

# **Permissible Nutritional Food List**

## **Protein**

### **Beef**

Beef tenderloin, Filet Mignon, Sirloin Steak, Flank Steak, Round Steak, Top Round, Roast Beef, Ground Round, Ground Sirloin. Ground Beef (90% Fat Free or leaner)

### **Poultry**

Chicken breast (no skin) Canned Chicken Breast (Swanson's), Turkey Breast, Turkey Breast Cutlets, Ground Turkey Breast (95% Fat Free or Leaner), Canned Turkey Breast and Deli Turkey Breast

### **Fish**

Just about all kinds, the best are: Tuna (canned in water or fresh), Cod, Halibut, Orange Roughy, Salmon (canned in water or fresh, but limit to twice weekly), Shrimp and Whitefish.

### **Other Meats**

Canadian Bacon, Pork Tenderloin, Ostrich and Deer.

## **Complex Starchy Carbohydrates**

The very best choices are: Oatmeal, Cream of Rice, Puffed Rice, Rice Cakes, Cooked Rice (brown or white), Potatoes, Sweet Potatoes, Beans (white, pinto, kidney or black), Lima Beans, Corn and Peas  
*(Once in awhile as a treat you may have pasta, corn tortillas or a bagel as a substitute - mostly stick to the above)*

## **Fibrous Vegetables**

Asparagus, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Green Beans, Lettuce, Mushrooms, Spinach, Tomato, Water Chestnuts and Zucchini

## **Fruit**

Apple, Blueberries, Cantaloupe, Cherries, Grapefruit, Kiwi, Nectarine, Orange, Peach and Strawberries

## **"Healthy" Fats and Oils**

Flax seed oil, Safflower oil, Walnut oil, Olive oil, Sesame oil, Almonds and walnuts

## **Free Foods**

Vinegar, Diet beverages  
Lemon juice, Decaffeinated coffee  
Lime juice, Sparkling water  
Mustard, Water  
Garlic, Iced tea  
Mushrooms, Herbal tea  
Onions, Dry seasonings (Herbal, etc.)  
Scallions, Salt  
Cucumber, Pepper  
Lettuce, Sugar-free Jell-O  
Citrus peels, Sugar-free gum  
Chili peppers

## **Helpful Hints**

It is absolutely essential that you *drink plenty of water*. The more water you can consume, the faster you will be eliminating fat from your body. You should get in the habit of carrying a bottle of water around with you. You should be certain to consume at least ten 8-ounce glasses of water per day. It would be far preferable to drink at least two 64-ounce bottles of water per day. If you drink a can of diet soda, or have a glass of iced tea, this will count as one glass of water.

*You must not miss meals.* If you do not eat at least four - five times a day you will not succeed. For this more than any other plan, preparation is key. Know that if you will be in the middle of nowhere when mealtime rolls around, that you will have brought something to eat with you. If you know that you will be in the middle of a meeting when mealtime comes around, bring a meal replacement with you so that you do not activate your starvation-protection mechanism. You don't have to eat a meal, you just have to ingest the proper amounts of carbohydrate, protein and fat. Prepare a thermos full of protein drink, to have throughout the day. Don't go out into the world everyday, and just expect that the right food will be there. It won't be there. Think ahead. Plan for your success.

*Weigh and measure everything you eat.* Do not assume it is the right amount. Do not guess the amount of any of the portions. Get it right and reap the benefits. Buy a food scale if you don't have one, this will make it easy.

*If you happen to overeat one meal, do not under eat during the next meal.* In other words, do not alter any meal, based on a mistake you made on the meal prior to that, or in anticipation of a meal that is ahead of you. By doing this you will have ruined two meals. Each meal is its own separate entity, and is not reliant on any other meal. Each meal is like taking a

medicine that we are trying to get an effect from, that will wear off in a few hours, so we would take that medicine again. If you change the medicine once, would you change the medicine again to account for that? No. You can't double up; you can't cut it in half. You will simply be ruining a half of your day instead of a quarter of a day. Even in cases of extreme overeating, the next meal is exactly as it should be. We are attempting to create an environment for your metabolism. Allow that environment to be as stable as possible. The same applies to under eating. Do not eat more the next time.

***The correct supplementation program can dramatically enhance your results.***

Our experience with thousands of clients has proven that the proper diet combined with a well - designed supplementation program will provide an average of 50% greater results. In addition to quicker, better results, you can achieve a stronger immune system, higher energy levels, and most important, a higher success rate with your nutritional plan. For bodybuilders it is absolutely essential that you take enough nutrients through supplementation, to retain lean tissue and keep your metabolism burning fat.

***Make sure you are getting enough protein.*** Most menu items will not have the necessary protein content. You must learn to order additional portions, or let them know exactly how much you need. You must make an Olympian effort to get enough protein.

***Foods must be eaten together,*** at the same time, to bring about the desired results. A major point of eating in this prescribed manner is to stimulate or repress the production of specific hormones that make up the metabolism. To foster this hormone activity, these foods must be ingested as a whole.

***Do not have more than two alcoholic beverages per week.*** If you have a couple (two) glasses of alcohol per week, it should have no effect. Your body will absorb it, and you won't even see it. Any greater alcohol consumption and it is a ball and chained wrapped around your waist that you are dragging with you 24 hours a day. The alcoholic portion of any beverage you consume WILL be converted to body-fat. For women this body-fat is gathered at the back of the arms, the hips and just below the belly button. For men, it seems to gather between the chest and pelvic area. If you are on a pre-contest diet...any alcoholic drinks are out of the question.

***It is most beneficial to have vegetables where it is listed on your diet plan.*** Vegetables will not only eliminate any trace of carbohydrates craving, but will also be filling, and will regulate the bowels successfully. In addition most vegetables contain special nutrients that are tremendously beneficial to the human body.

## **Additional Hints**

*The order of the meals is not as important as the content of the meals.* If you would like to switch the order of any of the meals - no problem. If your diet happens to require a high carb meal every 3rd day or so this meal should be the last meal of the day to provide for glycogen storage. Each diet should be updated every 4 - 6 weeks.

*Make sure the beverages you drink are non-caloric* - Crystal Light, Diet Sodas, coffee, tea are all ok. Try to drink at least one gallon water daily for each 100 pounds bodyweight.

You may substitute foods on your prescribed diet with another food from the same category from the food list. For example, if your diet calls for carrots, you can substitute with any non starchy vegetable such as tomato or another from the food list.