



TRIBAL FITNESS & BODYBUILDING NUTRITION GUIDE

**AN EXTENSIVE GUIDE ON NUTRITION TO
BUILD AN AESTHETIC JUNGLE PHYSIQUE**

Legal Disclaimer

All content in this publication is meant for entertainment purposes only. The content is not meant, or does not constitute a replacement for real medical advice from a physician, nutritionist, registered dietician, or any other medical professional. Use of the contents of this publication should be made with caution, and only after seeking advice and approval of a real medical professional, the employees of JungleAesthetics do not constitute medical professionals, nor do they give medical advice. Any individuals certified by JungleAesthetics in any JungleAesthetics products or services are not functioning in any clinical or licensed medical or psychological capacity. This publication is written and published to provide accurate and authoritative information relevant to the subject matter presented. Care has been taken to confirm the accuracy of the information presented and to describe generally accepted practices. However, the authors, editors, publishers and any other employees of JungleAesthetics are not responsible for errors or omissions or for any consequences from application of the information in this publication and make no warranty, either expressed or implied, with respect to the currency, completeness, or accuracy of the contents of this publication. Results are varied from person to person. Use at your own risk.

Table Of Contents

INTRODUCTION TO NUTRITION FOR TRIBAL FITNESS AND BODYBUILDING	4
MACRONUTRIENTS AND THEIR ROLES	6
IMPORTANCE OF MICRONUTRIENTS	10
HYDRATION AND STRATEGIES FOR PEAK TRIBAL PERFORMANCE	12
ENERGY BALANCE AND BODYWEIGHT MANAGEMENT	14
NUTRITION FOR MUSCLE BUILDING	17
NUTRITION FOR FAT LOSS	20
MEAL PLANNING AND NUTRIENT TIMING AND FREQUENCY	23
EATING FOR PEAK TRIBAL PERFORMANCE	28
SUPPLEMENTATION	34
NUTRITION FOR SPECIAL DIETS (VEGETARIAN, VEGAN, ALLERGIES, ETC)	40
COMMON NUTRITION MISTAKES TO AVOID	45
CONCLUSION, FUTURE CONSIDERATIONS IN TRIBAL FITNESS	48

Introduction to Nutrition for Tribal Fitness and Bodybuilding

Proper nutrition is a crucial aspect of any fitness or bodybuilding program, and this is no different when it comes to tribal training as well. In order to achieve your goals, you must ensure you are providing your body and mind with the proper nutrients it needs to function at peak human performance. These goals may include building muscle, losing fat, improving athletic performance, strengthening your mind, and increasing your confidence. By taking care of your body and mind, you will feel the absolute best about yourself and be able to function at the highest level possible.

This isn't going to be some far out, new age, out of the box type nutrition guide. If that is what you were hoping for, you came to the wrong place. This guide will hit on scientifically proven and studied aspects and methods of nutrition and not some far fetched material meant to be polarizing and reel people in. Nutrition for tribal fitness and bodybuilding is just like you would think: simple, and proven. It's the application part day after day that is hard and what people have trouble with, but admittedly, people make it harder than it should be. There are tons of ways to have a balanced and healthy lifestyle and diet that can help you to adhere to your goals. Nutrition and dieting doesn't have to be this crazy strict thing that will make you want to give up after a few weeks, there are tons of ways to help you to achieve your goals through nutrition that make it easy on you, through FLEXIBLE dieting. As long as you understand the core concepts which will be taught to you in this book, you will be able to apply what you've learned to any diet and find it is much easier to adhere to the most strict diet plans coaches may give you.

This comprehensive nutrition guide will cover a lot of key aspects that many people already know is vital for fitness, like the role of macronutrients, meal timing, energy balance for weight management, nutrition for muscle building and fat loss; but it will also touch on tons of very crucial topics that most people don't give as much credence and focus to, such as hydration, importance of micronutrients, eating for peak tribal and human performance,

nutrition for special diets and so on. It will give you a deep understanding of these things so that you are able to apply the concepts yourself, which is what is most important. Anyone can give you a diet plan and tell you to just follow it. But if you don't know why certain things are in the plan, why you have to eat at specific times pre and post workout or when and how much you need to hydrate throughout the day, then you are less likely to follow through completely, as you won't believe in it as deeply as if you were to know all the reasonings behind it.

Once you have all the information and understand these topics on a deeper level, that is when I suggest reaching out to get a full and custom diet plan made for your needs and goals from www.thejungleaesthetics.com/coaching-diet-plans/. Until then, enjoy going through the topics in this book. I know it is loaded with information, but by the end you will be wondering how on God's green earth is something with so much value given out for free! So thanks for joining the tribe, and happy learning!



Macronutrients and their Roles

Macronutrients are nutrients that the body needs in large amounts to function properly and maintain good health. They include carbohydrates, protein and fats. You probably have heard of these three “macros” at some point or another, whether it comes to fitness or not. Each of these macronutrients plays a unique role in the body and is important for different reasons, and each one of them are especially vital for different reasons when it comes to tribal fitness and bodybuilding. Knowing how each of these work and for what reason will help tremendously when making fitness goals for yourself and understanding and accepting why your diet plan is constructed the way that it is.

CARBOHYDRATES

Carbohydrates, or carbs, are your body's primary source of energy. They are found in a variety of foods, including fruits, vegetables, grains, and dairy products. When the body consumes carbs, it breaks them down into glucose, which is then used by the cells for energy. Carbs are very important for fueling the body during physical activity. They help to maintain brain function and blood sugar levels, which become depleted during intense exercise. Carbs also play a role in muscle glycogen storage, which is important for endurance and recovery after exercise.

Carbs are classified as either complex or simple, depending on how quickly they are absorbed by the body for use. Simple carbs, also known as simple sugar, include glucose and fructose, and also sucrose and lactose. These types of carbs are found in foods like candy, soda or pop, and other sweets, and they are absorbed by the body to be used quickly. These are helpful to have immediately after a hard workout to replenish glycogen stores and to prevent extreme fatigue. This is why you sometimes see people carry a bag of gummy bears in their gym bag.

Complex carbs, also known as starches and fibers, are found in foods like grains, beans and vegetables. These types of carbs take longer to digest and provide a slow and sustained release of energy. However, it is important to choose complex carbs over simple carbs whenever possible, as they are far more nutritious and provide a slower and more sustained release of energy.

It is also important to pay attention to portion sizes, as consuming too many carbs can contribute to weight gain. Carbohydrates contain 4 calories per gram. Overall, carbs play an important role in maintaining good health and supporting physical activity. It is important to include them as part of a balanced diet, but also to be mindful of the types and amounts of carbs you consume.

PROTEIN

Protein is essential for building, repairing, and maintaining tissues like muscle. It is basically the building block of the body. Protein can be found in various foods including meats, eggs, dairy products, and even plant based sources such as beans and nuts. Protein is critical for muscle building, repair and maintenance. When the body engages in physical activity, such as lifting weights, muscles can become damaged and will need to be repaired. Protein is the main macronutrient that will help to rebuild and repair these damaged muscles, making them stronger, bigger and more resilient.

Maintaining muscle mass and preventing muscle loss becomes harder with age and/or inactivity, protein will play a big role in helping to both maintain and prevent losing what you currently have. Protein is considered one of the most important macros for fitness and bodybuilding, you probably hear all the time: “I have to hit my protein goals!”, and notice one of the most popular supplements is protein powder. Many bodybuilders and

people into tribal fitness aim to get a high percentage of their caloric intake from protein in order to support muscle growth and repair.

However it is important to note protein intake should be balanced with intake of other macronutrients, such as carbohydrates and fats, and that it is not necessary to consume extremely high levels of protein in order to see results. In fact, consuming too much protein can have negative health consequences, such as kidney damage and bone loss. Getting your protein from a variety of sources is recommended to be able to get a variety of micronutrients as well. Protein contains 4 calories per gram.

FATS

Fats are a type of macronutrient that provide the body with energy, provide insulation and protection for organs. They are also involved in the production of hormones and help to absorb certain vitamins and minerals. They can be found in a variety of foods including oils, nuts, seeds and avocados.

There are different types of fats, including saturated fats, monounsaturated fats, and polyunsaturated fats. Saturated fats, which are typically solid at room temperature, are found in animal products such as meat and dairy, as well as in coconut and palm oil. They have been shown to increase levels of LDL cholesterol, which is associated with increased risk of heart disease.

Monounsaturated fats, which are typically liquid at room temperature, are found in olive oil, avocados, and nuts. They have been shown to have a neutral effect on cholesterol levels and may even have some heart-protective effects.

Polyunsaturated fats, which are also liquid at room temperature, are found in fatty fish, nuts, and seeds. They have been shown to lower LDL levels and may have a protective effect against heart disease.

Fats are important for maintaining healthy hormone levels and supporting brain and immune function. In addition, some studies have suggested that a moderate intake of monounsaturated and polyunsaturated fats may have a protective effect against muscle breakdown during exercise. They also play a role in maintaining healthy skin and hair, and can help to reduce inflammation in the body.

However, it is important to consume fats in moderation and choose healthy sources, as excess consumption of unhealthy fats can contribute to weight gain and negative health effects. It is important to limit the amount of unsaturated fats you consume in your diet as too much can increase the risk of heart disease and other health problems. Fats contain 9 calories per gram.

Importance of Micronutrients

Micronutrients are essential nutrients that the body needs in small amounts to function properly. They include vitamins and minerals, which are necessary for a wide range of bodily processes, including metabolism, growth and development, immune function, and the production of hormones and enzymes. When it comes to tribal fitness and bodybuilding, micronutrients are important for a number of reasons. For example:

- *Iron*: Iron is a mineral that is necessary for the production of hemoglobin, a protein found in red blood cells that carries oxygen to the body's tissues, like muscle. A deficiency in iron can lead to anemia, which can cause fatigue and impaired physical performance.
- *Vitamin D*: Vitamin D is a fat-soluble vitamin that is important for bone health and immune function. It is also involved in muscle function, and some studies have suggested that a deficiency in vitamin D may be associated with impaired muscle strength and function.
- *Calcium*: Calcium is a mineral that is important for bone health, as well as muscle function. It is necessary for proper contraction and relaxation of muscles, and a deficiency in calcium can lead to muscle cramps and weakness.
- *Zinc*: Zinc is a mineral that is important for immune function and wound healing. It is also involved in protein synthesis and may be important for muscle growth and repair.
- *Magnesium*: Magnesium is a mineral involved in over 300 enzymatic reactions in the body, including energy metabolism, protein synthesis, and muscle function. A deficiency in magnesium can also lead to muscle cramps and weakness.
- *Vitamin C*: Vitamin C is a water-soluble vitamin that is important for immune function and the production of collagen, a protein that is important for the health

and integrity of skin, blood vessels, and connectivity tissue. It may also have a role in muscle recovery after exercise.

- Potassium: Potassium is a mineral that is important for maintaining proper fluid balance in the body and regulating muscle function. It is also involved in the production of proteins and the metabolism of carbohydrates.

In addition to these micronutrients, there are many other vitamins and minerals that are important for overall health and performance. Micronutrients are often forgotten about or pushed to the wayside in favor of the macronutrients, however they are just as critical to making gain and being in top shape to perform as a tribal in all aspects. It is important to get a wide range of micronutrients through a balanced diet in order to support optimal health and peak human performance.



Hydration and Strategies for Peak Tribal Performance

Hydration is the process of maintaining an adequate balance of water in the body. It is important for a number of reasons, particularly in the context of tribal fitness and bodybuilding. During physical activity, the body loses water through sweat, breathing and urine, and it is important to replace these fluids in order to maintain hydration. Dehydration can occur when the body loses more fluids than it is able to replace, and it can have a number of negative effects on the body, including:

- *Decreased physical performance:* Dehydration can impair physical performance by reducing blood volume, which can lead to a decrease in blood flow to working muscles. This can result in fatigue, decreased endurance, and impaired strength and power.
- *Increased risk of injury:* Dehydration can also increase the risk of injury by altering muscle function and coordination.
- *Impaired cognitive function:* Dehydration can also affect cognitive function, leading to decreased alertness, concentration, and memory.
- *Impaired muscle protein synthesis:* Dehydration can also affect muscle protein synthesis, the process by which the body builds and repairs muscle tissue. This can hurt muscle growth and recovery, particularly after exercise.
- *Increased risk of heat illness:* Dehydration can also increase the risk of heat illness, particularly in hot or humid environments.

In order to maintain hydration, it is very important to drink enough fluids, particularly during and after physical activity. The American Council on Exercise recommends that people drink 17-20 ounces of fluid 2-3 hours before exercise, and then 7-10 ounces of fluid every 10-20 minutes during exercise.

After exercise, it is important to drink enough fluids to replace any fluids lost through sweat. In addition to drinking fluids, it is also important to consume foods that are high in

water content, such as fruits and vegetables, which can help to contribute to overall hydration. When choosing what to drink, it is important to choose hydrating fluids: water is the best choice for hydration, however other fluids such as a sports drink or coconut water can also be hydrating. Sports drinks can be particularly useful for replenishing electrolytes, which are minerals that help to regulate fluid balance in the body, during prolonged or intense exercise. It can also help to monitor your hydration status. There are a number of ways to do this, including:

- Checking the color of your urine: If your urine is pale yellow or clear, you are probably well hydrated. If it is dark yellow or amber, you may be dehydrated.
- Weighing yourself before and after exercise: If you lose more than 2% of your body weight through sweat during exercise, you may be dehydrated.
- Checking your thirst level: If you feel thirsty, you may already be dehydrated.

Another way to ensure you don't get dehydrated is to ensure you stay hydrated all throughout the day. It is important to maintain hydration throughout the day, not just during and after exercise. This can be achieved by drinking fluids regularly and consuming hydrating foods. By following these strategies, you can maintain hydration and optimize performance in the context of fitness and bodybuilding. It is important to remember that every person's hydration needs are different, and it may be necessary to adjust your hydration strategy based on factors such as your age, size, activity level, and the environment in which you are exercising.



Energy Balance and Weight Management

Energy balance refers to the balance between the energy (calories) that we consume through our diet and the energy that we use through physical activity and other bodily functions. When we are in energy balance, our intake of energy (calories) is equal to our output of energy. When we are in a state of energy balance, our weight remains stable.

The amount of calories that we need to consume to be in a state of energy balance, is also what we call Maintenance Calories. However, if we consume more energy (calories or kcals) than we use, we will be in a state of positive energy balance, which can lead to weight gain. This is what we also call eating in a surplus. On the other hand, if we use more energy, or calories as we will now refer to it as, than we consume, we will be in a state of negative energy balance, which can lead to weight loss. This is what we call eating in a deficit.

In the context of tribal fitness and bodybuilding, managing energy balance is important for achieving and maintaining a healthy weight and body composition. For individuals who are looking to build muscle to increase their strength and/or size, it is important to be in a state of positive energy balance, also called being in a surplus, as the body needs the excess calories in order to build and repair muscle tissue. On the other hand, individuals who are looking to lose weight or reduce body fat may need to be in a state of negative energy balance in order to create a calorie deficit that will allow them to lose weight.

To manage energy balance and achieve specific fitness and bodybuilding goals, it is important to pay attention to both diet and physical activity. On the diet side, it is important to focus on consuming a balanced diet that includes a variety of nutrients, including carbohydrates, protein, and healthy fats. It is also important to pay attention to portion sizes and be mindful of the total number of calories that are being consumed.

In terms of physical activity, it is important to engage in regular, moderate to high intensity exercise that is appropriate for your fitness level and goals. This may include activities such as weight lifting, tribal cardio which is walking/jogging/sprinting, swimming and combat training, and other forms of resistance training that perform athletic movements and the 7 primal movements.

Being at the right amount of surplus or deficit calories is key to reaching your goals in a healthy manner without sacrificing body composition, brain function, and physical performance. How do you find your maintenance calories? Well there are 2 ways, and you have to remember both of these ways will only give you a ballpark estimate. There is still some trial and error you must do on your part to figure out your actual maintenance calorie amount.

The first method is to take your bodyweight in pounds and multiply it by 15. For example if you weigh 180 pounds, you would do $180 \times 15 = 2700$ calories as your maintenance. The other method is to simply go on google and search for a calorie calculator. All you would do is input your age, height, weight and activity level and it will give you another estimate on how many calories you need to maintain your weight. Once you have a rough estimate you will need two things to dial down and know for sure what your maintenance calories are. These two things are a food scale and a regular body weight scale. Once you have those two things, the first week or two of trial and error are crucial to accurately find your maintenance calories so you can move forward from there. You are going to need to take the estimated amount that either one of your two methods you chose to get maintenance calories, and eat at that amount everyday for an entire week. So if the calorie calculator estimated your maintenance calories to be 2000 calories, eat that everyday for a week, or at least make sure your total calorie consumption by the end of the week is 14,000 calories.

Weigh yourself on the first day, first thing in the morning completely nude after you've emptied yourself in the bathroom, then do the same to weigh yourself again at the end of the week. If you have not changed weight, then amazing, you have found your maintenance calories. If you have increased weight, then you know you were eating in a surplus, in which case lower the calories accordingly and try again. If you have lost weight, then you are eating in a deficit, so increase the calories and try again. You would only need two weeks max to find out your maintenance calories, because to gain or lose 1 pound of fat, you would need to be in a total weekly surplus or deficit of 3500 calories, or 500 calories a day. So depending on how much you gained or lost, that's how you will find out how many calories to adjust by.



Nutrition for Muscle Growth

First of all, it's important to understand, for the most part, muscle building requires an energy or calorie surplus. Yes there are studies that have shown that you can build muscle while in maintenance or even a very slight calorie deficit, but the amount of time it takes is just not worth it. This means that you need to take in more calories than you burn on a daily basis. Doing so will also allow you to have more energy for your workouts helping you to build even more muscle on top of that.

So, if you want to build muscle, you need to make sure you're getting enough calories to support that process. How much of a surplus you need is the tricky part. Generally you will hear that you need to be in a 500 calorie surplus to bulk or put on muscle. This, however, is going to be too much for MOST people, and will lead to unwanted weight gain from "bad weight". This bad weight is mostly fat and water.

While it is true that we do want to have some body fat when building muscle, so that our body and our brain can perform at its full capacity, having too much will also have the opposite effect as well as some other downsides. Getting too fat while putting on muscle will ruin your body composition, giving you a longer and harder process when you eventually try to strip the fat off to get more lean, perhaps even making you lose some of the muscle you just gained in the first place. It will also make you feel worse throughout the day, as your body is holding on to too much weight. You also have the common side effects from gaining too much weight too fast like acne, low energy, loss of libido and so on.

For this reason, a good surplus to be in for most people is about 250-300 calorie surplus. This will allow you to still have enough energy to go hard in your workouts, feel great all day, have good brain function, and perform at a high level on all cylinders. Now for some people it will be harder to gain weight, and some people have an easier time gaining

weight. If that is you - and that is not everyone, make sure you are tracking accurately - then you may need to adjust your surplus accordingly.

So once you know your maintenance calories, add 300 calories to that, and eat at that amount everyday, or at least have your total weekly calorie consumption be a 2100 calorie surplus (300 x 7 days). This gives you more flexibility as if you are hungrier one day, then you can go ahead and eat a little more, as long as you reduce your calories the next day, and vice versa. At the end of every week, weigh yourself (always first thing in the morning right after emptying yourself in the bathroom), and once you stagnate, which means don't go up in weight for 2 weeks in a row, then increase your calories by another 300 kcals.

Protein is also especially important for muscle building, as it's the primary building block of muscle tissue. Aim to consume at least 0.8 grams of protein per pound of lean body weight per day, and consider slightly higher levels, about 1g per pound, if you're training very intensely or trying to gain muscle quickly. Good sources of protein include animal proteins like red meat, poultry (chicken), fish, and dairy products. Plant based protein options will be discussed in more detail in a later chapter.

In addition to protein, it's also important to pay attention to your intake of other macronutrients, including carbohydrates and fats. Carbs are important for providing energy for workouts, and can help with muscle recovery and growth. Aim for at least 2-3 grams of carbs per pound of body weight per day, or at least 50% of your calories coming from carbs, depending on your activity level and training intensity. It is also recommended to eat a higher amount of carbs on training days than on rest days. Good sources of carbs include grains, fruits, vegetables and starchy foods like potatoes and rice. Some forms of carbs digest better and worse for some people however, so it is important to know which sources are better for your individual body and digestion, and eat more of that. The less bloating you can get from eating carbs the better, as you will be needing to eat a lot of it when trying to build muscle.

Fats are also an important part of a muscle-building diet, as they provide energy, support hormone production, and help with the absorption of fat soluble vitamins. Aim for at least 0.5 grams of fat per pound of body weight per day, and include a variety of HEALTHY fats in your diet, such as those found in avocados, nuts, seeds, and olive oil.



Nutrition for Fat Loss

When it comes to nutrition for fat loss, it shares a lot of the same concepts as for muscle gain, eat a balanced diet, get enough protein to sustain muscle retention, and eat enough carbs and fats to have energy for your day and workouts and support hormone function. The difference is, instead of a calorie surplus, you will need to be in a calorie deficit, and the amounts of macros are going to differ.

There are two ways that you can put yourself in a deficit, either through calorie restriction or increased energy output through cardio. It is crucial to utilize both when in a cut, as cardio is very important not just for overall health, but to use as an aid to not have to restrict calories too much, cause who doesn't love eating food? Adding in extra cardio can help you to eat more still throughout the day, and will make it easier for you to stick to your deficit.

When you are in a calorie deficit, it basically means your body is in a state of energy deficiency, and muscle is the thing that consumes more energy than fat, so your body will try to burn off muscle before it burns off your fat. To prevent it from doing so, you need to eat sufficient protein and continue training hard in the gym to continually be putting your muscles through stimulus to signal your body that it still needs the muscle. When you do so, your body will burn off the fat instead of your muscle for the required energy it needs when you are in a deficiency. Those two things are critical to prevent muscle loss.

When it comes to fat loss while trying to maintain muscle, you have to be a little more meticulous than when it comes to muscle building, because if you end up eating too many calories, you're not going to lose any fat at all and not reach your goal whatsoever, and if you eat too few calories, you can end up stripping a lot of muscle off your frame, lose cognitive function, have your hormone levels drop, and you will feel terrible overall. This will also leave your body composition not in the place you are looking for.

Just like when trying to gain muscle, a 250-300 calorie deficit is perfect when cutting fat and maintaining muscle. The longer you can stay in a deficit, the slower you make the process, the more muscle you can end up keeping and the easier it will be to adhere to your deficit as you won't be cutting too drastically and restricting yourself too hard. This is key to being able to sustain the cut all the way till you reach your goal and to have the best possible body composition at the end.

When on a cut and trying to maintain muscle, you want to be eating slightly more protein than when trying to gain muscle. This is to further ensure your body has enough amino acids from the protein to not only prevent breakdown of the muscle tissue from being in a deficit, but also have enough to repair and recover from your intense workouts you still need to be doing.

To fuel those workouts, you still need to be eating carbs since that is your main form of energy. Unfortunately when dropping calories, this is the first thing to get lowered, so as you get deeper and deeper in your cut, you will be eating less and less carbs, which is why you always hear bodybuilders say they have no energy at the end of a cut, because their carbs get very low.

You still need fats to sustain hormone and cognitive function, and this will also drop but not nearly as much as your carbs when lowering calories. To calculate what macros you will need is pretty simple. You should be eating at least 1 gram per pound of lean body weight when in a cut, and you can go up to 1.2 grams per pound, but shouldn't exceed that. This will always stay the same throughout the cut, even when you lower your calories the amount of protein will stay the same. The amount of fats you will need is still about 0.5 grams per pound of lean body weight. The rest will be filled up with your carbs. The amount of carbs is what is mostly going to change when you start lowering calories.

It is always better to increase energy output (increasing cardio) to drop more into a deficit than it is to restrict your calories through eating less food. This is so that you are able to give your body the sufficient nutrients and energy it needs to function properly. So basically, when you start stagnating in weight and don't lose any more weight for 2 weeks straight, you have two options depending on how you feel: are you eating enough or too much? Then decrease the calories. Are you not doing enough exercise and feel more hungry? Then increase energy expenditure, increase cardio. You can also start doing a mix of both once you get to a good middle ground.

You want to aim to lose about 0.5% of your bodyweight if you are doing the slow approach, and no more than 1% of your bodyweight if you are wanting to cut a little faster. Now if you have tons of body fat, say over 20%, then you can cut a lot more aggressively and aim to lose 1.5-2% a week until you get to a more healthy body fat, then slow it down.



Meal Planning and Nutrient Timing and Frequency

Meal planning and nutrient timing and frequency are important considerations for anyone looking to improve their tribal fitness and bodybuilding efforts. Knowing when and how often to eat your meals and what they should consist of at what times is important for anyone's fitness journey to be able to get the most out of what they are doing.

Meal planning involves organizing and preparing meals in advance, with the goal of meeting specific nutritional needs. For fitness enthusiasts and bodybuilders, this often means calculating and tracking macronutrient and calorie intake to ensure adequate intake of protein, carbohydrates, and fats. Meal planning can help people stay on track with their nutrition goals and make healthier food choices, as they can plan ahead and choose nutrient-dense foods rather than relying on convenience or fast food. It can also save time and money, as individuals can bulk cook and freeze meals or plan for leftovers.

Meal planning can also help people better manage their energy levels and hunger throughout the day. By eating smaller, more frequent meals, people can help keep their energy levels stable and prevent themselves from overeating and making bad food choices due to hunger. Ways to create a successful meal plan for long term success:

1. Determining your calorie and macronutrient needs: This is always going to be the first step in creating a successful meal plan, you must know what your calorie and macro needs are. Good thing we already covered that in our previous chapter “Energy Balance and Weight Balance”. If you need a reminder just go back and give yourself a refresher. You can also reach out to a coach to help you more accurately figure it all out, which would be easier on your end as well.
2. Choose a variety of nutrient dense foods: This is where things might get a little trickier and where getting the help of a professional or coach would be in your best interest. Once you have your determined calorie and macro intake, you need to choose a variety of

nutrient dense foods to meet these needs that not only meet your macros, but are rich in micronutrients to support a healthy body and mind. If you need help looking for a detailed and CUSTOM diet plan filled with various delicious food options, then head on over to www.thejungleaesthetics.com/coaching-diet-plans/ and fill out the form to get your very own diet plan, tailored directly to your needs filled with various delicious nutrient dense foods that will make reaching your weight goals just that much easier.

3. *Plan ahead and batch cook:* Once you have your custom diet plan and know exactly what to eat, then to make your meal planning more efficient, try planning ahead and batch cook. This can involve meal prep on the weekends or bulk cooking and freezing meals for the week. This will make things a lot more convenient since a delicious healthy meal will always be ready for you, and you can even eat them on the go if packaged properly.
4. *Make use of leftovers:* To save time and reduce food waste, make use of leftovers by incorporating them into future meals. You can even create a completely different meal with your leftovers which will make things more exciting. Which brings us to our next point:
5. *Don't be afraid to change things up:* Yes, it is very important to have a consistent meal plan, but that doesn't mean you have to eat the same thing day after day or week after week. It is very beneficial to mix things up to prevent boredom and ensure you are still meeting your micronutrient needs. A good meal plan will allow flexibility and give you various options to choose from so you can have a mix of foods to prevent your diet getting stale and preventing you from giving up on it entirely too quickly. The professional meal plan you get from our website will ensure you don't get bored and seek out the wrong food choices, as it's filled with various delicious meals to switch from.

Nutrient timing and frequency refer to when and how often nutrients and macros are consumed. When it comes to tribal fitness and bodybuilding, nutrient timing can be used to

optimize muscle growth and recovery. For example, consuming fast acting carbs like dextrose after an intense workout can help replenish your empty glycogen stores quickly, preventing you from getting way too tired and helping you recover more quickly.

PRE-WORKOUT NUTRITION

One important aspect of nutrient timing for fitness and bodybuilding is pre-workout nutrition. One of the main goals of pre-workout nutrition is to provide energy to the body. Carbohydrates are the primary source of energy for the body during exercise, and consuming carbs before exercise can help to replenish glycogen stores and improve performance. The type and amount of carbs consumed before exercise will depend on the intensity and duration of the workout, as well as your goals and preferences. Most of the time however, you are going to have a meal with slow acting complex carbs consisting of your other macros as well.

Protein is also an important nutrient to consider when it comes to pre-workout nutrition. Consuming protein before exercise can help to stimulate muscle protein synthesis and support muscle building. In addition, consuming protein before exercise may help to improve muscle strength and endurance. This is why you sometimes see bodybuilders consuming a fast acting protein shake right before their workouts.

In addition to carbs and proteins, it may be beneficial to consume other nutrients before exercise. For example, consuming electrolytes such as sodium and potassium can help to maintain hydration and support electrolyte balance during exercise. Consuming caffeine, a stimulant found in coffee and other beverages, can also help to improve performance by increasing alertness and reducing fatigue.

The timing of pre-workout nutrition is also important. It is generally recommended to consume a meal or snack containing carbs and proteins 30 mins to a couple hours before exercise, in order to allow time for digestion and absorption. For shorter or more intense workouts, it could be beneficial to consume a smaller snack closer to the start of the workout, such as a banana or a protein bar.

You have to note that people's individual needs and preferences will vary when it comes to pre-workout nutrition. Some people may find that they perform best with a larger meal a few hours before exercise, while other people may prefer a smaller snack closer to the workout. You are going to have to experiment with different approaches and methods to find what works best for you.

DURING WORKOUT NUTRITION

During exercise, it could be beneficial to consume carbs and electrolytes to maintain energy levels and prevent fatigue, either through sports drinks, gels, or other carb-rich snacks. Especially if you are planning on doing a longer workout, it can be very helpful to be consuming carbs to give your body the energy it needs to fuel the sustained workout. This can also be done with an intra-carb supplement drink, if you take sips of this along with your water, you might notice extra energy even by the end of your workout.

POST-WORKOUT NUTRITION

One of the main goals of post-workout nutrition is to support recovery and repair muscle tissue, and to replenish emptied out glycogen stores that you used during your workout. Consuming a healthy combination of carbs and proteins after exercise will help to replenish these glycogen stores, repair the muscle tissue, and even stimulate muscle protein

synthesis. This can be done through a post workout meal, drink or snack containing both carbs and proteins.

Consuming a higher protein intake after your workout will be beneficial for muscle building, while consuming a higher carb intake may be more suitable for replenishing glycogen stores and supporting better recovery. The timing of when to consume your post workout meal does not matter that much as long as you get it in before the end of the day, however if you were to consume fast acting carbs containing dextrose like gummy snacks, your body is the most anabolic, which means ready to build muscle, as it'll ever be in the day, so consuming protein right after this will help you build muscle while also replenishing your glycogen stores.

In addition to carbs and proteins, other nutrients may also be important to consider when it comes to post workout nutrition. For example, consuming antioxidant-rich foods or supplements, like broccoli, carrots, avocados and potatoes after exercise can help to reduce inflammation and support recovery. Consuming electrolytes such as sodium and potassium will also help to support hydration and electrolyte balance after exercise.

In addition to timing nutrients around exercise, the frequency of meals and snacks can also play a role in achieving your tribal fitness and bodybuilding goals. For example, consuming protein and carbs at regular intervals throughout the day can help to maintain a positive nitrogen balance, which is necessary for muscle building.

Your body can go through muscle protein synthesis about 5 times throughout the day, which is why it's best to have at least 5 meals containing high quality protein in it to give your body the most chances to build as much muscle as it can. Consuming smaller, frequent meals can also help to keep energy levels stable and prevent overeating.

Eating for Peak Tribal Performance

When you are eating for peak tribal performance, you are not only eating to put yourself in the best athletic position possible, but also the best mental position. As you know, tribal training involves training your body, mind and spirit all together to become the best version of yourself you can be, and function at the highest level possible for a human, on all fronts.

For this, you don't have a single specific goal like gaining muscle to get big and bulky or lose fat to be overly lean. While you are doing tribal training, you will always be gaining muscle, but you are also eating so that your body can support your athletic weight training workouts, give you energy for your tribal cardio (walking/jogging/sprinting; swimming; combat training), and give your brain the necessary nutrients it needs to always be functioning at a high capacity.

Not only will you be doing athletic movements so that you can move like an athlete, and your body can perform to its highest abilities in terms of strength, speed, endurance, jumping ability, swimming prowess and combat skill, but you will also look incredibly aesthetic just like a bodybuilder without fully 100% training that way, by incorporating hypertrophy exercises to body parts you want to bring up to make them look better as well as function well.

Overeating or undereating can not only make your body feel tired, but will also impair brain function as you now know, not letting you be your best self. If you want to go around life always being in the best shape physically and mentally, and constantly be ready for any battles or obstacles you may face, you need to fuel yourself accordingly.

To do this you are going to want to spread out your meals evenly throughout the day and ensure each one has a sufficient amount of protein for muscle maintenance and growth.

You don't ever want to be at a time during the day where all you're thinking about is food, or you ate so much that you can't do anything for a while until you let your massive meal digest. This is why smaller, more frequent meals will be better mentally and physically for yourself.

Since you have just read entire sections and chapters on why macros and nutrients are important for your physical needs when it comes to fitness and bodybuilding, this section is going to cover a little more about why its very crucial to have sufficient macros and micronutrients for your brain function to perform to your best ability in EVERY aspect of your life, including fitness. You want each of your meals to contain a healthy amount of good high quality proteins, carbs and fats, including being rich with the right micronutrients.

PROTEIN FOR OPTIMAL BRAIN FUNCTION

Protein is essential for the brain, as it is necessary for the synthesis of neurotransmitters and other brain chemicals. Protein is a major structural component of the brain, and makes up a significant portion of the brain. It is the thing necessary for the synthesis of neurotransmitters, which are the chemical messengers that transmit signals between neurons. Basically, without protein your body would not be able to produce a sufficient amount of these transmitters, which could lead to impaired brain function. Consuming adequate protein can help support brain function and cognitive performance. It is also necessary for the synthesis of hormones such as serotonin and dopamine, which are involved in mood regulation and are synthesized from amino acids.

CARBOHYDRATES FOR OPTIMAL BRAIN FUNCTION

Carbs are also important for brain function, as they provide the brain with glucose, which is the primary source of energy for the brain. The brain is a high-energy organ that

requires a constant supply of glucose, which we know by now is a type of sugar, to function properly. We know that when carbs are consumed, they are broken down into glucose, which is then absorbed into the bloodstream and used as fuel by the brain.

Carbs also help to regulate mood and cognitive function. The brain uses glucose as its primary source of energy, and fluctuations in blood sugar levels can affect mood and cognitive function. Consuming carbs can regulate blood sugar levels and maintain stable mood and cognitive function. They can also help to protect against brain damage. Some research suggests that a diet high in carbs may help to reduce the risk of brain damage, such as those caused by stroke or injury.

Carbs can also help improve brain function in older adults. Some research suggests that older adults who consume a diet high in carbs may have better cognitive function than those who consume a low-carb diet. If all of that wasn't enough, carbs also may help to reduce the risk of certain brain disorders. Some research suggests that a diet high in carbs may be protective against things such as depression and anxiety.

FATS FOR OPTIMAL BRAIN FUNCTION

Fat is another important nutrient for the brain, as it is necessary for the synthesis of certain brain chemicals and the insulation of nerve fibers. Fats are a major structural component of the brain. The brain is composed of approximately 60% fat, and fats are an important component of the cell membranes that surround and protect brain cells.

Fats are also necessary for the synthesis of neurotransmitters as well, as they are made from fatty acids, which are a type of fat. So without fats, and protein alike, the brain would not be able to produce the right amount of neurotransmitters.

Fats are necessary for the synthesis of hormones, the chemical messengers that regulate various physiological processes in the body, including those in the brain. Some hormones, such as testosterone and estrogen, are synthesized from fatty acids. As you know they are also necessary for the absorption of fat-soluble vitamins, like Vitamins A, D, E, and K are all fat soluble, which means they are absorbed and stored in the body in the fat tissue. Without enough healthy fats in your diet, these vitamins may not be properly absorbed and utilized by the body.

Fats are also necessary for the maintenance of healthy brain function. Some research suggests that certain types of fats, such as omega-3 fatty acids, may be beneficial for brain health and help to improve cognitive function. This is why it is important to have fish in your diet, especially fatty fish like salmon, as it is high in omega 3's.

MICRONUTRIENTS FOR OPTIMAL BRAIN FUNCTION

Now let's get to the micronutrients. These vitamins and minerals are incredibly important for brain function. For example, B12 and folate play a role in the synthesis of neurotransmitters as well, and zinc is necessary for synthesis of brain chemicals involved in learning and memory.

Some amino acids which are needed for these neurotransmitters can only be obtained from the diet, and they require specific micronutrients for their synthesis. The amino acid tryptophan, which is involved in the synthesis of the neurotransmitter serotonin, requires the presence of vitamin B6 and iron in order to be properly synthesized.

Micronutrients are also necessary for the synthesis of enzymes. Enzymes are proteins that catalyze chemical reactions in the body, and are necessary for many functions of the brain, including the metabolism of energy. Some enzymes require specific micronutrients in

order to function properly. For example, the enzyme dopamine beta-hydroxylase, which is involved in the synthesis of dopamine, requires the presence of copper in order to function properly.

Antioxidants and omega 3 fatty acids like previously mentioned are also micronutrients that are necessary for maintenance of brain function, beneficial for brain health and help to improve cognitive function.

Micronutrients are also necessary for the prevention of deficiencies. Deficiencies in iron can lead to anemia, which can cause fatigue and difficulty concentrating, and a deficiency in iodine can lead to hypothyroidism, which can cause brain fog and mental slowness. These are all reasons to have a proper balanced diet that include a variety of high quality, protein, carbs, fats and micronutrients to not only support bodily functions, but to support brain functions to have you performing the best. You don't want to ever be going around life not being able to function at top capacity, because you never know when you need to be able to function at the highest level.

HYDRATION FOR OPTIMAL BRAIN FUNCTION

Now let's get to hydration and its importance for optimal brain function. Hydration is incredibly necessary for the maintenance of brain tissue. The brain is composed of approximately 73% water, and it requires an adequate supply of water to maintain its structure and function. Dehydration can lead to brain volume and a reduction in brain tissue. You may see a pattern here, but hydration is also necessary for the proper functioning of neurotransmitters.

An adequate supply of water is also needed for the proper functioning of enzymes. Dehydration can lead to a decrease in enzyme function. Hydration is also necessary for the regulation of body temperature. The body uses water to regulate its temperature, and

dehydration can lead to an increase in body temperature, which can lead to heat stroke and brain damage.

If you suffer from regular headaches, dehydration may be the cause. A lack of sufficient water will lead to headaches and impair your ability to function properly throughout the day. Drinking a lot of water will help decrease frequency and severity of headaches. It is generally recommended to consume at least 8, 8 ounce cups of fluids per day to maintain proper hydration, however since we do regular activity and also train the body, you should be getting at least 12.

OTHER FACTORS THAT PLAY A ROLE

Now in addition to the nutrients we mentioned above, other factors such as sleep play a huge role in brain function and cognitive performance. You **NEED** to be getting adequate amounts of good sleep to support brain health, as well as repair your body from your workouts, and necessary to build muscle. Without proper sleep, taking care of your training and nutrition becomes so much less effective. Everyone is different in the amount of sleep they need to be well rested, but generally between 7-9 hours is what is recommended for most people to be able to tackle the next day's challenges with your full mental and physical strength.

Supplementation

Supplementation basically means taking additional nutrients, such as vitamins, minerals and amino acids to support the body's function and performance. For athletic purposes, when it comes to tribal fitness and bodybuilding, supplementation can be used to enhance muscle growth, improve recovery, and increase energy levels. Yes it is possible, and recommended, to get all the nutrients the body needs from a balanced diet, supplementation can ensure that athletes and bodybuilders are meeting their increased nutrient requirements. It can also help reduce costs and help people meet their caloric and macro intake. Some of the most common supplements used in the fitness and bodybuilding industry include:

PROTEIN

We all know protein is a necessary nutrient when it comes to the growth, repair and maintenance of tissues in the body, including muscle tissue. When you are a tribal fitness or bodybuilding athlete, we know protein is especially important for supporting muscle growth and repair after intense training. While it is possible to meet protein needs through a well-balanced diet, many athletes choose to use protein supplements to ensure they are getting enough protein to support their training goals and their elevated protein needs.

Some people have a hard time eating a lot of protein or food in general, so this helps them get their protein intake in a fast, easy digestible way that doesn't take up too much space in their stomach. This also helps to make the cost of eating all that protein cheaper, as one scoop of protein is significantly cheaper than if you were to get that same amount of protein in food. There are many different types of protein supplements, including powders, bars, and ready to drink shakes. Some popular types of protein supplements include:

- Whey Protein: This is a fast-acting protein that is derived from milk. It is a complete protein, meaning it contains all nine essential amino acids. Whey protein is easily digestible and is quickly absorbed by the body, making it a good choice for pre-workout nutrients and also post-workout recovery.
- Casein Protein: This is a slow-acting protein that is also derived from milk. Unlike whey protein, casein is digested more slowly and can provide a sustained release of amino acids over several hours. This makes it a good choice for meal replacement or as a nighttime snack.

In addition to these types of protein, there are also types for people with special diets, like vegetarians or vegans, but we will be getting into that a little later on. There are also blends available containing multiple sources of protein. You must consider your individual needs and goals when it comes to protein supplementation. Depending on how much protein your plan and goals dictate, you may not need to supplement with protein. It is ALWAYS better to get your macro and micronutrients from whole foods as it is to get it from supplementation.

CREATINE

Creatine is a naturally occurring amino acid that is involved in the production of adenosine 5'-triphosphate, or ATP for short, which is the body's main source of energy found in all life forms. Supplementing with creatine is known to increase power, strength, and muscle mass when it comes to tribal fitness and bodybuilding.

Creatine is found naturally in the body and is also present in small amounts in certain foods, such as red meat and fish. It can also be synthesized in the liver from the amino acids arginine, glycine, and methionine. While it is possible to get some creatine from the diet, it is

a very small amount and you can't get nearly enough for fitness goals from food, which is why people decide to use creatine supplements to increase their intake.

There are several forms of creatine available as supplements, including creatine monohydrate, creatine hydrochloride, and creatine ethyl ester. Even though there are all these types, creatine monohydrate is the most widely studied form and is generally considered to be the most effective, so I would suggest just stick to that if you decide to supplement creatine.

Creatine works by increasing the body's stores of phosphocreatine, a molecule that is involved in the production of ATP. When the body needs a quick burst of energy, such as during a weightlifting session, ATP is broken down to release energy. It also adds water to your muscles, in between the tissue and the fibers, increasing the mass and power. This is why it is **CRUCIAL** to drink even more water than you already were. Being properly hydrated while taking creatine is necessary for its effectiveness.

By increasing the body's stores of phosphocreatine, creatine can help support the production of ATP, leading to increased strength and power. There is a large amount of research supporting the use of creatine for increasing strength and muscle mass in athletes and bodybuilders. In one review of the literature, researchers found that creatine supplementation led to significant increases in muscle strength and size in trained individuals. Another study found that creatine supplementation increased muscle mass and strength in older adults participating in resistance training.

Creatine is generally considered safe when used as directed. However, it is important to be aware of the potential side effects, which can include gastrointestinal discomfort, weight gain, and muscle cramps, especially if not drinking enough water when supplementing with it.

PRE-WORKOUT:

Pre-workout supplements are designed to be taken before a workout to improve performance, endurance, and energy. These supplements are particularly useful for people who are engaged in tribal fitness or bodybuilding, as they can help to increase the intensity and effectiveness of their workouts.

There are many different types of pre-workout supplements out there on the market, and they often contain a range of ingredients that are intended to boost energy, focus, and strength. These ingredients can include caffeine, amino acids, and other nutrients known to support physical performance. Some pre-workout supplements also contain ingredients that are intended to enhance mental focus and clarity, such as L-theanine or alpha-GPC. One of the main benefits of pre-workout supplements is that they can help to increase energy levels and reduce fatigue. This is particularly important for people trying to push themselves to the limits in the gym, as it can help to improve the intensity and duration of their workouts, and can help you get in a few extra reps at the end of a set.

On top of that, some pre-workout supplements may also contain ingredients that are intended to support muscle growth and recovery, such as protein or creatine. You need to be aware, however, that not all pre-workout supplements are created equal, and it's important to do your research before choosing a product. Some pre-workout supplements may contain ingredients that are not well-studied or that may have negative side-effects. Some pre-workouts are also either incredibly underdosed, or dangerously overdosed with caffeine, so it's important to be cautious when selecting a product.

Alternatively, you can also use just coffee as a preworkout. A typical cup of coffee has about 100mg of caffeine in it, and is a great amount to still get a great workout in. Try having

it black to avoid the unnecessary calories from cream or sugar, but if that's how you prefer your coffee, then there is no harm in doing so.

MULTIVITAMINS:

Multivitamins are dietary supplements that contain a combination of vitamins, minerals, and other nutrients that are essential for maintaining good health. These supplements are often taken to help fill nutritional gaps in the diet and to support overall well-being. People who do tribal fitness and bodybuilding regularly need more of these micronutrients with their increased caloric needs.

By now, we already know why these micronutrients are so vital, like for improved energy and recovery, improved immune function, enhanced muscle growth and recovery, better overall health and so on, so we'll be getting in to what to look for when trying to find the best choice for you, since there are so many different ones on the market. Some factors you have to consider when trying to find the best multivitamin for you are:

- *Nutrient Profile:* The best multivitamins for tribal fitness and bodybuilding should contain a wide range of nutrients, including vitamins, minerals, and trace elements that are important for muscle building and overall health. Some key nutrients to look for include vitamin D, calcium, and magnesium for bone health; vitamin B12, iron, and folic acid for energy production; and antioxidants such as vitamin C and E to support the immune system.
- *Quality of Ingredients:* It's important to choose a multivitamin that is made from high-quality ingredients, as these are more likely to be absorbed and utilized by the body. Look for a product that uses whole food sources of nutrients, rather than synthetic forms, as these are often better absorbed and more bioavailable.

- Dosage: The dosage of each nutrient in the multivitamin should be appropriate for the intended population. For example, a multivitamin for athletes and bodybuilders may contain higher doses of certain nutrients, such as vitamin C and zinc, which may be beneficial for muscle building and recovery.
- Ease of Use: Consider the form of the multivitamin (e.g. capsule, tablet, powder) and how easy it is to incorporate into your daily routine. Some people may prefer a powder form that can easily be mixed into a smoothie or beverage, while others may prefer a pill or capsule that can be taken with a meal.

Remember, just as with the other supplements, these are all meant to be used as a tool, not as a full replacement for real food. It is always going to be much better to get all your caloric, macro and micronutrient needs through a good diet and real high-quality food, however if you are having trouble eating food, or meeting your higher nutrient needs, then this is when these supplements can be a very useful tool to meet your goals.



Nutrition for Special Diets (Vegetarian, Vegan, etc)

So we have just looked into recommended proper and optimal nutrition pretty extensively, but all of that is under the assumption that you don't have any health issues, don't have a special diet or restriction, and can eat anything without worry. However not everyone is like that, and I have ALWAYS said, the most ideal diet for you is going to be different for everyone. Everyone's body is vastly different, needs different things and feels better when they eat certain foods versus not which is why it is always best to listen to your body and your health care professional when it comes to what to eat and how to fuel your body.

There are so many different types of restrictions and diets that works well for people, so if you have been eating the generally accepted "optimal" way for a while and still don't feel good, having digestion problems and just not energized as you should be throughout the day, maybe your body doesn't agree with certain foods and having a special restriction diet may be a better shot for you. We'll be going into how to meet your nutrient goals while still on these restrictive diets for the people that have them and are still into tribal fitness and bodybuilding, because remember, tribal fitness is for EVERYONE, regardless of what you eat.

VEGETARIAN

Vegetarianism is a dietary pattern that excludes eating meat, poultry, and fish, and can be adopted for various reasons, including ethical, environmental, and health considerations. While it is possible for vegetarians to meet their nutrient and macro goals, it requires careful planning and the inclusion of certain key nutrients in the diet. Here are some tips for vegetarian athletes and bodybuilders to meet their nutrient and macro goals:

- *Include a Variety of Plant-Based Protein Sources:* Plant based protein sources include beans, lentils, tofu, tempeh, nuts and seeds. These can be incorporated into meals and snacks to help meet protein needs. It's crucial to include a variety of these sources in the diet to ensure that all essential amino acids are included.
- *Get Enough Iron:* Iron is an essential nutrient that is important for oxygen transport in the body and energy production. Vegetarians, particularly those who follow a vegan diet, may be at risk for iron deficiency due to the limited availability of heme iron (found in animal sources) in their diet. To meet iron needs, include iron-rich plant based foods such as lentils, beans, tofu, nuts, seeds, and fortified cereals in the diet. It may also be helpful to consume iron-rich foods with a source of vitamin C, as this can increase iron absorption.
- *Do Not Neglect Calcium:* Calcium is important for strong bones and teeth, and it is found in dairy products. You may also get it from other sources like tofu, fortified orange juice, and leafy green vegetables like broccoli, kale, and spinach.
- *Focus on Balanced Meals and Snacks:* To meet macro goals for tribal fitness and bodybuilding, it's important to focus on balanced meals and snacks that include a combination of protein, carbs and healthy fats. Your plant based sources of protein can be paired with complex carbs like whole grains and vegetables, as well as healthy fats like avocados, nuts and seeds.
- *Consider Supplementation:* Depending on the type and severity of the vegetarian diet, certain supplements may be necessary to help meet nutrient needs. For example, vegans may need to supplement with vitamin B12, as this nutrient is only found in animal-derived foods.

VEGAN

Veganism is a diet that excludes the consumption of all animal products, including meat, poultry, fish, dairy and eggs. Anything that comes from or is made from animals, is not a part of the diet. Just like with vegetarians, vegans can still meet their higher nutrient goals, and a lot of the same principles that were discussed in the vegetarian section apply, for example, including a variety of plant based proteins, get enough iron, don't forget about calcium, and focus on balanced meals and snacks.

However, another key thing to remember that vegans especially may be deficient in is to remember to get enough B12. Vitamin B12 is an essential nutrient that is important for the production of red blood cells and the proper functioning of the nervous system. It is found almost exclusively in animal-derived foods, making it difficult for vegans to get enough of this nutrient. To meet vitamin B12 needs, vegans should include fortified foods (such as plant-based milk, breakfast cereals, and nutritional yeast) or take a B12 supplement.

There are also vegan protein supplements that you can take to reach your increased protein goals even more, such as soy or pea based protein instead of the more popular whey versions. Another nutrient vegans would be deficient in is omega-3 fatty acids, which are the essential fats that are important for brain and heart health. While they can be obtained from plant-based sources like flaxseeds and chia seeds, they are not as well absorbed as the forms found in fatty fish, so supplementation could be your best bet.

ALLERGIES

People with allergies often face challenges when it comes to meeting their nutrient needs, especially if they are trying to also maintain a tribal fitness and bodybuilding routine. Allergies can make it difficult to consume certain types of food, which can limit the variety

of nutrients that a person is able to consume. However, with careful planning and a little bit of creativity, it is possible for people with allergies to meet their nutrient goals and support their tribal fitness and bodybuilding goals.

One of the key strategies for meeting nutrient goals with allergies is to focus on whole, unprocessed foods that are less likely to trigger allergic reactions. This includes foods like vegetables, fruits, nuts, seeds and lean proteins like chicken, fish, and tofu. These types of foods provide a wide range of nutrients, including vitamins, minerals, and antioxidants, as well as protein and healthy fats, which are important for building muscle and supporting overall health. Another method is to explore alternative sources of the nutrients that may be more difficult to consume due to allergies. For example, if a person is allergic to dairy, they may be able to get their calcium and vitamin D from other sources such as leafy green vegetables, nuts and seeds, and fortified plant-based milks. Similarly, if a person is allergic to gluten, they may be able to get their complex carbs from sources such as quinoa, rice and potatoes.

Even when you have allergies you still have to be mindful of portion control as well as the frequency of your meals. Consuming smaller, more frequent meals will still help to ensure the body is getting a steady supply of nutrients throughout the day. Which will be especially important for supporting muscle growth and recovery. People with allergies have an even higher need to consult with a healthcare professional or a registered dietician to ensure that they are meeting their nutrient needs and to discuss any potential supplement recommendations. This is **ESPECIALLY** important for people with severe allergies or multiple food allergies, as they will need to be more careful about their nutrient intake.

There are tons of different types of special diets that we have not got into, like the keto diet, which is low or no carb diet and you increase your proteins and fats; animal-based diet, which is where you only eat animal based products, like meat, eggs, dairy, honey, but

also with adding tons of fruit; the carnivore diet, where you eat ONLY meat, mainly red meat. Any of these diets may be better suited for you and your body, and there is nothing wrong with trying them out and seeing what works best for you. Anyone telling you that any one certain type of diet is best for EVERYONE is not being truthful and should not be listened to.

Certain, if not most, nutrients are needed for everyone, but there are multiple ways to get these nutrients that can fit with any diet you may need to have. The same principles apply with all of these diets when it comes to tribal fitness and bodybuilding, try to get the necessary nutrients your body needs to function properly and to have all processes working at full capacity, either by substituting food choices for others that contain those nutrients, or by supplementation.



Common Nutrition Mistakes to Avoid

There are tons of mistakes people make when first starting out on their tribal fitness and bodybuilding journey when it comes to nutrition. Reading this book is a great step in knowing the right things to do and to put in your body to be working at peak human capacity, and will help you to expedite the process to reaching your goals by avoiding certain mistakes that can be holding you back. Here are some more common mistakes to avoid on your journey:

1. *Not Consuming Enough Calories*: One of the most common mistakes that people make when it comes to nutrition and tribal fitness is not consuming enough calories. In order to build muscle and support physical activity, the body needs a sufficient amount of energy, which comes from calories. If a person is not consuming enough calories, they may not have the energy needed to sustain their workouts, which can lead to muscle loss and a lack of progress.
2. *Not Having a Structured Diet Plan*: Having a structured plan that you can easily follow with various delicious foods that meet your personal caloric and macronutrient goals is KEY to success when it comes to meeting your tribal fitness and bodybuilding goals. Not having one and aimlessly eating anything without knowing how many calories and macros your body needs is really going to hurt your progress. Remember to head over to www.thejungleaesthetics.com/coaching-diet-plans/ to get your very own CUSTOM personalized diet plan so you can make the most progress possible and reach your goals FAST.
3. *Focusing Too much on One Macronutrient*: Another common mistake is focusing too much on one macronutrient, such as protein or carbs, while neglecting the others. While it is important to consume adequate amounts of protein to support muscle growth, it is also important to consume sufficient amounts of carbs and fats, as we know these nutrients play important roles in energy production, hormone production, and overall health.

4. *Not Eating Enough Protein:* We know that protein is an essential nutrient that is necessary for building and repairing muscle tissue. However, it is important to consume the right amount of protein, as consuming too much can put strain on the kidney and lead to other health issues. On the other hand, not consuming enough protein can lead to muscle loss and a lack of progress.
5. *Not Consuming Enough Fruits and Vegetables:* Fruits and vegetables are an important source of vitamins, minerals, and antioxidants, which we also know are necessary for overall health and well-being. They are also a good source of fiber, which can help to support digestion and prevent constipation.
6. *Skipping Meals:* Skipping meals, especially breakfast, can lead to overeating later in the day, unless you are doing intermittent fasting where you only allow yourself a certain eating window which is usually too short to overeat. We know it is important to consume regular, balanced meals throughout the day to ensure that the body is getting a steady supply of nutrients. We also know that the body has about 5 chances throughout the day to go through muscle protein synthesis, so having at least 5 meals that contain protein in it gives your body the most chances to build muscle.
7. *Relying too Heavily on Supplements:* While supplements can be a useful addition to a healthy diet, they should not be used to replace whole foods. We are also aware by now that it is important to consume a varied diet that includes a wide range of whole, unprocessed foods to ensure all nutrient needs are being met.
8. *Underestimating the Importance of Hydration:* Proper hydration is essential for maintaining optimal physical and mental performance. Dehydration can lead to fatigue, muscle cramps, and impaired athletic performance. Another thing that we are now aware of is that it's important to consume enough water and electrolytes to maintain proper hydration, especially during periods of increased physical activity.
9. *Not Eating Enough Healthy Fats:* Fats are an important source of energy and are necessary for the absorption of certain vitamins and minerals. However, we know that we have to choose healthy fats, such as monounsaturated and polyunsaturated fats, rather than unhealthy trans and saturated fats.

10. Not Paying Attention to Portion Sizes: It is important to pay attention to portion sizes to ensure that calorie and nutrient needs are being met. Consuming too many calories can lead to weight gain, while consuming too few can lead to a lack of progress and potential nutrient deficiencies.
11. Not Following a Balanced Diet: A balanced diet is one that includes a variety of food in the right proportions. We definitely know by now how important it is to consume a variety of nutrients, including carbs, proteins, and fats, as well as a wide variety of vitamins and minerals.
12. Eating too much Processed/Junk Foods: Eating processed and junk foods may be tasty and convenient, but eating too much of this will absolutely affect your short term and long term health. You would be able to notice the difference it makes when you switch from eating mostly processed junk food to a diet with mainly whole, high-quality healthy food. Moderation is key, so while you may enjoy your bad foods once in a while, we must treat it as a treat, and not as a commonality.

Luckily you have this book to guide you through not making these mistakes and to avoid them in the future, and like I said, moderation is key. You don't want to be restricting yourself too heavily and have yourself regress back to a pattern of unhealthy eating habits because you went too strict and rebounded. Enjoy your bad foods once in a while, indulge in your guilty pleasures, we are human after all, and you shouldn't feel bad for one night of bad eating. However it is crucial to not make it a habit, and just use it as a tool. Prolonged unhealthy eating will make you feel much worse than if you were to "cheat" on a diet once in a while, I can promise you that.

Conclusion, Future Considerations in Tribal Fitness

I know that there was A LOT of information and value in this book, but everything you have gotten from here you will be able to use forever in your tribal fitness and bodybuilding journey. The core concepts are pretty simple, eat enough depending on your goals, get enough macro and micronutrients depending on your body and your needs, don't forget certain things like hydration.

I wanna stress the importance of knowing your own body and what works well for it, because like I said, what works for one person may not be the best for another. The tribal way to eat is the way that makes your body function optimally, to its fullest and best capabilities, both physically and mentally, so that you may also be rock solid spiritually and have the utmost confidence in yourself and your abilities day in and day out.

As the field of nutrition and fitness continue to evolve, there are several key considerations that will likely shape the future of these industries. First of all, the increasing awareness of sustainability will likely drive the development of more environmentally-friendly and plant-based dietary options. With growing evidence indicating the negative impacts of animal agriculture on the environment, there is a growing movement towards plant-based diets as a more sustainable option. This trend is likely to continue in the coming years, as more people become aware of the environmental benefits of plant-based eating as as new plant-based alternatives are developed

Another key consideration for the future of nutrition and tribal fitness is the growing recognition of the importance of personalized nutrition like I have been constantly stressing. While one-size-fits-all dietary recommendations have long been the norm, it is now becoming more clear that individuals have unique nutritional needs based on factors such as age, gender, genetics and lifestyle. Maybe we can attribute that to coaches trying to sell cookie cutter programs to people to make more money, but we will never know.

As a result of this, there is a growing interest in personalized nutrition approaches that take these factors into account in order to optimize health outcomes. This trend will definitely continue as more research is conducted on the role of genetics and other personal factors in determining nutritional needs. Do not forget to head over to www.thejungleaesthetics.com/coaching-diet-plans/ to get your personalized diet plan that takes all these factors into account so that you do not set yourself behind and shoot yourself in the foot when it comes to your tribal fitness and bodybuilding goals. You can also get one of our well structured and informative training programs to go along with your diet plan so that you have a solid plan of attack to achieve your goals.

Now that you are aware of all the nutritional tips and guidelines to ensure you are putting yourself in the best position possible to reach all your goals, you are able to go forward without much stress, knowing that you are now armed to the teeth with the knowledge to achieve all your tribal fitness and bodybuilding goals. Remember to head on over to our website if you want a custom diet plan, or maybe 1 on 1 coaching with a professional fitness and bodybuilding coach would better suit your needs so that you have help every step of the way, as you will basically have your coach in your pocket and can ask him questions at any point you need, in which case you can find that on our website as well. To further get DAILY free information and always stay up to date with fitness content and knowledge, join the tribe and follow our socials as well, on instagram @thejungleaesthetics, and on Tik Tok @thejungleaesthetics. Please don't be afraid to ask any questions so good luck and...

Welcome to the Jungle!

-Styles from

