

Optimal Eating

PROTEINS

Egg whites
Whole eggs
Cottage cheese
Chicken breast
Turkey breast
Tuna
Fish (any variety)
Lean Beef (London broil, Flank)
Shellfish (shrimp, scallops, Lobster)
Low/non fat Cheese
Lean Ground Beef (97% Lean)

CARBS

oatmeal
brown rice
potatoes
yams
whole grain cereal
whole grain breads
couscous
corn
Peas
Beans
Whole wheat Pasta

Vegetables

All green vegetables
All types of Lettuce
All vegetables not named under Carbs

Fats

Olive Oil (measured)
Flax Oil (measured)
Nuts(sparingly)

1. Consumes 5-6 meals per day always starting with breakfast.
2. Eat meals ever 2 ½ to 4 hours apart.
3. Be sure to consume Protein at all meals to ensure muscle repair.
4. Avoid simple sugars and refined carbohydrates (white flour).
5. Use a Protein Powder to get protein when it is difficult with a hectic schedule.