



Lean protein options

The Basics

Chicken breast

Chicken breast is a versatile meat that is naturally lean, provided the skin is removed prior to cooking. It contains vitamins, minerals and protein that boost the nutritional value of your meals. If a chicken breast is labeled as “natural,” it has no artificial ingredients or dyes and was not altered by processing, according to the Food Safety and Inspection Service.

Egg whites

Egg whites are a body-change staple--and for good reason. Unlike whole eggs, which contain significant amounts of total and saturated fat, egg whites are completely fat free.

Important for us, egg whites are a highly digestible form of protein. The biological value, a measure of how much of the protein in a given food is digested and ultimately utilized by the body, is very high in egg whites.

White fish

Dieters who steer away from seafood completely are missing the boat in the nutrition department. Fish offers many benefits, from easy-to-digest amino acids on par with whey protein to an array of minerals that support testosterone and thyroid functions. Incorporate fish into your bodybuilding diet more frequently to receive its nutritional benefits.

Whey protein isolate

Whey protein is a mixture of globular proteins isolated from whey; the liquid material created as a by-product of cheese production. Whey protein is commonly marketed as a dietary supplement, and various health claims have been attributed to it in the alternative medicine community.

Although whey proteins are responsible for some milk allergies, the major allergens in milk are the caseins.

Dannon light and fit Greek yogurt

With 20 grams of protein per cup, Greek yogurt is indulgent and flavorful — everything clean food isn't supposed to be. And the best part is that it can be used in a multitude of ways, sweet or savory, as a substitute for sour cream or in a sweet creation using things like Walden farms syrup or a little bit of your favorite protein powder.



Shrimp

Shrimp serves up 84.2 calories per 3-oz. cooked portion. Most of the calories in this seafood derive from protein, with a small portion coming from fat. A serving of shrimp contains just 0.9g of fat, with 0.2g of fat coming from saturated fat. Limit the saturated fat in your meal plan to 22g per day or less. Shrimp also contains 165.8mg of cholesterol per serving, over half the recommended limit of 300mg per day.

While saturated fat and cholesterol often gets the blame for increasing your risk of clogged arteries, other issues factor in, including your lifestyle and genetic propensity to heart disease. However, shrimp also contains omega-3, a fatty acid that could help prevent or reduce your risks for heart disease and other health conditions, such as diabetes.

Scallops

Scallops are low in fat--contributing only 1 gram of fat per serving.

Approximately 0.35 grams of the total fat provided is heart-healthy omega-3 fatty acids. These essential polyunsaturated fatty acids play a crucial role in normal growth and development and may also reduce the risk of cardiovascular disease.

Scallops are also a good source of lean protein; each four-ounce serving contains 20 grams. Scallops are good sources of three specific amino acids (the building blocks of protein) - cystine, tryptophan and isoleucine.

99% lean ground turkey

This one might not seem as “fun” as some of the other options here, but for me this works out to be a way to manipulate some lean dieting meals to get at least somewhat closer to the meals I most enjoy. Things like a taco style bowl, burgers, and even meatloaf is doable when you use 99% lean turkey. **Pro tip:** Add veggies-Your free food- like chopped spinach or processed celery to help this lean protein choice retain some moisture.

Sockeye Salmon

Sockeye salmon is also commonly known as "red salmon" and scientifically known as *Oncorhynchus nerka*. Most of these fish are harvested in Alaska. You can purchase sockeye salmon fresh or frozen and it is readily available year-round. The American Heart Association recommends that you should consume two 3.5 oz. servings a fattier, such as salmon, each week.



Fatty protein options

Salmon **Chinook/king, Coho, Atlantic*

Salmon is a good source of protein and, unlike fatty meat products, it's not high in saturated fat. Fish is also a good source of omega-3 fatty acids.

Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of — or who have — cardiovascular disease. Research has shown that omega-3 fatty acids decrease risk of arrhythmias (abnormal heartbeats), which can lead to sudden death. Omega-3 fatty acids also decrease triglyceride levels, slow growth rate of atherosclerotic plaque, and lower blood pressure (slightly).

Flank steak

Flank steak is made from the cow's abdominal muscles. It's one of the healthiest beef cuts—ounce for ounce, a flank steak has fewer calories and more protein than a ribeye or porterhouse. It's one of the great cuts—very lean and with a lot of flavor if you don't overcook it and know how to slice it (across the grain).

Sirloin steak

From the loin section of the cattle, this cut of steak offers up good flavor and moderately tender meat at a

budget-friendly price. So, you get the best of both worlds—great taste without the onslaught of fatty calories. As with other red meats, top sirloin is a natural source of creatine, the ultra-popular compound shown to bolster feats of strength on the gym floor.

Ground beef **90% or leaner*

This quintessential protein is healthier than you thought. It turns out that beef isn't just OK to eat—it's good for you! It's loaded with nutrients and antioxidants, including zinc, vitamin B6, and alpha lipoic acid. These are responsible for creating antibodies and keeping blood sugar levels in check. A 3oz serving of 95% lean ground beef has just 164 calories and 4.5g of fat but



offers up 24g of protein. Ground beef is also rich in iron, a multitasking mineral that boosts energy and keeps muscles working properly.

Whole eggs

Natures multivitamins, I recommend whole eggs find their way into your diet as often as possible.

Chicken thighs

Uncured bacon



Carbohydrate options

The basics

Cream of rice or [Rice n grinds](#) Use code [ECC15](#)

Rollled oats are high in slow-digesting, blood-sugar-friendly carbs; chock full of fiber; and low in fat. Oatmeal even offers a small dose of protein. What's more, it may also support already healthy cholesterol levels, making this food great for anyone interested in a heart-smart diet plan.

Any potatoes

Sweet potatoes are very high in vitamin A and fiber and high in vitamin c, manganese and vitamin b6. Fiber will help with our digestion, as well as things like cardiovascular health.

They're a carb source that might be great for most, but some might feel bloated and gassy from too much sweet potato

Gluten free bread

I'm not necessarily opposed to regular bread, but i'd rather get rid of as much potential GI irritants now. If the goal is to gain tissue, then the goal is to eat. We want to pick foods that are easily digested as a main priority.

Quinoa

What appears to be a cross between oats and rice, quinoa is an excellent carbohydrate source that's higher in protein than both the former foods. For every one cup of cooked quinoa, you'll take in 254 calories, 4 grams of fat, 47 grams of carbohydrates, and 9 grams of protein.

Quinoa is also very high in manganese, magnesium, and iron. One especially beneficial thing about quinoa is that unlike rice and pasta, it is a complete protein source, so if you're vegetarian this is a very good way to meet your needs.



Jasmine white rice cooked

Since rice is abundant in carbohydrates, it acts as fuel for the body and aids in the normal functioning of the brain.

Carbohydrates are metabolized by the body and turned into functional, usable energy. The vitamins, minerals, and organic components found in it increase the functioning and metabolic activity of all the organs, which further increases energy levels.

The humble potato has fallen in popularity in recent years, due to the interest in low-carb foods. However, the fiber, vitamins, minerals, and phytochemicals it provides can help ward off disease and benefit human health.

Pasta gluten free (i prefer corn based)

Pasta can be very dense in calories so its probably best suited for higher calorie requirements like re-feed days or reverse dieting. Pasta provides us with plenty of energy yielding carbohydrate that will aid in performance and recovery. Its high versatile in the way that we can add it to different meals and how it will fit with different proteins to make delicious meals. Furthermore, it contains iron, niacin, and other essential vitamins and minerals.

Corn tortilla

The two different types of tortillas here will vary widely in size and caloric density. So make sure to use <https://www.calorieking.com/> to ensure you're getting the right amount of carbohydrate per your plan.

Both styles typically have an abundance of fiber, vitamins, and minerals. Like others on the list, I would sub these in from time to time just to ensure more variety but no more regularly than once daily.

Fruit- Pineapple, melons, berries, plums, apples, peaches, etc.

Fruits offer plenty of benefits, including polyphenols and other phyto nutrients that can be great for our immune systems and overall general well-being. Fruits can also be a very feeling low calorie food provided you stick to the options listed.



Baby rice cereal

Perfect for at work or on the go. Doesn't need to be cooked, mixes super easily with just water. You can added protein to make a complete meal, and digest really easily so it doesn't weigh you down while you're out and about.

Rice cakes

Plantains

Gluten free hamburger buns



Workout carbs

(pre & post workouts only)

Cream of rice or [Rice n grinds](#) Use code [ECC15](#)

This is a great carbohydrate to have around training. Its super easy to digest and won't leave you feeling bogged down. The last thing we want around training is to feel bloated or gassy. Not only is Cream of rice a great energy source, it can taste amazing too. It will easily flavor. I've use thing like low sugar chocolate syrup, Walden farms pancake syrup, and even low-calorie jellies to flavor my Cream of rice

Low-fat breakfast cereal (rice based)

Once again, these are super easily digested. Being that cereals are fortified with vitamins & minerals we'll get some additional benefits outside of just energy. My only rule with Breakfast cereal is NO DARIY. We'll use unsweetened almond, cashew, or coconut milks. Low-fat breakfast cereals are my personal go-to option for pre-workout fuel. I mix a protein shake with cold water and use that as my "milk." It's simply more convenient then trying to get anyone to drink Almond milk 😊

Rice cakes

Gluten free option specific to your needs. Feel free to add an all-natural jelly or Jam

Apple sauce

Gluten free option specific to your needs. That bowl of apple sauce is about the amount you'll need lol

Rice krispy treats

Fruit- Banana, grapes, raisins

Higher calories fruits fit perfectly pre/post training.

Gluten free frozen waffles/pancakes

Must be gluten free



Healthy fat options

Power foods

Raw Extra Virgin Olive Oil / Avocado oil / Macadamia nut oil

What's not to like with EVOO. Let's sum this up with some quick bullet points otherwise we'll be here all night.

- Improves heart health
- Reduces the risk of type two diabetes
- Lowers cholesterol
- Weight-loss
- Prevents inflammation
- Improves digestion
- Improves skin health
- Prevent Gallstones
- It may even reduce the risk of certain cancers

Coconut oil

Caprylic acid / Lauric acid / Capric acid

Around 62 percent of the oils in coconut are made up of these three healthy fatty acids, and 91 percent of the fat in coconut oil is healthy saturated fat. This fat composition makes it one of the most beneficial fats on the planet, as the USDA nutrient data base shows.

Most of the fats we consume take longer to digest, but MCFAs found in coconut oil provide the perfect source of energy because they only must go through a three-step process to be turned into fuel vs. other fats that have to go through a 26-step process!

Unlike long-chain fatty acids found in plant-based oils, MCFAs are:

- Easier to digest
- Not readily stored as fat
- Antimicrobial and antifungal
- Smaller in size, allowing easier cell permeability for immediate energy
- Processed by the liver, which means that they're immediately converted to energy instead of being stored as fat



Avocado/guacamole

Avocados offer nearly 20 vitamins and minerals in every serving, including potassium (which helps control blood pressure), lutein (which is good for your eyes), and folate (which is crucial for cell repair and during pregnancy).

Avocados are a good source of B vitamins, which help you fight off disease and infection. They also give you vitamins C and E, plus natural plant chemicals that may help prevent cancer.

Nuts or nut butters

Nuts are another power house food. They can be great for everything from heart health, digestion/elimination, to even healthier blood sugar levels.

The key here is understanding what nuts are worth their calorie content. Almonds, walnuts, pistachios, brazil nuts, and macadamia nuts offer the best bang for your buck. That means almond butter is a great addition to our diet, but peanut butter on the other hand doesn't offer the same fatty acid profile, fiber, or as many antioxidants.

Grass-fed butter/GHEE

70% dark chocolate

Grass-fed cheese

Vegetable options

Veggies - Most people stick to just one or two veggies each week. Experiment a little! Try to rotate these as much as possible to get the benefits of more than one veggie. Stick to fresh or frozen veggies.

As much as you'd like. This is what we'll call a free food. Fill your plate to fill your belly!	Have some, but don't avoid. Each one has their benefits but should be kept to one serving daily at most.	Limit. These options we'd want to keep to just a few servings per week to optimize digestion
Romaine, Yellow squash, zucchini, Celery, cucumber, peppers, arugula, kale, green beans, carrots, egg-plant, Bok choy, mushrooms, Cauliflower, Brussel sprouts, spaghetti squash	Spinach, butternut squash, beets, Garlic, tomato, collard greens	Broccoli, asparagus, onion, corn, peas

Typical daily eating

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M1							
M2							
M3							
M4							
M5							

Favorite foods

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