

## Nutrition Suggestions

*You literally **are** what you eat...*

Proteins	Carbohydrates	Vegetables
Chicken or Turkey Breast	Sweet Potato	Broccoli
Lean Ground Chicken or Turkey	Yam	Cauliflower
Swordfish	Squash	Lettuce
Orange Roughy	Pumpkin	Carrots
Haddock	Steamed Brown Rice	Asparagus
Salmon	Steamed Wild Rice	Green Beans
Tuna	Whole Wheat Pasta	Green Peppers
Crab, Lobster, Shrimp	Oatmeal (Non-Instant)	Mushrooms
Top Round Steak	Barley	Spinach
Top Sirloin Steak	Beans	Tomato
Lean Ground Beef	Corn	Peas
Buffalo, Elk	Berries (Strawberries, Blueberries, Raspberries, Blackberries, etc.)	Brussel Sprouts
Lean Ham	Melons (Honeydew, Cantaloupe)	Artichokes
Egg Whites or Substitutes	Apples	Cabbage
Low-Fat Cottage Cheese	Oranges	Celery
Whey protein powders (again, watch the carb and fat content of these mixes)	Fat-Free Yogurt Whole Wheat Bread (preferably high-fiber)	Zucchini Cucumber Onion

The preceding list is not all-inclusive. However, it is a great starting point, and a good guideline for the types of foods that should make up most of your diet. The proteins are lean, and the carbohydrates are more complex, with a lower glycemic index. That means your energy levels will be more even and you'll have longer to use the energy from the carbohydrates before your body stores them as fat.

**Structuring your diet:** For each meal and snack, pair one portion of Protein with one portion of carbohydrates. Add a portion of vegetables to at least two meals per day. Green vegetables may be added generously to your meals and snacks to fill you up. (Just prepare them in a manner that doesn't add unnecessary fat.) In a six meal-per-day plan, it's acceptable to substitute up to three meals with a *balanced* bar or shake (i.e. Zone-Perfect, South Beach Diet, Balance, Luna, Myoplex). You may substitute two meals in a five meal-per-day plan.

**Fats:** Keep your fat consumption low. The above foods should be chosen and prepared so as to minimize unnecessary fat intake. Avoid all saturated fats, especially trans-fats. As a general rule, avoid fats that are solid at room temperature (butter, margarine, shortening). Good fats: safflower oil, sesame oil, canola oil, avocados. (But even with good fats, you don't need an entire portion. A tablespoon or two per day is usually sufficient.)

**Vitamins:** If you consume a balanced diet with plenty of vegetables and variety, you should not need a supplement. If not, then it is suggested that you find a quality multivitamin with no more than 100% RDA of any nutrient.

**Water:** At *least* 8 8-oz. glasses, or 64 oz. per day. This is very easy to accomplish if you drink water throughout the day. Losing weight and building lean muscle is *much* easier for your body to do when you are well-hydrated. In addition, drinking plenty of water will make you look dramatically better, since your body will *hold* much *less* water. Other liquids: If you are accustomed to drinking sodas, juices, or other caloric beverages, just think of the amount of "extra" calories you're consuming, before you ever pick up a fork. As a general rule, try not to "drink" calories, unless it's a balanced nutrition shake.

The most important thing: **Be prepared!** If you plan your daily diet in advance, you won't have to make food choices when you're hungry. If you are eating 6 small meals per day, you should *never get* hungry enough to want unhealthy foods. If you always have something healthy on hand, you'll be 10 times more likely to see the results you're looking for. If you have any trouble at all sticking to a healthy lifestyle, I highly suggest using a journal to write down everything you eat and drink. You'll be amazed at what a little self-accountability can do! Keeping a journal also keeps health and fitness in your mind throughout your day. Bad habits are more easily broken, and your path to better health will be shorter and more enjoyable! See me if you need suggestions on food journals.

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