



# ACE TOTAL FITNESS

Life-Changing Fitness, Backed by Science  
Personal Training & Program Design with Aaron Olar

ACE TOTAL FITNESS

Athletic Performance

Nutrient Category	Food	Typical Serving	Carbs (g)	Protein (g)	Fat (g)	Calories	Notes / Best Uses
Recovery Fat	Olive oil (extra virgin)	1 tbsp	0	0	14	120	Anti-inflammatory fat
Recovery Fat	Avocado	1/2 medium	6	1	11	120	Add to bowls/sandwiches
Recovery Fat	Almond butter	1 tbsp	3	4	9	98	Energy-dense spread
Recovery Fat	Mixed nuts	1/4 cup	8	6	18	200	Snack or trail mix
Recovery Fat	Chia seeds	1 tbsp	5	2	3	60	Omega-3 + fiber
Recovery Fat	Flaxseed (ground)	1 tbsp	2	1	3	35	Anti-inflammatory
Recovery Fat	Coconut oil	1 tbsp	0	0	14	120	MCTs; use sparingly
Recovery Fat	Ghee	1 tsp	0	0	5	45	High-heat cooking
Recovery Fat	Dark chocolate (85%)	1 oz	12	3	12	170	Antioxidant treat
Recovery Fat	Whole milk	1 cup	12	8	8	150	Adds calories for gain
Mixed / Performance	Protein smoothie (milk + whey + banana)	16 oz	45	35	10	420	Post-workout recovery
Mixed / Performance	Chocolate milk	12 oz	36	12	5	240	Classic post-lift carb+protein
Mixed / Performance	Greek yogurt parfait (granola + berries)	1 bowl	50	20	7	350	Easy breakfast
Mixed / Performance	Turkey chili (lean turkey + beans)	1 cup	20	28	8	260	Hearty protein meal
Mixed / Performance	Chicken & rice recovery bowl	1.5 cups	55	35	8	450	Simple post-training meal
Mixed / Performance	Stir-fry (chicken + veggies + rice)	1.5 cups	55	35	12	480	Balanced entrée
Mixed / Performance	Overnight oats (milk + chia)	1 cup	44	14	9	320	Grab-and-go breakfast
Mixed / Performance	PB & banana sandwich (whole grain)	1 sandwich	55	16	14	420	Pre- or post-workout
Mixed / Performance	Cottage cheese & fruit bowl	1 bowl	28	20	6	260	Evening recovery
Mixed / Performance	Trail mix (nuts + dried fruit)	1/3 cup	22	6	12	230	Calorie-dense snack
Lean Protein	Chicken breast, grilled	4 oz	0	31	4	165	Lean base for lunch/dinner
Lean Protein	Turkey breast, roasted	4 oz	0	29	2	150	Great for sandwiches or salads
Lean Protein	Eggs (whole)	2 large	1	12	10	140	Complete protein; breakfast staple
Lean Protein	Egg whites	4 large	0	14	0	68	Fat-free, pure protein
Lean Protein	Salmon, baked	4 oz	0	25	14	230	High in omega-3s; dinner protein
Lean Protein	Tilapia, grilled	4 oz	0	30	2	145	Mild, low-fat white fish
Lean Protein	Shrimp, boiled	4 oz	1	23	2	120	Very lean seafood
Lean Protein	Greek yogurt, nonfat (plain)	1 cup	6	17	0	100	Snack or breakfast
Lean Protein	Cottage cheese (2%)	1/2 cup	4	12	4	90	Nighttime protein
Lean Protein	Tofu, firm	4 oz	3	11	7	120	Vegetarian protein option
Lean Protein	Ground turkey (93%)	4 oz	0	22	9	170	Lean cooking meat
Lean Protein	Pork tenderloin	4 oz	0	26	6	165	Lean cut for variety
Lean Protein	Whey protein (scoop + water)	1 scoop	2	25	1	120	Quick post-workout
Lean Protein	Tuna, canned (in water)	3 oz	0	22	1	100	Portable lean protein
Lean Protein	Lentils, cooked	1/2 cup	20	9	0	115	Plant protein + carbs
Training Carbohydrate	Oats (dry)	1/2 cup	27	5	3	150	Breakfast staple
Training Carbohydrate	Brown rice, cooked	1 cup	45	5	1	215	Complex carb
Training Carbohydrate	Quinoa, cooked	1 cup	39	8	3	220	Higher protein grain
Training Carbohydrate	Sweet potato, baked	1 medium	24	2	0	100	Nutrient-dense carb
Training Carbohydrate	White potato, baked	1 medium	37	4	0	160	Versatile carb
Training Carbohydrate	Whole wheat bread	2 slices	26	6	2	140	Sandwich base
Training Carbohydrate	Whole-grain pasta, cooked	1 cup	42	7	1	210	Complex carb
Training Carbohydrate	Black beans, cooked	1/2 cup	20	7	0	110	Fiber + plant protein
Training Carbohydrate	Chickpeas, cooked	1/2 cup	22	7	2	135	Great for salads/hummus
Training Carbohydrate	Apple	1 medium	25	0	0	95	Simple fruit carb
Training Carbohydrate	Banana	1 medium	27	1	0	105	Pre-workout energy
Training Carbohydrate	Berries (mixed or frozen)	1 cup	17	1	0	70	Great in smoothies
Training Carbohydrate	Brown rice cakes	2 cakes	15	1	0	70	Light snack carb
Training Carbohydrate	Energy balls (oats + nut butter)	2 balls	20	4	7	160	On-the-go snack
Training Carbohydrate	Popcorn (air-popped)	3 cups	18	3	1	90	High-volume, low-cal
Training Carbohydrate	Broccoli (steamed)	1 cup	11	5	0	55	High fiber, great side
Training Carbohydrate	Mixed vegetables (frozen)	1 cup	16	4	0	80	Easy meal prep staple
Training Carbohydrate	Spinach (fresh or frozen)	1 cup	4	3	0	25	Great in eggs or smoothies
Training Carbohydrate	Bell peppers (mixed colors)	1 cup	10	2	0	45	Adds color, vitamin C
Training Carbohydrate	Green beans (frozen)	1 cup	10	2	0	44	Pairs with lean proteins
Training Carbohydrate	Pineapple (frozen chunks)	1 cup	21	1	0	82	Adds natural sweetness
Training Carbohydrate	Mango (frozen)	1 cup	25	1	0	99	Smoothie carb option
Training Carbohydrate	Peas (frozen)	1/2 cup	11	4	0	60	Adds plant protein
Training Carbohydrate	Carrots (steamed)	1 cup	12	1	0	50	Simple, budget-friendly
Training Carbohydrate	Corn (frozen or canned)	1 cup	30	4	2	130	Quick side carb