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# NUTRITION FOR

*Productivity*



NEILL WILLIAMS

PERFORMANCE COACHING

# **NUTRITION THAT PROMOTES A PRODUCTIVE STATE**

## **FOODS THAT PROMOTE HIGHER LEVELS OF MOTIVATION: (TYROSINE RICH)**

### **ANIMAL-BASED SOURCES:**

1. Chicken - Particularly the breast meat.
2. Turkey - Similar to chicken in its tyrosine content.
3. Fish - Such as salmon, mackerel, and cod.
4. Dairy Products - Milk, cheese, and yogurt are good sources.
5. Eggs - Both the yolk and the white contain tyrosine.
6. Beef - Especially lean cuts.
7. Pork - Including loin and ham.

### **PLANT-BASED SOURCES:**

1. Soy Products - Such as tofu, tempeh, and edamame.
2. Nuts and Seeds - Including almonds, peanuts, and sunflower seeds.
3. Legumes - Such as lentils and chickpeas.
4. Whole Grains - Including whole wheat, oats, and brown rice.
5. Fruits - Avocado and bananas contain some tyrosine.
6. Vegetables - Such as spinach, turnip greens, and mustard greens.

### **OTHER SOURCES:**

1. Dark Chocolate - Contains a small amount of tyrosine, but also comes with added sugar and fat.
2. Seaweeds - Such as spirulina and other edible seaweeds.



## **FOODS THAT PROMOTE HIGHER LEVELS OF FOCUS: (CHOLINE RICH)**

### **ANIMAL-BASED SOURCES:**

1. Liver (Beef, Chicken) - One of the richest sources of choline.
2. Eggs - Specifically, the egg yolk is very high in choline.
3. Fish (Salmon, Cod) - Fatty fish are generally higher in choline.
4. Chicken - Especially the dark meat.
5. Pork - Including pork loin and shoulder.
6. Beef - Especially cuts like steak and ground beef.
7. Dairy Products - Such as milk and cheese.
8. Shellfish - Including shrimp and scallops.

### **PLANT-BASED SOURCES:**

11. Soybeans - Also soy products like tofu and tempeh.
2. Quinoa - A grain that is relatively high in choline.
3. Mushrooms - Particularly shiitake.
4. Potatoes - Both regular and sweet varieties.
5. Nuts - Including almonds and cashews.
6. Vegetables - Such as broccoli, Brussels sprouts, and cauliflower.
7. Beans - Including kidney beans, chickpeas, and lentils.
8. Whole Grains - Such as whole wheat bread and brown rice.

### **OTHER SOURCES:**

1. Wheat Germ - Can be added to smoothies or used in baking.
2. Nutritional Yeast - Commonly used in vegan diets, also a good source.
3. Leeks - And other vegetables in the onion family.



# **NUTRITION THAT PROMOTES A CALM, RELAXED STATE**

## **FOODS THAT PROMOTE HIGHER LEVELS OF SEROTONIN: (TRYPTOPHAN RICH)**

### **ANIMAL-BASED SOURCES:**

1. Turkey - Often associated with post-Thanksgiving drowsiness, due to its tryptophan content.
2. Chicken - Similar to turkey in its tryptophan content.
3. Eggs - Particularly the egg white, which is protein-rich.
4. Dairy Products - Such as milk, cheese, and yogurt.
5. Fish - Such as salmon, tuna, and halibut.
6. Beef - Especially lean cuts.
7. Pork - Including chops and loin.

### **PLANT-BASED SOURCES:**

1. Nuts and Seeds - Including almonds, peanuts, and pumpkin seeds.
2. Tofu and Soy Products - Such as tempeh and soybeans.
3. Legumes - Like chickpeas, lentils, and black beans.
4. Whole Grains - Including oats, brown rice, and whole-wheat products.
5. Vegetables - Such as spinach, watercress, and seaweed.
6. Fruits - Including bananas and pineapples.

### **OTHER SOURCES:**

1. Dark Chocolate - Contains a decent amount of tryptophan, but also comes with added sugar and fat.
2. Oats - Besides being a whole grain, it's a good source of tryptophan.



# EXAMPLE MEAL PLAN

## MEAL 1 (BREAKFAST/LUNCH - LOW CARB FOR FOCUS):

- Chicken Caesar Salad: Grilled chicken, romaine lettuce, Parmesan cheese, and a Caesar dressing made from olive oil. (Rich in choline and tyrosine)
- Avocado Slices: On the side for healthy fats and extra satiety. (Rich in choline)
- Almonds: A small handful for extra protein and fats. (Rich in tyrosine)
- Green Tea or Black Coffee: For a mild caffeine boost and antioxidants.

## MEAL 2 (DINNER - HIGH CARB FOR RELAXATION):

- Salmon Stir-Fry: Salmon filet cooked with a touch of sesame oil and stir-fried with vegetables like bell peppers and carrots. (Rich in tryptophan and omega-3s)
- Brown Rice: A good serving to increase carb intake. (Rich in choline)
- Sweet Potato: Another high-carb side, which is also a source of vitamins. (Rich in choline)
- Water or Herbal Tea: To stay hydrated.

## MEAL 3 (EVENING SNACK/SMALL MEAL - HIGH CARB TO WIND DOWN):

- Oatmeal: Prepared with milk or a milk alternative. Add a banana for extra carbs and tryptophan. (Rich in tryptophan and choline)
- Dark Chocolate Square: For a small treat and mood boost. (Contains a small amount of tyrosine)
- Warm Milk with Honey: To promote relaxation before sleep. (Rich in tryptophan)

**Note: This is to be used as an example only. This is not a prescription. Any nutrition plans or changes should be run by your doctor.**

