



CORAX

STRENGTH AND PERFORMANCE

The Corax Nutrition Booklet

By Jacob Lembke, CSCS, SSPC

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Preface

As with anything we do, this manual is based around the concept of small changes that make a big difference over time. Extreme measures and fast fixes are the best way to sabotage your best laid plans. Take baby steps toward your goal and slowly over time you will see lasting change .

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Protein - The Elephant in the Room

Possibly the greatest factor in an effective diet and meal plan is protein intake. While most people prefer to start by looking at caloric intake, it is my opinion that if you focus your efforts on reaching your goal for protein consumption then your caloric goals should practically take care of themselves.

Goals

When we look at goals for protein intake, a good starting point would be to consume approximately one gram of protein per pound of body weight per day. If you are looking to manipulate your body weight or composition then you should be eating toward your goal weight. For example, if your goal is to gain muscle mass/gain weight from 130 pounds to 150 pounds then you should be trying to eat 150g of protein. The same works for the inverse, if

your goal is to go from 150 pounds to 130 pounds then your protein goal should be around 130g.

Weight Loss

Most often the response I get to these suggestions is: “That’s a lot of protein.” and that is absolutely correct. It seems like a large amount of protein to eat for those who are not already on a protein rich diet. This reaction is a blessing in disguise when we look at weight loss as a goal. The key factor being satiation, or the feeling of fullness when you eat.

Protein is a highly satiating by nature. When your new goal is to eat your desired weight in protein you may notice yourself feeling fuller faster. This feeling will typically equate to a lower calorie count at the end of the day and, eventually to pounds off the scale.

At the end of the day, if the only thing you change from this manual is an increased awareness of your body’s need for large amounts of protein to grow and function, then that is a big step forward.

**Eat your bodyweight in protein.
Then worry about everything else.**

Carbohydrates - Fuel the Fire

Simply stated, carbohydrates (carbs) are your body's best source of usable energy. They work quickly, burn quickly and they are typically easy to come by. With that said, they are also the most demonized of all macronutrients. Many see them as fat generating monsters. We feel they are more akin to fuel to a fire; a powerful ally when respected and moderated but an equally powerful danger when left out of control.

Goals

When we look at goals for carb intake, a good starting point would be to consume approximately 1-2 grams of carbohydrates per pound of body weight per day. Again, if you are looking to manipulate your body weight or composition then you should be eating toward your goal weight. Examples here would be, if your goal is to gain

muscle mass/gain weight from 130 pounds to 150 pounds then you should be trying to eat between 150-300g of carbohydrates. The same works for the inverse, if your goal is to go from 150 pounds to 130 pounds then your carbohydrate goal should be between 130-260g. These numbers are much more widely ranged because your need for carbohydrates varies significantly dependent on age, activity level, climate, etc.

Weight gain

If you are already eating the requisite amount of protein for your needs then carbohydrates are where you will make most of your progress for weight gain. Shoot for the upper end of your goal range and try to focus on easily digestible carbohydrates like rice and potatoes.

When looking at carbohydrates it is important to remember that nearly every part of your body uses them as energy to function. With too few carbs things begin to slow down or shut down and with too many your body will struggle to process them appropriately. The land between too little and too few is where energy and vitality live.

**Carbs are fuel for your brain and
your body. A car without fuel does
not run.**

Fats - Natures Lubricant

Often viewed as a necessary evil fat is actually a great and wonderful gift to your body. As a lubricating factor for your joints, a protector of your hair, a calorie rich energy source, among many other things; the right amount of fat in your diet can make a world of difference in your quality of life.

Goals

When we look at goals for fat intake, a good starting point would be to consume approximately 0.5 grams of fat per pound of body weight per day. Again, if you are looking to manipulate your body weight or composition then you should be eating toward your goal weight. Examples here would be, if your goal is to gain muscle mass/gain weight from 130 pounds to 150 pounds then you should be trying to eat roughly 77g of fat on a daily basis. The same works for the inverse, if your goal is to go from 150 pounds to 130

pounds then your fat goal should be between roughly 65g. These numbers are relatively low when compared to the average American diet but, most of the time, a general reduction in fat consumption is less noticeable than cutting fat out completely.

Weight Loss

For many who are looking at weight loss as a goal, simply working towards the suggested fat intake goals can be a significant step in the right direction. Fat is much more calorie rich than carbohydrates, which means a relatively small reduction in fat consumption can go a long way towards a calorie deficit and weight loss.

What many people forget is that the fat in your diet is what keeps you skin soft, your hair silky and your joints happy, among other things. Having the right amount of fat on your plate consistently is necessary for healthy existence.

Fat keeps your body happy.