



Meal Guidelines

Meal Guidelines and Suggestions

Breakfast:

- Fruit bowl (blueberries, cantaloupe, honeydew, strawberries, apples, bananas, oranges)
- Whole wheat toast, 1 or 2 slices
- Hard Boiled Egg (1 to 2)
or
- slice of deli meat

Snack:

- Nuts
- KIND Bar/Cliff bar/Core Meal
(<https://www.corefoods.com/collections/core-meals>)
- raisins or other dried fruit
- triscuits

Lunch

- Salad – mixed to dark leafy greens (romaine, spinach, kale)
-tomatoes, cucumbers, peppers, carrots, dried fruits
- small serving – whole grain bread or pasta, or brown rice side

Dinner

- Protein base (quinoa, chicken (sans skin), fish (salmon, tilapia, cod))
- Half of baked potato or brown rice, or whole wheat pasta (small serving)
- Vegetables (steamed, baked, or sautéed) exs: squash, green beans, spinach, green/red peppers, broccoli, asparagus, mushrooms, onions

Meal Replacement (or protein supplement)

- EAS MYOPLEX (protein mix, pre-made shakes or bars)

Fat Fighting Foods

Breakfast

- Steel Cut oats, Wheat Berries
- Apples
- Black Raspberries
- Blueberries
- Strawberries
- Pomegranates
- watermelon

Lunch:

- Salad Base (Kale, Green leaf lettuce, watercress, arugula)
- mushrooms (preferably cooked)
- artichokes
- Broccoli
- Cauliflower
- Eggplant
- Tomatoes
- Red Onions
- Scallions
- Pumpkin Seeds
- Soybeans (edamame)

Drinks

- Green Tea

Seeds to eat

- Chia
- Flax
- Hemp (hemp protein could be a good option)
- Sesame

Healthy beans

- chickpeas (hummus)
- black-eyed peas
- black beans
- lima beans
- pinto beans
- lentils
- red kidney beans
- soybeans

Healthy Grains/Grain-like

- Whole Rye
- Quinoa
- Oats
- Bulgur
- Farro
- Brown Rice
- Millet
- Wheat Berry

Plant Protein Alternatives to Meat

TABLE 1. SAMPLE PLANT PROTEIN CONTENT (GRAMS)

28.6	Soybeans, boiled (1 cup)
24.0	Mediterranean pine nuts (½ cup)
18.2	Almonds (3 oz.)
17.9	Lentils, boiled (1 cup)
15.3	Kidney beans, boiled (1 cup)
15.2	Spinach, frozen (2 cups)
14.5	Chickpeas, boiled (1 cup)
13.2	Hemp seeds (½ cup)
12.8	Sesame seeds (½ cup)
11.5	Sunflower seeds (½ cup)
11.4	Broccoli, frozen (2 cups)
11.0	Tofu, extra firm (4 oz.)
10.3	Collards, boiled (2 cups)
8.2	Peas, frozen (1 cup)

TABLE 2. SAMPLE ANIMAL PROTEIN CONTENT (GRAMS)

26.2	Chicken (light meat, roasted, 3 oz.)
21.6	Salmon (Atlantic, wild, broiled, 3 oz.)
19.8	Beef short loin (Porterhouse, ⅛-in. fat, broiled, 3 oz.)
12.6	Eggs (2)
8.2	Milk, 1% (1 cup)

Tables taken from The End of Dieting: How to Live for Life, Joel Fuhrman, M.D., © 2014, HarperCollins, New York, NY

Pre-Workout Meals

Should be consumed no sooner than 30 minutes before a workout. Ideally you should make sure you have eaten something around 60 minutes before the start of your workout.

- Toast with Peanut Butter and slices of banana
- Toast with honey, red apple slices
- Toast with slices of avocado/guacamole
- Nuts: Pistachios, Walnuts, Almonds, Cashews (a handful)
- Cottage Cheese with strawberries/raspberries/pineapple/blueberries/pomegranates/watermelon
- Red apple slices with peanut/almond butter
- Energy bar (one with natural ingredients is best)

Protein Suggestions

Impact Whey Isolate

<https://us.myprotein.com/sports-nutrition/impact-whey-isolate/10852482.html>

BPI Sports Best Protein

<https://store.bpisports.com/products/sports-nutrition-supplements/best-protein/?country=us&setCurrencyId=1>

1st Phorm - PHORMULA-1 NATURAL Rapid Assimilation Natural Whey Protein Isolate

<https://1stphorm.com/products/protein-powder/isolate-protein/phormula-1-natural>

NytraWhey Ultra Elite

<https://www.prosource.net/products/nytrowhey-ultra-elite?variant=3636060618775>

Myoplex

<https://eas.com/protein-supplements/myoplex-muscle-building-supplement>

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Salad Recipes

Basic Man Salad

- Base
 - Romaine
 - Spring Mix (Mesclun) w/ Spinach
- Toppings
 - Cucumber
 - Tomato
 - Carrots
 - Red Peppers
 - Green Peppers
 - Yellow Peppers
 - Cheese
 - Brown Rice/multi-grain pasta
 - Avocado
 - Deli - Sliced Turkey
 - craisins

Turbo Charged Salad

- Base
 - Romaine
 - Spring Mix (Mesclun) w/ Spinach
- Toppings
 - Cucumber
 - Tomato
 - Carrots
 - Red Peppers
 - Green Peppers
 - Yellow Peppers
 - Cheese
 - Brown Rice/multi-grain pasta
 - Avocado
 - Deli - Sliced Turkey
 - craisins
 - red onions
 - broccoli
 - cauliflower
 - cooked crimini/portobello mushrooms

Cooked Veggies Salad

- Base
 - Romaine
 - Mesclun
- Toppings
 - baked/grilled/sautéed - squash/zucchini
 - Tomato
 - baked/grilled/sautéed asparagus
 - sautéed mushrooms
 - poached pear
 - quinoa
 - blue cheese
 - Avocado
 - craisins (optional)

Meal Guidelines and Suggestions

Black Bean Recipe

Use a larger sauce pan or medium pot.

- 1 can Black Beans (13oz/1lbs)
- 2 or 3 cloves of garlic (chopped or diced finely)
- 1/4 red bell pepper chopped
- 1/4 green bell pepper chopped
- 1/4 yellow bell pepper chopped
- 5 to 6 baby Portobello or cremini mushrooms
- 1/4 to half inch slice of red onion chopped
- 2 tsp sea salt
- 2 tsp cracked black pepper
- 2 tbsp unsalted butter
- 2 tsp paprika or Cajun seasoning

Combine all the above ingredients in your pot or pan. Add about a 1/2 can to full can of water.

Cook on medium heat to you see the peppers and onions soften. Reduce to low heat stirring occasionally until water has cooked down, leaving it somewhat creamy.

Green Bean Medley Recipe

To prepare:

- Wash and cut green beans
- Chop fresh garlic
- Slice Portobello mushrooms
- Slice and Chop red onions.

Cooking:

Steam green beans in pot, cooking into slightly softened. Removed greens beans from steamer and cool them with cold water or ice.

Sautee garlic, mushrooms and red onions in a large skillet with olive oil until the garlic and onions have browned slightly.

Add cool green beans to skillet with the sautéed ingredients. Turn the heat down and add grape tomatoes. Season with sea salt and cracked black pepper, stirring occasionally until the tomatoes have softened.

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Squash Recipe

Ingredients:

2 Yellow Squash
2 Green Squash
10-15 Baby Carrots
6-10 Crimini Mushrooms
2 to 4 Garlic Cloves (depends on size)
½ Red Onion
4 tbsp/60mL Extra Virgin Olive Oil
1 ½ Tsp Salt
1 ½ Tsp Ground Cracked Pepper
Optional:
2 Tsp Italian Spice (pre-mixed)

Cooking Instructions:

Helpful to have:

Cutting board, trimming or petite carving knife, chefs knife, steaming pot, large deep skillet/frying pan

- Step 1 - Set up your steamer pot on the stove top and heat water to boil. Thoroughly scrub and wash your squash. This will prevent any grit and dirt remaining and affecting the texture of the food.
- Step 2 - Quarter the squash lengthwise and then cut into about 1 inch cubes. Leave aside in a bowl
- Step 3 - Half or quarter your baby carrots lengthwise and place in a small bowl to the side.
- Step 4 - Thinly slice the crimini mushrooms
- Step 5 - Make horizontal, about ½ cm thick slices of the red onion, then cut those slices into fourths.
- Step 6 - Finely dice the cloves of garlic
- Step 7 - Steam the cubed squash for about 5 to 8 mins. You want the squash to remain somewhat firm, so it does not mush. Once the squash has been steamed, remove the steaming colliander from the pot and cool the squash under running cold water or with ice chunks. You do not want the squash to continue to cook and soften from the heat.
- Step 8 - Add about a 1 ½ tbsp of olive oil to your deep frying pan/skillet. Cook the carrots on a little bit higher than medium heat until they soften, lighten in color and become slightly browned on the edges. Using a slotted spoon remove the carrots from the pan and place in a mixing bowl.
- Step 9 - Using the same pan (no need to clean in between steps), add the sliced mushrooms and cook them on the same heat level to they appear sauteed. Remove them with a slotted spoon and add to the mixing bowl with the carrots. (You may need to add a little more olive oil to the pan to prevent sticking)
- Step 10 - Add the sliced red onion to the same pan and cook on the same heat level as above. Cook until the onions have softened and begun to brown slightly. Remove them with a slotted spoon and add to the rest of the ingredients already in the mixing bowl.
- Step 11. Add another 1 to 1 ½ tbsp of olive oil to the pan. Add the diced garlic to the pan and cook on medium low heat to the garlic starts to brown slightly. Once you see the garlic starting to brown, add the cooled squash to the pan, along with all of the cooked ingredients in the mixing bowl. Stir the ingredients together gently, mixing them as you add the sea salt, ground cracked pepper and italian seasoning. Bring the heat to low and allow all of the ingredients to simmer together in the pan for about 15 to 25 minutes. Continue to occasionally stir the pan to ensure even cooking.

And then you're done! The dish is best served warm, but can be eaten cold.