



# SMART Nutrition Packet

(May 2009 Update)

A no-nonsense guide to help Milwaukee Adventure Boot Campers make better nutritional choices in an effort to create a healthier lifestyle, a fitter body and a sharp mind – today and for many years to come!

“Listen to what your life is telling you...if something isn’t working, do what you have to do to change it to be happy!”

By

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In cooperation with JSE Enterprises



## Milwaukee Adventure Boot Camp Contract

I, \_\_\_\_\_ hereby commit to 3-4 weeks of regular, vigorous exercise (my registered 3, 4, or 5 workouts per week) and to self-control when it comes to eating. I will be focused on challenging my abilities in the pursuit of elevating my physical performance.

In addition, I will not indulge in any alcoholic beverages (OR at least seriously decrease my alcoholic consumption during the summer months) during the 3-4 week period, regardless of the nature of the temptation.

I will terminate my consumption of food 90-120 minutes prior to my bedtime (however, if starving, I will consume only lean protein so as to NOT go to bed hungry).

I will endeavor to be conscious of when and why I eat and will, to the best of my ability, eat simply to satisfy my nutritional needs as opposed to my emotional needs.

I will also do my best to make healthy food choices at all times, no matter where I am (picnic, traveling, the lake, the ball game, etc.).

I realize that this contract is solely with myself and that it carries no rewards, penalties, or punishments other than those associated with the reflection of strength of my character and willingness to be accountable to my fitness goals!

\_\_\_\_\_  
(Camper Signature)

\_\_\_\_\_  
(Date)

### Personal Goals:

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PO Box 11047 – Milwaukee, WI 53211 – (414) 881-5348  
Visit [www.MilwaukeeBootCamp.com](http://www.MilwaukeeBootCamp.com) for more information, dates & locations



## Poor Nutrition Facts

- Obesity trends have risen every year from 1985 to 2009
- In the US this means over 60% of all adults and 30% of children
- This is first time in history that our children will probably die before us if current trends do not change
- Lifestyle choices make up the majority of this epidemic

## Diseases caused from excess weight

High Blood Pressure

Heart Disease (Cardiovascular Disease)

Diabetes (Type II)

Respiratory Problems (Asthma)

Sleep Apnea

High Cholesterol Level

· Heart Disease (Cardiovascular Disease)

Heart Disease occurs when your cardiovascular system is affected. This affects your veins and arteries. Your blood vessels are also clogged. Heart Disease is the #1 cause of death in the U.S. Obesity can cause heart disease. Overeating can lead to the blocking of blood transport in the arteries and a very serious, cardiovascular disease can occur. To avoid heart disease, healthy eating habits should be practiced as well as exercising which can help to avoid obesity.

· High Blood Pressure

High blood pressure also known as hypertension is a serious disease because it doesn't really have many symptoms so it can kill a person without them knowing it. High blood pressure is when blood vessels become narrow and force the heart to pump blood faster. This change can affect other organs in the body as well. High blood pressure can cause stroke, kidney damage, heart attack, and heart failure. [Source: www.4woman.gov/faq/bloodpress.htm#1](http://www.4woman.gov/faq/bloodpress.htm#1)



## Diabetes (Type II)

Type II Diabetes is a deadly disease that lasts a lifetime. Type II Diabetes is when the insulin can no longer work properly. Our insulin is needed so glucose from our body can go from our blood to the inside of our cells. Our body needs glucose for energy. This is a serious disease and is usually caused by obesity as well as high cholesterol level. When Type II diabetes takes place, usually the person is overweight. [Source:](#)

[www.nlm.nih.gov/medlineplus/ency/article/000313.htm#Definition](http://www.nlm.nih.gov/medlineplus/ency/article/000313.htm#Definition)

## · Respiratory Problems (Asthma)

Obesity leads to respiratory problems such as asthma. Asthma is a condition which lasts a lifetime. It affects our lungs and our breathing. When a person has asthma, the passages of air are affected and can become swollen and red. This causes hard time breathing when exhaling and inhaling. [Source: http://health.yahoo.com/centers/asthma/150](http://health.yahoo.com/centers/asthma/150)

## · Sleep Apnea

Sleep apnea is when a person stops breathing during sleep. Sleep apnea sometimes stops a person's breathing for a minute or more. Sleep apnea is when passages of air are blocked and sometimes your brain can't function and signal breathing. This can cause or be caused by the following: high blood pressure, cardiovascular disease, as well as obesity. [Source:](#)

[www.sleepapnea.org/info/index.html](http://www.sleepapnea.org/info/index.html)

## · High Cholesterol Level

High Cholesterol Level is not good for your body. This occurs when too much of a type of fat is in your body. This type of fat is known as plaque which narrows the arteries. Plaque causes our arteries to become hard and all of this can slow down or even stop the transport of blood to our heart. This causes chest pain and often leads to a heart attack.

[Source: http://health.yahoo.com/centers/cholesterol/1](http://health.yahoo.com/centers/cholesterol/1)

Obesity causes many diseases as well as depression. Obese people, especially teens, tend to have low self esteem due to the way they are treated. Teens, who are obese, feel left out since the society looks upon them differently when they are just like us, human beings.



## Metabolism

### 1) Resting (Basal) Metabolic Rate (RMR or BMR)

- largest component of energy expenditure (60-70%)
- depends on lean body mass, weight and gender
- If you do not take in enough calories to satisfy your RMR, your metabolism will slow down, your body thinks it is starving

### 2) Thermic Effect of Food

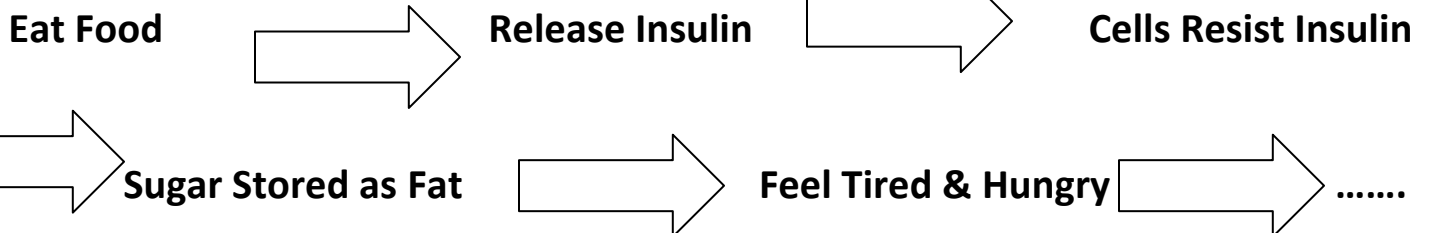
- every time you eat food you burn calories to process the food you are eating

### 3) Physical Activity

- increase your metabolism by resistance exercise and daily activity
- muscle is metabolically active, fat is NOT
- there is no way you will ever reach your goal and look the way you want if you don't lift weights!

A decrease in metabolism can lead to...

## Insulin Resistance (Balance your Hormones)





## The Basics

- Lifestyle Changes:
  - o Start understanding calories (food and liquid)
  - o Substituting condiments
  - o Move to organic eating
  - o Start moving (5-6 hours a week)
  - o Get real about how you view food
- Eat 4-6 times per day:
  - o Breakfast, Lunch, Dinner plus 2-3 smaller snacks
- Always eat breakfast
- Always eat a protein with a carbohydrate (see list on page 14)
- Always eat a fruit with a healthy fat (see list on page 14)
- Increase fiber intake (see list on pages 6 and 14)
- Increase water consumption
- Eat whole foods whenever possible to cut down on chemicals your body doesn't need
- Eat within 2-3 hours of going to bed

**“Cleaning up your nutrition is NOT about being perfect...it is about being practical!”**



## What Our Bodies Need

### 1) Proteins: (see list on page 14)

- Maintain and build muscle – Should be 30% of total intake
- Lowers “hunger” hormone/helps body burn 35% more calories during digestion
- Helps sustain weight
- Helps keep you satiated
- BEST choice proteins – Lean meats (Poultry, white fish, lean reds)

### 2) Carbohydrates: (see list on page 14)

- They give us energy – Should be 40% of total intake
- Gives food texture, variety, color and crunch
- Make us happy by feeding our neurotransmitters
- Fiberous carbs help us fight diseases (phytochemicals)
- Helps flush out toxins (eat more veggies/fiber)
- BEST choice carbs – Veggies, fruits, whole grains, legumes

### 3) Fats: (see list on pages 6-7 and 14)

- Essential fatty acids (to avoid malnourishment) – Should be 30% of total intake
- Slows the absorption of nutrients – keep you full longer
- Healthy sources of animal and vegetable fats are high in energy
- Building blocks for cell membrane and many hormones
- Aids in sugar and insulin metabolism (helps you lose weight!!)
- Helps transport fat-soluble vitamins (D, E, K, A)
- BEST choice fats – Avocados, olive oil, raw nuts and nut butters

### 4) WATER



## Fiber

- **Soluble fiber** slows digestion and helps your body absorb vital nutrients from foods. It can be found in peas, beans, and apples.
- **Insoluble fiber** adds bulk to the stool, helping foods pass more quickly through the stomach and intestines. It can be found in wheat bran.
- Both soluble and insoluble fiber are undigested. They are therefore not absorbed into the bloodstream. Instead of being used for energy, fiber is excreted from our bodies. Soluble fiber forms a gel when mixed with liquid, while insoluble fiber does not. Insoluble fiber passes through our intestines largely intact.

### Insoluble Fiber:

- \* Fruit skins and root vegetable skins and vegetables such as green beans and dark green leafy vegetables
- \* Whole-wheat products
- \* Wheat oat
- \* Corn bran
- \* Seeds & Nuts

### Soluble Fiber:

- \* Dried beans and peas
- \* Nuts, Barley, Flax seed, Fruits such as oranges and apples
- \* Vegetables such as carrots

<http://www.nlm.nih.gov/medlineplus/ency/article/002136.htm>



## Healthy Fats

Eat lean meat sources, Wild Alaskan Salmon (NOT Atlantic Salmon), tofu and other forms of soybeans, walnuts, flaxseeds and their oils as these contain alpha-linoleic acid (LNA) which can become Omega-3 in our systems)

### Benefits from Omega-3 Fatty acids:

- Helps children with ADD and ADHD
- Helps with Autism, Alzheimer's, Eye health
- Reduces PMS symptoms, Improves mood
- Improves skin and hair health & Lowers cancer risks
- Reduces allergies and Rheumatoid Arthritis symptoms
- Improves Heart Health
- Helps with Inflammatory Diseases and Autoimmune Disorders

## Super Foods RX – Book (Fat Burning Foods)

- |  |                                 |                   |
|--|---------------------------------|-------------------|
| 1. Beans   | 11. Yogurt (non fat, low sugar) | 20. Tofu          |
| 2. Blueberries   | 12. Walnuts                     | 21. Salads        |
| 3. Broccoli  | 13. Tomatoes (lycopene)         | 22. Cinnamon      |
| 4. Oatmeal   | 14. Turkey & Chicken            | 23. Apples        |
| 5. Oranges   | 15. Ginger                      | 24. Grapefruit    |
| 6. Pumpkin   | 16. Hot peppers                 | 25. Fat Free milk |
| 7. Wild Salmon   | 17. Water                       | 26. Carrots       |
| 8. Soy   | 18. Eggs                        |                   |
| 9. Spinach   | 19. Whole Grain cereals         |                   |
| 10. Tea (Green, Black, White, Oolong)- EGCG (anti cancer, antioxidant) |                                 |                   |

## Eating Clean While Traveling

- Eat at least 3 meals a day
- **Plan ahead**
- **Bring snacks**
- **Carry bottled water**
- **Eat well and enjoy your trip**



## Eating Clean as a Busy Person

- Choose healthy, quick breakfast foods
- CARVE out 15-20 minutes for lunch – focus on eating, enjoy it
- Eat a healthy snack before attending long meetings
- Opt for two smaller healthy appetizers at business lunches or suck it up and choose a nice big salad with a lean protein (chicken, fish, turkey)
- If you work late, bring enough food with you to work to satisfy your meals
- DO NOT constantly over indulge on the weekend after a hard week
- DO incorporate your favorite pleasures into everyday life...just NOT everyday
- STAY hydrated; at least  $\frac{3}{4}$ -1 gallon a day (NO exceptions)
- Manage the physical and psychological aspects of business travel and vacations
- BE PREPARED

## Eating Healthy at a Restaurant

- Look for steamed, broiled, baked, grilled, poached or roasted foods. Fried, au gratin, crispy, escalloped, pan-fried, sautéed or stuffed foods are high in fat and calories.
- If you're not sure about a certain dish, ask your server how it's prepared. You can request that visible fat be trimmed from meat and skin be removed from poultry before cooking.
- Request that your meal be prepared with vegetable oil (made from canola, olive, corn, soy, sunflower or safflower) or soft margarine instead of butter.
- High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus or in soy or teriyaki sauce. Limit these items. Ask that your food be prepared without added salt or MSG.
- Have gravy, sauces and dressings served on the side, so you can control the amount you eat or skip them completely. And share appetizers and desserts. Only get one OR the other.
- Ask if the restaurant has fat-free or 1 percent milk instead of whole milk.
- Many restaurants can offer you fruit or sherbet instead of high-fat pastries and ice creams.



- Many supermarkets and specialty stores offer prepared entrees to take home when you're in a rush; the same tips listed here for restaurants also apply to take-home foods. <http://www.americanheart.org/presenter.jhtml?identifier=531>

## Vegetarian and Vegan Protein Choices

- **Green smoothies**: Not only are leafy greens very high in all the essential amino acids that form complete proteins, but they are also excellent sources of other nutrients, such as vitamins A, C, K, calcium, and fiber. They are also very cleansing to the body. It helps to have a high power blender like a Vita-Mix or K-Tec, but even a regular cheap blender will do the job if you chop the greens and fruit well before blending.
- **Cooked whole grains**: Quinoa and amaranth are great protein sources and are alkaline-forming grains. Acidic diets promote disease, while alkaline diets promote health. Just 1 cup (after cooking) of quinoa has 8 grams of protein. Amaranth is even higher. Amaranth for breakfast is good cooked with banana slices. Wild rice is also a good source of protein, but not quite as good as quinoa.
- **Sprouted grains**: Ezekiel 4:9 sprouted grain products, including breads and pastas, can be found in most natural food stores.
- **Nuts and seeds**: Nuts and seeds provide significant amounts of protein, but since they are also high in fat, they can weigh you down if you rely on them for protein. Pumpkin seeds are a better choice because they are also high in iron, copper, magnesium, and some other minerals. About 1/5 cup has more protein than a serving of wild rice. Almonds are a good protein source as well.

Other Non meat protein sources: cottage cheese, egg substitutes, egg whites, garden burgers, hemp protein, hummus, nonfat cheese, nonfat yogurt, soy burgers, soy cheese, soy yogurt, tempeh, & tofu.

## Appropriate Portion Sizes at a Glance

1 cup	=	your fist or cupped hand or a baseball
1 oz of cheese	=	your thumb or four dice
1 teaspoon	=	tip of your thumb to knuckle
1 Tbsp	=	3 tips of thumb to knuckle

**MILWAUKEE**  
**ADVENTURE**  
**BOOT CAMP FOR WOMEN**  
**...AND MEN!**

1-2 oz of nuts	=	a cupped handful
3 ounces of meat	=	deck of cards or your palm (5 oz is 2 decks)
½ cup starchy carb	=	½ baseball or an ice cream scoop
2 Tbsp peanut butter	=	a ping pong ball or golf ball
1 ounce peanuts	=	1 ½ golf balls
½ cup	=	1 cupped hand (palm)
1 medium pc fruit	=	1 light bulb

## **Keys to Success**

- 1. Eat 5 – 6 small meals everyday**
- 2. Eat every 2 to 3 hours**
- 3. Always have a lean protein and a complex carb at every meal**
- 4. Drink .75 to 1 gallon of water per day, everyday**
- 5. Never skip a meal, especially breakfast**
- 6. Carry a cooler with you if you must to ensure you are “food prepared”**
- 7. Avoid overly processed, refined foods (white stuff & sugar)**
- 8. Avoid saturated and Trans fats**
- 9. Avoid sugary sodas and “fruit” juices**
- 10. Eat an adequate amount of healthy fats (EFA) everyday**
- 11. Avoid alcohol (another form of sugar – sorry)**
- 12. Avoid calorie dense foods that contain little to no nutritional value**
- 13. Depend on fresh fruits and veggies for fiber, vitamins and minerals and enzymes**
- 14. Stick to proper portion sizes – give up super sizing it**
- 15. Treat yourself to stay sane – have life balance**



## Nutrition FAQs?

- 1) What's up with Juicing, Fasting & Detoxifying?
- 2) Why do diets fail?
- 3) Does blood type make a difference in what I should eat?
- 4) What's the difference between fat loss and weight loss?
- 5) Is food as nutritious today as it was 30 years ago?
- 6) To eat healthy do I have to eat organic?

To reduce weight and to reduce inflammation and allergies- Go Organic whenever possible. (If you eat 5 or more fruits and veggie servings a day you are ingesting 6 or more different pesticides) \*[www.organicauthority.com](http://www.organicauthority.com) – check it out for information on food, home and living organic!

- 7) Are all calories the same?
- 8) What is considered low sugar, low fat and low sodium?
- 9) What should I eat prior to boot camp and on non-boot camp days?
- 10) Can I feed my kids the same things I eat?

## Sample 3-Day Healthy and Balanced Meal plan

### Day 1:

Breakfast: omelette (3 egg whites (equals 1/3 cup liquid whites) and 1 yolk) mushrooms, spinach, 1 slice whole wheat (or Ezekiel) bread (small amount of low fat cheese if desired)  
(men – up to 6 egg whites and 1 yolk, 2 slices Ezekiel bread)

Snack: 1/2 cup nonfat and low sugar yogurt with ½ cup sliced strawberries  
(men – up to 1 cup yogurt and 1 cup strawberries)

Lunch: 4-5 oz tuna or turkey breast mixed with chopped onion and celery, 1 tsp each of mustard and fat free mayo wrapped in a whole grain tortilla (or Ezekiel tortilla) with shredded romaine  
(men – up to 6-8 oz tuna or turkey and 2 tortillas)

Snack: 1 small orange and 10 almonds  
(men - up to 22 almonds)

Dinner: 4-5 oz baked chicken, 1 cup steamed broccoli, ½ cup carrots  
(men – up to 7 oz chicken, 2 cups broccoli and 1 cup carrots)



## Day 2:

Breakfast: Smoothie (1/2 cup non fat, low sugar yogurt, 1/2 cup frozen mixed berries, 1/3 cup liquid egg whites, 1 tbsp flaxseed oil)

Snack: 2, salt free brown rice cakes with 1 tbsp of almond butter (or natural peanut butter) (and/or 1 tbsp sugar free jelly)

Lunch: Turkey sandwich (4 oz turkey meat, lettuce, tomato, low fat mayo, 2 slices Ezekiel bread)

Snack: ½ cup hummus with 10 baby carrots OR 1 small pear

Dinner: 4-5 oz. Chicken or lean beef tenderloin kabobs (onions, mushrooms, peppers, zucchini, eggplant, cherry tomatoes) and sugar free jello for dessert

**\*Men - increase portions for Day 2 similar to above Day 1**

## Day: 3

Breakfast: ½ cup oatmeal, 3 scrambled egg whites (equals 1/3 cup liquid whites), 1/3 cup raspberries

(men – up oatmeal to ¾ cup, 6 egg whites, 1/2 cup raspberries)

Snack: 2 oz low fat string cheese, 1 small apple

(men – 4 oz low fat string cheese)

Lunch: Large mixed green salad, 3-4 oz grilled chicken, ¼ sliced avocado, ¼ cup salsa, 1/3 cup corn, 4 slices cucumbers, 3 strawberries

(men – up to 7 oz grilled chicken)

Snack: ½ cup low fat cottage cheese with 1/3 cup blueberries

(men up to 1 cup low fat cottage cheese and ½ cup blueberries)

Dinner: 5 oz baked tilapia or orange roughy, 3 oz baked sweet potato, 1 cup steamed green beans

(men – up to 7 oz fish, 6 oz potato and 1.5-2 cups beans)

\*\*If you need a dessert – sugar free Jello or pudding with 1 Tbsp Fat Free whipped cream is the bomb!



## **Websites on Healthy Eating**

**Nutrition.gov**

[www.nutrition.gov](http://www.nutrition.gov)

**US FDA: Center for Food Safety and Applied Nutrition: Consumer Advice**

[www.nutrition.gov](http://www.nutrition.gov)

**American Dietetic Association**

[www.eatright.org/Public](http://www.eatright.org/Public)

**Healthy Eating.net**

[www.healthyeating.net/he\\_1.htm](http://www.healthyeating.net/he_1.htm)

**BBC: Healthy Eating**

[www.bbc.co.uk/food/healthyeating](http://www.bbc.co.uk/food/healthyeating)



## **Healthy Nutrition & Lifestyle Books**

Feed Muscle shrink fat diet - Kathy Smith

The Perfect Recipe for Losing Weight & Eating Great - Pam Anderson (great healthy recipe book)

The Super Food Rx Diet - Wendy Bazilian & Steven Pratt

UltraMetabolism - Mark Hyman

The Eat-Clean Diet - Tosca Reno (this is outstanding and covers a whole lifestyle change)

It's Not Just Your Genes - Ruth DeBusk & Yael Joffe

Master Your Metabolism - Jillian Michaels (all you will ever need to know)

The 5-Factor Diet – Harry Pasternak (quick, easy recipes of 5 ingredients or less)

The Essential Best Foods Cookbook - Dana Jacobi (great recipes)

Eat This, Not That - David Zinczenko (a great "no-diet" strategy)

## **SNACKING GUIDELINES:**

Snacking can actually help you lose weight and maintain weight loss. That's because by eating a planned between-meal nosh, you're less likely to overeat at your meals. The trick, however, is to not overdo the snacks. Here are some guidelines to follow:

- Women should strive for two snacks per day (mid morning and mid afternoon).
- If you get very little exercise and are over 50, limit yourself to one 200 calories of snack per day.
- If you are very active and younger, you can have two 200-calorie snacks per day.
- If you find that you are losing more than three pounds a week, choose from the higher-calorie snacks or add additional snacks to your daily menus until you maintain or lose at a rate of no more than two pounds per week.

### **100-Calorie Snacks**

- 1/4 c 1% cottage cheese and 1 c sliced strawberries
- 1 hard-boiled egg dipped in 1 Tbsp light ranch dressing
- 1/2 c fat-free ice cream or frozen yogurt
- 28 pistachios



- 10 almonds or cashews
- 1 large stalk celery stuffed with 1 Tbsp peanut butter
- 1 slice whole wheat bread with 1 oz turkey breast
- 1 oz mozzarella string cheese and 4 green olives
- 1 c light yogurt
- 1/2 oz baked tortilla chips with 2 Tbsp salsa
- 1 fat-free chocolate pudding cup
- 1/2 whole wheat bagel (4" diameter), toasted, with 1 Tbsp sugar-free jam
- 1/2 c steamed soybeans (edamame)
- 1 hard-boiled egg with 1/2 slice toasted wheat bread
- 1 c chicken noodle soup with 2 saltine crackers
- 1 small (4") whole wheat pita with 1 Tbsp hummus
- 1 slice whole wheat bread with 1 oz sliced turkey breast and mustard
- 1/2 c 1% cottage cheese with 1 c cherry tomatoes
- 2 fig bars
- 20 animal crackers
- 1 c berries mixed with 2 Tbsp plain, nonfat yogurt
- 3 to 4 c microwave air-popped popcorn (see package for calories per cup)

### **200-Calorie Snacks**

- 2 fig bars and a medium apple
- 1 oz trail mix and 1/2 c light fruit yogurt
- 1 c broth-based soup and 2 rice cakes
- 1/4 c roasted sunflower seed kernels
- 1/4 c dry-roasted mixed nuts
- 8 reduced-fat Triscuit crackers with 1 oz reduced-fat cheddar cheese
- 1 whole wheat English muffin topped with 1 Tbsp reduced-fat peanut butter
- 1/2 c raisin bran cereal with 1/2 c skim milk
- 1/2 c 1% low-fat chocolate milk and 4 squares low-fat graham crackers



## **"Free" Hunger-Fighting Foods and Beverages**

You can have virtually any vegetable (minus the more calorie-dense potatoes, yams, peas, and beans) as snacks during the day, and enjoy them in unlimited quantities.

- Hot tea with skim milk and sweetener
- Sparkling water with lemon
- Salad greens (Dark leafy)
- Bell peppers, Celery, Broccoli & Cauliflower
- Mushrooms, Sprouts, Onions
- Asparagus, Beets, Green beans
- Vinegar and Mustard
- Herbs and spices
- Low-sodium tomato or V-8 juice
- Low-sodium fat-free salad dressing

## **I Can Only Handle One Diet Change Right Now -- What Should I Do?**

1. Add just one fruit or veggie serving daily. Get comfortable with that, then add an extra serving until you reach 8 to 10 a day.
2. Eat at least two servings of a fruit or veggie at every meal.
3. Resolve never to super size your food portions -- unless you want to super size your clothes.
4. Make eating purposeful, not mindless. Whenever you put food in your mouth, peel it, unwrap it, plate it and sit. Engage all of the senses in the pleasure of nourishing your body.
5. Start eating a bigger breakfast. It helps you eat fewer total calories throughout the day.
6. Make sure your plate is half veggies and/or fruit at both lunch and dinner.



NOTES:



## **Printable Grocery Shopping List**

### **Lean Proteins**

- Boneless, Skinless Chicken Breast
- Tuna (water packed)
- Fish (salmon, seabass, halibut)
- Shrimp
- Extra Lean Ground Beef or Ground Round (92-96%)
- Protein Powder
- Egg Whites or Eggs
- Ribeye Steaks or Roast
- Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
- Top Sirloin (aka Sirloin Top Butt)
- Beef Tenderloin (aka Filet, Filet Mignon)
- Top Loin (NY Strip Steak)
- Flank Steak (Sir Fry, Fajita)
- Eye of Round (Cube Meat, Stew Meat, Bottom Round , 96% Leand Ground Round)
- Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)

### **Healthy Complex Carbs**

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (pinto, black, kidney)
- Oat Bran Cereal (All Bran, Fiber One, Kashi Go-Lean)
- Brown Rice
- Farina (Cream of Wheat or Cream of Rice)
- Multi- Whole grain bread OR Ezekiel Bread
- Wheat Pasta

### **Fibrous Carbs (Fruits and Veggies)**

- Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)

- Broccoli
- Asparagus
- String Beans
- Spinach
- Celery
- Bell Peppers (Green, Red, Yellow, Orange)
- Brussels Sprouts
- Cauliflower
- Celery
- Cucumber
- Mushrooms
- Onions
- Garlic
- Tomatoes
- Zucchini
- Eggplant
- Small bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries, kiwi
- Lemons or Limes

### **Healthy Fats**

- Natural Style Peanut Butter (best is non roasted and non salted)
- Olive Oil or Safflower Oil
- Raw Nuts (peanuts, almonds, walnuts, cashews)
- Flaxseed Oil
- Avocados

### **Dairy & Eggs**

- Low-fat (1%) cottage cheese
- Eggs
- Low or Non-Fat Milk
- Low fat cheese (like Lorraine Swiss)
- Unsweetened Almond Milk

### **Beverages**

- Bottled Water



- Diet Soda (keep to a minimum)
- Crystal Light (keep to a minimum and only use small amounts)

### **Condiments & Misc.**

- Fat Free Mayonnaise
- Reduced Sodium Soy Sauce
- Reduced Sodium Teriyaki Sauce
- Balsamic Vinegar & Salsa
- Chili powder & **Mrs. Dash** & Steak Sauce
- Sugar Free Maple Syrup
- Chili Paste & Mustard
- Extracts (vanilla, almond, etc)
- Low Sodium beef or chicken broth
- Plain or reduced sodium tomatoes sauce, puree, paste