Food List and Sample Day of Eating

Here are the essentials for you to thrive on this plan. Do these, and you can’t go wrong.

Eat at least three protein-rich meals per day, plus 1-2 protein-rich snacks. Also eat vegetables. Lots of them.

Eat fast-digesting carbs before and after your workout, but limit them elsewhere in the day.

Snacks are the perfect time for things like progurt (protein plus yogurt), protein ice cream, and other protein-rich treats.

Don’t eat garbage over the course of the nine weeks. Come on, deep down you know what garbage is. Eat quality food, and lots of it.

**If you’re the type who likes a list, build your nutrition plan from these foods:**

# LEAN PROTEINS

**Eggs:** Whole and whites **Seafood:** Salmon, cod, tuna, tilapia, shrimp, scallops, mussels **Chicken and turkey breast, legs, thighs**

### Turkey bacon

**Lean beef cuts:** Sirloin, tenderloin, filet mignon, flank steak

**Pork:** Tenderloin or Canadian bacon

Wild game

**Dairy:** Milk, Greek yogurt, cheese

**Soy:** Tofu, seitan

**Protein powders:** Whey and casein

# VEGETABLES FRESH, FROZEN, OR CANNED

Leafy greens such as spinach, kale, arugula, Swiss chard, bok choy Broccoli, cauliflower, cabbage and other hearty veggies

Bell pepper Carrots Squash Zucchini Radish

Green beans and peas Cucumber

Celery

Fresh herbs and spices

# HEALTHY FATS

**Nuts:** Walnuts, almonds, cashews, hazelnuts, pecans, peanuts, chestnuts, pistachios **Seeds:** Flax, sesame, sunflower, chia, pumpkin Olives

Avocado

**Oils:** Olive, avocado, coconut, sunflower Nut and seed butters Dairy products

# FRUITS FRESH, FROZEN, OR CANNED IN WATER

**Berries:** Blackberries, cranberries, raspberries, blueberries, strawberries **Citrus Fruits:** Oranges, grapefruits, lemons, limes **Melons:** Watermelon, cantaloupe, honeydew Apples, grapes, bananas, apricots, etc.

# CARBOHYDRATES

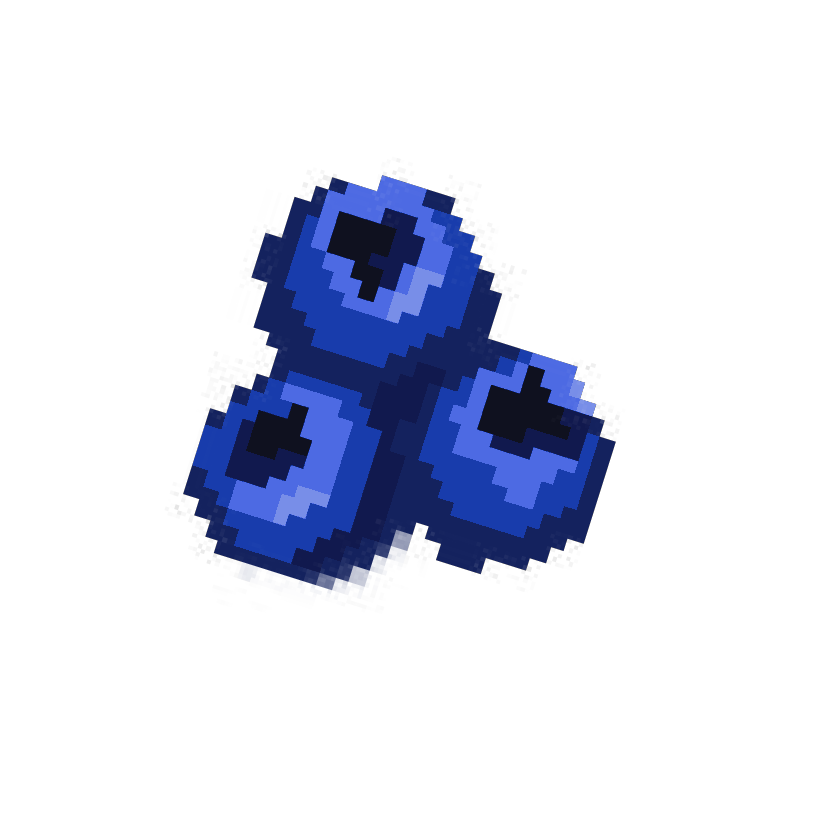
Potatoes and sweet potatoes

Brown, white, and wild rice

Beans and legumes Quinoa

Oats and oatmeal Whole-grain breads and pastas

### There are endless ways to combine all those choices. Here’s what a sample day could look like:



**NOTES**

## 4:30-5 a.m. | Pre-workout meal

Coffee

Rice cakes 2

Peanut butter 2 tbsp

**6:30 a.m. | Post-workout** Whey protein 1 scoop Banana 1

**7:30 a.m. | Breakfast** Oatmeal: 1/2 cup Turkey bacon 4 slices Eggs 3

## 10 a.m. | “Progurt”

1/2 cup low-fat Greek yogurt 1 scoop protein

## 12 p.m. | Lunch

Tuna Burgers

## 3 p.m. | Protein-rich snack

Protein ice cream

**6:30 p.m. | Dinner** Salmon 2 fillets Cottage cheese 1/2 cup

Greens or broccoli (A big ol’ pile)

