

1st 30 Days

Category	Servings	Calories/Serving	Total Calories
Proteins	5	100	500
Dairy	2	120	240
Fruits	1	100	100
Vegetables	2	50	100
Fats	1	120	120
Carbs/Grains	1	200	200
Snacks	3	150	450
Condiments	1	50	50
Total	?		1760

Base / Toning Phase

1600-1800 calories/day

Try to consume the above category servings over 4-6 meals throughout the day. Below is an example over 6 meals:

Breakfast		2 boiled eggs	100
		8oz milk	120
		1 cup oatmeal	200
Total			420
Lunch		Chef Salad	50
			100
			50
		100% Fruit Juice	100
Total			300
Snack (Pre-Workout)		8oz Accelerade	100
		Granola Bar	150
Total			250
Snack (Post-Workout)		Protein Shake	100
		4 oz nuts	100
Total			200
Dinner		3-4oz boneless chicken	100
		8oz Milk	120
		Broccoli	50
		1 tbsp butter	120
Total			390
During workout		16oz Recovery Drink	200
Total			200
Grand Total			1760


* Eat the pre-workout snack 30 minutes before training


* Eat the post-workout snack within 30 minutes of the end of training


Portion Size


1 Serving Looks Like . . .


GRAIN PRODUCTS

1 cup of cereal flakes = fist 

1 pancake = compact disc 


½ cup of cooked rice, pasta, or potato = ½ baseball 


1 slice of bread = cassette tape 


1 piece of cornbread = bar of soap 


1 Serving Looks Like . . .


VEGETABLES AND FRUIT

1 cup of salad greens = baseball 

1 baked potato = fist 


1 med. fruit = baseball 


½ cup of fresh fruit = ½ baseball 

¼ cup of raisins = large egg 

1 Serving Looks Like . . .

DAIRY AND CHEESE

1½ oz. cheese = 4 stacked dice or 2 cheese slices 


½ cup of ice cream = ½ baseball 


FATS


1 tsp. margarine or spreads = 1 dice

1 Serving Looks Like . . .

MEAT AND ALTERNATIVES

3 oz. meat, fish, and poultry = deck of cards 

3 oz. grilled/baked fish = checkbook 

2 Tbsp. peanut butter = ping pong ball 

Foods to Choose From

1st 30 Days

Proteins

In most cases one serving should not exceed 3-4 ounces

Boneless chicken	Pork	Turkey	Stay Away From
6 egg whites	1/2 - 1 cup protein powder	Shellfish (shrimp, crab)	
2 hard boiled eggs	Red meat (sirloin, flank steak)	Weight gain protein powders	
Fish	Tuna fish	Beef hamburgers	
Ham slices	Soy burger	Hot dogs	
			Fried meats, eggs, fish
			Fatty meats (ribs, chicken skin)

Dairy

Skim Milk	1-1.5oz mozzarella cheese	Stay Away From
Whole milk (if underweight)	8oz Yogurt, nonfat (Yoplait light)	
1 cup cottage cheese, low fat	1oz Parmesan Cheese	
1oz cheese, lowfat	Yogurts in excess of 120 calories	
		Ice cream

Fruits

1 medium apple	1oz dried fruit	1 cup grapes	1 medium peach	1 tangerine
1 medium banana	6oz 100% juice	1 nectarine	1 medium pear	1 cup watermelon
1/4 medium cantelope	1 medium grapefruit	1 large orange	1 cup blackberries, blueberries	2 cups sliced strawberries

Vegetables

Lettuce	Carrots	Collard Greens	Marinara Sauce	Peppers	Tomatoes	String beans
Broccoli	Cauliflower	Cucumber	Mushrooms	Spinach	V-8 juice	Squash
Cabbage	Celery	Eggplant	Peas	Sprouts	Vegetable soup	Asparagus

Fats

Margarine - 1tbsp	Olive oil - 4oz	Flaxseed oil - 1 tbsp	Canola oil - 1 tbsp
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Carbs / Grains

1 cup baked beans	1 cup pasta	1 cup rice	1 cup oatmeal	1 cup cereal, whole grain
1 cup kidney or black beans	1 cup noodles	3 corn tortillas	2 english muffins, whole wheat	2 slices whole wheat bread
3 pancakes	1 potato	2 waffles, whole wheat	1 Cup cream of wheat	12 crackers

Snacks

1oz lowfat cheese	1 protein bar	4oz nonfat frozen yogurt	1-2oz string cheese	8oz fruit sorbet
1oz dried fruit	2 granola bars	8oz chocolate milk	Turkey jerky 2oz	1tbsp peanut butter w/celery
1 frozen 100% fruit bar	2-4oz nuts	16oz Recovery Drink	6oz lowfat cottage cheese	

Condiments

In most cases one serving should not exceed 2 tbsp

Lowfat salad dressing	BBQ sauce	Ketchup	Mustard	Mayonaise	Lowfat syrup
Pure fruit spreads	Lowfat marinade				

Beverage Choices

Water	100% fruit juice (In moderation)	Propel (In moderation)
Tea (In moderation)	Skim Milk	Gatorade (low-calorie in moderation only)
Coffee (In moderation)	Whole milk (for underweight skaters only)	

STAY AWAY!

Fast food restaurants - If you must stop for fast food, choose a healthy option such as Subway.

French fries	White bread	Donuts	Cookies
Fried foods	Processed breakfast cereals	Candy	Cake
Soft drinks (even diet)	Ice cream (even lowfat)	Processed snacks	Salad dressings (lowfat only)

