

**NUTRITIONAL
BLACK
BOOK**
BASKETBALL PLAYERS



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**“We are not going to play them;
they are going to play us.”**

Hank Iba



What you *need*

Oils, Spices, & Seasonings

- | | | |
|--|--|---|
| <input type="checkbox"/> coconut oil | <input type="checkbox"/> ground black pepper | <input type="checkbox"/> parsley |
| <input type="checkbox"/> 100% extra virgin olive oil | <input type="checkbox"/> basil | <input type="checkbox"/> oregano |
| <input type="checkbox"/> Himalayan sea salt | <input type="checkbox"/> garlic powder | <input type="checkbox"/> cinnamon |
| <input type="checkbox"/> thyme | <input type="checkbox"/> rosemary | <input type="checkbox"/> balsamic vinegar |

Weekly Grocery Lists

WEEK 1

- | | | |
|--|---|---|
| <input type="checkbox"/> 1 container of whey protein | <input type="checkbox"/> 7 carrots | <input type="checkbox"/> 3 lbs of roast beef |
| <input type="checkbox"/> 1 box organic green tea | <input type="checkbox"/> 2 bundles fresh spinach | <input type="checkbox"/> 4 lbs of ground beef |
| <input type="checkbox"/> 1 jar almond butter | <input type="checkbox"/> 2 pints of cherry tomatoes | <input type="checkbox"/> 8 lbs chicken breasts |
| <input type="checkbox"/> Organic trail mix | <input type="checkbox"/> 4 zucchini | <input type="checkbox"/> 8 lbs chicken thighs |
| <input type="checkbox"/> 1/2 lb raw sunflower seeds | <input type="checkbox"/> 2 red onions | <input type="checkbox"/> Wild-caught salmon |
| <input type="checkbox"/> 1/4 lb of flaxseeds | <input type="checkbox"/> 4 avocados | <input type="checkbox"/> 4 packs turkey bacon |
| <input type="checkbox"/> 1 lb of walnuts | <input type="checkbox"/> 4 fresh tomatoes | <input type="checkbox"/> 6 white mushrooms |
| <input type="checkbox"/> 2 packs of beef jerky | <input type="checkbox"/> 7 cups broccoli | <input type="checkbox"/> 3 cucumber |
| <input type="checkbox"/> 2 cartons of almond milk | <input type="checkbox"/> 3 cups celery | <input type="checkbox"/> 2 portebello mushrooms |
| <input type="checkbox"/> 3 dozen eggs | <input type="checkbox"/> 6 Gala Apples | <input type="checkbox"/> 2 bushels of asparagus |
| <input type="checkbox"/> 5 pints of blueberries | <input type="checkbox"/> 4 large oranges | <input type="checkbox"/> 1 loaf Ezekiel bread |
| <input type="checkbox"/> 2 packs of cranberries | <input type="checkbox"/> 2 pears | <input type="checkbox"/> 1 head cauliflower |

PRE-WORKOUT FOOD OPTIONS

CARBS (green veggies)

broccoli
spinach
kale
zucchini
celery
brussel sprouts
asparagus
romaine lettuce

PROTEIN

steak
ribs
turkey bacon
eggs + yolks
scallops
shrimp
chicken thighs + skin
wild-caught salmon

FATS

avocado
flax seeds
coconut oil
olive oil
almonds
cashews
almond butter
cashew butter

POST-WORKOUT MEAL RULES

- ③ *Eat your post-workout meal **no later than 15-30 minutes** after a weightlifting session, practice, or game.*
- ③ *Following the post-workout meal, be sure to have your regular meal exactly **1 hour** after a workout to avoid muscle loss. Continue with the meal plan.*
- ③ *Meal should contain protein and carbs - **avoid fat**.*
- ③ *See **Bonus Component 2: Protein Smoothies** (pg __), for on-the-go meal options.*
- ③ *Implement cheat meals **once a week post-workout ONLY**.*

**POST
WORKOUT**

Post-Weightlifting Meal

50-100 grams of carbs; 30-60 grams of protein.

Post-Practice Meal

150 grams of carbs*; 70 grams of lean protein.

*Due to the length of practice and amount of aerobic activity.

Post-Game Meal

125 grams of carbs; 65 grams of protein.

ROSEMARY CHICKEN WITH ZUCCHINI BOATS

(Note: for a pre-game meal, you'll be having just one chicken thigh and two zucchini boats.)

WHAT YOU NEED

CHICKEN:

- 8 boneless, skinless chicken thighs
- 2 tbsp extra virgin olive oil
- 1/2 tsp dried oregano
- 1/2 tsp dried rosemary
- 1/2 tsp dried thyme
- 1/4 tsp Himalayan sea salt
- 1/4 tsp fresh ground pepper

ZUCCHINI:

- One whole green zucchini
- 2 cloves of garlic, peeled
- 2 small tomatoes
- Himalayan Salt & pepper
- 1-2 cups of baby spinach
- 4-5 basil leaves
- 1/4 cup goat cheese

HOW TO MAKE IT

CHICKEN:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cover a roasting pan with foil. Rub about 1 tablespoon of olive oil on the pan. Place the chicken, in a single layer, on the pan. Drizzle the remaining olive oil over the chicken thighs. Turn the chicken thighs once to make sure they are evenly coated with the oil.
3. In a small bowl, combine oregano, rosemary, thyme, salt and pepper.
4. Sprinkle half of the mixture over the chicken thighs. Turn each thigh over and sprinkle the remaining herb mixture over the thighs.
5. Place in oven and cook for approximately 30 minutes or until juices run clear and chicken is cooked throughout.
6. Remove from oven and let rest for approximately 5-10 minutes before serving.

ZUCCHINI:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut zucchini in half and remove the seeds making 2 "boats."
3. Mince the garlic and sprinkle inside the boats. Divide the spinach and add half to each boat.
4. Crumble goat cheese on top and add slices of tomatoes and a few leaves of basil. Sprinkle with salt & pepper.
5. Place on a baking sheet and bake in the oven for 15-20 minutes.

**"Most players prepare for disaster.
A good player prepares for success."**

Tony Alfonso

WEEK 1 MEAL PLAN

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
MON.	4 eggs cooked with coconut oil. 1 orange.	Beef jerky with a handful of blueberries.	2 all-beef patties with half an avocado and fresh tomato slices.	2 handfuls of trail mix.	Roast beef with steamed broccoli & small salad. (eat greens until full)	Whey protein shake with almond milk. (1 scoop protein)
TUES.	4 Scrambled eggs with broccoli and an orange.	Celery sticks with almond butter.	2 small salmon fillets and 2 cups steamed broccoli	Carrots & celery sticks with almond butter.	1 large salmon fillet & large spinach salad.	2 handfuls of trail mix.
WED.	4 slices turkey bacon and 2 apples.	1/4 cup of nuts.	Club turkey romaine lettuce wrap sandwich. (avocado, no mayo)	3 handfuls blueberries. 1/4 cup walnuts.	Roast beef with steamed broccoli & small salad. (eat greens until full)	Whey protein shake with flaxseed. (1 scoop protein)
THURS.	4 egg veggie omelete fried in coconut oil. (spinach + bell pepper)	Celery sticks with almond butter.	Grilled chicken thighs, mixed greens salad with olive oil & lemon	2 handfuls cherry tomatoes & sunflower seeds	Grilled chicken thighs, sauteéd zucchini with onion & mushrooms	Beef jerky and 1 sliced cucumber
FRI.	1 medium salmon fillet, 1 cup steamed broccoli, & green tea	Raw carrots & cucumbers with a handful of almonds	Grilled chicken with sauteéd mushrooms & zucchini	Carrot & celery sticks with almond butter	Grilled chicken with portobello mushrooms & asparagus	Whey protein shake with almond milk + berries
SAT.	5 hard boiled eggs, half an avocado, 2 slices turkey bacon	2 handfuls of nuts and 1 Gala apple	Steak salad with caramelized onion, sundried tomatoes, balsamic vinaigrette	Handful of berries + goat cheese on Ezekiel bread	Steak & mushrooms with asparagus	Whey protein shake with almond milk. (1 scoop protein)
SUN.	Veggie omelete with 2 slices of turkey bacon	1 pear with 1/4 cup almonds	Grilled salmon spinach salad + 1 cup raw veggies	2 handfuls of trail mix.	Grilled salmon with asparagus & mashed cauliflower	Whey protein shake + 2 handfuls blueberries

**“Some people want it to happen,
some wish it would happen,
others make it happen.**

Michael Jordan



Protein shake smoothie recipes

1. NATURAL BOOST SMOOTHIE

WHAT YOU
NEED

- 1/2 cup frozen or fresh blueberries
- 1 scoop vital whey protein
- 3 to 4 ice cubes
- 1.5 cups almond or coconut milk-unsweetened
- 1 small banana
- 1 tbsp flaxseeds or ground flaxseed meal or chia seeds
- 1 tsp natural nut butter (almond or cashew)

2. PINEAPPLE BLAST SMOOTHIE

WHAT YOU
NEED

- 8 oz unsweetened almond milk
 - 1 scoop vital whey protein
 - 1/2 cup of pineapple chunks (fresh or frozen)
 - 1 cup sliced strawberries
- (Note: If you have a good blender, freeze the fruit first.
If your blender can't quite handle that, add about 6 ice cubes.)

The path to *greatness*

So there you have it. I have basically given you the exact equation to scoring more points, boosting your energy levels, and really taking you one step closer to getting what you want out of your basketball career. The whole thing with becoming elite means that you really need to concentrate on what you are doing with your body. If you think that shooting jump shots and working on your ball handling all day is going to be the key to getting you to the next level, think again. It is important that you have a plan of action.

For example, today I am going to weight lift, and I am going to have my p meal afterwards. Today I have practice, and I am going to have another specific meal after.

It takes strategy.

So, that way there isn't any guess work involved. You know the exact goal that you have at the end of your training regimen.

More work doesn't always mean that you are going to get better. It's all about working hard, working smart, and using this meal plan.

So to end this nutritional black book, I want to tell you one more thing that I think will help you as a ball player: don't let that negative voice in your head hold you back from reaching your dreams. Meaning, that if you are a basketball player and you tell yourself you can't do something, you aren't going to be able to do it. But, if you tell yourself you CAN do it, you will accomplish it.

Your potential is limitless.

Until next time,

Joseph Nathan

"If you spend all your time worrying about what others think, you will eventually forget how to think for yourself."

Anonymous