



## PREWORKOUT FOODS

- Egg Whites (protein)
- Oats (carb)
- Rice Chex (carb)
- Cheerios (carb)
- Tilapia (protein)
- Tuna (protein)
- Sweet Potato (carb)
- Protein Powder (protein)

## POST WORKOUT FOODS

- Egg Whites (protein)
- Quinoa or other grains (carb)
- Oatmeal (carb)
- Fruits (carb)  
(such as pineapples, berries, bananas, kiwi)
- Potato (carb)
- Sweet Potato (carb)

For best results, pre & post w/o meals or snacks should be eaten approximately 1 hour prior to and following resistance training and should include a protein & a carb. Fat and Fiber should be kept <5g pre & post w/o.

## PROTEIN

- Tuna
- Salmon
- Halibut
- Beef
- Chicken
- Turkey
- Greek Yogurt
- Cottage Cheese
- Eggs
- Nut Butters
- Almonds

## GOOD FATS

- Avocado
- Olive Oil
- Coconut Oil
- Peanut Butter
- Almond Butter
- Omega-3s  
(mackerel, salmon, cod, herring, sardines & anchovies)

## FREE FOODS

- Sugar Free Jello
- Sugar Free Jelly
- Crystal Light
- Skinny Girl Dressing
- Reduced Sugar Ketchup
- Balsamic Vinaigrette
- Cucumbers
- Celery
- Sugar free popsicles
- Unsweetened Almond Milk  
(Original or Vanilla)

## CARBOHYDRATES

- |                   |                 |
|-------------------|-----------------|
| Barley            | Black Beans     |
| Whole Wheat Pasta | Lima Beans      |
| Acorn Squash      | Chick Peas      |
| Legumes           | Pumpkin Seeds   |
| Whole Wheat Bread | Pistachios      |
| Acorn Squash      | Chia Seeds      |
| Bananas           | Lentils         |
| Cherries          | Chinese Cabbage |
| Apples            | Brussel Sprouts |
| Green Vegetables  | Broccoli        |
| Corn              | Cauliflower     |
|                   | Potatoes        |

## BEST FATS FOR COOKING

- Coconut Oil
- Ghee (butter with lactose removed)

## GOOD FATS FOR COOKING

- Avocado Oil
- Grass fed butter
- Olive Oil
- Sesame Oil

## FATS THAT SHOULDN'T BE HEATED

- Almond Oil
- Grapeseed Oil
- Hemp Oil
- Safflower/Sunflower Oil

## OILS TO AVOID

- Canola Oil Soybean/Vegetable Oil Corn
- Oil Hydrogenated Oils
- Cottonseed Oil



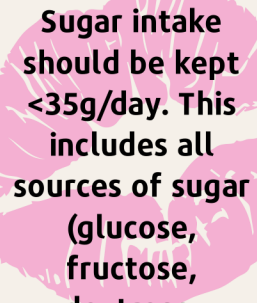
## HEALTHY SHOPPING OPTIONS

Turkey Breast	Coconut Oil
Chicken Breast	Grass Fed Butter
White Fish	Leafy Green Vegetables
Tuna	Spinach
Salmon	Asparagus
Lean Sirloin Steak	Cucumbers
Lean Ground Beef	Cauliflower
Whole Eggs	Celery
Sweet Potato	Green Beans
Brown Rice	Zucchini
White Rice	Apples
Quinoa	Berries
Oatmeal	Bananas
Rice Cakes	Limes
Corn Tortilla	Lemons
Cream of Wheat	Olives
Oat Bran Cereal	Clementines
Rice Chex	Grape Fruit
Ezekiel Bread	Almond Milk
Avocado	Egg Whites
Natural Peanut Butter	Salmon
Natural Almond Butter	
Raw Nuts	
Extra Virgin Olive Oil	

**WHEN PURCHASING PACKAGED FOODS LOOK FOR FOODS WITH THE LEAST AMOUNT OF INGREDIENTS.**

Gimme some

**SUGAR!!**



Sugar intake should be kept <35g/day. This includes all sources of sugar (glucose, fructose, dextrose, sucrose, lactose) and...

**NEVER EAT SUGAR WITHOUT FIBER!!!**

## WHERE TO START?

You will be eating at least three meals a day that include a source of protein, fat, and carbohydrates.

- To regulate blood sugar and not allow for blood sugar spikes or crash symptoms include a snack between meals.
- If including a snack between meals be sure to include a source of protein and a carbohydrate or protein and fat.
- Read labels: Corn syrup, corn sweetener, sugar dextrose, glucose, sucrose, fructose, brown sugar, maltodextrin, and cane sugars are all sugars, and should be avoided when possible. Opt for sweeteners such as local honey, maple syrup or stevia.
- Drink half your weight in ounces of water each day.
- Limit coffee and alcohol consumption.



**A FEW IDEAS FOR BUILDING A BALANCED SNACK. IF YOU ARE ONLY NEEDING A SMALL SNACK INCLUDE P&F OR P&C**  
**PROTEIN - P**  
**FAT - F**  
**CARB - C**

P: Turkey Bacon  
 F: Pistachios  
 C: Pear

P: Egg Whites  
 F: Almond Butter  
 C: Apple

P: Protein Powder  
 F: Coconut Cream  
 C: Frozen Pineapple  
 (Blend Together)

P: Chicken  
 F: Turkey Bacon  
 C: Veggie Wrap

P: Smoked Salmon  
 F: Avocado  
 C: Sliced Cucumbers

P: Beef Jerky  
 F: Olives  
 C: Grapes

P: Chopped Chicken  
 F: Avocado Slice  
 C: Whole Grain Wrap

P: Tuna  
 F: Avocado oil Mayo  
 C: Chopped Apple  
 (mix together for tuna salad)

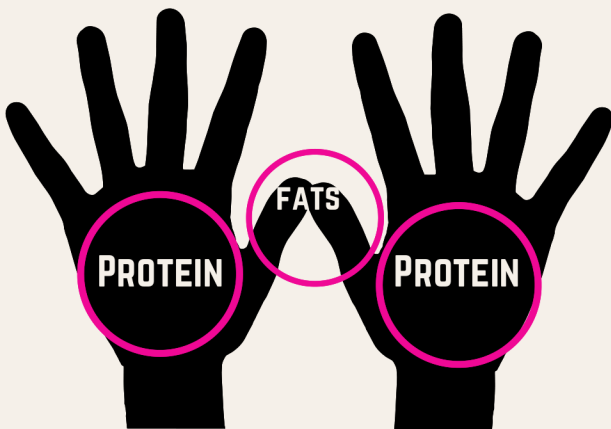
P/F: Hardboiled Egg  
 C: Oatmeal

P/F: Cottage Cheese  
 C: Mixed Berries

P/F: Full Fat Yogurt  
 C: Mixed Berries

P/F: Hardboiled Egg  
 C: Carrots & Hummus

**CREATING HEALTHY HABITS AROUND FOOD IS VITAL TO THE SUCCESS OF HAVING A GOOD RELATIONSHIP WITH FOOD. PLAN TO EAT 3-6 MEALS OR SNACKS A DAY. EACH MEAL SHOULD INCLUDE A SOURCE OF PROTEIN, CARBOHYDRATE, AND A SOURCE OF FAT. MEALS SHOULD BE LARGE ENOUGH THAT THEY SATIATE YOU FOR 3 OR MORE HOURS. IF A SNACK IS USED BETWEEN MEALS IT SHOULD INCLUDE A SOURCE OF PROTEIN AND A CARBOHYDRATE OR FAT. BELOW ARE EXAMPLES OF WHAT ONE SERVING SIZE CAN LOOK LIKE.**



**SOURCES OF PROTEIN SHOULD BE ROUGHLY THE SIZE OF 1-2 OF YOUR PALMS. FATS FROM OILS, COOKING FATS, AND BUTTER SHOULD BE ABOUT THE SIZE OF BOTH OF YOUR THUMBS COMBINED. OTHER SOURCES OF FATS SUCH AS OLIVES, NUTS, SEEDS, AND COCONUTS CAN BE ROUGHLY THE SIZE OF A CLOSED PALM OR HAND. VEGETABLES NEED TO FILL AT LEAST HALF OF YOUR PLATE.**



**HOW TO EAT FOR OPTIMAL HEALTH**

**GREEN  
VEGETABLES**

**PROTEIN**

**STARCH**

veggies,  
rice, fruit,  
pasta

**HEALTHY  
FATS**