



## Food List

Remember that your metabolism works best when fed consistently, approx. every 3-4 hours. You want to get protein with each meal/snack and eat carbs only till mid-day. After your mid-day meal you want to stick to protein and veggies only and avoid starchy carbs at all costs.

### Protein -Feeds and repairs muscle: Breakfast - Lunch - Dinner

Lean Steak (once per week):4oz. -35grams  
Lean Ground Beef (once per week): 4oz.-28grams  
Fish: 4oz.-25grams  
Chicken,whitemeatpreferred:4oz. -35grams  
Turkey,whitemeatpreferred:4oz.-32grams  
Egg Whites: each- 4grams  
Max Whey (protein shake): 1scoop(fast acting)-20grams  
Max Pro(protein shake):1scoop(medium acting)-30grams  
High Five (protein shake):1scoop(slow acting)-26grams

### Complex Carbs-Fuel and Energize muscle: Breakfast -Lunch

Brown Rice (recommended):1cup - 46grams  
Baked White Potato (not recommended):average - 50grams  
Baked Yam (recommended):average – 28grams  
Pasta:1cup – 40grams  
Bread (whole wheat)-2 slices–27grams  
Oatmeal (instant, not recommended): 1pkg–18grams  
Oatmeal (regular, recommended): 1cup–25grams·

### Green Vegetables - All Day

Green Beans, Broccoli, Green Peas, Spinach, Asparagus, Green Salad(non-fat dressing)

### Fruit-Simple sugar for immediate energy First half of the day only!!!

### Essential Fats First half of the day only!!!

The right types of fats are important for maintaining healthy organ function, skin, and joint lubrication. Essential Fats also aid in the release and burning of bad fat

**Types of “Good Fat”:** Fish Oil, Flax Oil, EPO, CLA, Borage Oil, Natural Peanut or Almond Oil, Avocado