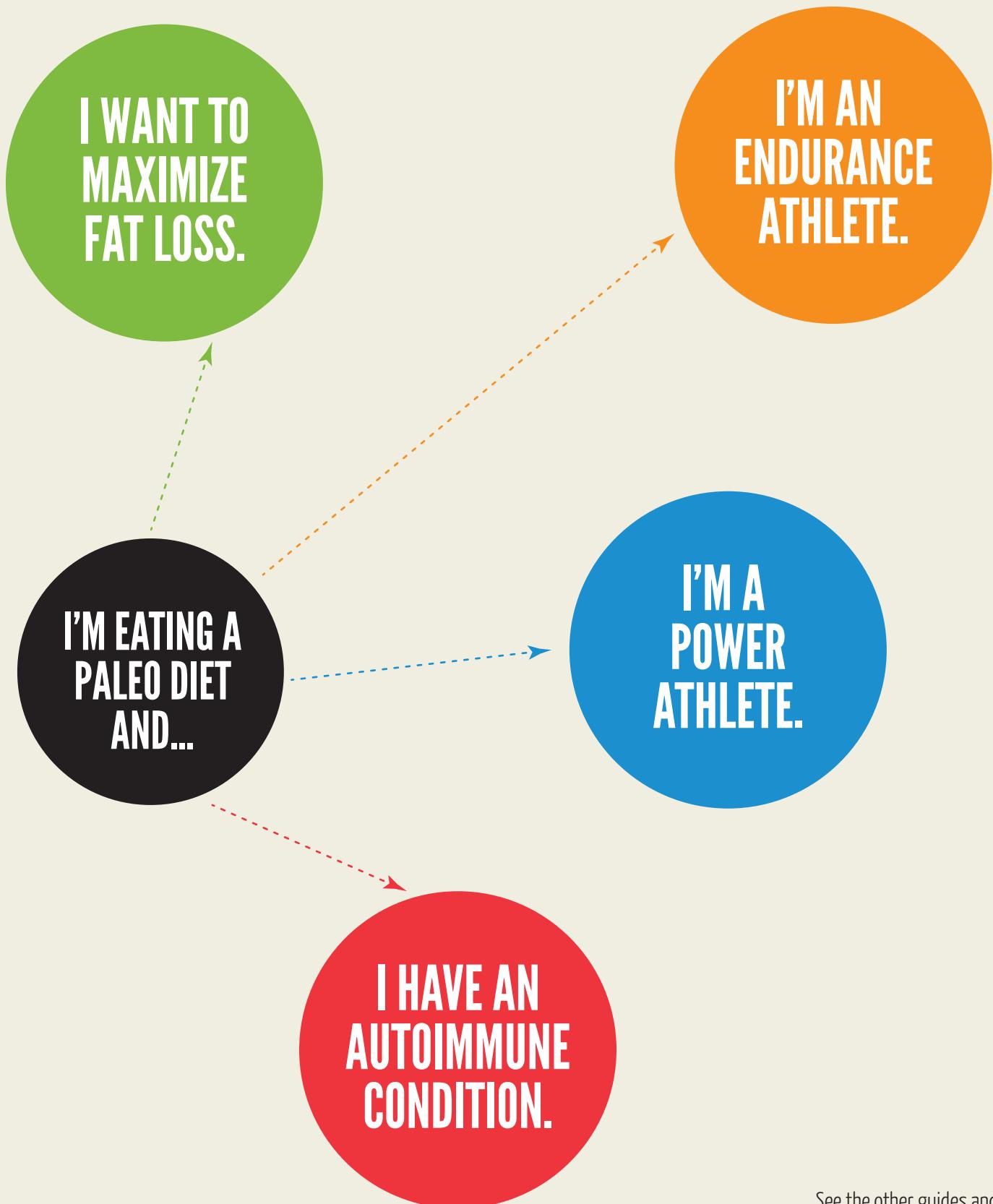
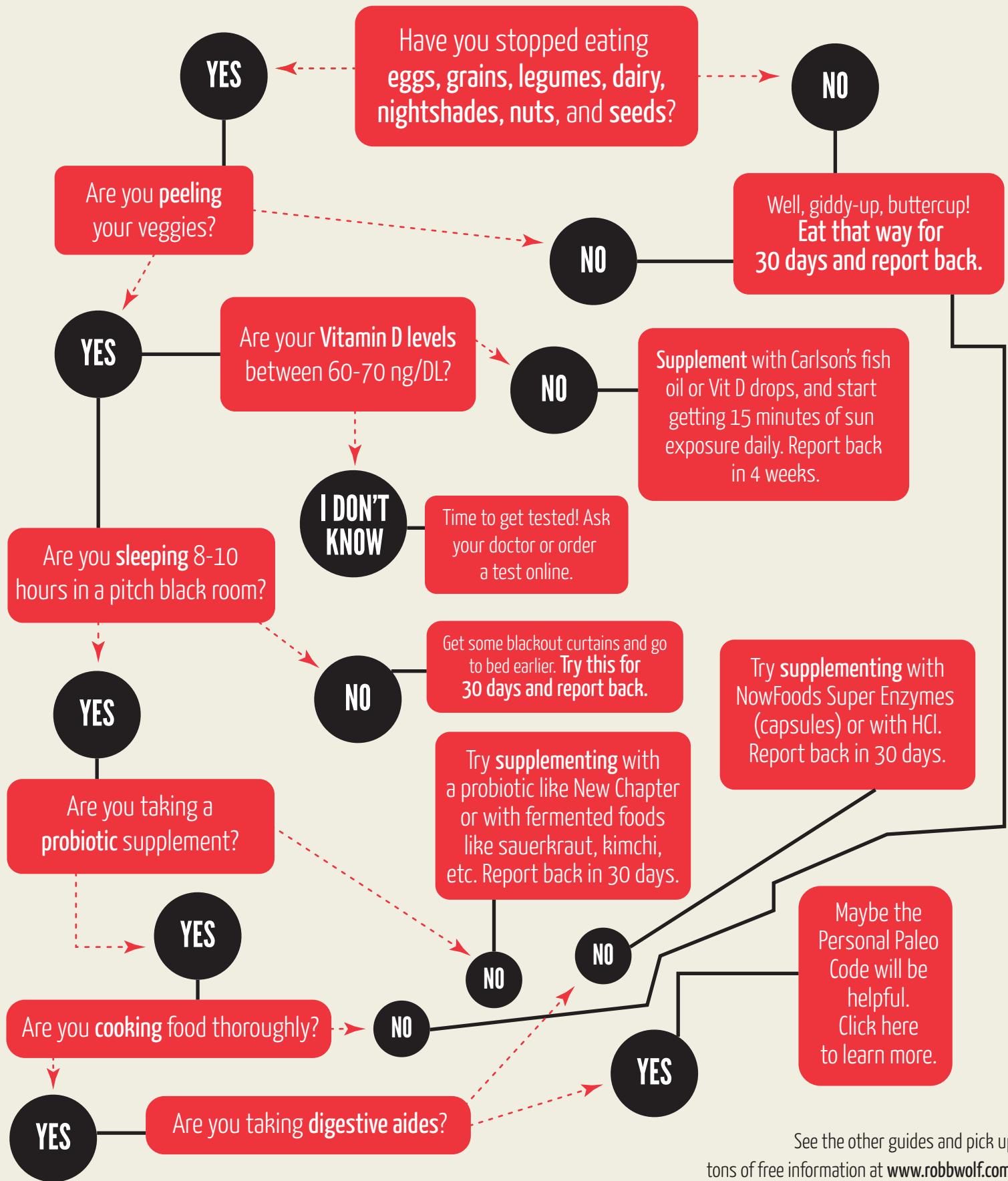


ROBB WOLF'S PALEO DIET GUIDE TO Troubleshooting Paleo



See the other guides and pick up
tons of free information at www.robbwolf.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.

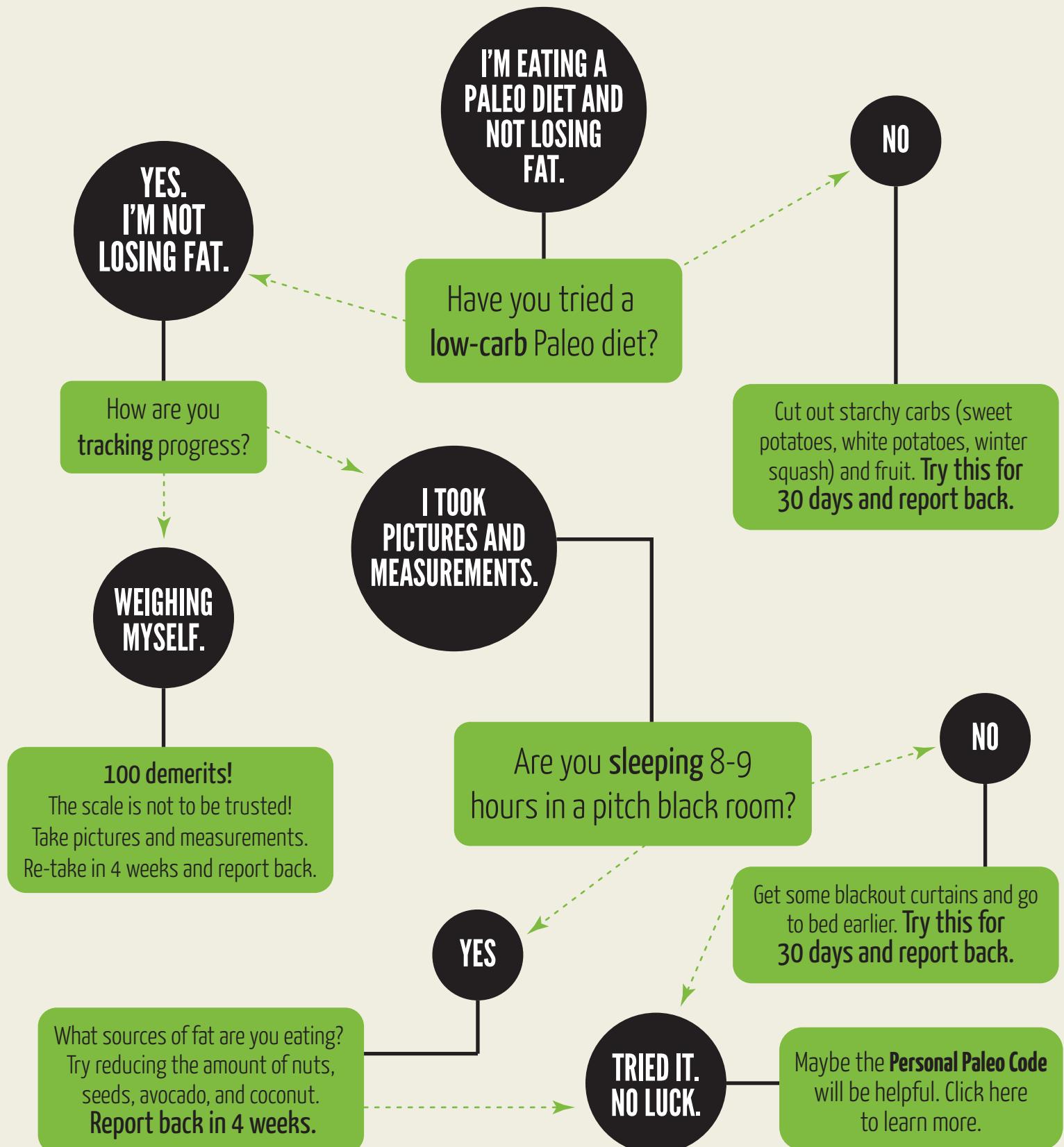
Eat per pound of bodyweight
.6-.8g protein
17-21 calories

Eat 50-60% of calories as carbs.

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

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ROBB WOLF'S PALEO DIET GUIDE TO Troubleshooting fat loss



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

I NEED TO CUT WEIGHT.

STRENGTH MAINTENANCE BLOCK

I WANT TO GAIN MUSCLE MASS.

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

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

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.