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E-Tips

The Athletes Pantry

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TriCentric Bike Fit

Experience and bike fit expertise in all cycling disciplines

Greetings!

Nutrition can be a tricky subject and we're all open to the good, the bad and the ugly. In this e-tip I'll give you a glimpse in to my kitchen and what I'm doing to make better choices. As our season and year kicks off lets keep each other accountable with better food choices and Let's all think about a long, healthy and ACTIVE life... and living it to the fullest!

Cheers,

~B

The Endurance Athletes Pantry

So what's in your Refrigerator and Pantry? A quick glance at mine (Gulp... sigh....) has the following snapshot:

Refrigerator:

- Asparagus
- Organic spinach
- Organic micro greens
- Organic chicken Breast
- Organic eggs
- Yogurt
- Mushrooms
- Carrots
- Tomatoes
- Home made chicken stock
- Blueberries
- Half & Half
- Rice milk
- Spicy brown mustard
- Parmesan cheese
- Unsalted butter

Pantry:

- Various teas
- Coffee
- Olives
- Vegemite
- whole grain & bran cereal (Trader Joe's... not sure which one as





PowerBar Energy Gel Blasts

A great addition for your endurance fueling needs

its in Tupperware now)

- Raw, unsalted almonds
- Arborio rice
- Several pounds of various pasta
- Organic marinara sauce (Just in case... usually make my own)
- Bear full of honey
- Extra virgin olive oil & toasted sesame seed oil
- Red wine and balsamic vinegar

Fruit Bowl:

- 1 orange
- 6 Bananas
- 3 Fuji apples
- 1 Avocado
- 1 Lemon (my tree is full ;-)
- 1 Onion
- 1 Garlic bulb

Yes... I have a full wine cellar fridge too...

I was a bit nervous about that List... but it turned out pretty good. I tend to shop every few days for fresh produce and meats. I'm no saint when it comes to food... that's for sure. My vices... I have many... cheese, wine, beer, ice cream and various nuts to name a few. I'm also one of the bigger pizza freaks on the planet so... I can eat with the best of them... and drink a bit truth be known. I want to live a long healthy life and I want to stay active... so every so often I re-dedicate myself to healthier eating habits and for me that means filling the kitchen with good stuff. If I want Ice cream, I'll go get it but its not staring me in the face every time I open the door. Here are a few simple things I am doing to better my nutrition habits that you may benefit from:

- Weigh myself very Monday (helps to establish trends and keep myself in check)
- Keep plenty of whole fruit and fresh veggies on hand (good choices made easy if they are right in front of you)
- I don't eat starchy carbs after PM (I opt for a hearty salad with nutrient dense ingredients such as Kale, spinach, chicken breast, carrots, chick peas, etc...)
- 4.5 good days and 2.5 free days (I focus on good nutrition and discipline Sunday Night thru Friday mid-day... Weekends I allow myself to have whatever, whenever)
- Limit Alcohol to my Free Days (yep... I botch this up at times but in general I make better decisions with even a loose plan)
- Buy quality... I buy locally grown when I can and organic as often as possible. The quality of what we put into our bodies is important... just like the quantity and timing of our intake.
- Read labels and understand portions... that sounds simple but its a good habit to read about what you're fueling your body with.

I hope this gives you a few tips and some guidance to making better decisions. You know what they say... "garbage in, garbage out"... so know your strengths and weakness with food and plan/buy accordingly.

See ya at the track, on the road and at the races,

~B