



You can use this food list as a guide:

Proteins:

Chicken/Turkey Breast

1 ounce is 6 grams of Protein

A medium breast is approximately 5 oz = 30 grams of Protein

Boneless, skinless and trimmed of all fat

Broil, bake or steam

Season with small amounts of black pepper, lemon, vinegar, chopped onions and garlic

Tuna (Packed in water)

1 ounce is approximately 7.5 grams of protein

One 6oz. Can contains 45 grams of protein

Drain the water

Rinse to wash off excess sodium

Season with small amounts of black pepper, lemon, vinegar, chopped onions and garlic

Fresh fish

1 ounce is 6 grams of protein (have your pieces measured when you purchase them)

Good choices are salmon, scrod, sole, flounder, fluke, haddock Broil, bake or steam

Season with small amounts of black pepper, lemon, vinegar, chopped onions and garlic

Egg Whites

1 large egg white = 3 grams of Protein

Either boil eggs and discard the yolks before eating

or separate the yolks and make an omelet using a light cooking spray or non-stick pan You can add half a chopped up chicken breast and season with black pepper

2nd tier protein:

Fat- Free Dairy ie. Fat Free Yogurt, skim milk

Soy Protein sources

Vegetarian Option

Proteins are composed of amino acids. If just one of the essential amino acids is deficient or low, protein synthesis will not occur properly. Your body can only properly synthesize proteins that have all of the essential amino acids present and in the correct proportions. These are referred to as complete proteins.

If you have made the decision not to consume any animal products you may be challenged to intake the proper amounts and types of protein necessary to be used by your body. Many vegetarians have challenges consuming complete proteins.

Meats and dairy products are complete proteins, but fruits and vegetables are not. Vegetarians should consume beans with brown rice or corn to formulate complete proteins.

Soy protein is a plant source that is equal in quality to most animal sources. This is an excellent alternative to animal source complete proteins



Carbohydrates:

Starchy carbs

Oatmeal

1/3 cup (uncooked) = approx. 20 carbs and 5 grams protein Do not use any flavored sweetened types Cook in water only (do not use any milk or cream) Flavor it with cinnamon, or aspartame Do not use sugar, honey, syrup or fruit

Potato

1 ounce = 5 grams carbs

1 medium baked potato is approximately 40 grams of carbs

Bake, boil or microwave without the skin Do not use butter, margarine or sour cream

Sweet Potatoes/Yams

1 ounce = 6 grams of carbs

1 medium baked yam is approximately 28 grams of carbs

Microwave or bake

Brown Rice

1/2 cup (cooked) = Approximately 22 grams of carbs Boil in water

Do not use butter or sauce, olive

Try chopped tomato or onions

Corn

1/2 cup (cooked) = Approximately 21 grams of carbs Boil

Tomatoes

1 cup (raw, chopped) = approximately 10 grams carbs

Bread Options

100% Whole Grain Bread

100% Whole Grain Wraps

(Must say "Whole Wheat" As 1st ingredient)



Fibrous Carbs

All of these carbs should be boiled, steamed or microwaved in water Do not cook until they are soft, but until they are firm

Asparagus

1 cup or 10 spears (cooked) = approximately 10 grams carbs

Bell Peppers

1 cup (raw or cooked) = approximately 6 grams carbs

Broccoli

1 cup (cooked and chopped) = approximately 6 grams carbs

Carrots

1 med carrot (raw or cooked) = approximately 7 grams carbs

Cauliflower

1 cup (cooked and chopped) = approximately 6 grams carbs

Green Beans

1 cup (cooked and chopped) = approximately 10 grams carbs

Lettuce

1 cup = approximately 1 grams carbs

Mixed Vegetables

1/2 Cup (cooked from frozen) = approximately 12 grams carbs

Onions

1/2 cup (raw, chopped) = approximately 6 grams carbs

1/2 cup (boiled, chopped) = approximately 7 grams carbs

Spinach

1 cup = (raw, chopped) approximately 2 grams carbs

1 cup = (chopped) = approximately 1 grams carbs

Squash

1/2 cup (cooked) = approximately 11 grams carbs

Turnips

1/2 cup (cooked) = approximately 4 grams carbs

Zucchini

1 cup (cooked/sliced) = approximately 7 grams carbs

Preferred Fruit:

<u>Grade A</u>	<u>Grade B</u>	<u>Grade C</u>
Strawberries	Pears	Bananas
Raspberries	Apples	
Blueberries	Peaches	
Blackberries	Oranges	
Grapefruit		

Fruit is a great source of vitamins, minerals and fiber. However, because of its high sugar content a temporary reduction in fruit can assist in fat loss.



An Example day of food consumption

Meal 1:

- Bowl of plain oatmeal
- Egg white omelet:
 - 2 to 5 egg whites (crack open the egg and discard the yolk)
 - Use a heated non-stick pan
 - Add green vegetable such as asparagus, spinach, or broccoli

Meal 2:

- Small (4oz.) piece of broiled chicken
- ½ small plain baked potato
- Mixed greens

Meal 3:

- Tuna Salad
 - Drained can of solid white tuna
 - Romaine lettuce, green peas
 - Tomatoes, onions, chick peas
 - Fat free dressing

Meal 4:

- Meal replacement
- Or Mixed fresh Fruit
 - Such as, berries, apple, pear (you can add Flax seed cereal & fat free yogurt)

Meal 5:

- 6oz. – 8 oz. Piece of broiled salmon, with olive oil and onions
- Steamed or boiled brown rice
- Mixed vegetables or Boiled spinach

Meal 6:

- Meal replacement
- Or Mixed fresh Fruit
 - Such as, berries, apple, pear (you can add Flax seed cereal & fat free yogurt)

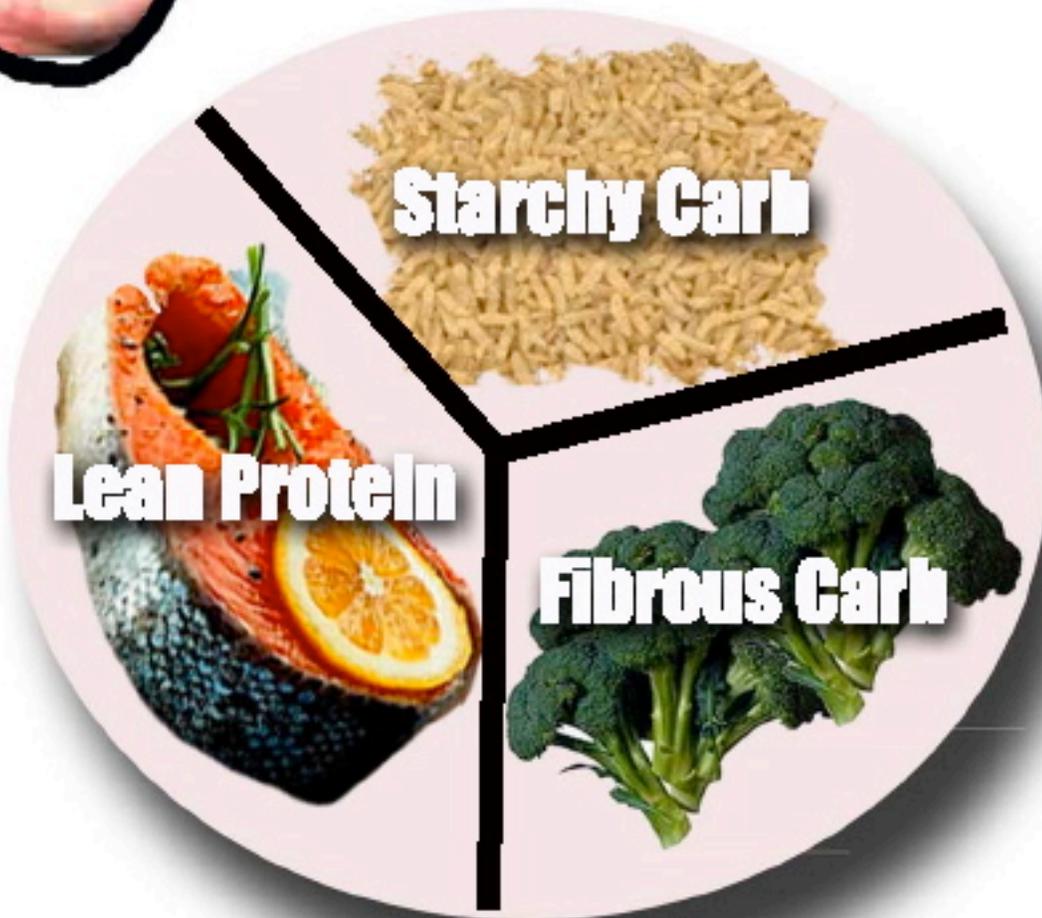
Absolute amounts of food are not included because different people have very different nutritional requirements due to differences in weight, size, gender, age and activity levels. An easy way of determining portion sizes is to use the palm of your hand as a guide. A Nutrient and dietary analysis will be extremely beneficial in understanding what types of food and what portion sizes will work for you.

**For a nutrient and dietary analysis contact me at:
(888)FIT-5186/(888) 348-5186 or SIPersonalTraining.com**

Portions



**Use your palm to measure an approximate
Serving Size.**



Attempt to eat an equal amount of each group with a premium on the Fibrous Carbs. Feel Free to consume them in abundance. Use this format to create each meal. Consume a meal 4 - 6 times a day eating every 2 ¹/₂ - 3 ¹/₂ hours. Each week feel free to take a "Fun Food" Day