



NUTRITION GUIDE

BY  openfit™

A **STEP-BY-STEP** guide to living a healthy lifestyle,
looking beach ready, and conquering any course.

TOUGH MUDDER NUTRITION GUIDE

BY **openfit**

If you're reading this, it means you're willing to take on a challenge. And if an obstacle comes your way, you'll figure out how to get over it, under it, or around it.

Luckily, figuring out how to eat right doesn't need to be one of those obstacles. We've created this **Tough Mudder Nutrition Guide** to make the dietary part of training easy. Here, you'll find tips, tricks, and food lists that'll get the job done in a delicious, healthy, and satisfying way.

And if you're looking for a more detailed plan, check out **Openfit**. Not only will the **T-Minus 30** training program get you in Tough Mudder shape in just 30 days, but you'll also find an Openfit Nutrition Plan tailored for your needs and goals, as well as instruction on exactly how to eat in the days leading up to your event.

You see? It turns out eating right isn't the obstacle that you thought it was!

You got this!





6 STEPS TO CLEANING UP YOUR DIET

1. START WITH A CLEAN SLATE

Open your kitchen cabinets and refrigerator and take a good, long, hard look at what's there. How much of it is loaded with sugar and ultra-processed junk? Ditch the sweet and salty snacks and any food that isn't going to help you reach your goals. Donate them to your local food pantry.

2. SET A GOAL

Whether your goal is to start living a healthier lifestyle or chisel the six pack of your dreams, it's important to have a specific goal in mind that's realistic to keep yourself accountable.

3. PREPARE YOUR OWN MEALS

Quit using GrubHub as your personal assistant. Master a handful of healthy go-to meals, quit eating junk food, and stay consistent. Not only will your body thank you, your wallet will too.

4. BALANCE YOUR PLATE

Make sure every meal contains a combination of protein, fruits, veggies, other healthy carbs, and healthy fats. For a little help on how to do this, turn the page.

5. EAT 3 TO 5 TIMES A DAY

If you're doing intermittent fasting, grazing, or another dietary method and things are under control, carry on. But if you need help with overeating, try sticking to breakfast, lunch, and dinner with one or two small snacks between as needed. Once you've finished dinner, be done for the day!

6. CREATE YOUR ACCOUNTABILITY TEAM

If you're doing your Tough Mudder with friends, look to your peeps for support with your eating. Review each other's diets. Call each other when the wheels start falling off. And get together for healthy team meals, including your victory feed when it's all done.

THE CLEAN EATING CHECK LIST

You don't have to have a perfect diet to stay healthy and get strong, but the cleaner you eat, the better off you'll be. Generally, if about 80% of your diet comes from these whole, clean, minimally-processed foods, you're in great shape!

These lists show you some of the foods that can help you get it right—and the Eyeball Method will show you how much of those foods to eat. When portioning out your meal, use the estimated guidelines on this chart.

THE EYEBALL METHOD

PROTEIN:

3oz of lean meat/fish/pork =
the length and thickness of the palm of your hand



HEALTHY CARBS:

1 cup of cooked rice or potatoes =
the size of your fist



FRUIT:

1 cup chopped watermelon or whole apple = the size of your fist.



VEGGIES:

Eat as much as you want! But if you really need a guide,
go with two cups or two fists.



HEALTHY FATS:

2 Tbsp of whole nuts, nut butter, avocado or olives = the length
of two thumbs. 1 Tbsp. of oils = the length of one thumb.





CLEAN EATING CHECK LIST

You too can grocery shop like a pro. Quit wandering the aisles and stick to the perimeter where the least processed foods are.

TIP: DON'T GROCERY SHOP WHILE HUNGRY.

PROTEIN

Tell me more about protein!

Like much of your body, your muscles are primarily made of protein. Your workouts break down those muscles, so it's important to have plenty of protein in your diet to help build them back up, stronger. All kinds of foods contain protein, including vegetables, nuts, beans, and grains, but here are some of protein greatest hits.

How do I prepare it?

When it comes to meat, fish, tofu, and tempeh, try to minimize the oil and grease. Grilling, baking, steaming, and broiling are good options. Sautéing with a tiny amount of oil is okay. Stay away from frying!

For Greek yogurt and cottage cheese, avoid adding sugary stuff like jelly, jam, honey, and, yes, sugar.

- Eggs
- Chicken
- Fish
- Greek Yogurt (plain, 2%)
- Turkey
- Protein Powder (especially **OPENFIT RECOVERY**)
- Tofu
- Tempeh
- Pork
- Cottage Cheese (plain, 2%)

HEALTHY CARBS

Tell me more about carbs!

Ignore the bad press! There's nothing wrong with carbs if you are choosing whole foods and avoiding ultra-processed carbs! They're a great source of fuel, along with fiber, protein, and various other nutrients. That said, the calories can add up quickly, so moderation matters. Don't forget the Eyeball Method when serving up the 'taters!

How do I prepare them?

There are a million ways to prepare carbs. Just avoid added sugar and butter, don't fry anything, and stay away from unhealthy cream or sugar-based sauces.

- Potato
- Sweet Potato
- Rice (Brown or Wild)
- Unflavored Oatmeal
- Quinoa
- Sprouted Grain Bread
- Whole-wheat Wrap/Tortilla
- Whole-wheat Pasta
- Whole-grain Cereal (no more than 6 grams of sugar per serving)
- Beans (kidney, black, garbanzo, white, lima, etc.)
- Peas
- Lentils



CLEAN EATING CHECK LIST

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VEGGIES

Tell me more about veggies!

Veggies are a fantastic source of so many great things, including vitamins, minerals, phytonutrients, fiber, protein, and water. And all that fiber and water tend to give them a low calorie count by volume, so it's awfully hard to overeat veggies.

How do I prepare them?

Many veggies are great raw while others work can be steamed which works just as well. Sautéing and stir frying are okay, but deep fat frying and breading are a no-no. (You've probably figured out by now that frying is a bad idea.)

- | | |
|---|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Peppers (sweet) |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Lettuce (all) |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Squash (summer) |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Carrots | |
| <input type="checkbox"/> Cauliflower | |
| <input type="checkbox"/> Celery | |
| <input type="checkbox"/> Green Beans | |
| <input type="checkbox"/> Kale | |
| <input type="checkbox"/> Mushrooms | |

FRUIT

Tell me more about fruit!

The carbohydrates you get from fruits—yes, fruits consist mostly of carbs—give you energy for your workout (and the rest of your day), without the issues associated with “bad carbs.” They're also terrific sources of vitamins, minerals, phytonutrients, fiber, and water.

How do I prepare it?

Raw or maybe grilled if you're a BBQ aficionado.

- Apple
- Banana
- Blueberries
- Kiwifruit
- Orange
- Pineapple
- Strawberries
- Grapefruit
- Cherries
- Peach
- Plum
- Melon (cantaloupe, honeydew, watermelon, etc.)



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HEALTHY FATS

Tell me more about healthy fats!

Fat functions as a fuel, adds structure to your cells, and transports fat-soluble vitamins into your system. The problem is that fat is more calorically dense, making it easy to accidentally eat too much, which is why usually a thumb's-worth for oils is a good amount. When it comes to whole nuts, nut butter, avocado, and whole olives, you're okay with a two thumb serving (You're welcome).

How do I prepare them?

As is. Just avoid added sugars when buying nuts and nut butters.

- Almonds/Almond Butter
- Cashews/Cashew Butter
- Peanuts/Peanut Butter
- Walnuts
- Avocado
- Extra Virgin Olive Oil
- Olives

FREE FOODS

Tell me more about free foods!

To add zing to your diet, feel free to eat as much as you want from this list! However, if you're going on a hot date, you might want to limit the garlic.

How do I prepare them?

Make sure to read labels to avoid added sugar and other junk.

- Lemon and lime juice
- Vinegars
- Mustard
- Herbs (fresh and dry)
- Spices
- Garlic
- Hot sauce (Tabasco® or Mexican only)
- Pure Flavor extracts (vanilla, peppermint, almond, etc.)

Try pre-made seasoning blends with no to minimal salt and a short ingredient list. See something you can't pronounce in the ingredient list? **Leave it on the shelf.**

CLEAN EATING DO'S AND DON'T'S

✓ DO'S

DO: **EAT PROTEIN**

Whether you're getting it from lean meats or plant-based powerhouses, try for 20-25 grams of high quality protein in every meal. Some sort of protein shake after training (like **OPENFIT RECOVERY**) is a good idea too to help your muscles recover faster, so you can train just as hard tomorrow. (Yay!)

DO: **TREAT YOURSELF (IN MODERATION)**

Treats and cheat meals can help you maintain your sanity. Just don't forget the goals you've set. Again, if 80% of your diet is tight, the other 20% can be a party.

DO: **LEARN TO COOK AND PREPARE YOUR OWN FOOD**

Once a week, research a breakfast/lunch/dinner/smoothie recipe that you can make without having to buy too many extra ingredients. You'll find hundreds of them on [Openfit](#).

DO: **DRINK MORE WATER**

Staying hydrated doesn't just help keep you healthy, it's key to results. It keeps your system functioning and helps you perform at your best. We recommend at least half your body weight in ounces every day, so if you weigh 180 pounds, drink 90 ounces of water.

DO: **MEAL PREP**

Take a few hours on the weekend to plan your meals for the week and pre-prepare. Stock your fridge or freezer with your pre-made foods. Make a big pot of quinoa. Wash lettuce and other veggies, chop 'em up and put them in a big bag for quick salads. Grill a few days' worth of your favorite protein. Having all this food ready will free up the rest of your week and prevent you from relying on junk food on days that you're too stressed to cook.

~~DON'T'S~~

DON'T: **EAT TOO MANY OF THESE FOODS**

Ultra-processed food. Fast food and junk food. Food and drinks filled with added sugar and fat. Fried food. Read the nutrition and ingredients labels. If you don't recognize most of the ingredients, it's usually a good idea to pass.

DON'T: **BECOME NUMBER OBSESSED**

Use the general eyeballing guide to eat healthy without the added technical jargon and hours spent calculating calories.

DON'T: **FALL INTO OLD HABITS**

Consistency is the key to seeing any results. Slowly change your habits and routines one day at a time.

DON'T: **TRY IT AND QUIT**

Was Sunday meal prep a success? Awesome. Do it again next Sunday. Then, again the next week, and the next week, until forever (because this is a lifestyle, not a quick fix).

DON'T: **GROCERY SHOP WHILE HUNGRY.**

Hunger can lead to poor decisions when grocery shopping. Before you hit the supermarket, have a little (healthy) snack so you're not tempted to fill your cart with bags of chips and sixers of soda.

With this information, you're now in great shape to reach your goals. But if you'd like more information, recipes or a more detailed nutrition plan, or if you just want to geek out on food and nutrition, check out [Openfit](#). And while you're there, have a look at **T-Minus 30** if you really want to nail your Tough Mudder!