals needed for the next week. I typically would recommend most people do this on Sundays to prepare for the week and this seems to be the least busy day for most (making it the most efficient and likely to be repeatable).

Ingredients

7lbs of chicken breast.

3 of any red/yellow/orange/green bell peppers

1/2-1 bottle of Claude's Fajita Marinade

7 avocados

Jasmine Rice

Preparing

Cut up chicken and peppers and mix them up into 2 ziploc bags or 2 big bowls.

Pour over Claude's marinade (this can get spicy so easy on how much if hot foods are a no go).

Cook in skillet on high heat until chicken is no longer pink.

Cover skillet and turn down to low for 20-30 minutes.

Place into containers for the week.

Use 1/3 avocado per meal as well as 150g-300g of cooked rice.

This will yield roughly 5lbs of cooked chicken which can be divided up into 20 meals (~3/day for 7 days).

*If preparing for 2, double the recipe.



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HAMBURGERS AND RICE

If we are looking at making this last 5+ days, we will need PLENTY of food. I typically try to stretch meals to last 7 days simply to save time. On the 7th day, cook the meals needed for the next week. I typically would recommend most people do this on Sundays to prepare for the week and this seems to be the least busy day for most (making it the most efficient and likely to be repeatable).

Ingredients

7lbs 93/7 beef

Daddy Hinkle's meat marinade

Jasmine rice

Toppings of choice

Preparing

Turn both skillets heat to high and smash up the hamburger meat. Keep doing this until the meat is no longer pink. -will take 2 skillets- Lather the meat in each skillet with Daddy Hinkle's marinade. Turn skillet heat down to low and cover with a lid for 5-10 minutes. Place into containers for the week. Add toppings of choice (Ex: mustard, ketchup, and a couple pickle slices) Use 150g-300g of cooked rice.

This will yield roughly 5lbs of cooked beef which can be divided up into 20 meals (~3/day for 7 days).

*If preparing for 2, double the recipe



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TACO BOWL

If we are looking at making this last 5+ days, we will need PLENTY of food. I typically try to stretch meals to last 7 days simply to save time. On the 7th day, cook the meals needed for the next week. I typically would recommend most people do this on Sundays to prepare for the week and this seems to be the least busy day for most (making it the most efficient and likely to be repeatable).

Ingredients

7lbs 93/7 beef

5-7 packs of Old El Paso taco seasoning

Jasmine rice

Taco sauce of choice

Preparing

Turn both skillets heat to high and smash up the hamburger meat.

Keep doing this until the meat is no longer pink.

Add 2.5-3.5 taco seasoning packs to each skillet.

Turn skillet heat down to low and cover with a lid for 5-10 minutes.

Place into containers for the week.

Add toppings of choice (Ex: taco bell sauce, cilantro, lettuce, cheese, etc)

Use 150g-300g of cooked rice per meal.

This will yield roughly 5lbs of cooked beef which can be divided up into 20 meals (~3/day for 7 days).

*If preparing for 2, double the recipe



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CHICKEN & WAFFLES

If we are looking at making this last 5+ days, we will need PLENTY of food. I typically try to stretch meals to last 7 days simply to save time. On the 7th day, cook the meals needed for the next week. I typically would recommend most people do this on Sundays to prepare for the week and this seems to be the least busy day for most (making it the most efficient and likely to be repeatable).

Ingredients

7lbs chicken breast
Chica Licka Bam Bam seasoning
2 Birch Benders paleo pancake mix
Date syrup
Jasmine rice

Preparing

Put 3.5lbs chicken into instant pot at 400 degrees. Cover in the seasoning and cook for 18-22 minutes.
Repeat that step again for the other 3.5lbs of chicken.
Spray skillet with non-stick cooking spray.
Mix up 10.5-21 servings of paleo pancake mix (depending on how many you want)
Pour into skillet on medium heat and flip as needed.
Top cooked pancakes off with almond butter and date syrup.
Use 150g-300g of cooked rice per meal.

This will yield roughly 5lbs of cooked chicken and 1-2 pancakes per meal which can be divided up into 20 meals (~3/day for 7 days).

*If preparing for 2, double the recipe



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FOOD IN A HURRY

Food is fuel. It is the foundation for success in athletics as, the energy source for the parents who need to be ready to go 24/7, and

You wouldn't put diesel in a gas vehicle and expect it to go well. All too often this is exactly what we get with the standard American diet. We wonder why we feel like crap, have low energy, have digestion issues, and struggle to see ourselves the way we'd like to. PICK THE HARDER OPTION. On the same hand, we can't always take an hour of cooking food. Life happens and we need things that can get us through the next day without falling completely off plan.

Snacks

One bar

RX bar

Rice cake

Fruits (any)

Protein shake

Sandwiches loaded with meat

Meal Replacement

Fast food edition: choose grilled > fried and have a SMALL sweet treat if having cravings. Choose fast food places that don't tempt you as much to get the horrible things on the menu UNLESS you are taking a free meal for the week. (whole different topic)

Convenience store: protein shake + fruit, sandwich + beef jerky, pizza slice + protein shake.

Priority #1 here is to make sure we are getting 30g+ of protein; 40g+ if only eating 3 times/day.



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ADJUSTING FOR JUNIOR HIGH ATHLETES

Everybody is going to need more/less food depending on their goals, current body weight, current body fat %, and past eating habits. Below you will find general guidelines for both more mature and less mature athletes.

Under 130lbs

We are looking to eat 3-4 times a day having GOOD quality food atleast 80% of the time. That means having just "whatever" roughly once a day in addition to 3 quality meals/snacks.

Over 130lbs

We are looking to eat 3-4 times a day having GOOD quality food atleast 80% of the time. That means having just "whatever" roughly once a day in addition to 4 quality meals/snacks.

We have seen time and time again athletes getting leaner from swapping for higher food quality while also eating MORE food. This is a huge benefit for speed and explosiveness in sport. If you want to lean out more, start with the lower end on meals 3 or 4 vs 4 or 5 and see how you feel. If you are able to break PRs in training and have plenty of energy, stay with it! If you are feeling a little sluggish or struggling to hit new PRs, go ahead and add a meal per day going to 4 or 5/day instead of 3 or 4/day.

Looking to gain weight? Eat 4-5 meals/day and drink half a gallon of gatorade per day or add a shake of peanut butter + milk + banana + egg whites or 1/2 scoop of protein powder to breakfast or before bed.



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ADJUSTING FOR HIGH SCHOOL ATHLETES

Everybody is going to need more/less food depending on their goals, current body weight, current body fat %, and past eating habits. Below you will find general guidelines for both more mature and less mature athletes.

Under 145lbs

We are looking to eat 4-5 times a day having GOOD quality food atleast 80% of the time. That means having just "whatever" roughly once a day in addition to 3 quality meals/snacks.

Over 145lbs

We are looking to eat 5-6 times a day having GOOD quality food atleast 80% of the time. That means having just "whatever" roughly once a day in addition to 4 quality meals/snacks.

We have seen time and time again athletes getting leaner from swapping for higher food quality while also eating MORE food. This is a huge benefit for speed and explosiveness in sport. If you want to lean out more, start with the lower end on meals 4 or 5 vs 5 or 6 and see how you feel. If you are able to break PRs in training and have plenty of energy, stay with it! If you are feeling a little sluggish or struggling to hit new PRs, go ahead and add a meal per day going to 4 or 5/day instead of 3 or 4/day.

Looking to gain weight? Eat 4-5 meals/day and drink half a gallon of gatorade per day or add a shake of peanut butter + milk + banana + egg whites or 1/2 scoop of protein powder to breakfast or before bed.



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ADJUSTING FOR ADULTS

Most adults are looking to feel good and live a fulfilled life. One way to help with this is to quit eating like the standard American. When we choose the slightly harder option, good things always wait for us on the other side. It might be difficult at first, but it always worth it.

Days you workout less than 45 minutes or rest

3-4 meals aiming to get 1g of protein per pound of bodyweight. When we aren't as active, we don't need as many carbs. This could be as simple as ordering a grilled chicken sandwich and not having the bun for one of our meals.

Days you workout more than 45 minutes

3-5 meals aiming to get 1g of protein per pound of bodyweight. Aim to get 1 extra meal these days than you would compared to the days you rest.

We have seen time and time again athletes getting leaner from swapping for higher food quality while also eating MORE food. This is a huge benefit for gaining muscle which is an entire topic of its own for health. If you want to lean out more, start with the lower end on meals 3 or 4 vs 4 or 5 and see how you feel. If you are able to break PRs in training and have plenty of energy, stay with it! If you are feeling a little sluggish or struggling to hit new PRs, go ahead and add a meal per day going to 4 or 5/day instead of 3 or 4/day.

Looking to gain weight? Eat 4-5 meals/day and add a shake of peanut butter + milk + banana + egg whites or 1/2 scoop of protein powder instead of egg whites to breakfast or before bed.



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