



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

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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

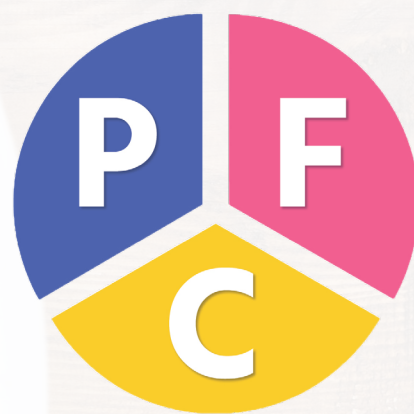


# The Food

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

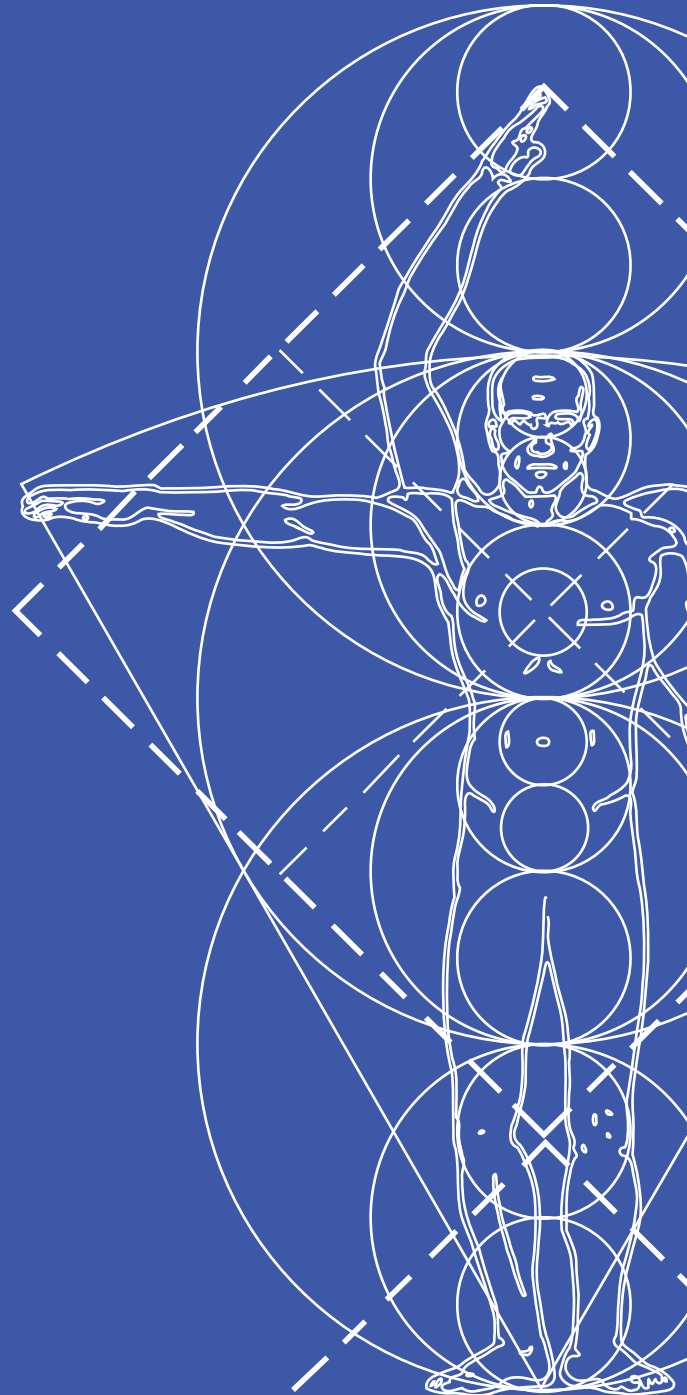
As a dietitian, I always think of food first! Over my decade of working clients, though, I have seen how supplements can provide your body the targeted nutrition it needs, which means you get results **FASTER**. Think of supplements as a bridge to your goals instead of having to swim slowly to the other 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:

**CoQ1oVive™**: 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.



**MultiVive™**: This multivitamin contains high amounts of B vitamins which get depleted during exercise. It also contains antioxidants, vitamins A and C and alpha lipoic acid to protect your cells against damage that could occur from exercise. Taking 2 per day helps to ensure you have optimal levels of these vitamins so you can perform your best. Plus, you might feel an energy boost as B vitamins are required to turn food into fuel!



**Hydrate**: This is my go-to for a sports drink—particularly when I’m going for a long run, long bike ride, or if I’m going to be out in the sun for a long period of time (read: sweating a lot!)! This keeps you hydrated and replenishes your body with electrolytes. I have a scoop mixed into a glass of water beforehand, and then I add a scoop to my bottle of water when I head out for a long bike ride, run or beach day.



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CASSIE'S FAVORITE

# *Post-Exercise*

RECOVERY SHAKE



## *Blend together...*

- 1 scoop of Pure Primal Protein™ (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. Pure GlutaPowder™
- 1 scoop MultiVive™ Powder
- 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 [Pure Glutapowder™](#), [Verovive™ Fruits & Greens](#) and [Multivive™ Powder](#).

**[Pure Primal Protein™](#):** The ideal protein powder for post-workout, Pure Primal Protein™ 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 Protein](#) is the highest quality around, and tastes great, too. I prefer the Pure Primal Protein™ 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!

**[Verovive™ Fruits & Greens](#):** 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 Protein™ for maximum effect and convenience!



# Post-Exercise

**Magnesium:** Skip the ibuprofen and ice baths, and make magnesium your go-to recovery supplement. This mineral is essential for reducing muscle aches and improving recovery time. This is the best supplement for any sort of soreness or tension—whether from exercise, a headache or even general stress!  
Helps reduce chocolate cravings, too!

Magnesium is an important mineral—involved in over 300 different processes in the body—and most of us (80% or more!) are deficient in it! What magnesium does is relax your muscles, which is why it aids in decreasing muscle pain, along with reducing headaches and promoting restful sleep (when you take it in the evening, it helps you fall asleep faster and sleep more soundly).

A general recommendation is starting with four tablets (400mg) of Magnesium (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 happens or preventatively, around the time of day when it usually occurs. Also note that it can take your body a few days to adjust, so give it some time, and after a week or so, I suggest bumping it up by one tablet per day until you find the right dosage that works for you (400mg is a very conservative recommendation).

**Oh, and if you've tried magnesium for sleep in the past, but it hasn't worked for you, it's likely due to taking an ineffective supplement, taking the wrong form, or not taking enough.** Magnesium is in the form that is best absorbed and has worked for so many of our clients, even those who were initially skeptical because they'd previously tried other magnesium supplements in the past and those hadn't done the trick for them.





# Post-Exercise continued...

**Pure Fish Oil**: 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.

Pure Fish Oil 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 Pure Fish Oil softgels taken at meals, spread throughout the day. Increase for additional support for achy joints, foggy memory and sore muscles.



**Pure Glutapowder™** or **Pure Glutacaps™**: 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!!! Pure Glutacaps™ or Pure Glutapowder™ 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 Pure Glutacaps™ or Pure Glutapowder™, 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 Pure Glutacaps™, 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 Pure Glutapowder™ 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 gender-specific supplements have worked wonders for our clients, whether exercising or not!

## FOR WOMEN:

**SynerVive™**: 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 SynerVive per day (one in the morning and one in the evening).



## FOR MEN:

**TestraVive™**: Hands down, I recommend TestraVive™ daily for men of all ages. It supports testosterone balance, and can assist with weight loss, fertility issues, enhancing sex drive, and reducing the risk of prostate problems and disease. I recommend this supplement to all men, everyday, whether exercising or not. A general recommendation is two TestraVive™ tablets per day, together or apart, with or without food.





# Where to START?

You can start by implementing the general supplement recommendations in this guide! I'm so sure following these recommendations will help you perform your best and shatter your goals that I want you to take

**10% OFF your next order**  
of any supplements mentioned in this guide!

*Just use code  
**EXERCISE10**  
at checkout.*

Cheers to finally finding your fittest, most energetic self through real food and quality supplements!

**CLICK HERE** to find all of your exercise boosting supplements at [RFVITAMINS.com](http://RFVITAMINS.com)!

