

Master Food List

@GetFitWithKB

PROTEINS

Chicken Breast
Turkey Breast
Lean Ground Turkey
Top Round Steak
Top Sirloin Steak
Lean Ground Beef
Lean Ham
Wild Game Meats
Egg Whites
Egg Substitutes
Tuna
Swordfish
Haddock Steamed
Salmon Steamed
Crab
Lobster
Shrimp

CARBOHYDRATES

Baked Potato
Sweet Potato
Yams
Squash
Beans
Corn
Brown Rice
Wild Rice
Pasta
Oatmeal
Rice Cakes
Rice/Corn Cereal
Popcorn
Tortillas
Gluten Free Breads
Apples
Oranges

VEGETABLES

Broccoli
Asparagus
Lettuce
Carrots
Cauliflower
Green Beans
Green Peppers
Mushrooms
Spinach
Tomatoes
Peas
Onions
Brussel Sprouts
Artichokes
Cabbage
Celery
Zucchini
Cucumbers

FATS ALLOWED

Avocado
Sunflower Seeds
Pumpkin Seeds
Cold Water Fish
Nat. Peanut Butter
Low-fat Salad
Dressings
Low Sodium Nuts
Olives
Olive Oil
Canola Oil
Sunflower Oil
Flaxseed Oil

FATS TO AVOID

Butter
Mayonnaise
Fried Foods
Whole-fat Dairy
Products

VEGETARIAN PROTEIN SOURCES

Tempeh
Seitan

Tofu
Textured Vegetable Protein

Soy Foods
Veggie Burgers

BASIC RULES TO YOUR DIET

- 1.) **EAT 4-6 TIMES PER DAY.** This will help boost metabolism so you will be burning calories and melting fat all day long. This will also help keep your blood sugar level stable all day, so you will maximize your energy levels. So make sure you are eating within one hour of waking up and every 2 to 3 hours thereafter.
- 2.) **COMBINING CARBS AND PROTEIN WITH EACH MEAL.** Every meal you consume should include both protein and carbohydrate sources (Refer to the list above). This combination is easier for your body to breakdown and will not be stored as fat easily. This also helps to boost your metabolism and energy levels.
- 3.) **INCLUDING FATS WITH YOUR MEAL.** Consuming fats, particularly large amounts is hard for your body to break down. Avoid saturated fats (Refer to the list above). Eat the good fat sources with the combination of proteins and carbs.
- 4.) **EAT APPROPRIATE PORTIONS.** You need to ensure that you are consuming the right amount of calories per day for your body. Don't over feed yourself. You do not want to eat too large of a portion of food, so as a basic rule, use the size of the palm of your hand to measure your portion intake per serving. Exceeding this can make you retain calories and be stored as fat.
- 5.) **PLAN YOUR MEALS IN ADVANCE.** Make sure that you plan your meals at least a day in advance. This makes it easier to stick to the 5-6 meals per day plan. When planning, keep in mind snacks you plan to eat.
- 6.) **WATER INTAKE.** It is extremely important to stay well hydrated to help lean muscle stay and or growing, which keeps the metabolism up and helps to burn fat. A good rule of thumb is to drink about 1 to 1.5 gallons per day. If you are consuming any type of caffeine or diuretic products, you may want to consume even more water.
- 7.) **STAY FOCUSED.** This is very important in conjunction with getting the results that have been mentioned and to remind you that this process is about 70-80% of your total results. Every time you think of cheating on your food regimen and /or missing a day, think about your goals and how you feel about them at the present time; are you happy with how you look and feel? If not, simply DO NOT CHEAT!