

## Recommended Foods List

### PROTEINS

Chicken Breast  
Eggs and Egg whites  
Fish (Cod, salmon, tuna—wild caught; canned tuna/salmon)  
Turkey breast (Not processed)  
High quality Ground Turkey (93% or leaner)  
Extra lean ground beef (93% or leaner)  
Extra lean steak  
Turkey Bacon  
Cottage Cheese (0 or 1%)  
Protein Powders (only if needed)

### CARBOHYDRATES—(Starches)

Sweet Potatoes or Yams  
Brown Rice  
Steel cut oats  
Ezekiel Bread  
100% Natural Oatmeal (limit the added sugars)  
Spaghetti Squash  
Quinoa  
\*\*Approved-Yet Limited Carbs\*\*  
~Whole Grain Breads, Pitas, etc..  
~Fiber One (*All Bran*) Cereal

### VEGETABLES

ANYTHING GREEN:

~Broccoli  
~Green Beans  
~Zucchini  
~Peas  
~Mixed/Baby Greens; Romaine; Lettuce  
~Spinach  
~Kale  
Asparagus  
Cauliflower  
Squash  
Green/Red Peppers  
Red onions  
Mushrooms

### FATS

Peanut / Almond Butter (Natural)  
Almonds  
Avocado  
OILS – Avocado, Coconut, EVOO  
Omega 3 Fish oil  
Flax Oil

### FRUITS (MORNING AND POST WORKOUT ONLY)

Grapefruit  
Berries (blueberries, strawberries, raspberries)  
Kiwi  
(Bananas)

### OTHER:

Low-sugar protein bars (should be 15+ grams of protein per bar)  
Salsas (natural, lower sodium ones)  
Greek yogurts—OIKOS TRIPLE ZERO  
Jerky (low-sodium, low or nitrate-free)  
PB2  
Hot sauce (\*\*avoid high sodium\*\*)  
No sugar/carb Maple syrup  
Hot Peppers  
Spices: Cinnamon; Mrs. Dash



## WATER = 3/4 - 1 GALLON per DAY

### Nutrition Requirements

- WATER = 1 GALLON / Day
- BMR = Basal Metabolic Rate — rate of energy expenditure *AT REST* (amount of calories burned per day *AT REST*)
  - When Exercising → BMR Increases
  - BMR(rest days) = \_\_\_\_\_ calories
  - BMR(workout days = \_\_\_\_\_ calories
- **What You Should Be Consuming!**
  - \*\*\*\*NOTE: *everybody has different needs based on goals, gender, age, weight, activity level*\*\*\*
  - CHO— \_\_\_\_\_ g/day
  - PRO— \_\_\_\_\_ g/day
  - FAT— \_\_\_\_\_ g/day
- Carbohydrates — 35% of calories
  - 150g/day
  - 4 cal. per gram
  - Avoid Simple Carbs—refined sugar, white breads, white rice, high fructose corn syrup
    1. They have a high GI Index → breaks down quickly during digestion → releasing glucose rapidly into the bloodstream → increases insulin levels in the blood.
  - Eat more Complex carbs (from list on the left)
    1. They have a low GI Index → breaks down slowly → releasing glucose more gradually into the bloodstream → improves long-term glucose control.
  - Pros of Carbs
    1. Carbs preserve & prevent breakdown of lean calorie burning muscle tissue.
    2. Provides energy to the brain & body.
    3. Helps spark metabolism & keep it elevated.
  - Cons of Carbs
    1. Spikes insulin & blood sugar—it's almost impossible to burn fat in the presence of high insulin levels
    2. Consuming too many carbs over lengthy periods of time can lead to fat spill over
    3. Carbs (especially processed carbs) are the most abused nutrient from both a Health and Fat Loss perspective
- Protein — 40% of calories
  - 150g/day
  - 4 cal. per 1 gram
  - LEAN proteins only
- Fats — 25% of calories
  - 35g/day
  - 9 cal. per gram
  - It's nearly impossible to lose fat w/out eating (healthy) fats

