

MASTER FOOD LIST

PERSONAL TRAINING

PROTEINS

- ✓ Chicken Breast
- ✓ Turkey Breast
- ✓ Lean Ground Turkey
- ✓ Top Round Steak
- ✓ Crab
- ✓ Top Sirloin Steak
- ✓ Lean Ground Beef
- ✓ Lean Ham
- ✓ Wild Game Meats
- ✓ Lobster
- ✓ Shrimp
- ✓ Tuna
- ✓ Swordfish
- ✓ Beans
- ✓ Tilapia
- ✓ Egg Whites or Substitutes
- ✓ Low-fat Cottage Cheese
- ✓ Textured Vegetable Protein
- ✓ Soy (Tofu/Tempeh)
- ✓ Veggie Burgers

CARBS

- ✓ Baked Potato
- ✓ Sweet Potato
- ✓ Yams
- ✓ Squash
- ✓ Corn
- ✓ Brown Rice
- ✓ Wild Rice
- ✓ Pasta
- ✓ Oatmeal
- ✓ Rice Cakes
- ✓ High-fiber Cereal
- ✓ Popcorn
- ✓ Tortillas
- ✓ Fat-free Yogurt
- ✓ Apples
- ✓ Oranges
- ✓ Whole Grain Breads

VEGGIES

- ✓ Broccoli
- ✓ Asparagus
- ✓ Lettuce
- ✓ Carrots
- ✓ Cauliflower
- ✓ Green Beans
- ✓ Green Peppers
- ✓ Spinach
- ✓ Tomatoes
- ✓ Peas
- ✓ Onions
- ✓ Brussel Sprouts
- ✓ Artichokes
- ✓ Cabbage
- ✓ Celery
- ✓ Zucchini
- ✓ Cucumbers

FATS

- ALLOWED (POLY & MONO)
- ✓ Avocado
- ✓ Sunflower Seeds
- ✓ Pumpkin Seeds
- ✓ Cold Water Fish
- ✓ Low-fat Cheese
- ✓ Low-sodium Nuts
- ✓ Olives
- ✓ Olive Oil
- ✓ Sunflower Oil
- ✓ Flaxseed Oil
- ✓ Canola Oil
- ✓ Low-fat Salad Dressings
- ✓ Natural Peanut Butter
- AVOID (SATURATED):
- ✗ Butter
- ✗ Mayonnaise
- ✗ Fried Foods
- ✗ Whole-fat Dairy Products

BREAKFAST

Within 1 hour of waking
1 Protein and 1 Carb

SNACK

2.5-3 hours after breakfast
1 Protein and 1 Carb
(or Protein Shake)

LUNCH

2.5-3 hours after snack
1 Protein, 1 Carb, 1 Vegetable

SNACK

2.5-3 hours after lunch
1 Protein and 1 Carb
(or Protein Shake)

DINNER

2.5-3 hours after snack
1 Protein and 2 Vegetables

SNACK

2.5-3 hours after dinner
1 Protein and 1 Vegetable
(or Protein Shake)

↑MUSCLE ↑METABOLISM ↓FAT