



Cynthia the Healthnut

BASIC NUTRITION FORMAT

Protein Egg whites, Egg Beaters, Chicken, Turkey, Fish, Soy, Dairy, Red meat, Pork, mixed nuts	Carbs/Starch/Complex Potatoes, sweet potatoes, brown rice, grain, bread, pasta, corn, beans, oatmeal, grits, granola, lentils, peas	Fats/Omega's Flaxseed oil and pills, olive oil, nuts, real butter, cottage cheese, cheese, yolks, vegetable oils
Protein Grams Per ounce: 3 oz = 15 grams 4 oz = 20 grams 6 oz = 30 grams 8 oz = 40 grams Recommended protein intake per day: _____.	Fibrous Carbs Any green veggies, carrots, squash, etc.	Condiments and Spices Vinegar, cooking spray, salt, pepper, mustard, garlic, etc.
Example Format	Simple Carbs	Supplements
<p>1. Protein 4 eggs whites; Complex Carb _ cup (serving of Oatmeal) Snack simple fruit or yogurt</p> <p>2. Protein 4-6oz meat; Complex Carb _ cup (serving of rice) Fibrous Carb 1-2 cups of veggies or salad; Fat 1 oz dressing. Snack simple fruit or trail mix</p> <p>3. Protein 5-7 oz meat, Fibrous Carb 2-4 cups veggies or salad with dressing or nuts</p>	<p>Fruit, trail mix, granola bar, Yogurt (low sugar), protein bar, protein shake</p> <p>Note: No starchy or complex carbs at Dinner!</p> <p>Snack on sugar free Jell-O, fruit pops, pudding, or fudge pops</p> <p>Still Hungry? Have some more protein or veggies</p>	<p>Multi vitamin w Antioxidants, Natural Fiber (flaxseed meal),</p>
	Liquid Intake	Serving Sizes
	8-10 glasses water a day. Limit coffee to 2 cups a day, Diet soda's 1 time a day. Try to pick clear soda. Limit tea to 2 cups a day	<p>Potatoes: 3-4 oz Rice: _ cup Oatmeal _ cup Pasta 3-4 oz Bread 2 slices</p>

Basic Grocery List

Almonds, Pecans, Walnuts,
Beans, Legumes
Spinach and other dark green leafy vegetables, onions, carrots, tomatoes etc...

Dairy (Non-Fat/ Low-Fat)
Instant Oatmeal
Eggs
Turkey, Skinless Chicken, Fish, Tuna, Salmon and other Lean cuts of meat

Peanut Butter
Olive Oil
Whole Wheat, Whole Grain Cereals,
Extra Protein, (Whey Protein Powder)
Raspberries, Strawberries, Blueberries and other fruits

Extra's
Flaxseed (Ground)
Wheat Germ
Aquave Nectar

Watch out for processed foods that are high in salt or sugar. Check the ingredients and avoid foods containing

Sugar
Saturated Fat
Enriched
HFCS (High fructose corn syrup)
Transfats
Hydrogenated vegetable oils