

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 yogurt (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:

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)

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