

THE
BOX PRESENTS

YOUR COMPLETE **GUIDE TO FUELING** WITH

MCTS

**NUTRITION
CHECK-IN**

ARE YOU
**LEAVING
GAINS**
ON THE
TABLE?



FUEL YOUR WORKOUT



Power the morning for enhanced mental clarity*



Between meals in your favorite beverage for extra fat burning throughout the day*



Before workout for energy boost and increased performance*



After meals to maintain a ketogenic diet*



Add to coffee, smoothies and shakes



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SUPERCHARGE YOUR MORNING

Nutiva Organic MCT Powder and **Organic MCT Oil** deliver digestible fatty acids that quickly convert to ketones, giving the brain, muscles and other tissues fast and sustained energy. Add to your pre-workout smoothie or shake for increased performance.

ideal for

• Vegan • Keto
& Paleo Diets



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Vice President, Managing Director

Andrew Amill

Editor-in-Chief

Maureen Farrar

Copy Editor

Jeannine Santiago

Art Director

Judi Nesnadny

Contributing Writer

Jenessa Connor, CPT

President & CEO

Andrew W. Clurman

Senior Vice President & CFO

Michael Henry

Chief Innovation Officer

Jonathan Dorn

Vice President, Controller

Joseph Cohen

Editorial Offices

Editorial Offices

512 Main Street, Suite 1

El Segundo, CA 90245



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IT STARTS WITH FUEL

ATHLETES KNOW THAT EVERY FITNESS GOAL, whether it's clocking a faster metcon, recording a heavier PR or increasing lean muscle mass, starts with nutrition. Simply put, food is fuel for gains. So how are you filling your tank?

If the question causes a little uneasiness, you're not alone. There are enough diets, cleanses, challenges and competing philosophies to confuse even the most nutritionally astute CrossFitter. But there is one truth that withstands the test of time: Athletes need fat. And MCTs are an excellent source.



THE BOTTOM LINE:

MCTs are remarkably beneficial to all humans, especially athletes. However, the typical Western diet contains few natural sources of MCTs. That's why **Nutiva** — innovator and superfood pioneer — launched the world's first **Organic MCT Oil** and **Organic MCT Powder**.



WHAT ARE MCTs?

MCT is an abbreviation of medium-chain triglyceride, a term that refers to the chemical makeup of a specific type of fatty acid. While long-chain triglycerides contain between 13 and 21 carbon atoms, MCTs have 6 to 12. Sarah Kay Hoffman, certified health coach, explains that this unique structure makes it easier for the body to absorb MCTs than other types of fats. "They passively diffuse from the gastrointestinal tract into the portal system (the blood vessels) and are then oxidized by the liver, essentially meaning that they're absorbed much more quickly by the body than other forms of fat, like, for instance, long-chain triglycerides," Hoffman says.

Faster absorption means quicker access to the benefits of MCTs, which are numerous. First of all, MCTs are an excellent source of energy for workouts and daily activities. As MCTs are digested, the liver produces ketones, which fuel both the muscles and the brain. For athletes who adhere to keto- or Paleo-based diets, MCTs are a solid alternative to quick-burning carbohydrates and sugars.

Beyond providing energy for the gym, fat plays a critical role in the body's basic functions. It's necessary for the absorption of fat-soluble vitamins, immune function and hormone production. Fats also create a feeling of satiety, which is crucial to weight maintenance. And for those looking to lean out, Hoffman says MCTs may prove to be helpful. "MCTs have been shown to help the body burn extra calories and oxidize more fat compared to long-chain fatty acids," she says.

MCT OIL OR MCT POWDER?

If you enjoy a hint of coconut flavor, try ...

MCT Oil

Nutiva's Organic MCT Oil has a subtle coconut essence that compliments other ingredients without being overpowering.

If you want the benefits of MCTs but don't love the taste of coconut, try ...

MCT Powder

MCT powder, which has a neutral flavor, can add body and texture to homemade bars and snacks.

If you have a sensitive stomach, try ...

MCT Powder

It's easier on the digestive system than MCT oil. Alternatively, start with a small amount of MCT oil and slowly work your way up to a full serving.

If you want to quickly add MCTs to your morning coffee or postworkout shake, try ...

MCT Powder

It quickly mixes into hot or cold beverages — no blender required.

If you're looking to boost the nutritional value of your soups, salads, Buddha bowls and blended smoothies, try ...

MCT Oil

Drizzling just a tablespoon adds a hint of coconut flavor and 13 grams of MCTs.

MCTs: THE KETO ATHLETE'S SECRET WEAPON

ATHLETES WHO FOLLOW A KETOGENIC OR "KETO" DIET RESTRICT THEIR CARBOHYDRATE INTAKE, trading bread and grains for foods that are high in protein and fat. When the body is unable to convert carbs to glucose, its preferred energy source, it goes into the metabolic state of ketosis. In ketosis, the body breaks down fat and produces ketones, which are chemicals made by the liver that can be used as an alternative source of energy.



So if glucose works just fine, why would anyone voluntarily give up bagels and bananas?

Some people have found that the ketogenic diet supports weight loss and appetite control, while others use it to help manage symptoms of chronic illnesses like epilepsy and Parkinson's disease. Other keto devotees will tell you that their mental focus has improved since they ditched carbs. More energy and better skin are also some of the most commonly reported benefits.

But no matter their specific reasons, many athletes who go keto face one important question: What's the best way to fuel a workout? Most of the typical preworkout snacks — fruit, granola bars, crackers — are packed

with carbs and would, therefore, disrupt ketosis. Yet foods rich in fat — like butter, meat and eggs — take longer to digest. Plus, they can cause gastrointestinal issues if eaten too close to go time. (There's a reason you don't see runners downing burgers and milkshakes at the start line of a marathon.)

Because they're absorbed by the body more quickly than other types of fats, medium-chain triglycerides offer keto-based athletes a fueling solution that provides easy-to-access energy without taking them out of ketosis. **Nutiva's Organic MCT Oil**, which contains 13 grams of MCTs per serving, can be easily added to coffee and smoothies or used in dozens of keto-friendly snack recipes. **Nutiva's Organic MCT Powder**, a neutral-flavored, quick-dissolving powder, is a gym-bag-friendly alternative. A dried version of the oil, the powder can be scooped into hot or cold beverages and used to make portable snacks, like energy bars and bites.

MCTs — ALL DAY, EVERY DAY

ATHLETES, WEIGHTLIFTERS AND CROSSFITTERS DON'T WANT TO KNOW JUST WHAT TO EAT. They want to know when to eat. If consuming quick-burning carbs before a workout can improve their performance and a post-WOD protein shake can speed up recovery, when is the best time to load up on MCTs?

In the morning. Or after a workout. Or on rest days ... or in the middle of the dreaded 3 p.m. slump. The fact is that MCTs convert to clean, quick-burning energy no matter when they're consumed. And because fat helps you feel full for longer periods, using **Nutiva's Organic MCT Oil and Powder** can help you control your appetite and manage cravings, whether you're a midmorning grazer or midnight snacker.

Go ahead and mix a scoop of MCT powder into your morning coffee or drizzle a tablespoon of MCT oil onto your grab-and-go salad. Or shake up your meal plan with one of these simple, healthy recipes, courtesy of Nutiva. For even more recipe ideas, visit kitchen.nutiva.com.

MCT Matcha Latte Prep time: 5 minutes • Cook time: 5 minutes • Servings: 1-2

Don't let this drink's delicate flavor and pretty green hue fool you — the MCT matcha latte is a nutritional powerhouse. Packing 15 grams of MCTs, this brew will help keep you feeling full and energized right up until lunchtime. Plus, antioxidant-rich matcha contains less caffeine than a cup of coffee but more than a cup of traditional black tea, so you'll get your morning wake-up call without the java jitters.

Recipe and Photo Courtesy of Nutiva

1½ cups cashew milk
¾ cup water
1 tbsp Nutiva Organic MCT Oil
1½ tbsp maple syrup
1½ tsp organic matcha powder
½ tsp cinnamon
pinch ground cardamom

1. Place cashew milk, water, maple syrup, cinnamon and cardamom in a small pan. Cook on low heat, stirring continuously, for 1-2 minutes.
2. Slowly add matcha and stir frequently for 2 minutes. It's best to use a bamboo whisk, but whatever you have handy will work.
3. Once ingredients are completely mixed together, remove liquid from stove and pour in a large latte cup.
4. Add MCT oil. Use a hand-held mixer to froth before serving.



MCT Cashew Almond Butter

Prep time: 1 minutes • Cook time: 10 minutes • Servings: 10-12 ounces

Here's a life hack that will up your nutritional game and save you some cash: Leave the overpriced, mass-produced nut butters on the grocery store shelf and make this MCT cashew almond butter at home. The whole process takes less than 15 minutes, and you can control the amount of added sugar and salt. Even more important, this all-natural nut butter contains energy-boosting MCTs, which will keep you feeling full for hours. Spread it on fruit, mix it into oatmeal and eat it by the spoonful (all without applying for a small personal loan).

- 1½ cups dry, unsalted cashews
- 1½ cups dry, unsalted almonds
- 3 tbsp Nutiva Organic MCT Oil
- 1 tbsp maple syrup
- ½ tsp sea salt

1. Place cashews, almonds and MCT oil in a food processor.
2. Blend 8 to 10 minutes, scraping down the sides, as needed.
3. Once mixture has a smooth consistency, add maple syrup and sea salt. Blend for an additional 30 seconds.
4. Remove nut butter from food processor and store it in a jar.



Recipe and Photo Courtesy of Nutiva

Peppermint Keto Cups

Prep time: 5 minutes • Cook time: 30 minutes • Servings: 6

Whether you're following a ketogenic diet or just looking for a low-sugar dessert idea, these simple peppermint keto cups are guaranteed to make your day. Their sweetness comes from monk fruit, an Asian melon that's naturally calorie-free, carb-free and keto-friendly. Combine it with Nutiva's Organic MCT Oil, rich Organic Coconut Manna and refreshing peppermint to make a healthy fat bomb that tastes like candy.



Recipe and Photo Courtesy of Nutiva

- 1 cup Nutiva Organic Coconut Manna, measured and then melted
- 2 tbsp Nutiva Organic MCT Oil
- ½ tbsp peppermint extract
- 1 tsp monk fruit
- 1 packet ColorKitchen Natural Green Food Color
- pinch Himalayan salt

1. Line a muffin tin with 6 cupcake liners. Set aside. (Note: You also can make smaller cups by using a mini-cupcake pan, which yields approximately 12 servings.)
2. Measure and then melt manna via your preferred method.
3. Place manna, MCT oil, peppermint extract, monk fruit and salt in a small bowl, and stir by hand until all ingredients are completely blended together.
4. Slowly add green food coloring until you achieve your desired shade of green.
5. Pour mixture evenly into 6 cupcake liners.
6. Freeze for at least 30 minutes. Remove muffin tin from the freezer and enjoy.

Choco Coconut Energy Bites

Prep time: 10 minutes • Cook time: 10 minutes • Servings: 12

These raw choco coconut energy bites may look and taste decadent, but they're actually gluten-free, dairy-free and made with organic, nutrient-dense ingredients. Whip up a batch in 10 minutes and keep them on hand for preworkout snacks, postworkout treats or whenever a chocolate craving strikes. Nutiva's Organic MCT Powder provides clean, quick-burning fuel and gives these bites a rich, truffle-like texture.

- 2 cups desiccated coconut
- 2 scoops Nutiva Organic MCT Powder
- ¼ tsp salt
- 2 tbsp coconut cream
- 3 tbsp agave/maple syrup
- 1 tsp vanilla paste
- 3 tbsp Nutiva Organic Virgin Coconut Oil, melted
- ⅓ pound medium-dark chocolate, roughly chopped
- 2 tsp desiccated coconut for sprinkling

1. Place desiccated coconut, MCT powder and salt in a food processor and mix 5 seconds. Add in coconut cream, maple syrup, vanilla and coconut oil. Mix until combined.
2. Roll mixture into balls that are slightly smaller than a golf ball and place them on a parchment-paper-lined sheet. Place sheet in the freezer for 10 minutes to allow balls to solidify.
3. Melt chocolate in a bain-marie or double boiler. Dip balls into chocolate one at a time, letting excess chocolate run off. Place balls on a plate and sprinkle with coconut.
4. Refrigerate 10 minutes before serving. Store leftover balls in the fridge



Recipe and Photo Created by @anettvelsberg

No-Bake Chewy Protein Bars

Prep time: 10 minutes • Cook time: 2 minutes • Servings: 9

These no-bake protein bars deliver dessert-worthy flavor without added sugar or sketchy ingredients. Their signature sweetness comes from dates, which are a fantastic source of fiber and potassium. Nutiva's Organic MCT Oil fuels the brain and muscles and gives these bars hearty staying power that helps keep hunger at bay. Add them into your weekly meal-prep routine (you don't even need to turn on the oven) and you'll be set with on-the-go snacks.



Recipe and Photo Courtesy of Nutiva

- 1 cup nut butter (Use your favorite brand, or whip up a batch of MCT cashew almond nut butter using the previous recipe.)
- ½ cup Nutiva Organic Hempseed
- ¾ cup rolled oats
- 24 dates, chopped and pitted
- 2 tbsp Nutiva Organic Chia Seed
- 4 tbsp Nutiva Organic MCT Oil

1. Line a small baking pan (9-inch-by-9-inch-by-2-inch) with parchment paper.
2. Place hempseeds, rolled oats and chia seeds in a bowl and stir to combine.
3. Place nut butter, dates and MCT oil in a food processor and blend until fully mixed.
4. Add mixture of wet ingredients to dry ingredients and stir until fully combined.
5. Scrape everything into the lined baking pan, and use a spoon or spatula to press mixture into pan as tightly as possible.
6. Refrigerate 2 hours. Cut and serve.

WOD: LOCO IN THE COCO

THIS GRUELING CHIPPER IS A LITTLE CRAZY, HENCE THE NAME. It will rev your engine and hit every muscle group, so don't go into it with an empty tank. Eat a small meal or snack that will keep your body and brain fueled for the long haul. Pack a chewy protein bar made with Nutiva's Organic MCT Oil in your gym bag or add a scoop of Nutiva's Organic MCT Powder to a freshly blended smoothie. Because MCTs are more easily digested by the body than other types of fat, they provide fast, readily available fuel.

And make sure you're somewhat fresh. This isn't the WOD to tack on to the end of a heavy lifting session or save for an active recovery day. It's a long haul, so be prepared to work.

Like all chippers, this one is a test of endurance. Resist the urge to go out hot — you're better off taking a conservative approach in the beginning and turning up the intensity as you near the finish line. Before you dive in, come up with a strategy by first identifying the movements you anticipate being the most challenging. Then determine when you'll rest and when you'll focus on breathing.

For example, if 30 dumbbell thrusters seem like the most overwhelming part of the WOD, divide the work into six sets of five reps. Plan to take a 10-second rest between these smaller sets. Think about how you'll inhale at the bottom of your squat and exhale as you go into the overhead press.

You'll need a few pieces of basic equipment: a jump rope, a pair of medium-weight dumbbells, a medium-weight kettlebell and a plyo box. If you have limited gym access or are missing a couple of pieces of equipment, don't be afraid to get creative. Use a sturdy park bench instead of a plyo box, sub in fast air squats for thrusters or do twice the amount of unweighted walking lunges. The most important thing is to just keep moving.

Complete for time:

100 double-unders

30 box jumps

30 burpees

30 weighted walking lunges

30 dumbbell thrusters

30 Russian kettlebell swings

... 3, 2, 1, go!

Double-Under

Stand with your feet together, and keeping your arms close to your body, hold the handles of the rope slightly in front of your hips. Jump from the balls of your feet and flick your wrists so that the rope passes under your feet twice with every jump. This is one rep. Be sure to keep your chest up and your shoulders back, and avoid bending at your waist or donkey-kicking your feet.

TIP: Use a rope that's sized according to your height. When you step on the middle of the rope with one foot, the handles of the rope should just reach your underarms.

Photo Courtesy of Muscle & Performance Magazine





Box Jump

Stand behind a plyo box with your feet hip-width apart. Engage your core, bend your knees slightly and drive through the balls of your feet to jump up onto the box. Land as softly as possible with both feet in the center of the box. One leg at a time, step back and off the box. Repeat until all reps are complete.



TIP: Scale the difficulty of box jumps by increasing or decreasing the height of the box. If you're unable to do box jumps, modify the movement by stepping up onto the box with alternating legs.

Photo Courtesy of The Box Magazine

Burpee

Stand with your feet hip-width apart. Lower your body into the bottom of a push-up position, then push up into a plank position. Step or jump your feet forward to meet your hands. Jump up (aim to get your feet at least 6 inches above the ground) and clap your hands overhead. Repeat until all reps are complete.

TIP: To make burpees more challenging, place a set of dumbbells next to your feet, and instead of jumping straight up, laterally jump over the dumbbells with every burpee.

Weighted Walking Lunge

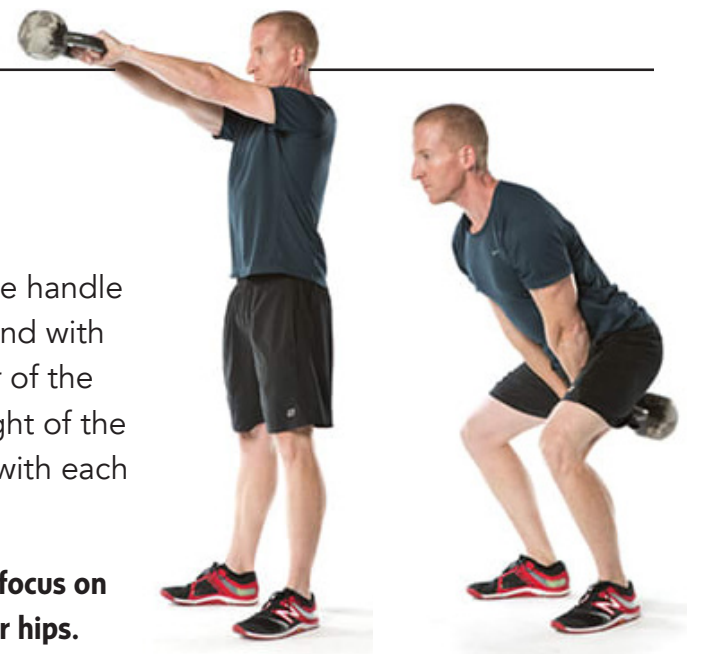
Hold a pair of medium-weight dumbbells in a front rack position with your palms facing each other. Step forward with your right foot and lower your left knee until it just barely touches the ground. Make sure your right knee is stacked directly over your right ankle; your knee should be in line with your second toe. Push through your right heel to return to a standing position, then step forward with your left foot and lower your right knee. Keep your chest up and avoid bending at your waist. Continue to lunge forward, alternating legs, until all reps are complete.

TIP: Challenge yourself further by holding the dumbbells or a bumper plate overhead while doing walking lunges.

Dumbbell Thruster

Hold a pair of medium-weight dumbbells in a front rack position with your palms facing each other. Stand with your feet a little wider than shoulder-width apart and lower your hips into the bottom of a squat. As you return to a standing position, press the dumbbells overhead and lock out your elbows. Lower into the next squat, bringing the weights back to a front rack position. Repeat until all reps are complete.

TIP: As you stand up from the squat, use the power of the hip thrust to help press the dumbbells overhead.



Russian Kettlebell Swing

Stand behind a medium-weight kettlebell with your feet shoulder-width apart. Maintaining a flat back, hinge at your hips, bend your knees slightly and grip the handle of the kettlebell with both hands. Hike the kettlebell back between your legs, and with straight arms, thrust your hips and return to a standing position. Use the power of the hip thrust to propel the kettlebell into a forward swing, and then allow the weight of the kettlebell to fall back between your legs. Aim to get the kettlebell to eye level with each swing. Repeat until all reps are complete.

TIP: Kettlebell swings should work the posterior chain, not the arms. To help keep the focus on your legs, glutes and hips, bend your elbows slightly and concentrate on thrusting your hips.

Photo Courtesy of The Box Magazine

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