

Fuel the Machine

This combination of food entering your mouth puts your body in optimal performance and calorie burning mode!

The Zone!

Look at your plate, make a fist, eat that much meat every meal; turn your hand over and fill it with nuts and seeds, eat that much good fat, fill the rest of your plate with stuff you find in fruit and veggie aisle.

30%			40%			
Protein			<u>Carbohydrate Raw</u>		<u>Cooked Carbs</u>	
Chicken Breast Steak ground beef bacon pork duck egg substitute egg whites feta cheese ground turkey	Calamari Pork Protein Powder cheese cottage Cheese tofu soy sausage swordfish tuna steak veal	Ham Lamb Lobster scallops Crabmeat deli meat soy burgers turkey breast ground pork whole egg	apple applesauce black berries blueberries broccoli (2 cups) cabbage cantaloupe carrot cauliflower celery	cucumber fruit cocktail grapefruit grapes honeydew kiwi lemon apricots bean sprouts cherries	asparagus black beans broccoli cabbage cauliflower chick peas collard greens eggplant green beans	kale kidney beans oatmeal onion spaghetti squash spinach tomato sauce zucchini
30%	<u>FATS</u>	Almonds Avocado Bacon bits butter	Canola oil Cashews Cream cheese Coconut oil	Guacamole Mayo [1/2 tsp.] Olive oil	Olives Peanut butter Peanuts [6] Salad dressing	Sour cream Sunflower seeds Veg. oil walnuts

Combos: yogurt / milk / soy milk

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Unfavorable Carbs (limit please!)

<u>baked beans</u>	<u>banana</u>	<u>bagel</u>	<u>muffins</u>	<u>BBQ sauce</u>
<u>cooked carrots</u>	<u>cranberries</u>	<u>biscuit</u>	<u>noodles</u>	<u>ketchup</u>
<u>corn</u>	<u>dates</u>	<u>bread</u>	<u>pancake (4in)</u>	<u>sugar (2 tbsp.)</u>
<u>French Fries</u>	<u>figs</u>	<u>bread stick (1)</u>	<u>pasta</u>	<u>honey</u>
<u>peas</u>	<u>mango</u>	<u>cereal (1/2 oz)</u>	<u>pita bread</u>	<u>jelly</u>
<u>pinto beans</u>	<u>prunes</u>	<u>croissant</u>	<u>popcorn (2 cups)</u>	<u>syrup (2 tsp)</u>
<u>baked potato</u>	<u>raisins</u>	<u>crouton</u>	<u>rice</u>	<u>teriyaki sauce</u>
<u>mashed potato</u>	<u>apple juice</u>	<u>donut (1/4)</u>	<u>roll</u>	<u>pretzels</u>
<u>refried beans</u>	<u>fruit punch</u>	<u>English muffin</u>	<u>taco shell</u>	<u>tortilla Chips (8)</u>
<u>sweet potato mash</u>	<u>orange juice</u>	<u>granola</u>	<u>tortilla</u>	<u>saltine crackers (4)</u>
<u>turnip</u>	<u>tomato juice</u>	<u>instant oatmeal</u>	<u>waffle</u>	-