

CASSIE'S GUIDE TO  
*Nutrition &  
Supplementation  
for Exercise*

redefined  
WEIGHT LOSS





Hey!

As a Registered Dietitian, Crossfitter, former marathon runner and overall fitness fanatic, I get a lot of questions on proper nutrition and supplementation for your workouts!

I'm sure that you know your diet is important. **What you eat can make or break your workout, your recovery, and of course, your waistline.** That's why it's important to eat the right foods before, during, after a workout...and as much as possible in between! **Don't sabotage your results by neglecting your nutrition! Otherwise you'll never maximize your workouts or make the most of your sweat-filled time.**

The tips here will transform your workouts and quite possibly your life! With the right fuel for your body and workouts, you can be your most energetic, fittest, sexiest self!

♡ | Cassie



# The Food

You don't want to be a buzzkill. You just want to be able to go out and eat like a normal person. I hear you. And no, you will not be "that" person when you order your food if you use these guidelines. Best part of eating in the way I recommend: NO ONE has to know you're doing it.

## *Your Perfect Plate:*

The absolute best fuel for pre-workout, post-workout and non-workout days includes a combo of all three macronutrients: protein (P), fat (F) and carbohydrate (C). Each macro plays an important role in your performance and recovery. Having your PFC together provides the nourishment, balance and nutrition your body needs so you can push through your workouts feeling strong and energetic and keep your metabolism revved up on days you aren't even active.



**Protein** has been given most of the spotlight in the world of sports nutrition, and for good reason. Protein aids in muscle recovery, is necessary for healing, maintains your immune function as your body recovers from the stress of your workout, and boosts your metabolism. For workouts that involve more strength training and muscle building, having a post-workout protein is critical. Aim for a portion of protein that is the circumference and thickness of your palm at meals and half that amount at snacks.

**Fat** is needed to lubricate your joints and keep them safe from high impact workouts, it supports your bones, and fat also keeps your metabolism turbocharged for hours after your workout. Healthy fats—like avocados, coconut oil, nuts, seeds and butter (yes, butter!)—give you energy and the fuel your body needs to recover from exercise. Fat reduces post-workout inflammation, thus reducing your recovery time, too.

**Carbohydrates** give you immediate energy following your workout by bringing your blood sugar levels back up. Fruit and veggie carbs are also full of antioxidants and nutrients for optimal recovery. Generally, the more intense the workout, the greater the need for carbohydrates.





# 3 Important THINGS...

**1. The afternoon snack.** Ever notice when you are active in the morning that you're "starving" by mid-afternoon? Or perhaps you find yourself hitting a wall in the middle of your evening workout. Do you know what's causing it? Skipping your snack! The right snack will keep your blood sugar levels stable which keeps your energy levels consistent and your fat-burning ability revved up. Snacks don't need to be huge, but you'll feel your best when it contains protein, fat and carbs at about 1/2 serving of each.

**2. No calorie counting!** When on a quest to get fit, lose weight or maximize your workouts, counting calories is the LAST thing you want to do. When you deprive your body of the energy it needs, it fights back and actually conserves energy by slowing down your metabolism and packing on pounds. You won't be doing your workouts or your waistline any favors by restricting the fuel it needs. Plus, on the days you're active, your overall food intake and nutrient needs are higher...so don't skimp! The goal isn't to get nit picky with calories, points, or anything of the sort. It's about making sure you eat all 3 macros (PFC) every few hours!

**3. Timing.** It's not just about what you eat, but when you eat. Waiting to eat 30-60 minutes post-workout is ideal. You want to give your body that buffer of time so it can transition from the "fight or flight" mode it's in while you're exercising to "rest and digest" mode. This allows for optimal nutrient absorption, which means healing and regeneration can happen. Don't wait much longer than an hour after you wrap up your workout to refuel because your cells are more sensitive to insulin after your workout so you can maximize your post-workout meal.

**SNACK  
ideas**

A beef stick with an apple and peanut butter. Canned tuna mixed with olive oil and a handful of grapes. Cut up strips of dried beef mixed with dried fruit, nuts, seeds and a few chocolate chips for trail mix. Or an Rx Bar does the trick. Snack between your meals so that you're eating every 3-4 hours.

# My Personal Food Plan

I let my hunger level dictate my ratios and portions, and I often notice that on days when I'm more active or have more intense workouts, I'm hungrier. So, I eat more. :)

I also make sure that I have a recovery shake 30-60 minutes after my workout on all of the days I work out. This is to help ensure that I'm getting in the nutrients my body needs to recover the quickest.

Here's an idea of what I actually eat on an intense workout day versus a rest day. You'll notice the two days are similar with slight variances in timing and portions!



## Workout Day (Assume I did a 60 minute Crossfit or Crossfit-style workout):

**7:00:** 2 eggs (P), scrambled with 1 cup of spinach, onion and peppers (C) cooked in 2 Tbsp. coconut oil and topped with 1/2 avocado (F)

**10:00:** Smoothie: 1 scoop Pure Whey Protein™ Powder (P) mixed with the other half of the avocado (F) + 1/2 cup berries (C) blended with ice and water

**1:00:** Big salad of 4 oz. canned tuna (P) and a couple tablespoons of feta cheese, 1 Tbsp. of slivered almonds and 2 Tbsp. olive oil (F) with a splash of balsamic vinegar mixed over 2 cups of kale salad with diced cucumbers and a handful of diced strawberries (C)

**4:00:** Workout

**5:30:** Post Recovery Shake: 1 scoop Pure Primal Protein™ Powder (P) + 2 Tbsp. Almond Butter (F) + 1/2 banana (C) mixed with ice and water

**7:00:** 4 oz. burger (P) wrapped in lettuce topped with 2-3 Tbsp. of guacamole (F) served with 1 cup of sauteed green beans and 1/2 sweet potato (C) with 1 Tbsp. of melted butter (F)

**9:30:** The other 1/2 of the sweet potato from dinner (C) topped with 2 Tbsp. butter (F) and a dash of cinnamon

## Rest Day:

**7:00:** 2 eggs (P), scrambled with 1 cup of spinach, onion and peppers (C) cooked in 2 Tbsp. coconut oil and topped with 1/2 avocado (F)

**11:00:** Smoothie: 1 scoop Pure Primal Protein™ (P) mixed with the other half of the avocado (F) + 1/2 cup berries (C) blended with ice and water

**2:00:** 2 oz. canned tuna (P) mixed with 2 Tbsp. of olive oil (F) and 1 cup of diced cucumbers and celery (C)

**6:00:** 4 oz. burger (P) wrapped in lettuce topped with 1-2 Tbsp. of guacamole (F) served with 1 cup of sauteed green beans and 1/2 sweet potato with 2 Tbsp. of melted butter (F)

**9:30:** The other 1/2 of the sweet potato (C) from dinner topped with 2 Tbsp. butter (F) and a dash of cinnamon





# The Supplements

As a dietitian, I always think of food first! Over my decade of working clients, though, I have seen how supplements can provide your body the targeted nutrition it needs, which means you get results FASTER. Think of supplements as a bridge to your goals instead of having to swim slowly to the other side or as a back-road shortcut instead of taking the traffic filled highway.

**Exercise means increased nutritional demand and stress on your bones, joints, cartilage and muscles! Supplementing with the right nutrients protects your body from wear and supports recovery after exercise by decreasing inflammation and soreness.**

The problem is that most popular sports nutrition supplements contain artificial ingredients, sweeteners, flavors and loads of sugar, and in turn, do more harm than good. With such a high number of sports nutrition supplements available on the market, it's easy to get overwhelmed and confused.

While the right supplements and powders can enhance workouts, speed up recovery time and reduce the risk of injury, the wrong ones can do the opposite. There are also a LOT of supplements with questionable ingredients that can actually slow down your metabolism and can cause weight gain, brain fog, fatigue and more.

**That's why the brands I recommend are third party tested and WORK. They are of the highest quality (pharmaceutical grade) and proven to bring you closer to your goals!**





# Pre-Exercise:

**CoQ10 Redefined:** This antioxidant supports energy production to keep you from “hitting the wall” during your workout. It works by enhancing oxygen delivery to cells. I take this daily for both heart health, and great energy, and on days when I feel like my energy is low or I need an extra boost, I take two.



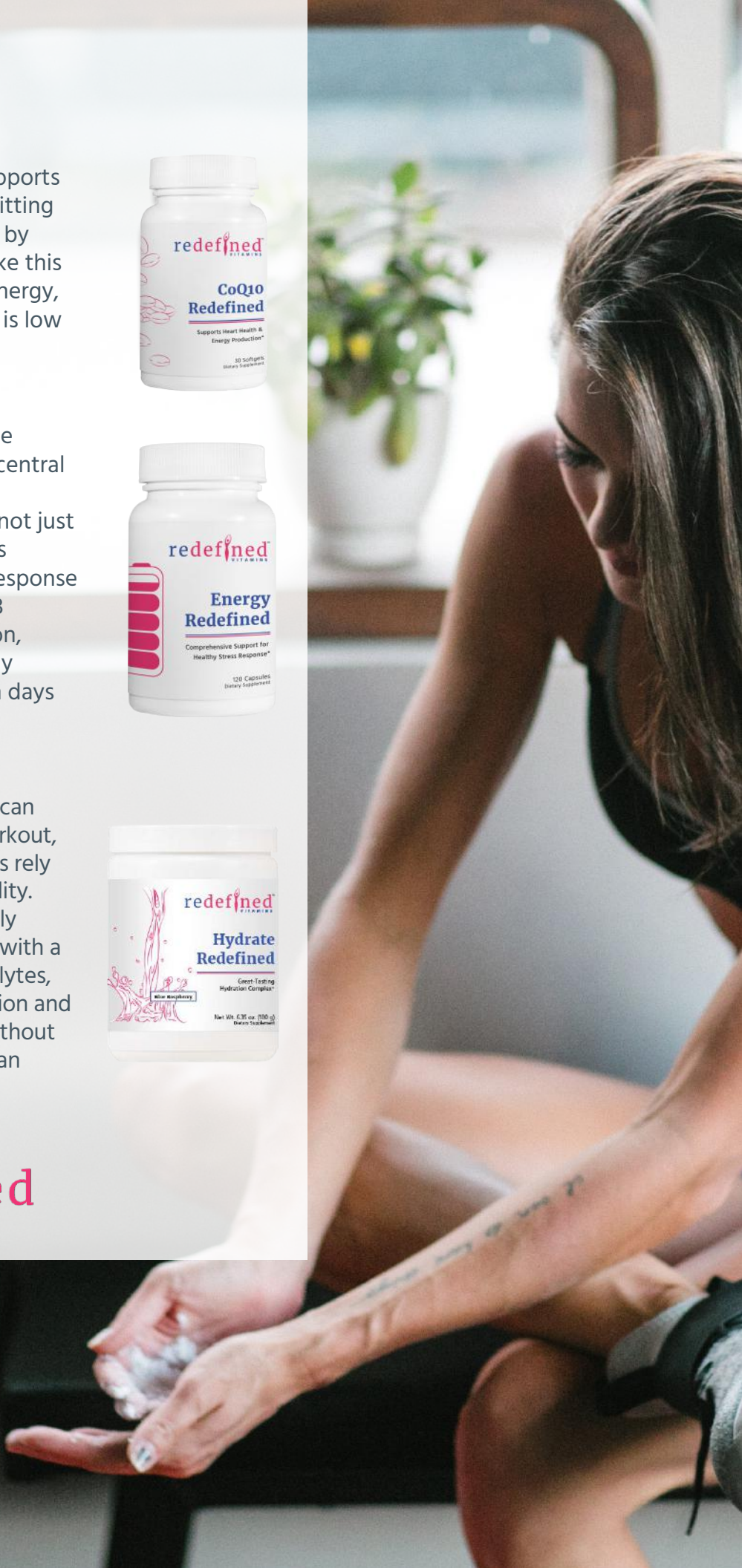
**Energy Redefined:** This comprehensive supplement provides support for your central nervous system, and energy through B Vitamins to give you sustained energy not just during your workout, but also the hours following. It also assists in your stress response (improving recovery after a workout), B vitamin deficiency can be quite common, especially for athletic individuals. Energy Redefined is great pre-workout, and on days when you just need an extra boost!



**Hydrate Redefined:** Staying hydrated can make or break the efficiency of your workout, as a multitude of physiological processes rely on fluid balance and electrolyte availability. Hydrate Redefined is a delicious, naturally flavored hydration complex formulated with a balanced profile of key minerals, electrolytes, and vitamins, to support optimal hydration and promote healthy electrolyte balance, without any artificial additives or sugars which can hinder your performance and health.



**redefined**  
WEIGHT LOSS





CASSIE'S FAVORITE

# *Post-Exercise*

## RECOVERY SHAKE



### ► *Blend together...*

- 1 scoop of Pure Primal Redefined (I prefer chocolate, but vanilla is great, too!)
- One scoop of Fruits & Greens (I change the flavor every time to mix it up!)
- 1 tsp. GlutaPowder Redefined
- 1 scoop Multipowder Redefined
- Half an avocado
- Half a banana
- A handful of ice
- Water to make it your desired consistency

This is my favorite way to get in my P's, F's and C's right after a workout, along with packing in some extra beneficial nutrients with the [Glutapowder Redefined](#), [Fruits & Greens](#) and [Multipowder Redefined](#).

**Pure Primal Redefined:** The ideal protein powder for post-workout, Pure Primal Redefined is made from beef protein isolate that is completely dairy free and easily digestible. It is high in essential amino acids required for recovery, composed of over 98% pure proteins and has all the metabolism-boosting and lean muscle mass building benefits of whey. If you prefer a whey protein powder, [Pure Whey Redefined](#) is the highest quality around, and tastes great, too. I prefer the Pure Primal Redefined because I don't eat a lot of beef, so it's a good way for me to get in those missing amino acids, and frankly I love the taste. I recommend alternating between both for variety!

**Fruits & Greens Redefined:** This powdered blend of superfoods, fruits, veggies and antioxidants is important for electrolyte balance and micronutrient intake. Add a scoop to your recovery shake with Pure Primal Redefined for maximum effect and convenience!



# Post-Exercise

**Magnesium Redefined:** Skip the ibuprofen and ice baths, and make magnesium your go-to recovery supplement! This "miracle mineral" (which 80% of us are deficient in), relaxes your muscles, reduces muscle aches, inflammation and improves recovery time. This is the best supplement for any sort of soreness or tension—whether from exercise, a headache and general stress! It promotes restful sleep when you take it in the evening (it helps you fall asleep faster and sleep more soundly, without any drowsiness.) Bonus: It helps reduce chocolate cravings, too!



A general recommendation is starting with four tablets (400mg) of Magnesium Redefined (the ideal form) per day. You can base the timing of when you take it on what you're taking it for. If your main priority is recovery, take it right after your workout. For sleep support, take it a half hour before bed. For a headache or to bust chocolate cravings, take it when that usually happens. It can take your body a few days to adjust. Bump up by one tablet per day after a week until you find the right dosage that works for you (400mg is a very conservative recommendation).

Note: If you've tried magnesium and it hasn't worked for you, it's likely due to taking an ineffective supplement, taking the wrong form, or not taking enough. Magnesium Redefined is in the form that is best absorbed, so you'll notice a difference when you're taking enough!

**Joint-Ez Redefined:** This supplement reduces inflammation around the joints and muscles. That way, any inflammation from exercise is eliminated in the body. This allows your body to use that exercise to work toward your weight loss goal (instead of creating more inflammation that your body has to focus on healing instead of weight loss!) Joint-Ez Redefined helps you work WITH your body. A general recommendation is starting with one capsule daily. You can take 2-3 capsules on workout days!



# Post-Exercise continued...

**Fish Oil Redefined:** This supplement provides the best ratio of omega 3 fatty acids for protecting your joints by keeping them lubricated, decreasing inflammation caused by exercise-induced stress, reducing recovery time and enhancing muscle growth. It works with magnesium to reduce soreness after your workout, and to help you recover quicker.

Fish Oil Redefined provides anti-inflammatory fatty acids that reduce chronic inflammation so it is essential for brain health, heart health and weight loss or weight maintenance.

We can eat a lot of fish and still not get enough omega 3's to support all of these critical areas of health!

A general recommendation is starting with two to three Fish Oil Redefined softgels taken at meals, spread throughout the day. Increase for additional support for achy joints, foggy memory and sore muscles.

**Glutapowder Redefined** or **Glutacaps Redefined:** Glutamine (in powdered or capsule form—your preference) is an amino acid that is important for repairing muscles, reducing exercise-induced inflammation, and it helps with recovery from everyday stress. It can significantly reduce recovery time by calming inflammation caused from your workout, and it heals damage already done from not eating perfectly...which none of us are, nor should perfection be the goal.

Also...huge bonus! Goodbye sugar cravings!!! Glutacaps Redefined or Glutapowder Redefined will be your lifesaver if you struggle with sugar cravings. Both as a preventative measure and when you have an existing sugar craving, this amino acid works wonders.

Within just a few days of getting started with Glutacaps Redefined or Glutapowder Redefined, don't be surprised if you notice speedier recovery times, decreased soreness, increased energy levels, fewer sugar cravings, better digestion and less aches and pains.

I recommend starting with 2 Glutacaps Redefined, 15-30 minutes before meals (or a total of 3 times a day). If your sugar cravings are intense, you can take these before your snacks, too (5-6 times per day). I recommend 1/2 teaspoon of the Glutapowder Redefined 15-30 minutes before meals.





# HORMONAL *Balance*

Are you exercising regularly and eating your P's, F's and C's, but still not seeing the results you want? Hormonal imbalance is a common cause of stubborn weight loss. These female-specific supplements have worked wonders for our clients, whether exercising or not!

## FOR WOMEN:

**Estro Bal Redefined:** As women, it's normal for our hormones to fluctuate, and it's important to do what we can to keep them balanced. Hot flashes, cramps, moodiness, and irresistible cravings are all "common" symptoms associated with hormonal imbalance, but "common" doesn't mean "normal." All of these issues disappear when your hormones are in proper balance. I recommend this supplement to all women, everyday, whether exercising or not. A general recommendation is starting with two tablets of Estro Bal Redefined per day (one in the morning and one in the evening).



**Menopause Redefined:** Some females need a little extra support by adding in a third step. If you battle hot flashes, you won't want to skip this. Just one tablet of Menopause Redefined every day has been clinically shown to dramatically reduce the number of daily menopausal hot flashes, in addition to other menopausal symptoms including irritability, mood swings, anxiety and vaginal dryness. A general recommendation is to start with one before bed each night, and increase to two after a week if you don't begin to experience positive changes.

