

# Core 4 Nutrition



**1. EAT MINIMALLY PROCESSED WHOLE FOODS (HIGHEST QUALITY POSSIBLE)**

**2. EAT EVERY 2-4 HOURS (EAT 4-6X PER DAY)**

**3. EAT FOR ACTIVITY LEVEL AHEAD/BEHIND (1-2 HOURS BEFORE TRAINING. WITHIN ONE HOUR AFTER TRAINING)**

**4. STAY CONSISTENT (DON'T MISS MEALS, DON'T BINGE, DON'T GET DEHYDRATED)**

A couple rules of thumb when it comes to nutrition:

1. Stick around the outside of the grocery store when shopping (the aisles have the processed junk)
2. Do not eat food that has more than 5 ingredients. (If it comes in a box, make sure you read the ingredient list)