Endurance Athlete Feeding … DB#20

Becoming Your Own Chemist

Nutrition AFTER your training & events - Recovery

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Background:

I am Gluten Free (GF), Dairy Free (DF) no to milk/cheese and yes to eggs.

Mostly nut free - no to peanut butter and yes to Brazilian nuts.

Becoming your own chemist - Why?

1) Only put in your body only what you know
2) Experiment with each ingredient and amount of each to solve nutrition & cramping problems
3) Save money & not be tied to chemistry changes

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Background:

I have experimented many years to find a combination that works for me, I encourage your to find a chemistry that works for you. I will compare several 'recovery' chemistries with you and show you a simple method to determine what might be working better for you.

Here is a solution that is inexpensive and works for me:

Pea protein powder + 1 table spoon cocoa + 1 table spoon brown sugar in heated coconut milk at night

and

Pea protein powder + 1 table spoon brown sugar + water within 15 - 20 minutes after workout or event

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What is the nutrition? How much does it cost? Where do I buy it?

I look for a product or combination of products that is inexpensive and works for me.

Conclusion: Now Pea Protein ~ ¼ the cost of other Protein powders with equivalent BCAA content.

1-year savings ~$500

Assume $2.4 savings/workout @ 4 times a week for 50 weeks a year = $480/year

	NOW Sports Pea Protein Powder,2-Pound	Trader Joes Organic Pea Protein	VEGA Organic Protein & Greens	BodyTech BCAA Glutamine Supports Muscle Endurance, Growth Recovery with Essential Amino Acids	Arbonne Vanilla Protein Shake Mix (Powder) #2070	The Myers Way Paleo Protein
How well mix?	OK	GREAT	GOOD	GOOD	GOOD	OK
Composition	Protein + BCAA	Protein + BCAA	Protein + Vitamins, NO BCAA	BCAA only	Protein only	Protein only
Cost - Dollars/Serving	**0.6**	**1.6**	**2.6**	**0.4**	**2.6**	**2.5**
Opinion	Best deal	Good deal	Expensive	Supplement	Expensive	Expensive

Notes:

All pricing from Amazon except Trader Joes & Arbonne, timing ~ 5/2020

More details: Proteinpowerforafter_electrolytesforduring_22719.xlsx

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A simple method to test:
After a similar & consistent workout I test my morning resting heart rate (MRHR) the next day.

My results:
- No Protein or BCAA MRHR on average + ~7 beats per minute or +~12% over NOW Pea Protein + BCAA.
  Protein Powders without BCAA tested similar to No Protein or BCAA.
- Also, less tired & less grumpy with NOW Pea Protein + BCAA.

My simple test method:
Saturday ride: 30 minutes at steady pace with Heart Rate = (180 – age + 5 bpm) repeated 6 times on trainer. Total time on bike ~ 200+ minutes on trainer.
Within 30 minutes recovery drink.
Check MRHR after meditation checked with old *Restwise* finger meter the next morning

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Disclosure:

- I am not a doctor nor do I play one on the internet or anywhere else.
- This is my lessons and learning, use it and share it if you like.
- I do not receive any compensation for any these products, yet I have purchased them with my own earnings.
- Thank you!

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Vegan One

Nutrition Facts
Serving Size: 1 scoop (42g)
Servings Per Container: Approx. 17

Amount Per Serving	
Calories 150	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Potassium 280mg	**8%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 20g	**24%**

Vitamin A	50%	• Vitamin C	50%
Calcium	15%	• Iron	30%
Vitamin D	50%	• Vitamin K	90%
Thiamin	50%	• Riboflavin	50%
Niacin	50%	• Vitamin B_6	50%
Folate	8%	• Vitamin B_{12}	15%
Biotin	6%	• Pantothenic Acid	35%
Phosphorus	15%	• Magnesium	8%
Zinc	2%	• Manganese	15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g

The Myers Way Paleo Protein

Supplement Facts
Serving Size 1 Scoop (27 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	100	
Total Fat	1 g	1%
Saturated Fat	0.5 g	3%
Total Carbohydrate	3 g	1%
Dietary Fiber	2 g	7%
Protein	21 g	
Iron	2 mg	11%
Sodium	150 mg	7%
Potassium	391 mg	8%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Hydrolyzed non-GMO beef protein, cocoa powder (alkalized), stevia leaf extract, MCT oil powder (coconut), sea salt, silicon dioxide.
SUGGESTED USE: Mix 1 scoop in 8 ounces of water or other beverage per day. Best mixed in a blender. Consult your physician before use.
DOES NOT CONTAIN: Gluten, wheat, dairy, corn, soy, GMOs, or yeast.

Bodytech BCAA

Supplement Facts
Serving Size 1 Scoop (6.9g)
Servings Per Container About 59

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	30 mg	33%
L-Glutamine†	2.5 g	*
L-Leucine†	2 g	*
L-Isoleucine†	1 g	*
L-Valine†	1 g	*

* Daily Value not established.

Other ingredients: None.
Does not contain: Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.
† Free Form Amino Acids
▲ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Arbonne Protein shake

ARBONNE ESSENTIALS

COMPLEMENTARY PRODUCTS

Supplement Facts

NOW Pea Protein

Nutrition Facts
About 27 servings per container
Serving size 1 level scoop (33g)
Amount per serving
Calories 120

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	14%
Total Carbohydrate 1g	<1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	48%

INGREDIENT: YELLOW PEA PROTEIN ISOLATE

Trader Joe's Organic Pea Protein

INGREDIENTS AND NUTRITION FACTS

UNSWEETENED PEA PROTEIN INGREDIENTS:
ORGANIC PEA PROTEIN ISOLATE.
UNSWEETENED PEA PROTEIN NUTRITION FACTS:
18 servings per container | Serving size 2 scoops (26g) | Amount per serving: Calories 100
Total Fat 2g (3% DV), Total Carbohydrate 1g (less than 1% DV), Protein 20g (36% DV), Calcium (4% DV), Iron (20% DV), Sodium (16% DV).
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.