

Suggested Nutritional Mantra

Consume a visually equal portion of a Lean Protein, Starchy Carb and Fibrous Carb every 3 to 3-1/2 hours. **Eliminate saturated fats and processed sugars!!!**

Note: It is more important to learn to listen to your body as to knowing when your hungry (vs) cravings for sugars. You may need to eat sooner or later than every 3 to 3 1/2 hours depending upon the intensity of your workout training sessions.

Starches & Grains

Sweet potatoes, Baked potatoes
Yams
Whole Wheat flour
Whole grain rice
Granola
Oatmeal
Butter squash
Whole wheat pastas

Protein Sources

Beans & Grains
Nuts & seeds

Beef

Loin cuts
Flank
Top Round

Poultry

Skinless breast /thighs

Pork

Loin cuts
Center cuts

Nuts

Almonds, Walnuts
Pecans,
Egg whites

Treats

Rice cakes
Sugar free Popsicle

Dairy

Almond milk
Almond yogurt
Rice Milk
Coconut yogurt
Coconut milk

Vegetables

Spinach
Broccoli
Tomatoes
Carrots
Corn
Romaine lettuce
Collards
Rhubarb
Cucumbers
Cauliflower
Peppers
Mushrooms
Celery
Dandelion Root
Water cress
Summer squash
Tomato paste
Bean sprouts
Onions
Green beans
Peas
Seaweed
Water Cress

Cereals

Post Grape Nuts
Post Raisin Bran
Kashi Go Lean
Chex,
Shredded wheat
Cream of Wheat

Fats

Canola oil
Olive oil
Pam butter spray
Vegetable oil
Peanut oil

Fruits

Apples
Oranges
Peaches
Plumbs
Pears
Pineapple
Kiwi
Apricots
Mango's
Lemons
Limes
Grapes
Grapefruit
Plan-tines

Pure Apple juice
Pure grape Juice
Pure O.J.

Sea Food

Salmon
Sword Fish

Tuna
Halibut
Cod
Grouper
Shellfish
Crabs, Lobster

Condiments

Tabasco sauce
Honey
Mustard
Celery salt
Onion powder
Garlic powder
Cinnamon

Cooking & Spice

Cooking wine
Bay leaves
Cinnamon
Dill
Garlic

Italian seasoning
Lemon pepper
Cilantro
Sage
Parsley
Nutmeg
Cumin

Combining for Complete Proteins

Peanut or Almond Butter
& Breads
Beans & Rice
Hummus & Crackers
Potatoes & Red or Black
Kidney beans
Potatoes and Lentil
soup

Coach J. Blackburn

Master Trainer / Nutrition Consultant

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