

# Eat Like A Spartan

Physical Resilience Training  
The Spartan Nutrition Plan

“Lean into it!”

[www.hpconsulting.pro](http://www.hpconsulting.pro)

# Spartans Eat for Fuel!

- 1 Gram of Lean protein/pound of body weight
- Eat 40 grams of fiber per day with lots of water
- If it comes in a box, don't eat it; if it is alive, or just barely dead, eat it!
- Use good carbs (sweet potatoes, brown rice, 100% whole grain bread, beans) to your advantage for fuel.
- 100 % (only) Whole Grain good, "white stuff" bad; that is if you are going to eat bread and cereal!
  - NO white rice, bread, regular potatoes, chips, crackers.
- Make all veggies good veggies
  - NO ice berg lettuce or corn
  - Spinach, peppers, carrots, cucumbers, tomatoes and broccoli all good.

# Spartans Eat for Fuel!

- ❑ Oatmeal should be either steel cut or old fashioned, not premixed with sugar!
- ❑ Use high quality whey protein for shakes with some raw walnuts, and frozen fruit for taste. Use low fat milk or yogurt for the mix.
- ❑ Concentrate on a variety of lean meats: chicken, fish, pork, buffalo, ostrich, beef
- ❑ Think outside the box and try new vegetables, your body will thank you for it!

# Spartans Are Lean!

- Only eat sugar before or immediately after a workout (4:1 sugar:protein before and after a workout)
- Eat 3 light meals a day and 3-4 snacks
  - 2 Portion Size (Your Fist) of carbs and 1 portion size of protein per meal
  - Add vegetables as much as you want
  - Eat more vegetables than fruit

# Spartan Plan

- ❑ Don't waste your time with frivolous calories such as salad dressing or mayo
- ❑ Use good oils (Olive, Canola, Flaxseed) in combination with red wine vinegar
- ❑ Fruits count as carbs
- ❑ Alcohol = 1 of your carb portion sizes
  - ❑ Dry Red wine is best...

# Spartans drink water

- No Regular soft drinks.
  - 2 diet drinks per week but no more (if you must)
  - Same goes for fruit juice
- Water good, fruit juice not so good
  - Drink at least 64oz. of water a day unless you are working hard with Kettle Bells, when you will need more!
    - 64 oz. = 2 quarts

# Even Spartans need a Break!

- One day per week eat whatever you want, but keep portion size in mind!
- You will quickly realize that your body is getting used to the better fuel. You may not want to eat badly all day for one day, but spread it out for special occasions throughout the week. Only do this when you have reached your target body goal!

# Spartan Meal Rules

- Lean and Hungry (figuratively), that is the goal
- Eat small meals throughout the day to be ready to fight!
- Serving size for both protein and carbs should be the size of your Palm (one)!
- Eat what a Spartan would have eaten: raw vegetables, basic food to fuel your inner Spartan spirit (the beast)!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 0630	H2O Protein Shake	H2O Real Oatmeal (not the quick kind) flax oil, fruit, & egg whites	H2O Protein Shake	Real Oatmeal (not the quick kind) flax oil, fruit, & egg whites	H2O Protein Shake	H2O Real Oatmeal (not the quick kind) flax oil, fruit, & egg whites
Snack 0930	H2O Can of Tuna and Sweet Potato	H2O Protein Shake	H2O Chicken Breast and Sweet Potato	H2O Protein Shake	H2O Buffalo and a sweet potato	H2O Protein Shake
Lunch 1200	Lunch A	Lunch B	Lunch C	Lunch D	Lunch E	Lunch F
Snack 1500	H2O Protein Shake	H2O Protein Shake	H2O Protein Shake	H2O Protein Shake	H2O Protein Shake	H2O Protein Shake
Dinner 1800	Dinner A	Dinner B	Dinner C	Dinner D	Dinner E	Dinner F
Snack 2000	H2O Apple and 3 hard boiled eggs (whites only)	H2O Protein Shake	H2O 2 slices Turkey Breast, low fat swiss cheese on 2 rye krisp	H2O 2 slices low fat swiss cheese with an apple	H2O 1/2 Pita Bread (whole wheat) with Hummus	H2O Cottage Cheese and tomatoes
Training	variety	Light	variety	Moderate	Off	Heavy

# Lunches and Dinners

- Lunch A
  - Spinach Salad w/ peppers, tomatoes, cucumbers and carrots.
  - Add Grilled Chicken or canned tuna.
  - Watch Dressing
  - One table spoon Olive Oil with balsamic vinaigrette
  - 1/2 whole wheat pita bread with Hummus
- Dinner A
  - Filet Mignon with a portion of whole wheat pasta
  - Steamed Broccoli
  - Add another salad if you like, just watch the dressing

# Lunches and Dinners

- Lunch B
  - Turkey Sandwich on Whole Wheat
  - Side Spinach Salad (Watch your dressing!)
- Dinner B
  - Grilled or Baked Salmon
  - Brown Rice (Watch portion size!)
  - Steamed Asparagus
  - Salad

# Lunches and Dinners

- Lunch C
  - Grilled Chicken Burrito or Bean Burrito (Whole Wheat)
  - NO SOUR CREAM, unless it is fat free
  - Have all the salsa that you want
  - Side Salad with lots of veggies, watch the dressing
- Dinner C
  - Shrimp Scampi
  - Spinach Salad

# Lunches and Dinners

- Lunch D
  - Tuna Sandwich on Whole Wheat Toast
  - Mixed Green Salad with veggies
- Dinner D
  - Baked Chicken Parmesan over whole wheat pasta
  - Steamed broccoli, carrots, etc.

# Lunches and Dinners

- Lunch €
  - Roast Beef Sandwich on whole wheat
  - Side salad of mixed greens and veggies
- Dinner €
  - Tuna steak with portion of brown rice
  - Salad or steamed veggies

# Lunches and Dinners

- Lunch F
  - Fired up Chicken Pita
    - Chicken Breast cuts (Louis Rich)
    - 1/2 Cucumber
    - 1 tomato diced
    - 1 slice red onion
    - ground red pepper
    - 1 table spoon fat free plain yogurt
    - hot sauce
    - 1/2 whole wheat pita
    - Mix all ingredients together
    - Spoon mixture into Pita
  - Side salad
- Dinner F
  - Cajon Chicken over whole wheat pasta
    - Coat chicken w/ cajun seasoning
    - Cook spinach in skillet, mix with olive oil and diced tomatoes
    - Add to pasta and voila!

# Spartan Food/Supplement List

- Sami's Millet and Flax Bread, Sami's Millet and Flax Chips <http://www.samisbakery.com/>
- Omega 3 Fish Oil Supplement (Coromega Packs and/or Spectrum Pill)
- Flax Oil (Omega 3 and Omega 6), Olive Oil, Red Wine Vinegar
- Organic Chicken, Pork, Turkey, Beef, Buffalo, Ostrich etc... (make sure it is a lean cut of meat)
- Organic Mixed Green Salad (no iceberg lettuce!), tomatoes, parsley, cucumbers, etc...
- Blue Bonnet Multi-Vitamin or equivalent
- Wild Caught Salmon (Farm raised has less Omega 3 oil and free DDTs and Pesticides)
- All kinds of fruits, but in moderation since fruits have lots of natural sugar (stay away from juice)
- Plenty of filtered or spring water
- Plain nonfat or lowfat yogurt
- Spreadable Fruit (no sugar added)
- Natural Peanut Butter (no sugar added)
- Fresh Tuna, scallops, shrimp, other sea food
- Egg Whites
- Fava Beans, Garbonzo Beans, Kidney Beans, Black Beans
- Raw Cashews, walnuts (Roasted nuts not good for you)



# The Spartan Contract

- Make the Decision, that's where it starts
- Set GOALS
  - Short Term
  - Long Term
- Sign a personal contract with yourself
- Keep a food journal
- Read food labels
- DO IT! Tomorrow will be too late