

# MAKING NUTRITION EASY

## GUIDELINES:

1. Pick one serving from each category 1-2-3-4
2. For Performance = 4 meals, and extra picks in category # 3
3. For Weight Loss = 3 meals and extra picks in category # 3
4. For Weight Gain = 5 meals and extra picks from category # 1 and # 2, 2 times a day
5. Eat RAW WHOLE and UNCHANGED and UNPROCESSED foods as often as possible
6. Pre-plan snacks and meals. Shop ahead of time for the week and pack lunches / snacks
7. Drink water and milk instead of juices, sports drinks, teas or soda.
8. Avoid sugar and hidden sugar (HFCS – high fructose corn syrup or corn syrups)
9. Avoid all foods in category # 5
10. You can make up for any category #5 food by consuming an equal amount of category #3

## CATEGORY # 1 = PROTEINS

PROTEINS: lean meats and animal products, tofu, soy, nuts, legumes (beans)

SERVING SIZE = 4 oz. (or 12 oz. milk) - 1 serving should fit in palm of your hand

BEWARE: of foods that are high in fat such as snack meats or breakfast meats

milk	lean pork	soy supplement	raw peanuts
yogurt	lean chicken	Isolate supplement	raw almonds
cottage cheese	fish	whey supplements	raw walnuts
white cheese	lean turkey	legumes	almond butter
soy milk	lean beef	beans: red or wht kidney	natural peanut butter
rice milk	lean ham	beans: black/pinto/lima	raw nuts
lentils			

## CATEGORY # 2 = COMPLEX CARBS

COMPLEX CARBOHYDRATES: need for storing intramuscular energy

Complex carbs break down slowly during digestion

SERVING SIZE = 4 oz. or should fit in the palm of hand

BEWARE: of foods that are PROCESSED, have processed white flour, enriched flour, and hidden sugars

INGREDIENTS: look for the first ingredient to be WHOLE WHEAT or WHOLE GRAIN

WHOLE WHEAT or WHOLE GRAIN bread, cereals, bagels, pitas, tortillas, pasta, crackers

steel cut oatmeal	oatmeal	brown rice	spelt pasta/grains
couscous	bulgur	grape nuts	total
Cream of wheat	grits	cheerios	wheaties
Trader Joes varieties	quinoa	barley	millet

SIMPLE CARBOHYDRATES = (bad processed food/sugar) are processed / digested immediately. If you are active, you burn carbs and allow for more intramuscular storage. If you don't burn the calories, the intramuscular storage will fill up and the left over carbs will be stored as fat.

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## CATEGORY #3 = FRUITS and VEGIES

FRUITS and VEGETABLES: fiber, vitamins, and minerals control the chemistry and PH balance in your body (7-9 servings a day)

SERVING SIZE = 1 cup or 1 handful and try to eat each color of the rainbow every day

BEWARE: of foods that have a high glycemic index or canned = added sugars and salt

Do not substitute juice for fruit/vegetables – it does not provide the same nutrients

strawberries	cantaloupe	apple	spinach
blueberries	honeydew	banana	broccoli
blackberries	watermelon	pear	cauliflower
raspberries	peaches	orange	carrots
black raspberries	tangerines	grapefruit	celery
cherries	plum	kiwi	cucumbers
grapes	prunes	pineapple	squash
rhubarb	mango	grapes	cabbage
green beans	corn	mixed greens	asparagus
red bell peppers	green bell peppers	yellow bell peppers	orange bell peppers
turnips	brussel sprouts	sweet potato	tomato
eggplant	beets	pumpkin	zucchini
butternut squash			

OTHER = onions, garlic, hot peppers, dates, figs, apricots, fresh herbs/spices, bean/alfalfa sprouts, fresh salsa varieties

## CATEGORY #4 = HYDRATION

WATER and MILK – hydration

SERVING SIZE = need 100 oz of liquid a day. ( Milk provides protein and other nutrients.)

Gatorade = DO NOT drink all daylong or for hours before a workout. Drink Gatorade an hour before workout, during and post workout ONLY.

## CATEGORY #5 = FAT/SUGAR/DANGER

DANGER FOODS – take away from your nutritional needs and nutritional advantage

Hidden sweets = cereals, treats, sports drinks, soda, juice – READ LABELS

Processed foods = breads, muffins, sweets, snacks, microwavable meals, easy foods

Fried foods = only eat on occasion

Fast food chains = they have a an addictive quality – only eat on occasion

Beer / Alcohol = high in calories

Fatty meats = breakfast meats, deli meats, fatty beef portions, processed meats

CARBOHYDRATES – provide energy to function (helps store intramuscular energy)

PROTEINS – allow the body to build and repair itself from constant wear and tear

FRUITS & VEGGIES – catalysts help your body digest and absorb nutrients and maintain a PH balance (7 – 9 servings a day. A half an apple is one serving)

FATS – another source of energy for our body and some fats are crucial to cellular structures

FLUIDS – hydrate and flush the body of waste and poisons