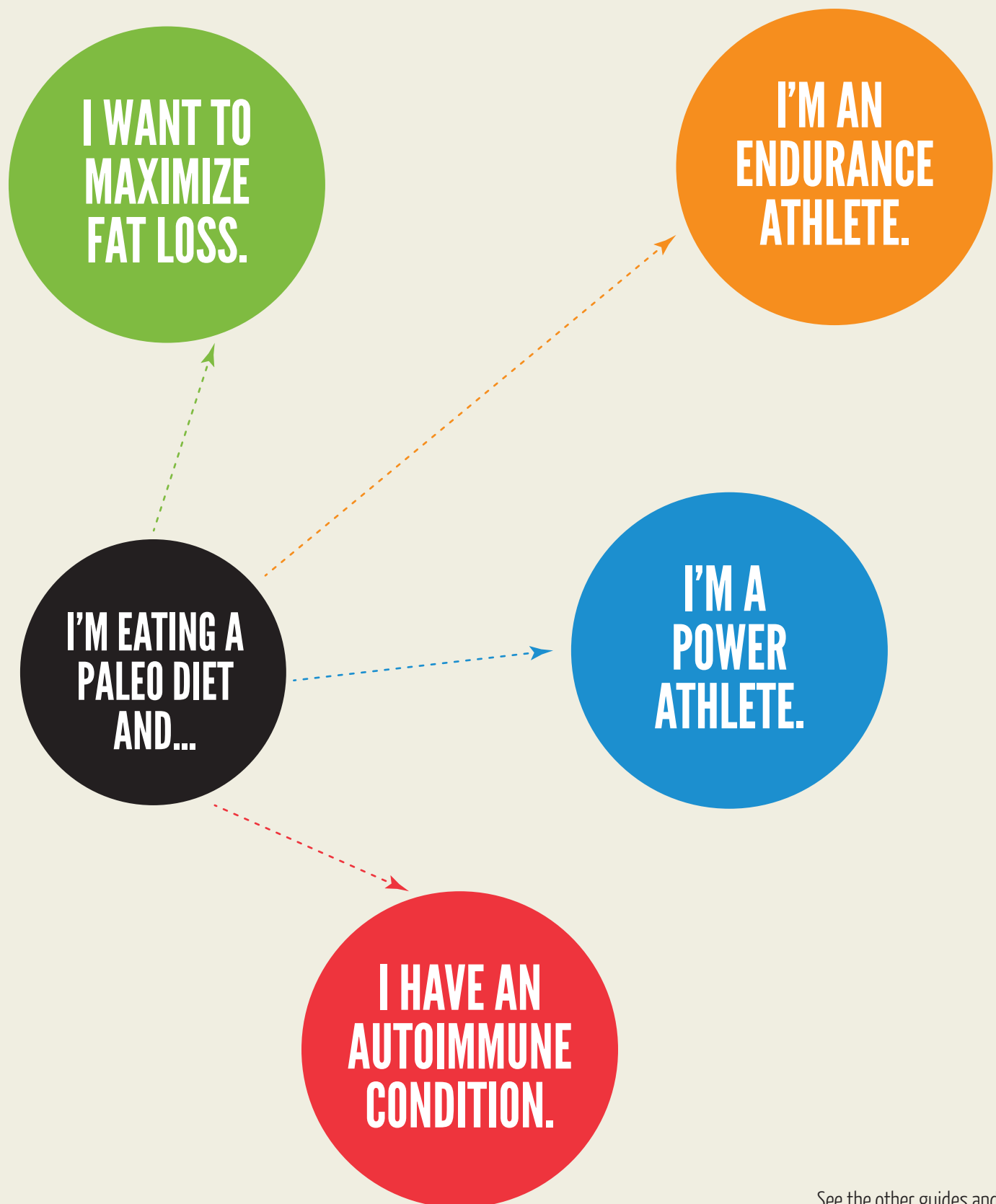


# ROBB WOLF'S PALEO DIET GUIDE TO Troubleshooting Paleo

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See the other guides and pick up tons of free information at [www.robwolf.com](http://www.robwolf.com).

# ROBB WOLF'S PALEO DIET GUIDE TO Eating for autoimmunity



# ROBB WOLF'S PALEO DIET GUIDE TO Fueling for endurance

## I NEED TO BUILD AN AEROBIC BASE.

Fasted +10-20g BCAA

Train relatively low carb. Eat your dense carb sources post-workout.

Eat per pound of bodyweight  
.8g protein  
17-19 calories  
50-100g carbs  
the remainder in fat

## I WANT TO FUEL FOR INTERVALS.

Eat 80-90% of calories from carbs in post-workout period.\*  
\* Liquid carbs optional

Eat per pound of bodyweight  
.8-1.0g protein  
17-21 calories

## I WANT TO FUEL FOR COMPETITION.

Post workout BCAA: +10-20g

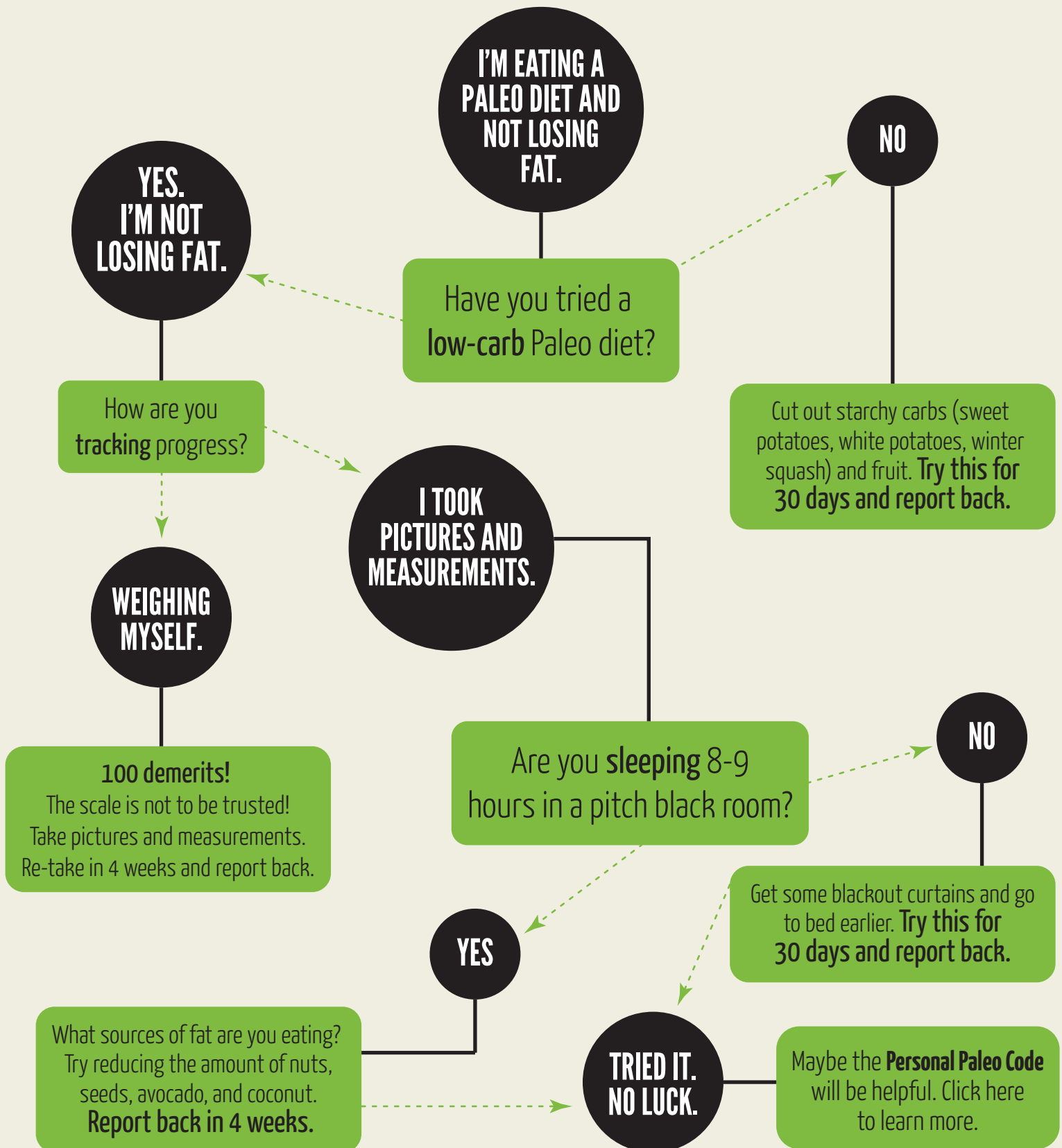
Eat 80-90% of calories from carbs in post-workout period.\*  
\* Liquid carbs optional

Test your fuel sources BEFORE game day. Eat dense carb sources pre- and post-workout.

Eat per pound of bodyweight  
.6-.8g protein  
17-21 calories  
  
Eat 50-60% of calories as carbs.

For help designing an endurance athlete nutrition program please [click here to contact Amy Kubal, RD.](#)

# ROBB WOLF'S PALEO DIET GUIDE TO Troubleshooting fat loss



# ROBB WOLF'S PALEO DIET GUIDE TO Fueling for power athletes

## I NEED TO CUT WEIGHT.

Fasted +10-20g BCAA

Train relatively low carb. Eat your dense carb sources post-workout.

Eat per pound of bodyweight  
1.0-1.25g protein  
15-17 calories  
50-100g carbs  
the remainder in fat

## STRENGTH MAINTENANCE BLOCK

Eat 80-90% of calories from carbs in post-workout period.\*  
\* Liquid carbs optional

Eat per pound of bodyweight  
1.0-1.25g protein  
17-19 calories  
carbs as tolerated

## I WANT TO GAIN MUSCLE MASS.

Post workout BCAA: +10-20g

Eat 80-90% of calories from carbs in post-workout period.\*  
\* Liquid carbs optional

Eat per pound of bodyweight  
1.0-1.5g protein  
19-21 calories

Eat 20-40% of calories from carbs as tolerated.

Check out John Welbourn's site [Talk To Me Johnnie.com](http://TalkToMeJohnnie.com) for more information on fueling for power athletes.