

MVP Nutrition Optimization – ‘The Go To’

I am often asked this time of year to help meal prep for specific goals, which is typically ‘leaning out’ for ‘Springtime and bathing suit season,’ - and this year the ‘Hard 75 Program...’ And while everyone is a bit different in EVERY way, I am putting this particular plan out there due to its popularity and success rate. Myself and A LOT of my friends and clients keep going back to this way of eating for any type of optimization goal. So here you go!

There is nothing too novel about this. I think the success is simply due to ‘having a plan’ and packing meals. Other than that, this will check the box on optimal protein requirements, minimizing ultra processed foods, and maximizing nutrient density and variety. Sure, you may need to tweak a few things here or there based on your goals/needs, but I am not going to get into those details here. This is simply a blueprint for you to finally freaking dial it in. Details are included at the end of the article to help customize for your goals.

As always, I am not a doctor and do not use or misconstrue this as medical advice. I am a 180lb male trying to get as healthy as possible. I eat this way and have many friends with similar goals do the same. Please check with your medical professional before performing any type of dieting.

Total Daily: Calories 2280, Carb 178, Fiber 38, Sugar 54, Protein 186, Fat 89

Breakfast: Calories 646, Carb 51, Fiber 13, Sugar 13, Protein 52, Fat 25

Kreatures of Habit, Strawberries and Cream, Overnight Oats: Calories 390, Carb 38, Fiber 9, Sugar 4, Protein 30, Fat 25 - [Amazon.com: Kreatures of Habit Meal One | Overnight & Instant Superfood Protein Meal Replacement | Gluten Free, Dairy Free, 30g of Plant Based Protein, With No Added Sugar | Apple Cinnamon | Pack of 7 : Grocery & Gourmet Food](#)

A quality grass fed and unflavored Whey Protein: 10g: Calories 40, Carb 0, Protein 10, Fat 0 - [Amazon.com: NAKED WHEY 5LB 100% Grass Fed Unflavored Whey Protein Powder - US Farms, Only 1 Ingredient, Udenatured - No GMO, Soy or Gluten - No Preservatives - Promote Muscle Growth and Recovery - 76 Servings : Health & Household](#)

Pastured Eggs (2): Calories 160, Carb 0, Protein 12, Fat 12

Organic Strawberries, 1 cup: Calories 56, Carb 13, Fiber 4, Sugar 9



Lunch: Calories 609, Carb 48, Fiber 11, Sugar 29,

Protein 51, Fat 23

Organic Whole Fat Yogurt (White Mountain) 1 cup: Calories 140, Carb 9, Sugar 5, Protein 8, Fat 8

Sunfoods Acai Maqui Bowl Mix, 1 tbsp: Calories 30, Carb 5, Fiber 3, Sugar 2 - [Amazon.com: Sunfood Superfoods Acai Powder Smoothie Mix for Maqui Berry Acai Bowls, Gluten Free, Vegan & Low Calorie Healthy Snack with 100% Natural Organic Ingredients, No Added Sugar, 6 oz Bag, 11 Servings : Grocery & Gourmet Food](#)

A quality grass fed and unflavored Whey Protein 40g: Calories 160, Carb 0, Protein 40, Fat 0 - [Amazon.com: NAKED WHEY 5LB 100% Grass Fed Unflavored Whey Protein Powder - US Farms, Only 1 Ingredient, Undenatured - No GMO, Soy or Gluten - No Preservatives - Promote Muscle Growth and Recovery - 76 Servings : Health & Household](#)

Organic Cacao Nibs, 1 tbsp: Calories 90, Carb 4, Fiber 3, Protein 2, Fat 8 - [Amazon.com : Viva Naturals Organic Cacao Nibs, 1 Lb - Certified Keto and Vegan Superfood, Perfect for Gluten Free Baking, Cacao Nib Smoothies and Healthy Snacks, Premium Criollo Beans, Non-GMO : Grocery & Gourmet Food](#)

Beekeepers Naturals Bee Pollen, 1 tbsp: Calories 15, Carb 3, Fiber 1, Sugar 2, Protein 1, Fat 0 - [Amazon.com: Beekeeper's Naturals - 100% Raw Bee Pollen Granules, Natural Preserved Enzymes, Source of Vitamin B, Minerals, Amino Acids & Protein - Paleo & Keto Friendly, Gluten Free \(5.2 oz\) : Health & Household](#)

Beekeepers Naturals Superfood Honey, 1 tsp: Calories 25, Carb 6, Sugar 5, Protein 0, Fat 0 - [Amazon.com: Superfood Honey by Beekeeper's Naturals - Bee Pollen, Royal Jelly, Propolis, Honey - Natural Energy, Immune Support, Mental Clarity, Athletic Performance \(11.6 oz\) : Health & Household](#)

Organic Blueberries, 1 cup: Calories 84, Carb 21, Fiber 4, Sugar 15

Bulletproof Brain Octane Mct Oil, ½ tbsp: Calories 65, Carb 0, Protein 0, Fat 7 - [Amazon.com: Bulletproof Brain Octane C8 MCT Oil, 16 Ounces, Keto Supplement for Sustained Energy and Fewer Cravings : Health & Household](#)

- All stirred together in a mason jar.



Dinner: Calories 685, Carb

45, Fiber 10, Sugar 2, Protein 61, Fat 29

Pastured meat or wild fish and shellfish, 8oz: Calories 440, Carb 0, Protein 56, Fat 24

1 cup white rice or 1 medium sweet potato or 2 slices of Ezekial Bread: Calories 200, Carb 45, Fiber 5, Sugar 2, Protein 5, Fat 0

1 cup of cooked asparagus, broccoli, or brussels sprouts: Calories 0, Carb 0, Fiber 3, Sugar 0, Protein 0, Fat 0

1 tsp of olive oil: Calories 45, Carb 0, Protein 0, Fat 5

- Rotate meats, starches, veggies, and oils to maximize nutrient variety.
- This meal is normally in the form of stir fry, stew, or grain bowl.
- Herbs, spices, sea salt, vinegar, and lemon are free and encouraged.



Snack: Calories 340, Carb 34, Fiber 4, Sugar 10, Protein 22, Fat 12

Paleo Valley Beef Sticks (2): Calories 80, Carb 0, Protein 20, Fat 0 - [Amazon.com: Paleo Valley 100% Grass Fed Original Beef Sticks - Delicious Gluten Free Beef Snack - High Protein Keto Friendly : Grocery & Gourmet Food](#)

Sweet Potato Awesome, 2oz: Calories 260, Carb 34, Fiber 4, Sugar 10, Protein 2, Fat 12 - [Amazon.com: Freeze Dried Organic Sea Salt Bits Sweetpotato Slices - 3 Pack of 8 oz Pouches](#)

- This snack is only necessary on active days.
- EAA's should be used in place of this if inactive to hit protein requirements. - [Amazon.com: BodyHealth PerfectAmino Powder Mixed Berry \(60 Servings\) Best Pre/Post Workout Recovery Drink, 8 Essential Amino Acids Energy Supplement with 50% BCAAs, 100% Organic, 99% Utilization : Health & Household](#)



-I like to exist in roughly a 10% caloric deficit. I require approximately 2600 calories a day, so I aim for 2300 calories daily in a perfect world.

-There are many other foods that could work with this plan. Some people prefer beans over rice, plant-based proteins and yogurt over dairy, different veggies, etc. I just find that fewer choices tend to be easier for most. If you have any type of allergies or sensitivities, please change as needed.

-I prefer my highest sugar meal post exercise. Since I exercise late in the

morning, my high sugar meal is my second meal of the day. If you train at another time, feel free to move the higher sugar meal around to accommodate your goals.

- I often splurge on red wine and dark chocolate in the evening. One glass of wine and a small handful of dark chocolate (70% or higher) is equivalent to my carb allotment and added fat for the evening. So, I just eliminate the normal carbs and tsp. of oil those evenings and replace them with wine and chocolate. A few times a week of this splurge does not seem to derail me.

Hu dark chocolate: [Amazon.com : Hu Chocolate Bars | 6 Pack Simple Chocolate | Natural Organic Vegan, Gluten Free, Paleo, Non GMO, Fair Trade Dark Chocolate | 2.1oz Each : Grocery & Gourmet Food](#)

I also love Hu's dark chocolate chips!

- I consume water (Geraldsteiner,) Danger Coffee, and Macha Kari Green tea (both the coffee and macha with collagen) throughout the day and often broth in the evening. I don't count these calories in the totals since they are so minimal, and I add very little to them other than sea salt to my Macha. I also do not count collagen in my protein totals. Due to these liquids high mineral content, and the foods high nutrient content, I do not use a lot of supplements on this particular programming. I find that most of my bases are covered. I do sneak in some vitamin D when I am stuck indoors a lot.
- The foods are chosen specifically for nutrient balance, variety, and density. Removing certain foods could create a nutrient deficiency requiring additional supplements, etc.

Macha Kari: [Amazon.com: Dr. Weil Matcha Kari - Organic Matcha Green Tea Powder - 30 grams - Japanese Barista Grade Matcha : Grocery & Gourmet Food](#)

- Collagen: [Amazon.com: Bulletproof Unflavored Collagen Protein Powder, 17.6 Ounces, Grass-Fed Collagen Peptides and Amino Acids for Healthy Skin, Bones and Joints : Health & Household](#)
- I get the majority of the foods on this program from the manufacturers websites and Thrive Market. I find prices and quality are better this way.
- Check out a previous MVP article on how create your nutritional goals: [Nutritional Success.pdf \(shopify.com\)](#)
- Anyone can easily adjust the macros in this program to make it fit their goals. Simply adjusting the added whey protein and carb amount normally does the trick. But again, feel free to reach out to an MVP professional for individualizing this approach.

Good Luck and see you on the beach!