

# GYM NUTRITION

## Nutrition

*Small, consistent changes add up to huge transformations.*

### Grocery/Pantry List:

<b>Proteins-Animal</b>	<b>Non-Starchy Vegetables</b>
<ul style="list-style-type: none"><li>o Chicken</li><li>o Eggs, egg whites</li><li>o Pork, lean</li><li>o Lamb, lean</li><li>o Beef, lean</li><li>o Turkey</li><li>o Fish- salmon, sardines, tuna, cod, etc</li><li>o Shellfish- shrimp, crab, scallops, etc</li><li>o Greek yogurt</li><li>o Cottage cheese, ricotta cheese</li><li>o Ham, bacon, salami- cured meats*</li><li>o Encased meats, sausages*</li><li>o Protein shakes</li></ul>	<ul style="list-style-type: none"><li>o Asparagus</li><li>o Spinach</li><li>o Brussel Sprouts</li><li>o Carrot</li><li>o Radishes</li><li>o Lettuce - all</li><li>o Green beans</li><li>o Snap peas</li><li>o Artichokes</li><li>o Broccoli</li><li>o Eggplant</li><li>o Mushrooms</li><li>o Onions, all</li><li>o Spaghetti squash</li><li>o Tomatoes</li><li>o Zucchini</li><li>o Summer squash</li><li>o Beets</li><li>o Cauliflower</li><li>o Kale and all dark leafy greens</li><li>o Cucumbers</li><li>o Sprouts</li><li>o Peppers, all</li><li>o Water chestnuts</li><li>o Leeks</li><li>o Etc</li></ul>
<b>Proteins-Plant</b> <ul style="list-style-type: none"><li>● Tofu, organic, sprouted, non-GMO</li><li>● Edamame, organic non-GMO</li><li>● Tempeh, organic, non-GMO</li><li>● Peas</li><li>● Lentils, beans, peas</li><li>● Nutritional Yeast</li><li>● Quinoa</li><li>● Seeds- hemp, chia, flax, pumpkin (also high in fat)</li> <li>● Spirulina</li><li>● Seitan</li><li>● Nuts**, nut butters (also high in fat)</li></ul>	

**Starchy Vegetables**

- o Potatoes, all
- o Sweet potatoes, all
- o Beans
- o Peas
- o Corn
- o Acorn Squash
- o Butternut Squash

**Sweeteners**

- o Honey
- o Date sugar
- o Coconut sugar or Maple syrup
- o Stevia, truvia

**Fat**

- o Avocado
- o Olive oil
- o Coconut oil
- o Nuts
- o Olives
- o Butter
- o Ghee
- o Other plant/nut oils

**Fruit**

- o Strawberries
- o Apples
- o Lemons
- o Kiwis
- o Oranges
- o Pears
- o Raspberries, blueberries, blackberries or Cherries
- o Grapefruit
- o Banana
- o Dried Fruits (watch portion sizes)
- o etc

**Grains**

- o Bulger
- o Farro
- o Quinoa
- o Rice, prefer brown, black, wild but white is ok
- o Ezekiel bread
- o Whole wheat, sprouted breads
- o Whole grain or protein pastas (barilla)
- o Wraps
- o Corn tortillas
- o Whole wheat tortillas

## Meal Planning

### Step 1: Choose a protein

**5-6.5 oz of the following:**

- o Chicken
- o Eggs, egg whites (2-3 eggs or 1/2c egg white)
- o Pork, lean
- o Lamb, lean
- o Beef, lean
- o Turkey
- o Fish- salmon, sardines, tuna, cod, etc
- o Shellfish- shrimp, crab, scallops, etc

### Step 2: Choose vegetables

**3cups raw, 1.5cups cooked - make it as colorful as possible**

- o Asparagus
- o Spinach
- o Brussel Sprouts o Carrot
- o Radishes
- o Lettuce-all
- o Green beans
- o Snap peas
- o Artichokes
- o Broccoli
- o Eggplant
- o Mushrooms
- o Onions, all
- o Spaghetti squash
- o Tomatoes
- o Zucchini
- o Summer squash
- o Beets
- o Cauliflower
- o Kale and all dark leafy greens o Cucumbers
- o Sprouts
- o Peppers, all

- o Water chestnuts
- o Leeks

### Step 3: Choose a carbohydrate

**Should make up roughly 25% of your plate**

- o Potatoes, all
- o Sweet potatoes, all
- o Beans
- o Peas
- o Corn
- o Acorn Squash
- o Butternut Squash
- o Bulger
- o Farro
- o Quinoa
- o Rice, prefer brown, black, wild but white is ok
- o Ezekiel bread
- o Whole wheat, sprouted breads
- o Whole grain or protein pastas (barilla)
- o Wraps
- o Corn tortillas
- o Whole wheat tortillas
- o Fruit, all (excluding dried)

### Step 4: Avoid or minimize sweets and alcohol

- Women: 3 drinks/week
- Men: 5 drinks/week
- Limit sweets to 1 time/week

## Sample Meals - Women Training 3-5 hours/week

Breakfast	Lunch	Dinner
<p><b>Breakfast Quesadilla</b>            1 corn tortilla            1/4 cup black beans            1/3 cup onions, chopped            1 green pepper, chopped            2 eggs (scrambled or fried)            1 oz cheese            3 Tbs avocado</p> <p><b>Breakfast Sandwich</b>            1/2 pit bread            1 egg (scrambled or fried)            1 oz cheese            1 oz sliced ham            Serve with 1/2 apple and 3 macadamia nuts</p> <p><b>Fruit Salad</b>            3/4 cup cottage cheese            1/4 cantaloupe, cubed            1 cup strawberries            1/2 cup grapes            Sprinkle with slivered almonds</p> <p><b>Smoothie</b>            Blend together:            1 cup milk            2 Tbs protein powder            1 cup frozen strawberries            1/2 cup frozen blueberries            1 scoop cashews</p>	<p><b>Tuna Sandwich</b>            3 oz canned tuna            3 tsp light mayo            1 slice bread            Serve with:            1/2 apple</p> <p><b>Tacos</b>            2 corn tortillas            3 oz seasoned ground meat            1 oz grated cheese            1/2 tomato, cubed            1/4 cup onion, chopped            Lettuce, chopped            Serve with Tabasco to taste            ~ 9 olives, chopped</p> <p><b>Deli Sandwich</b>            1 slice bread            3 oz sliced deli meat            1 oz cheese            3 Tbs avocado            Serve with 1/2 apple</p> <p><b>Quesadilla</b>            1 corn tortilla            3 oz cheddar and jack cheese            3 Tbs guacamole            Jalapenos, sliced, to taste            Top with salsa            Serve with 1 orange</p>	<p><b>Fresh Fish</b>            4 1/2 oz fresh fish, grilled            Saute 1 1/3 cup zucchini in herbs            Serve with            1 large salad with 1 1/2 Tbs salad dressing of choice            1 cup fresh strawberries for dessert</p> <p><b>Chili (serves 3)</b>            Saute:            1/3 cup onion, chopped            1 green pepper, chopped, in garlic cumin, chili powder, and crushed red peppers            Add:            9 oz ground beef or turkey until browned            Add:            1 cup tomato sauce            3/4 cup black beans            3/4 cup kidney beans            ~30 olives, chopped            Add fresh cilantro to taste            Serve each helping with 1 oz cheese, grated</p> <p><b>Turkey and Greens</b>            3 oz turkey breast, roasted            Chop and steam:            2 1/2 cup kale            Saute 1 tsp olive oil, garlic, crushed red peppers            Add the steamed kale and mix            1 peach, sliced for dessert</p>

## Sample Meals continued - Women training 3-5 hours/week:

<p><b>Oatmeal</b>                  2/3 cup cooked oatmeal (slightly watery)                  1/2 cup grapes                  1/2 cup cottage cheese                  1 1/2 tsp walnuts, chopped                  Spice with vanilla extract and cinnamon                  Add:                  1 Tbs protein powder</p> <p><b>Easy Breakfast</b>                  3/4 cantaloupe, cubed                  3/4 cup cottage cheese                  9 almonds</p> <p><b>Steak and Eggs</b>                  2 oz grilled steak                  1 egg over easy                  1 slice toast w/ 1 tsp butter                  1/4 cantaloupe, cubed</p>	<p><b>Grilled Chicken Salad</b>                  3 oz chicken, grilled                  2 cups lettuce                  1/4 tomato, chopped                  1/4 cucumber, chopped                  1/4 green pepper, chopped                  1/4 cup black beans                  1/4 cup kidney beans                  ~1 1/2 Tbs salad dressing of choice</p> <p><b>Easy Lunch</b>                  3 oz deli meat                  1 oz sliced cheese                  1 1/2 apple                  3 macadamia nuts</p>	<p><b>Easy Dinner</b>                  3 oz chicken breast, baked                  1 1/2 orange                  3 macadamia nuts</p> <p><b>Beef Stew</b>                  Saute: 1 tsp olive oil                  1/4 cup onion, chopped                  1/2 green pepper, chopped                  ~6 oz (raw weight) beef, cubed                  Add:                  1 cup chopped zucchini                  1 cup mushrooms                  1/2 cup tomato sauce                  Season with garlic, Worcestershire sauce,                  salt and pepper</p>
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## Sample Meals - Men training 3-5 hours/week

Breakfast	Lunch	Dinner
<p><b>Breakfast Quesadilla</b>            1 corn tortilla            1/2 cup black beans            1/3 cup onions, chopped            1 green pepper, chopped            2 eggs (scrambled or fried)            2 oz cheese            4 Tbs avocado</p> <p><b>Breakfast Sandwich</b>            1/2 pita bread            2 eggs (scrambled or fried)            1 oz cheese            1 oz sliced ham            Serve with 1 apple</p> <p><b>Fruit Salad</b>            1 cup cottage cheese            1/2 cantaloupe, cubed            1 cup strawberries            1/2 cup grapes            Sprinkled with slivered almonds</p> <p><b>Smoothie</b>            Blend together:            2 cups milk            2 Tbs protein powder            1 cup frozen strawberries            1/2 cup frozen blueberries            Large scoop cashews</p>	<p><b>Tuna Sandwich</b>            4 oz canned tuna            4 tsp light mayo            1 slice bread            Serve with 1 apple</p> <p><b>Deli Sandwich</b>            2 slices of bread            4 1/2 oz sliced deli meat            1 oz cheese            4 Tbs avocado</p> <p><b>Quesadilla</b>            1 corn tortilla            4 oz cheese            4 Tbs guacamole            Jalapenos, sliced            Top with salsa            Serve with 1 1/2 oranges</p> <p><b>Tacos</b>            2 corn tortillas            4 1/2 oz seasoned ground meat            1 oz cheese, grated            1/2 tomato, cubed            1/4 cup onion, chopped            Lettuce, chopped            Serve with Tabasco to taste            ~20 olives chopped            1/2 apple</p>	<p><b>Fresh Fish</b>            6 oz fresh fish, grilled            Saute: 1 1/3 cup zucchini in herbs            Serve with:            1 large salad with 2 Tbs salad dressing of choice            2 cups fresh strawberries</p> <p><b>Beef Stew</b>            Saute:            1 1/3 tsp olive oil            1/4 cup onion, chopped            1/2 green pepper, chopped            ~8 oz (raw weight) beef, cubed            Add:            1 cup zucchini, chopped            1 cup mushrooms, chopped            1/2 cup tomato sauce            Season with garlic, Worcestershire sauce, salt and pepper            Serve with 1 cup fresh strawberries</p> <p><b>Chili (serves 3)</b>            Saute:            2/3 cup onion, chopped            2 green peppers, chopped, in garlic, cumin, chili powder, and crushed red peppers            Add:            18 oz ground meat until browned            Add:            2 cups tomato sauce            1 cup black beans            1 cup kidney beans            ~40 chopped olives            Fresh cilantro to taste</p>

## Sample Meals continued - Men training 3-5 hours/week:

<p><b>Oatmeal</b>            1 cup cooked oatmeal (slightly watery)            1/2 cup grapes            3/4 cup cottage cheese            2 tsp walnuts            Spice with vanilla extract and cinnamon            Add:            1 Tbs protein powder</p> <p><b>Easy Breakfast</b>            1 cantaloupe            1 cup cottage cheese            12 almonds</p> <p><b>Steak and Eggs</b>            3 oz steak, grilled            1 egg, over easy            1 slice bread with 1 1/3 tsp butter            1/2 cantaloupe</p>	<p><b>Grilled Chicken Salad</b>            4 oz chicken, grilled            2 cups lettuce            1/4 tomato, chopped            1/4 cucumber, chopped            1/4 green pepper, chopped            1/2 cup black beans            1/4 cup kidney beans            ~2 Tbs salad dressing of choice</p> <p><b>Easy Lunch</b>            4 1/2 oz deli meat            1 oz cheese            Serve with:            1 apple            1 grapefruit            4 macadamia nuts</p>	<p><b>Turkey and Greens</b>            4 oz turkey breast, roasted            2 1/2 cup kale, chopped and steamed            Saute:            1 1/3 tsp olive oil, garlic, crushed red peppers            Add kale and mix            2 peaches, sliced for dessert</p> <p><b>Easy Dinner</b>            4 oz chicken breast, baked            2 oranges            4 macadamia nuts</p>
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