



Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

MX Nutrition Guidelines

During the week

Basic Guidelines: Eat every 3-4 hours (5-6 meals). 4oz. Protein at each meal. Fruit or vegetable with each meal. Starch with 3 meals. Get a small amount of nuts or seeds or oil with each meal.

Two days prior to the race, add an extra snack each day (~300 kcalories).

Make sure you are drinking plenty of water. Take your body weight in pounds and divide it by two. This represents the minimum number of ounces of water you need each day. Now, add 8 ounces for every 15 minutes of intense activity. You also get to add an extra ounce for ounce for any carbonated, caffeinated, or alcoholic beverage.

On Race Day

Have a normal breakfast at least 2 hours before practice.

Take in your normal water intake but mix it half with Juice. Sip the ½ juice, ½ water mixture throughout the day.

Have a light meal when you have longer than 90 min. between motos (i.e. ½ sandwich). If you don't have this time, use a protein shake. I recommend taking Ageless Xtra, Regenicare, and using the Essentials for your vitamins/minerals, recovery formula, and to provide nutrients that don't require a lot for digestion.

After the race

Have a normal meal, focusing on getting starches in the meal with 3-5 oz. of Protein.

Have a normal snack before bed.

Serving sizes:

Protein: 4 eggs, 2 chicken breasts, 6 oz. beef, 8 oz. fish.

Carbohydrate (Starches): 2 cups of rice, pasta, oatmeal, 1 large potato, cereal.

Carbohydrate (Fibrous): 1 piece of fruit, 1 cup of veggies.

Fats: Small handful nuts or seeds, up to 5 Tbsp. dressing, etc.