# **CARBS**

## **COMPLEX CARBS** PORTION: 1/2 CUP - 1 CUP

## PROVIDE ENERGY SLOWLY **OVER THE DAY.**

Oats

Quinoa

Wild Rice

#### **FOR MUSCLE GAIN ONLY:**

WHOLE GRAIN BREAD WHITE RICE POTATO

## SIMPLE CARBS **PROVIDE ENERGY QUICKLY**

Vegetables (1 cup = 1 portion)

Any <u>except</u> white potatoes, peas, corn

Leafy Greens (1-2 cups = 1 portion)

#### Fruits (1/2 - 1 cup)

**Limit:** grapes, mango, pineapple, banana

# **FATS**

## 2ND SOURCE OF ENERGY **EAT SPARINGLY**

## **NUTS (Handful):**

#### **NUT BUTTER (1 tsp - 1 tbsp):**

Almond Butter, Natural Peanut Butter, Cashew Butter

### OILS (1 tsp - 1 tbsp):

Avocado Oil

Olive Oil (raw or cooked at low temps)

Coconut Oil

#### SEEDS (1 tsp - 1 tbsp):

Sunflower seeds, Pumpkin seeds Chia seeds, Flax seeds

### **FOODS:**

Egg Yolks (1)

Avocado (1/4 - 1/2)

Olives (handful)

#### **MILKS:**

Almond Milk

Coconut Milk

Cashew Milk

# **PROTEIN**

## **NEEDED TO BUILD MUSCLE** PORTION: 4 OZ - 8 OZ / SIZE OF PALM

## **EAT GENEROUSLY**

Wild Salmon

Tuna

White Fish (i.e. Basa, Halibut, Mahi-Mahi)

Shrimp

Chicken / Turkey Breast Chicken / Turkey Burger

Extra Lean Ground Chicken/Turkey

Flank Steak, Sirloin Steak Extra Lean Ground Beef Eye of Round

Greek yogurt (0% or 2%) PLAIN Cottage Cheese (0% or 2%)

Edamame (V)

Tempeh (V)

Tofu (V)

Ground Veggie Round (V)

Beans & Legumes (V)

Veggie Burgers (V)

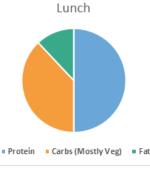
Free Range Eggs (Veg)

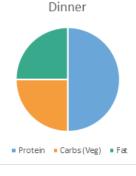
Egg Whites (Veg)

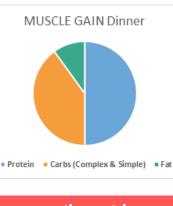
Protein Powder (V option)

## IF IT IS NOT ON THE LIST YOU SHOULD NOT INCLUDE IT IN YOUR DIET FOR THE DURATION OF THE CHALLENGE.









Your food can be grilled, baked, steamed, air-fried or stir-fried (with little to no oil or with nonstick cooking spray).

Drink 2.5-3L water per day. You may only drink water, coffee or tea (no cream or sugar). No processed foods - try to eat food in its most natural, wholesome and unprocessed state. Eat 3 meals plus 2-3 snacks per day.

Meal plan to prepare for the day(s) in advance to avoid stress and making bad choices.

Record your meals on MyFitnessPal or the FatSecret app to log your macros and follow the guidelines in the sample meal plans provided.