



10 NUTRITIONAL GUIDELINES

Tip # 1: Eat six meals a day

Tip # 2: Combine carbohydrates and protein at every meal

Tip # 3: Choose "appropriate" portions sizes

Tip # 4: Plan meals ahead of time

Tip # 5: Get containers to store your food

(Purchase plastic storage containers, sports bottles, a water jug and a cooler to store and carry your food. Having nutritious meals within reach during a hectic day can keep you on track)

Tip # 6: Drink 10 glasses of water every day

Tip # 7: Don't eat right before or after you train

Tip # 8: Use high-quality supplements

Tip # 9: Find your "emotional reason" for staying on track

Note: Take a moment to consider your "emotional trigger" and use it to stay committed to your nutrition program

Tip # 10: Strive for consistency, not perfection...

Nutrition for optimal performance

Just because you may exercise regularly doesn't mean you can eat whatever you want. By following these 10 basic guidelines, you'll not only get great muscle-building and fat-burning results from your training, but you'll enjoy a higher level of energy throughout the day.

Here is just an example of food you can eat on the program:

					
Proteins	Carbohydrates	Vegetables	Vegetarian Proteins	Fats	Fats to Avoid
Chicken breast	Baked potato	Broccoli	Tempeh	Avocado	Butter
Turkey breast	Sweet potato	Asparagus	Seitan	Sunflower seeds	Fried foods
Lean ground turkey	Yams	Lettuce	Tofu	Pumpkin seeds	Mayonnaise
Swordfish	Squash	Carrots	Texturized vegetable protein	Cold-water fish	Sweets
Orange roughy	Pumpkin	Cauliflower	Soy foods	Natural peanut butter	
Haddock	Steamed brown rice	Green beans	Veggie burgers	Low-fat cheese	
Salmon	Steamed wild rice	Green peppers		Low-fat salad dressing	
Tuna	Pasta	Mushrooms		Low-sodium nuts	
Crab	Oatmeal	Spinach		Olives and olive oil	
Lobster	Barley	Tomato		Safflower oil	
Shrimp	Beans	Peas		Canola oil	
Top round steak	Kidney beans	Brussels sprouts		Sunflower oil	
Top sirloin steak	Corn	Artichoke		Flax seed oil	
Lean ground beef	Strawberries	Cabbage			
Buffalo	Melon	Celery			
Lean ham	Apple	Zucchini			
Egg whites or substitutes	Orange	Cucumber			
Trout	Fat-free yogurt	Onion			
Low-fat cottage cheese	Whole-wheat bread				
Wild-game meat	High-fiber cereal				
	Rice cake				
	Popcorn				
	Tortilla				
	Whole grains				