

Nutritional Strategies

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Cellular Hydration



How to Properly Hydrate



- **Drink Enough Water**

- Drink 1/2 your bodyweight in ounces per day
(ex. 200 lbs = 100 ounces of water)

- **Eat an Adequate Amount of Hydrating FRUITS & VEGETABLES**

- Celery, Carrots, Romaine Lettuce, Radish, Cauliflower, Spinach, Broccoli, Zucchini, Cabbage, Cucumber, Bell Peppers, Tomatoes, Watermelon, Kiwi, All Citrus (Lemon, Lime, Orange, Grapefruit, etc.) Cantaloupe, Peaches, Berries (Strawberry, Blueberry, Raspberry, Blackberry)

- **Increase your FIBER INTAKE**

- Fruits and Vegetables are not only more hydrating but are also high in FIBER. Fiber is one of the most important ways by which your body manages water.

Hydration

- Taking Terrahydrite Humic Compounds: Terrahydrite increases hydration at the cellular level → allows more water to enter the cells.
- Restore Supplement



Electrolyte Drinks

Electrolyte Mineral Droppers:

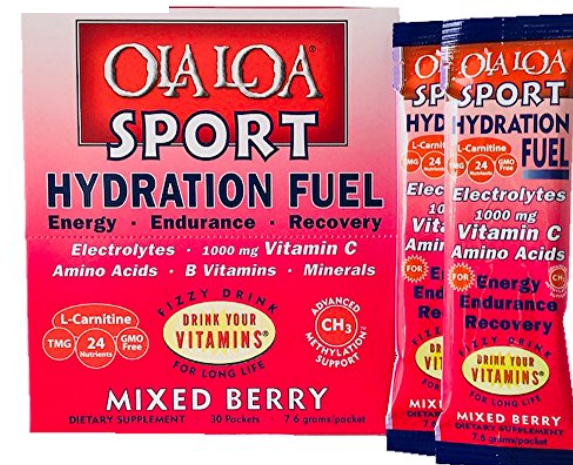
- *Daylite or Lyteshow*

Electrolyte Capsules:

- *Total Hydration Himalayan*

Electrolyte Drink Powders:

- *Laird Hamilton Hydrate*
- *Coconut water powders*
- *Ola Loa Electrolyte powder packets*
- *Ener-C (not Emergen-c which contains isolated fructose and maltodextrin)*



Electrolytes Drinks/Powders to Avoid:

- Gatorade & Gatorade Powders:
(contains 36 g of sugar, synthetic sugars, dyes)
- Powerade (synthetic sugars, dyes, etc)
- Pedialyte (artificial flavors, dyes, etc.)

AVOID

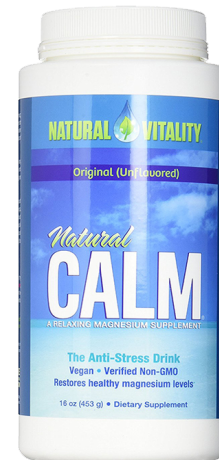
Tips for Maintaining Healthy Digestion

- Hydration & Electrolyte intake
- Magnesium Supplementation: Magnesium Citrate is the most effective for relieving constipation.
- Calm Powder or Thorne Research Magnesium Citramate

@ 420 mg for men

@320 mg for women per day

- Fiber Intake



Tips for Maintaining Healthy Digestion

- Collagen & Bone Broth: Contains Proline, Glycine, & Hydroxyproline
 - optimizes gut health (strengthens gut lining)
 - improves immunity (boosts glutathione)
 - improves skin & joint health
 - enhances muscle recovery.

Collagen Powder: Bulletproof
Bone Broth: Kettle & Fire



Tips for maintaining healthy digestion

Eat Healthy Fats:

- Avocado
- Avocado Oil
- Olive Oil
- Coconut Oil
- Grass-Fed Butter/
Ghee
- Egg Yolks
- Coconut Milk,
- Nuts
- Seeds
- Salmon
- MCT oil



Avoid:

- Pro-inflammatory omega 6 processed oils:
 - canola, sunflower, safflower, soybean, corn
- Hydrogenated oils found in coffee creamers
- Processed foods
- Margarine
- Conventionally raised meats

AVOID

Tips for maintaining healthy digestion

- Digestive Enzymes: Papaya, Mango, Kiwi, Pineapple, Green Banana
- Fermented Foods: Organic Fermented Dairy (Yogurt & Kefir)
- Increase HCL production in stomach: Apple Cider Vinegar, Bioptimizers HCL Breakthrough, Thorne Research Bio-gest. Take before each meal.



Importance of HCL

- HCL is considered one of the most important fluids (juices) in the body.
- Adequate HCL production in the stomach is vital for Digestion, Nutrient Absorption (B12), and for skin health.
- Low HCL → leads to poor nutrient absorption (B12 deficiency), bloating, heartburn, & bacterial overgrowth.



Tips for maintaining healthy digestion

- Sprouted Seeds (Chia, Flax, Hemp = all high in FIBER)
- Top Herbs & Spices for Gut Health: Chamomile, Ginger, Peppermint, Turmeric, Bitter Melon. Drink Warm Teas
- Minimize or Avoid *Gluten: Instead choose vegetable starches (potatoes, squash, carrots, etc.), legumes (beans), wild long grain rice, quinoa, kaniwa

*Best supplement for breaking down gluten: Gluten Guardian



Performance & Recovery

- Maintaining Cognitive/Physical Performance & Recovery can be very challenging → with inadequate sleep and poor nutrition.



Top Nutrients for Optimal Brain Function:

Omega 3 (DHA):

- Wild Fish
- Algal Oil
- Sardines
- Anchovies
- Herring
- Egg Yolk
- Oysters
- Sea Bass
- Tuna
- Grass-Fed Beef



Top Nutrients for Optimal Brain Function:

- Omega 3 supplements: North American Herb & Spice - Alaskan Wild Polar Power or Algal Oil supplement → Nordic Naturals Algal Oil.
- MCT oils - Bulletproof → add to coffee or warm tea



Top Nutrients for Optimal Brain Function:

- B Vitamins:
 - B12 (Sardines, Lamb, Salmon),
 - B6 (Turkey, Pistachios, Tuna, Beef, Sunflower Seeds)
 - B9/Folate (Legumes, Asparagus, Egg Yolk, Spinach, Avocado)
- L-theanine - derived from Green tea boosts cognitive function and improves focus and mood. Drink warm green tea between meals or take by supplement.

- *Additional nutrients: Choline, Iron, Magnesium*

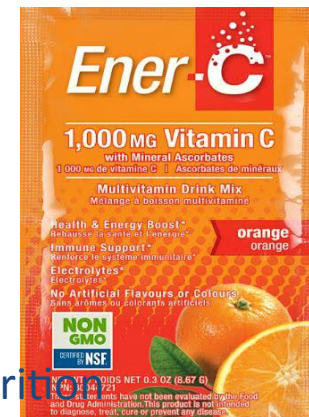


Top Nutrients for Skin Health:



Top Nutrients for Skin Health

- Hydroxyproline - found in Collagen (Bulletproof, Vital Proteins)
- Vitamin C: Citrus Fruits (Lemon, Lime, Orange, Grapefruit), Kiwi, Mango, Papaya, Bell Pepper, Berries, Watermelon, Guava, Broccoli. Or Vitamin C supplement → Ola Loa Electrolyte Packets, Ener-C, Buffered C-Salts powder Thorne Research.



Top Nutrients for Skin Health

- **Antioxidants:**

- Green Tea

- Omega 3: Chia, Flax, Hemp, Wild Salmon, Grass Fed Beef, or from supplementation (Fish Oil/Algal Oil)

- Brightly colored fruits and Vegetables: Watermelon, Blueberries, Tomatoes (Lycopene) Citrus Fruits, Oranges, Carrots (carotenoids), Leafy Greens, Cocoa

- **Herbs & spices**

- Ceylon Cinnamon, Ginger, Turmeric

Nausea & Sea Sickness:

- Ginger: Ginger Chews (Thrive Market Organic Ginger Chews) or Ginger Tea
- Peppermint Tea
- Chamomile Tea
- B6 Rich Foods
- Sunflower Seeds, Pistachios
- Licorice Root Extract



Optimal Course of Action

- Omega 3 supplement
- Hydration: Add 1 tbsp. [Restore](#) + 10-15 [Daylite](#) Mineral drops + 1 tbsp. [Laird coconut water powder](#) to water bottle.
- Utilize instant coffee: Add hot water and preference of laird hamilton creamer + mct oil + cinnamon.
- Breakfast: Minimize simple sugars and eat a satiating meal composed of healthy fats and protein (Collagen powder + mct oil with a protein bar + OR Ample Meal Replacement Shake).
- Lunch: Wrap with protein (canned seafood) + avocado + 1 hardboiled egg + primal kitchen avocado oil mayo + leafy greens.
- Snack: Chomps grass fed beef jerky + apple or Bar or Green Tea
- [Pre – dinner Digestive: HCL breakthrough](#)
- Dinner: Crew Meal
- Post Dinner before bed: [Magnesium](#) and Chamomile Tea

Eat well & Perform Better





TransPac 2019 Nutrition

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Thrive Market: Online food delivery service discounted prices from what you would find at Whole Foods or Mother's. Offers almost all of the foods below with the exception of a few where you have to go to direct site or Amazon.

www.thrivemarket.com

Coffee:

Best Instant Coffee: Mount Hagen Freeze Dried Instant Coffee (Organic/Plain)

Best Instant Coffee w/Creamer: Laird Hamilton Instafuel (Instant Coffee, Coconut Milk, Coconut Sugar.

Best Non-Dairy Coffee Creamer: Laird Hamilton Superfood Creamers (Coconut Milk Based)

Meal Replacements:

- *Ample Foods Meal Replacement (Powder form): Ample offers original, ketogenic, and vegan formulas rich in superfoods, probiotics, fiber, and is derived from organic ingredients ---> to optimize energy, glycogen replenishment, digestion, blood sugar, and satiety. Ample has 400 (female) calorie and 600 (male) calorie options. Mix with water and drink. Great quick breakfast
- North Bay Trading Co.: Freeze Dried Wild Rice, Vegetables, Soups, Fruits, Beans, Lentils, etc.)
- Mother Earth Products (Organic): Dehydrated and Freeze Dried Foods
[*Discount code #PETE879](#)

Snacks:

- Beef Jerky: Chomps Grass-Fed/Grass Finished Beef Jerky: Amazon or Thrive Market
- Prosciutto
- Beef Jerky: Paleo Valley Grass-Fed/Grass Finished Beef Jerky: Amazon
- Siete Chips: Grain-Free, Gluten Free, and free of hydrogenated oils and omega 6 oils, free of processed table salt.
- Granola (grain & gluten free): Go Raw granola
- Granola (grain & gluten free) Paleo Granola
- Granola (grain & gluten free) Julian Bakery
- Hummus: Majestic Hummus - Whole Foods or Mother's Market

- Dulse or Dulse Flakes (seaweed): high in fiber, antioxidants, & minerals (add to salads or eat as snack)
- Raw Nuts & Seeds (Preferably sprouted): Buy Raw Nut butters with no oil or processed salt added.
- Super Fat Nut Butter Packets: made from Macadamia Nut, Almond & Coconut Butter
- Justin's Nut Butter Packets (Mother's, Whole Foods, Sprouts)
- Almond Flour Crackers (Stonemill): Mothers, Whole Foods, Thrive Market
- Hu Crackers (Gluten Free & Grain Free): Mothers, Whole Foods, Thrive Market
- Raw Macadamia Nuts, Brazil, & Walnuts - All anti-inflammatory and are high in healthy fats to keep you satiated and blood sugar stable.
- Dark Chocolate Bars: HU chocolate bars - contain no processed ingredients (no soy lecithin) and high in cacao → high in polyphenols (antioxidants).

Bars:

- Perfect Bars (need to be refrigerated)
- Bulletproof Collagen Bars (Best when frozen)
- Elemental Bars (need to be refrigerated)
- Genuine Health Protein Bars (Plant Based)
- Keon Bar
- Larabar
- Rx Bar
- Dang Bars

Collagen Powders (Hydrolyzed Collagen Peptides)

- Bulletproof collagen
- Vital Proteins Collagen
- Primal Kitchen Collagen
- Ancient Nutrition Collagen

Best Condiments:

- Primal Kitchen Avocado Oil Mayonnaise (Chipotle)
- Primal Kitchen Dressings (ie. Cashew Based Ranch Dressing): Caesar, Thousand Island, Balsamic, Honey Mustard
- Organic Mustard (Annie's or Thrive Brand) and Ketchup (Annie's or Thrive Ketchup) found on Thrive Market
- Thrive Organic Salsa

Bread: Sprouted Wheat & Rye

- Dave's Killer Sprouted Wheat
- Ezekiel (sprouted wheat bread and sprouted wraps)
- Alpine Valley
- Bavarian Rye Organic Sprouted Bread

Canned Seafood:

- Wild Planet Sardines & Anchovies
- Wild Planet Canned Salmon
- Wild Planet Tuna

Gluten Free & Grain Free Options:

- Coco Nori
- Thrive Market Coconut Wraps
- Wrap Original Wraps (Vegetable Based Wrap)
- Banza Pasta (Chickpea Based): This brand has all different cuts of pasta and is a great swap for processed flours. Buy on Thrive Market or find at whole foods or mothers.
- Siete Chips, Siete Tortillas, Siete Wraps: Chips: Cassava Root based & Tortillas are made with almond flour, cassava flour, coconut flower, and chia

Almond Milk:

- Califia Almond Milk
- Pacific Foods Almond Milk
- New Barn Almond Milk

Best Teas:

- Four Sigmatic
- Tulsi Tea

Breakfast Ideas:

- Blueberry Yogurt: 1 cup plain full fat yogurt + 1 tbsp. hemp/chia/flax + 1 tbsp. Chopped almonds + ½ cup frozen blueberries + 2 tbsp. Vanilla collagen + pinch of cinnamon
- Ample Powder Drink: Mix with water and enjoy with 1 piece fruit or handful nuts
- Egg Wrap: 2 hard-boiled eggs + ½ avocado + 1 tbsp. Hemp seeds + diced tomato or tbsp. Salsa + wrap in choice of tortilla or optimal choice: Coconut Wrap, or Vegetable Wrap or as a breakfast sandwich in Bavarian rye bread or Dave's killer bread.
- Collagen Drink: Mix 2 scoops collagen + water or almond milk + 1 tbsp. MCT oil + 1 bar + 10-12 macadamia nuts