

Food Makeover List

<u>Carbohydrate/Grain:</u>	<u>1/2 cup</u>	<u>How to prepare:</u>
Buckwheat Groats		mixes great with veggies
Quinoa		mixed great with salads, granola, proteins
Steel Cut Oats		mixes great with cinnamon & honey
Old Fashioned Oats		mixes great with shakes, cinnamon & honey
Sweet Potatoes		make with Olive Oil
Wild Rice		mixes well with stir fry veggies and protein
Barley		mixes great with veggies
Couscous		mixes great with veggies
* Oatmeal & Banana Pancakes Recipe (Note list that I can forward to you)		

<u>Carbohydrate/Fruit:</u>	<u>1 cup</u>	<u>How to prepare:</u>
Blueberries		mixes well with smoothies/shakes or salads
Blackberries		mixes well with smoothies/shakes or salads
Raspberries		mixes well with smoothies/shakes or salads
Strawberries		mixes well with smoothies/shakes or salads
Oranges		great post workout snack with protein
Bananas		great post workout snack with protein
Apples		great between meal snack with protein
Mango		mixes well with smoothies/shakes
Grapes		great for sugar craving at night

<u>Carbohydrate/Veggies:</u>	<u>1 cup/fist</u>	<u>How to prepare:</u>
Spinach		shakes, salads (olive oil&lime juice), eggs, etc.
Kale		shakes, salads (olive oil&lime juice), eggs, etc.
Broccoli		mixes well with satted veggies and salads
Cauliflower		mixes well with satted veggies and salads
Green Beans		great with fish and steak!
Peas		mixes well with satted veggies and salads
Pinto Beans		mix well with anything as meat alternative
Black Beans		mix well with anything as meat alternative
Lima Beans		mix well with anything as meat alternative
Asparagus		great with fish and steak!
Sugar Snap Peas		great snack with mustards
Soy Beans		great high protein snack
Cabbage		mixes well with satted veggies and salads
Tomatoes		mixes well with satted veggies and salads
Ice Berg Lettuce		* Replaces Hamburger buns/sandwich buns!
Onions (yellow or red)		Saute & mix with chicken, fish or steak besides ketchup
Mushrooms		Saute & mix with chicken, fish or steak besides ketchup
Olives		great for salt and salads
Pickles		great for salt craving
Leafy Letuces and greens		

Protein:1 cup/palm**How to Prepare:**

90% lean or greater grass-fed beef

mix with veggies (tomatoes, mushrooms, onions,etc.)

Boneless Skinless Chicken Breast

mix with veggies (tomatoes, mushrooms, onions,etc.)

Talapia

mix with veggies (tomatoes, mushrooms, onions,etc.)

Cod

mix with veggies (tomatoes, mushrooms, onions,etc.)

Tuna

mix with veggies (tomatoes, mushrooms, onions,etc.)

Salmon

mix with veggies (tomatoes, mushrooms, onions,etc.)

Halibut

mix with veggies (tomatoes, mushrooms, onions,etc.)

Swai

mix with veggies (tomatoes, mushrooms, onions,etc.)

Beans (Pinto, Lima, Kidney, Black)

*same as above

Plain, non-fat Greek Yogurt

mixes well with honey and cinnamon

Cottage Cheese

Eggs or snacked with fruit

Crab

mix with veggies (tomatoes, mushrooms, onions,etc.)

Lobster

mix with veggies (tomatoes, mushrooms, onions,etc.)

* Grain-less Granola Recipe (Note list that I can forward to you)

* Egg-Bake Recipe (Note recipe that I can forward to you)

Fat/Seeds/Nuts:1 cup**How to Prepare:**

Avocado

Salads, on burgers

Sunflower Seeds

Grain-less granola recipe

Sesame Seed

Grain-less granola recipe

Pumpkin Seeds

Grain-less granola recipe

Walnuts

Grain-less granola recipe

Pistachios

great snack

Almonds

Great for salads

Peanuts/All-Natural Peanut butter

Grain-less granola recipe or with apples/bananas

Unsweetened Almond/Coconut Milk

great for shakes, blending,etc.

Chia Seeds

additional protein

Flax Seeds

great for healthy omega 3

* Check label on nuts and avoid processing with sugars or oils

Additional Items:1-2 servings (2-4 tbsp)*** no gluten, wheat, soy or sugar**

Honey (minimal)

Great with oats

Cinnamon

Great with oats

Pepper

Great with anything/fish

Sea Salt

ok in moderation

Mustard

great on snap peas or meat instead of ketchup

Garlic

Paprika

Extra Virgin Olive Oil

cooking

Cumin

Lemon Juice

Lime Juice

Natural Stevia

Salsa

* All dried herbs and spices are good but avoid ones that are wheat-derived

Basic Stock:

* Use these ingredients below to avoid unnecessary ingredients and salt.

* Roast the bones first; if you want really rich stock, add pieces of fresh meat to the roasting bones. Bones that are not roasted will result in a stock that is lighter in both color and flavor.

* Be sure to use cold water when making stock. This ensures that the collagen is extracted from the bones as the liquid heats.

* If you don't want to make stock then buy the best quality low-sodium organic chicken or beef broth you can find.

4 pounds chicken, beef or veal bones (raw, leftover or roasted)

1 carrot, peeled and chopped

1 celery rib, chopped

1 small onion, chopped

6 peppercorns

5 flat-leaf parsley springs

2 bay leaves

Basic Vinaigrette:

* This should keep well in the fridge well covered

* Combine the oil and vinegar in a resealable container

* Season with salt and pepper to taste, cover and shake well

* You can store for up to 1 month

1 1/2 cups extra-virgin olive oil

6 tbsp red or white wine vinegar

salt and pepper

90 calories, 11 g fat, 37 mg sodium

Balsamic Vinaigrette:

* This should keep well in the fridge well covered

* Combine the oil and vinegar in a resealable container

* Season with salt and pepper to taste, cover and shake well

* You can store for up to 1 month

* You can add 1 small minced shallot or 1 tbsp minced fresh basil to mix it up

1 1/2 cups extra-virgin olive oil

1/2 cup balsamic vinegar

1 tsp Dijon Mustard

Salt and Pepper

1 tbsp= 92 cal, 11g fat, 41 mg sodium, 18g sugar

Calories Burned:

- * Make a point to EAT everyday! Your body needs it not only to function *but to get better, healthier and stronger in the gym.*
- * *Do not think that by eating 1,000 calories you will lose weight...you won't your body will eat itself literally and you will lose the ability to utilize hard-earned muscle and get sick!*
- * *And Yes...inflammation, recovery and how your body recovers is directly related to how you eat*

Your brain alone consumes 20% of your total calories/day!!!!
That's just your brain! Think of your other organs...cognitive function, mood, performance is all effected by your eating habits.

BMR Calculation:

Male= $66 + (6.3 \times \text{BW in lbs}) + (12.9 \times \text{ht in inches}) - (6.8 \times \text{age})$
Female= $655 + (4.3 \times \text{BW in lbs}) + (4.7 \times \text{ht in inches}) - (4.7 \times \text{age})$

How this system works:

- * Each major meal of the day should include at least a carbohydrate and protein
- * Every other meal or at least 2-3 servings daily of healthy fats
- * Depending on your activity level, consume all three CHO in a single big meal i.e. Grain- steel cut oats, Veggie-spinach, Fruit- strawberries (dessert)
- * If you are having a small meal (i.e. fruit) pair it with a fat and or protein (nuts/chk)

You obtain points by having the following complete meals:

1. At least one serving of PRO at each meal (at least 5 times daily) **5 pts**
 2. You consume 3 servings of healthy fats/day (serving=thumb size) **4 pts**
 3. You consume a serving of veggies at each meal (at least 4 times daily) **6 pts**
 4. You consume a healthy grain/CHO 3x/daily **5 pts**
- * **Your goal is to obtain a perfect 20 points every day**
 - * **Every TWO servings of condiments subtracts 1 point**
 - * **Keep in mind RESTAURANTS do not count...meals have to be in original state or cooked minimally (ex: Olive Oil)**

Final notes to remember:

First and foremost...think about what you are putting in your bodies (nutrition) then keep your body moving each day (as little as 5 minutes!) with strength, mobility and cardiovascular fitness..lastly...SLEEP. We need rest to recover from the stress of everyday life and workouts...get at least 8 hours/night.