

A person is shown from the waist down, wearing a dark tank top and shorts, holding two large black dumbbells. They are standing on a gym floor. In the foreground, a barbell with weights is visible on the floor. The background is slightly blurred, showing gym equipment.

ALTITUDE ATHLETICS NUTRITION GUIDE

Take your nutrition to a higher level

INTRO

TERMS AND GUIDELINES

WHO ITS FOR

Our nutrition plan is designed for individuals following the Altitude Athletics training plans and lead an active lifestyle outside of the gym. These are general guidelines and anyone with medical conditions should consult a registered dietician or clinical nutritionist.

OUR APPROACH

In a world full of fad diets and eliminating foods or whole groups of foods, our sustainable and non-restrictive approach to eating will help you feel better, train better, and adjust body composition relative to your goals. With 3 options for fat loss, muscle gain, and maintenance, you'll have the ability to intelligently adjust calorie intake and improve your metabolism over time. In other words - this is not a quick fix. It is an integral part of a long term solution to a healthy lifestyle.

A FEW TERMS TO CONSIDER

BMR - (BASAL METABOLIC RATE) the minimum amount of calories that your body needs to perform necessary body functions.

TDEE - (TOTAL DAILY ENERGY EXPENDITURE) Your BMR + Activity Level (includes workouts & active jobs, & daily movement).

ENERGY BALANCE - Energy in (food/calories) vs energy out (TDEE).



FAQ

SOME INITIAL QUESTIONS ANSWERED

HOW LONG SHOULD I EAT LIKE THIS?

We do not recommend entering a fat loss or muscle gain phase for more than 12 weeks, and no more than twice per year. Maintenance is a year-round approach to nutrition. We recommend everyone begin in Maintenance for at least 12 weeks.

*Under-eating can negatively affect your metabolism, your mood, your energy level & your BMR (your body's ability to use energy at rest).

WHAT ARE MACROS?

Your food is made up of macronutrients and micronutrients. Think of macronutrients as the larger building blocks and primary providers of energy (calories). Micronutrients are your vitamins and minerals that are provided in smaller amounts.

PROTEIN (1g = 4cal)

Protein is the most important macronutrient for most people. This is what helps us build muscle, repair tissues, and preserve healthy bones and organs.

CARBS (1g = 4cal)

This is your body's energy source. We use carbs for many reasons, but especially when we train. A lack of adequate carbohydrate in your diet can cause your training to suffer, and thus prevent you from making desired progress. There are also great nutritional benefits from carbohydrates (micronutrients stored in fruits and veggies).

FATS (1g = 9cal)

Fat does not make you fat. In fact, fats are required for optimum hormone balance and function. Stick to fats from real foods



FAQ

CONTINUED

HOW DO I TRACK MY FOOD?

We recommend using an app such as [My Fitness Pal](#) to track your daily food intake. This app allows you do things like scan labels, input your own recipes, or search for existing foods. After only a week or so of using the app you will have most of your foods already saved for quick access, so this actually gets easier as you move forward.

Remember - the key to success is consistency, not perfection. finding a system that you can stick with is most important here. Don't get down on yourself for missing your goals on any specific day, just focus on making a consistent effort.

ARE THESE NUMBERS FLEXIBLE?

The answer is both yes and no. The overall theme here is your energy balance. Total caloric intake will ultimately be the deciding factor, and our macro breakdowns are the ideal ratios to support wellness and athletic performance.

However, for many people, as long as protein stays in the ranges suggested, carbs and fats can be adjusted as long as the total consumption does not fail to reach or exceed the total calorie goals. This allows for some flexibility in your diet based on foods you like to enjoy.

Just remember - each macronutrient plays a key role in your health and performance, so don't drastically reduce any of them.

WHAT IF I NEED MORE HELP?

If you're still struggling to find success with your nutrition, [set up a free consultation](#) with one of our certified nutrition coaches to see if additional nutrition coaching might be for you.



MAINTENANCE

CALORIC BALANCE

Everyone should begin in Maintenance and establish a baseline of caloric balance for a minimum of 12 weeks. Prioritize protein to help preserve lean muscle. Carbohydrates and fats can fluctuate as long as you meet your caloric baseline. You may experience continued muscle gain, fat loss, and overall body recomposition during this stage as your body adjusts.

FEMALE MAINTENANCE

| | Small frame <125lbs | Med Frame 125-150 lbs | Large frame 150-175lbs | L/XL Frame >175lbs |
|--------------------------|------------------------|--------------------------|---------------------------|-----------------------|
| Daily Target Calories | 1500-1625 | 1625-1950 | 1950-2275 | 2275-2600 |
| Carbs | 150-162g | 162-195 | 195-227g | 227-260g |
| Protein | 125-137g | 137-165g | 165-192g | 192-220g |
| Fat | 50-55g | 55-65g | 65-76g | 76-87g |

MALE MAINTENANCE

| | Small Frame <150 lbs | Med Frame 150-175 lbs | Large Frame 175-200 lbs | L/XL Frame >200 lbs |
|--------------------------|-------------------------|--------------------------|----------------------------|------------------------|
| Daily Target Calories | 1950-2100 | 2100-2450 | 2450-2800 | 2800-3150 |
| Carbs | 195-210g | 210-245g | 245-280g | 280-315g |
| Protein | 135-165g | 165-192g | 192-220g | 220-247g |
| Fat | 65-70g | 70-82g | 82-93g | 93-105g |



FAT LOSS / CUT

CALORIC DEFICIT

Loss can only occur through a negative calorie balance. In other words, you expend more calories than you consume. Prioritize protein to preserve muscle tissue and support training and activity.

*Do not stay in a fat loss cycle for more than 12 weeks as this can negatively impact your overall health.

FEMALE FAT LOSS/CUT

| | Small frame <125lbs | Med Frame 125-150 lbs | Large frame 150-175lbs | L/XL Frame >175lbs |
|--------------------------|------------------------|--------------------------|---------------------------|-----------------------|
| Daily Target Calories | 1425-1525 | 1550-1750 | 1800-1950 | 2000-2200 |
| Carbs | 150-170g | 170-200g | 200-230g | 230-260g |
| Protein | 120G - 140g | 140-160g | 160-180g | 180-200g |
| Fat | 42-48g | 50-56g | 56-64g | 64-72g |

MALE FAT LOSS/CUT

| | Small Frame <150 lbs | Med Frame 150-175 lbs | Large Frame 175-200 lbs | L/XL Frame >200 lbs |
|--------------------------|-------------------------|--------------------------|----------------------------|------------------------|
| Daily Target Calories | 1650-1850 | 2000-2300 | 2300-2600 | 2600-2900 |
| Carbs | 180-200g | 200-230g | 230-260g | 260-290g |
| Protein | 165G - 170G | 170-180g | 190-210g | 215-230g |
| Fat | 50-56g | 56-64g | 64-72g | 72-81g |



MUSCLE GAIN

CALORIC SURPLUS

When the goal is to increase muscle mass, you must eat in a caloric surplus. To support athletic performance and optimize muscle gain, meeting macronutrient ratios is imperative during this phase. We do not recommend staying in a muscle gain phase for longer than 12 weeks as this can negatively impact your overall health.

FEMALE MUSCLE GAIN

| | Small frame <125lbs | Med Frame 125-150 lbs | Large frame 150-175lbs | L/XL Frame >175lbs |
|--------------------------|------------------------|--------------------------|---------------------------|-----------------------|
| Daily Target Calories | 1650-1800 | 1800-2150 | 2150-2500 | 2600-2850 |
| Carbs | 165g-180g | 225-270g | 270-312g | 325-356g |
| Protein | 123-135g | 135-160g | 160-187g | 187-213g |
| Fat | 55-60g | 60-72g | 72-83g | 83-95g |

MALE MUSCLE GAIN

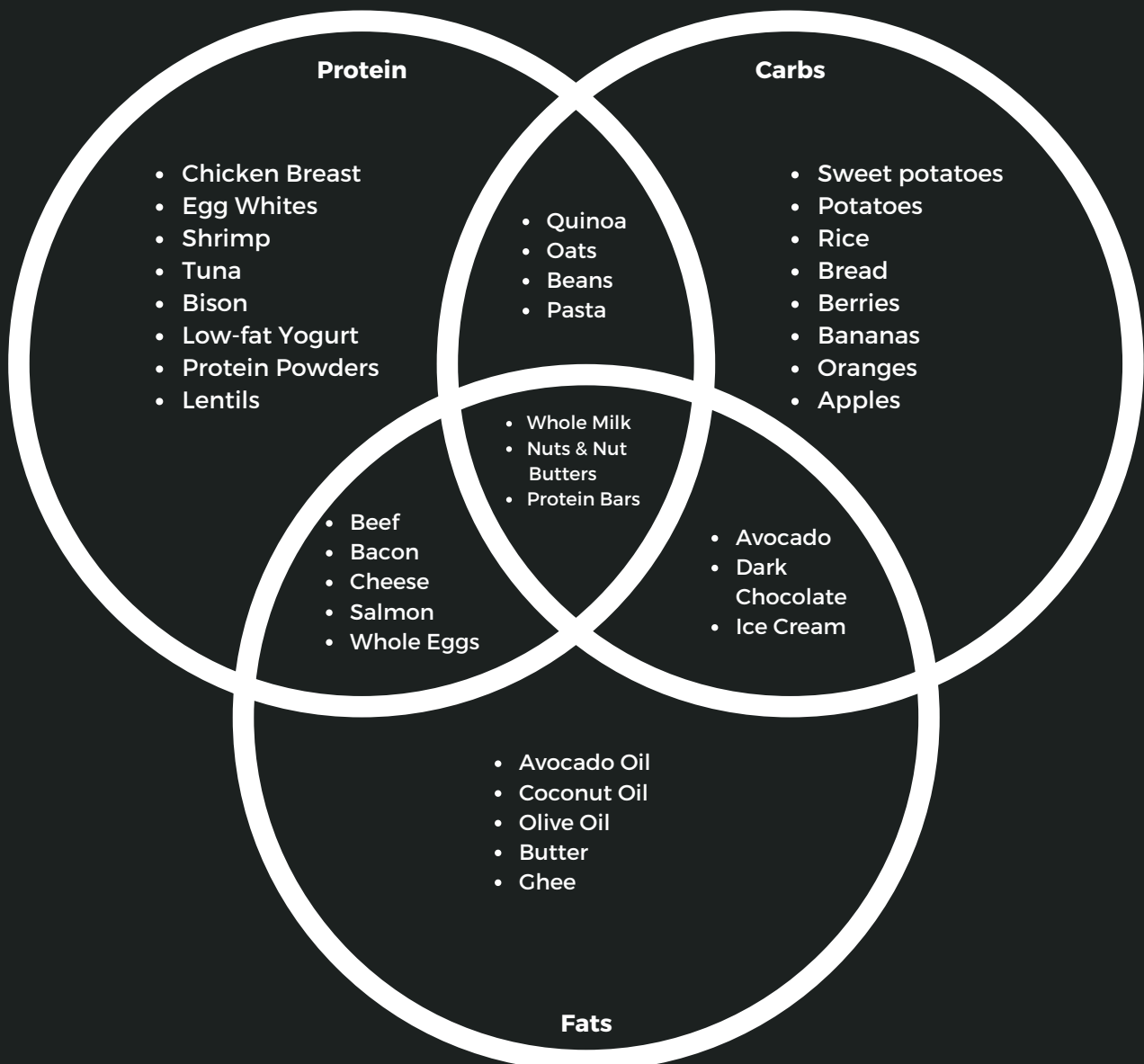
| | Small Frame <150 lbs | Med Frame 150-175 lbs | Large Frame 175-200 lbs | L/XL Frame >200 lbs |
|--------------------------|-------------------------|--------------------------|----------------------------|------------------------|
| Daily Target Calories | 2100-2450 | 2500-2850 | 2850-3250 | 3250-3650 |
| Carbs | 210-245g | 245-285g | 285-325g | 325-365g |
| Protein | 158-184g | 184-214g | 214-244g | 244-274g |
| Fat | 70-82g | 82-95g | 95-108g | 108-125g |



MACRO SOURCES

QUALITY FOOD CHOICES

Even though caloric balance is key, we always recommend eating quality foods to get your macros in. This means focusing on real foods like clean proteins, fruits, vegetables, nuts & seeds. By eating the correct amounts and minimizing processed foods, processed sugars, and alcohol, we can not only give our bodies the amount of food necessary to support our goals, but also keep micronutrient levels high which have a critical impact on our bodies health. Below are EXAMPLES of foods that contain specific macros:



SUPPLEMENTS

BOOST THE ESSENTIALS

The role of supplements in your training is exactly that - to supplement your nutrition, not replace it.

We recommend getting a good handle on your food intake before adding too many additional supplements, but here are a few that we like most:

PROTEIN POWDER

Supplemental protein can be used post-workout to start the recovery process right away. During exercise your muscles tear, and having adequate protein intake will aid in the reparation process. Most powders are designed with optimal amino acid profiles to help give your body exactly what it needs post-exercise.

COLLAGEN

Collagen helps to build the connective tissues in our body thicker, and grow and a more steady rate.

OMEGA 3's

These are a source of fat that can help to decrease inflammation, aid in heart health and be a source of “healthy” fats in our diet.

VITAMIN D

Since we live in an area where we don't get as much sun exposure, it's important to supplement with Vitamin D. Vitamin D regulates many cellular functions in your body. Its anti-inflammatory, antioxidant and protective properties support immune health, muscle function and brain cell activity.

*this is a fat soluble vitamin, so its best absorbed when taken with fatty foods.

