

APPROVED FOOD LIST



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APPROVED FOOD LIST

USING THE APPROVED FOODS LIST

The fact that you are reading this means that you know how vital the right nutrition is when it comes to dropping body fat, gaining lean muscle and feeling your best. The problem is, how do you know if you have the right diet (food types, macros, or calories) that will guarantee your results?

Hundreds of thousands of people have had success using primarily these foods. No that is not a typo. Michael has hand selected these foods after years of trial and error on himself as well as tens of thousands of others, even his personal clients.

The closer you stick to the foods in this guide, the faster you will begin to see visible change. In fact, Michael has had personal clients lose as much as 7lbs in just the first week. And no, they weren't doing tons of exercise either. Diet always does the heavy lifting.



GIVE ME 7 DAYS & I'LL PROVE IT!

Consume ONLY the foods listed in this guide for the next 7 days before you commit to the full 30. We call that the test drive. DO NOT count calories or macros, simply follow the guidelines below and eat until you are 70% full (no more than that). Your ONLY goal during this time is consistency. If you desire a reward meal while on your new plan, I have put instructions on how and when to do that below.

Shifting your diet to these foods and eating adequate protein(see below for suggested amount) will result in significant changes to your body composition, energy levels, mood, and sleep – all without the stress of micromanaging a diet.

After completing 30 full days, you'll have established some new eating habits for sure. Our guess is you'll likely have a taste for foods you never thought you'd like, and (if you choose) you'll have the confidence to take your nutrition to the next level.

Don't worry we will stay in touch via email and our Private FB group ([click here if you have not joined](#)).



PLANNING YOUR PORTIONS

Knowing what diet works best for you means understanding the foods and portion sizes you should be eating. Easier said than done, but don't worry we will keep it simple and give you a nice foundation to work from. When it comes to the food you should eat, you want to stick to whole foods as much as possible (refer to this guide). This means your food is from as close to nature as possible, and is free from processing.

When it comes to portions, we are all different and that means what we should consume is different. Depending on your body type, activity level, height, weight, even the altitude you live in (believe it or not) among other things all contribute to your optimal diet. We can get even geekier and talk about how hormones and cells play a role, but we will save that for a video lesson in the future ([click here for videos on nutrition](#)).

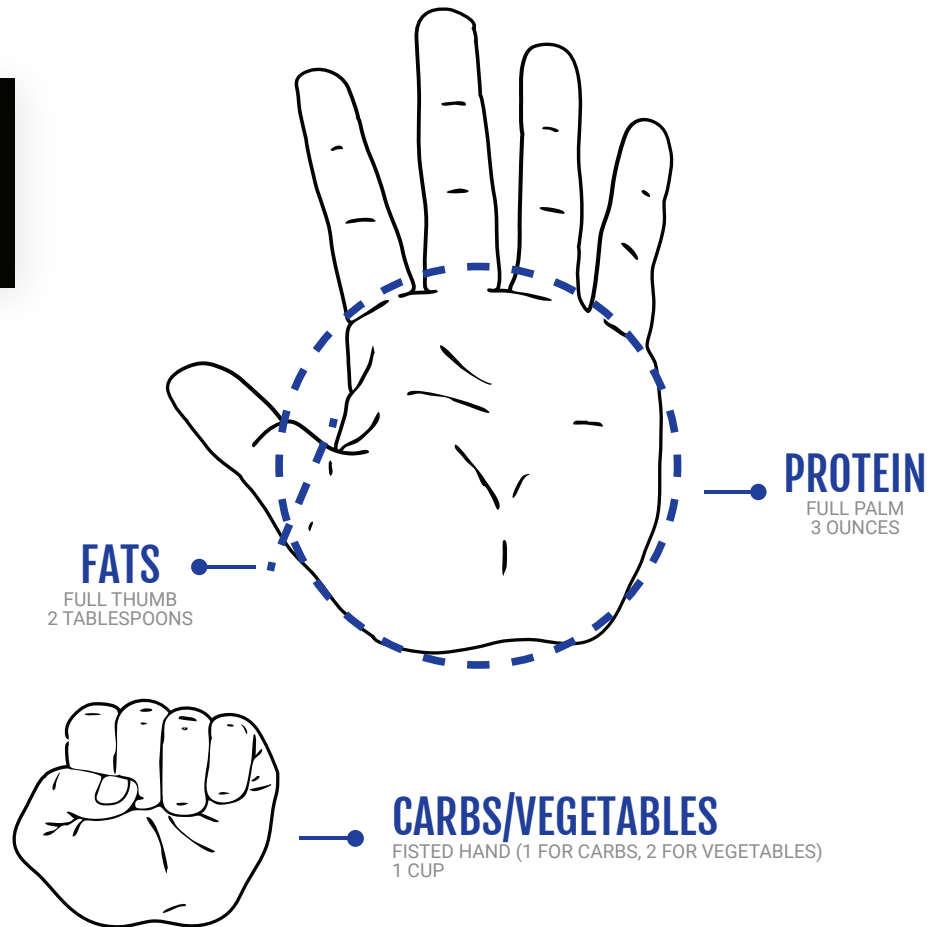
The most important first step is to establish healthy eating habits, and that's why we have made a list of all of the NutriScribe Approved Foods and laid out the next 30 days for you.

For the next 30 days, you should focus on eating your meals in the following portions. Because everyone is different, you will likely have different needs than the next person, and so this is just a baseline and a great way to make it a little more personal to you.

USING YOUR HANDS TO MEASURE

An easy way to customize your plate, and to determine how much you should be eating is by basing your portion sizes on your hands. After you understand portion size, we will cover how many meals you should be eating every day.

All Measurements
Are Equivalent To
1 SERVING



For each meal do your best to eat the following portions:

- 1 palm size of protein
- ½-1 fist full of carbs
- 1-2 fists of low-carb vegetables (aka free carbs)
- 2 thumb sizes of healthy fats

If you find that your meals are too big and you are having trouble consuming all the food, you can break them up and eat more meals (same amount of food) throughout the day in smaller portions. For example, instead of consuming two meals a day, it may be easier to eat four smaller meals by cutting the portions above in half.

Use your hands (palm, fist, and thumb) to determine how much you should be eating of each macro. Remember, you do not want to concern yourself with counting calories or macros. If you find that you are still hungry after your meals using the portions listed above, feel free to add more lean protein (Turkey, Chicken, White Fish) and/or free carbs (green leafy veggies) to your meals to help fill you up.

Free carbs are vegetables that are so low in carbs and calories that you can consume as much as you'd like without them affecting your goals. If you find that you are still hungry, these are the foods you will want to add to your daily intake. You can even snack on these (see free carbs below) between meals to help you stay satiated. If you train hard and regularly chances are you might be hungry, that's perfectly ok as long as you fill up on the right foods. The foods in this guide are the most nutrient dense foods and even if you eat more than what's suggested (because your truly hungry) trust us you will not sabotage your results -- promise!

So how many meals should you eat each day?

Well, as we mentioned there are a lot of factors that play a role, however, after helping hundreds of thousands of individuals we have a very good understanding and a great rule of thumb (pun intended) for you to follow. Here is a sliding scale based on your body weight.





ACCORDING TO YOUR WEIGHT, EACH DAY YOU SHOULD BE CONSUMING:

- 100 pounds or less: 2-3 meals a day, plus a snack or bar
- 100 to 150 pounds: 3 meals a day, plus a snack, bar, or shake
- 150 to 200 pounds: 3-4 meals a day, plus a snack, bar, or shake
- 200-250 pounds or more: 4-5 meals a day, plus a snack, bar, or shake
- 250 pounds or more: 4-6 meals a day, plus a snack, bar, or shake

If you have more than one snack, bar, or shake a day, then this would take the place of one meal. For example, if you weigh 130 pounds and eat a snack and a shake, then you would only consume full 2 meals that day. Do not substitute more than two snacks for a meal per day. Remember to use the portions listed above for each of your meals. Be sure that at least two of your meals a day consist entirely of whole foods, although your aim should be for all of them.

Before you begin to worry about calories, or planning out your macros, let's first **build in some healthier eating habits**. Remember, these are the foods Michael suggests to all his clients when they first begin so they can set a foundation for future success.

Use the foods listed below to structure your meal according to these portions. Once the 30 days are up, and you have established some new habits, you could **take the next step and invest in a personalized meal plan**. Our meal plans, are designed to dial you in even further with exact amounts as well as Michael's very own eating cycle.

After doing over 60,000 individual custom plans, this is the eating cycle that trumped them all.

[Learn more here.](#)

CHEAT/REWARD MEALS

In an ideal world, you would stick to the list of approved foods provided below, but we understand that every now and then you will stray from the list and that is perfectly ok. You deserve to have “reward meals,” and we will show you how to build them right in so they don’t hinder your progress.

USING THE 90/10 RULE

It’s called the 90/10 rule. This means that goal is to have 90% (9 out of 10) of your meals come directly from the approved foods listed in this guide, saving 10% (1 out of 10) of your meals for your rewards or cheats. There’s a catch though. When you reward yourself you must do it away from the house, you cannot bring these foods home. This way you aren’t tempted, and there’s no chance of you spiraling out of control.

Remember to use portions even when you are rewarding yourself. Go ahead and have a small dessert too, enjoy yourself. Just make sure it’s only 1 out of 10 and you jump right back into the 90% once you’re done. Doing it this way won’t hurt your progress, and it won’t feel overly restricting.



POST 30-DAY MEAL PLANNING

After 30 days of establishing healthy habits, you are ready to begin a truly customized nutrition plan, where your macro and calorie intake is determined based on your weight, measurements, level of activity, and your 30-day goals.

If you're dropping body fat and/or are seeing results as fast as you'd like, and you feel amazing then stay the course for another month, or until you feel ready to take the next step with your nutrition.

When you're ready for a Custom Meal Plan, be sure to enter "MyNewPlan" @ checkout and you'll save BIG !!!

After checkout you'll see a short questionnaire. Fill this out and 72 hours later check your inbox for a fully customized meal plan designed just for you.

PLEASE DON'T SHARE THE CODE.

Instead, share your Approved Foods List. Better yet, have your friend click [here](#) and enter their email, so we can start them off right on their own journey.



DAIRY

We highly discourage the consumption of dairy due to the UNHEALTHY EFFECTS of milk and the fact that it will slow down your progress.

If you want the best results from our 30-day program, then you should eliminate all dairy from your diet. The reasons we don't consume dairy, besides the fact that it slows down your progress and can cause weight gain, is because of the unhealthy practices that occur on dairy farms. Most conventional dairy farms are known for their mistreatment of cattle, feeding them grains instead of grass and keeping dairy cows continuously impregnated so that they produce milk.

Because dairy cows are kept in such close quarters and mistreated, they are more susceptible to disease and infection. To counter, these dairy cows are pumped full of antibiotics, which then end up in the milk that you drink. This milk often contains pus from the utters of these dairy cows, which is why the milk is processed and pasteurized.

If you must consume dairy, or you like to add milk and creamer to your coffee, opt for alternative non-dairy options such as coconut milk or almond milk. You can even find coffee creamers that are made from non-dairy alternatives.

If you need to consume cheese, opt for healthier options in small amounts, such as buffalo mozzarella, feta, and goat cheese. These options can be made from buffalo, goat and sheep's milk, making them healthier versions than cheese made from conventional cow's milk. If you can, go with a grass-fed option.



EXPERIENCE NEXT LEVEL FAT LOSS CHOOSING LOW GLYCEMIC FOODS

While choosing foods from this approved list below, try and pay attention to the foods with a high *Glycemic Load* (GL). These are foods that rank high on the *Glycemic Index* (GI) and should be spread out and consumed in moderation. The overconsumption of foods with a high GL scale can slow down your progress and even cause weight gain.

The Glycemic Index ranks carbohydrates according to how they affect your blood sugar levels and the Glycemic Load estimates how much the food will rise your blood sugar. Blood sugar is the amount of glucose circulating through your blood at any given time and is the body's primary source of fuel. Logically, you would assume that the more glucose you consume, the better, as it would give you energy, right?

Unfortunately, this is not how the body works as it tries to maintain an even level of glucose, and when your glucose levels begin to rise or fall, your body reacts accordingly. Typically, your glucose levels should sit between 72 mg/dL and 106.2 mg/dL while fasting, and no higher than 140.4 mg/dL after a meal.

When your blood sugar begins to drop, it can leave you feeling lethargic, irritable, paranoid, and if not corrected, it can cause you to pass out or eventually cause death. Luckily, the body typically levels this out by tapping into glucose stores called glycogen. When your glucose levels begin to drop, your body converts glycogen back into glucose and uses it to even out your levels.

When your blood sugar begins to rise, **your body must find a way to deal with it; otherwise, it can cause damage** to your eyes, kidneys, nervous system, and cardiovascular system. To avoid this, your body typically releases insulin, which regulates your metabolism, and allow the glucose to be absorbed by your cells for energy. However, even your cells have a limited capacity to how much glucose they can take in. When you abuse your system and over consume foods with a high GL, your body must still find a way to remove the glucose from your system, so your body takes the extra glucose and stores it as fat.

If your goal is to lose weight, you want to avoid spiking your blood sugar too often. Otherwise, your body will begin to store it as fat and your progress will stall, or slow.

In the approved foods lists below, you will notice that foods with a high GL will be **highlighted in blue** and followed by an asterisk (*). These are the foods you will want to consume in moderation and spread out if you do.

Do not eat these at every meal, and if you want to turbo charge your fat loss then stay away from these foods altogether.

MACROS

PROTEINS

Protein intake is **essential to reaching your goals** and consuming the right amount of protein will keep you satiated while helping you burn fat and build muscle. At each meal, portion out your protein so that it is equivalent to the size of your palm.

MEAT AND POULTRY

BACON (3 Slices)	138 cal, 10.7g fat, 0.4g carb, 9.4g protein
BEEF (3 OZ GROUND 80% LEAN)	152 cal, 9.7g fat, 0g carb, 14.1g protein
BEEF (4 OZ GROUND 90% LEAN)	190 cal, 10g fat, 0g carb, 23g protein
BISON (3 OZ GROUND)	190 cal, 12.55g carb, 0 carb, 15.88g protein
CHICKEN (½ BREAST, SKINLESS)	141 cal, 3g fat, 0g carb, 27g protein
LAMB SHOULDER (3 OZ)	163 cal, 7.9g fat, 0g carb, 21.6g protein
PORK (1 CHOP)	232 cal, 15g fat, 0g carb, 23g protein
STEAK (4 OZ)	170 cal, 7g fat, 0g carb, 25g protein
TURKEY BREAST (3 OZ)	75 cal, 0.7g fat, 1.6g carb, 12g protein
VEAL (3 OZ)	146 cal, 6g fat, 0g carb, 21g protein
VENISON (3 OZ)	174 cal, 8g fat, 0g carb, 25g protein
WILD DUCK (3 OZ BREAST)	105 cal, 3.6g fat, 0g carb, 16.88g protein

SEAFOOD (3 OZ)

C ATFISH	81 cal, 2.4g fat, 0g carb, 13.9g protein
CLAMS (COOKED WITH MOIST HEAT)	126 cal, 1.7g fat, 4.4g carb, 21.7g protein
CRAB	71 cal, 0.5g fat, 0g carb, 15.5g protein
HALIBUT	94 cal, 1.9g fat, 0g carb, 17.7g protein
LOBSTER (COOKED WITH MOIST HEAT)	83 cal, 0.5g fat, 1.1g carb, 17.4g protein
MAHI MAHI (COOKED WITH DRY HEAT)	93 cal, 0.8g fat, 0g carb, 20.2g protein
MUSSELS (COOKED WITH MOIST HEAT)	146 cal, 3.8g fat, 6.3g carb, 20.2g protein
OYSTERS	69 cal, 2 fat, 4.2g carb, 8g protein
SALMON (COOKED WITH DRY HEAT)	175 cal, 10.5g fat, 0g carb, 18.8g protein
SARDINES	139 cal, 7.4g fat, 0g carb, 17.6g protein
SCALLOPS (STEAMED)	95 cal, 1.2g fat, 0g carb, 19.7g protein
SHRIMP (COOKED WITH MOIST HEAT)	84 cal, 0.9g fat, 0g carb, 17.8g protein
TUNA	99 cal, 0.7g fat, 0g carb, 21.7g protein
TROUT (COOKED WITH DRY HEAT)	144 cal, 6.1g fat, 0g carb, 20.6g protein
SEA BASS	75 cal, 0.75g fat, 0g carb, 14g protein

EGGS

DUCK EGG	130 cal, 9.6g fat, 1g carb, 9g protein
EGG WHITE (1 OZ)	15 cal, 0g fat, 0.2g carb, 3.1g protein
EGG WHITE (L)	17 cal, 0g fat, 0.2 carb, 3.6g protein
EGG WHITE (1 CUP)	126 cal, 0.4g fat, 1.8g carb, 26.45g protein
GOOSE EGG	266 cal, 19.1g fat, 1.9g carb, 20g protein
TURKEY EGG	35 cal, 9.4g fat, 0.9g carb, 10.8g protein
QUAIL EGG	14 cal, 1.0g fat, 0g carb, 1.2g protein
WHOLE EGG (1 OZ)	41 cal, 2.7g fat, 0.2 carb, 3.6g protein
WHOLE EGG (S)	54 cal, 3.6g fat, 0.3g carb, 4.8g protein
WHOLE EGG (M)	63 cal, 4.2g fat, 0.3g carb, 5.5g protein
WHOLE EGG (L)	72 cal, 4.8g fat, 0.4g carb, 6.3g protein
WHOLE EGG (XL)	80 cal, 5.3g fat, 0.4g carb, 7g protein
WHOLE EGG (JUMBO)	90 cal, 6g fat, 0.5g carb, 7.9g protein

IF YOU ARE VEGAN, HERE ARE SOME ALTERNATIVE PROTEIN OPTIONS:

BLACK BEANS(3 OZ CANNED)	78 cal, 0.25g fat, 14.19g carb, 5.14g protein
BUCKWHEAT (3 OZ COOKED)	77.4 cal, 0.6g fat, 11.2g carb, 3g protein
CHICKPEAS (3 OZ CANNED)	100.8 cal, 1.5g fat, 16.8 carb, 5.4g protein
FERMENTED TOFU (3 OZ)	99 cal, 6.9g fat, 4.5g carb, 6.9g protein
HEMP SEEDS (11.5 TBSP)	80 cal, 7g fat, 3g carb, 5g protein
LENTILS (3 OZ CANNED)	99 cal, 0.33g fat, 17g carb, 7.68g protein
QUINOA (½ CUP, COOKED)	111 cal, 1.8g fat, 19.7g carb, 4.1g protein



CARBS

Carbs are used by the body to create energy, and the number of carbs you consume can change depending on your diet, body, activity level, and goals. For now, focus on including a fist size of carbs at every meal. This does not include what we like to consider as free-carb vegetables. See the “Free Carb - Leafy Greens” section for more information on how to include these vegetables in your diet.

STARCHY VEGETABLES, ROOTS AND TUBERS

ARTICHOKES (1 MEDIUM)	59 cal, 0.2g fat, 13.1g carb, 4.1g protein
BEETS (1 CUP)	58 cal, 0.2g fat, 13g carb, 2.2g protein
BROWN POTATO* (1 MEDIUM)	164 cal, 0.2g fat, 37.2g carbs, 4.3g protein
BUTTERNUT SQUASH (1 CUP, CUBED)	63 cal, 0.1g fat, 16.4g carb, 1.4g protein
CARROTS (1 CUP, CHOPPED)	52 cal, 0.3g fat, 12.3g carb, 1.2g protein
PARSNIPS (1 CUP, SLICED)	100 cal, 0.4g fat, 23.9g carb, 1.6g protein
RED POTATO* (1 CUP, CHOPPED)	108 cal, 0.2g fat, 23.9g carbs, 2.8g protein
SWEET POTATO* (ONE 5" LONG)	105 cal, 0.1g fat, 24.5g carb, 1.9g protein

GRAINS

BROWN RICE* (1 CUP, COOKED)	216 cal, 1.8g fat, 45g carb, 5g protein
COUSCOUS (1 CUP)	220 cal, 1g fat, 46g carb, 8g protein
EZEKIEL SPROUTED GRAIN BREAD (1 SLICE)	80 cal, 0.5g fat, 15g carbs, 4g protein
STEEL CUT GLUTEN FREE OATS (1/3 CUP, DRY)	200 cal, 3.3g fat, 15g carb, 4g protein
WHITE RICE* (1/2 CUP, UNCOOKED)	170 cal, 0g fat, 38g carb, 4g protein

FRUITS

AVOCADO (1/3 MEDIUM)	80 cal, 8g fat, 4g carb, 1g protein
APPLE (1 MEDIUM)	93 cal, 0.3g fat, 24.7g carb, 0.5g protein
APRICOT (1 CUP, SLICED)	79 cal, 0.6g fat, 18.5g carb, 2.3g protein
BANANA (1 MEDIUM)	105 cal, 0.4g fat, 27g carb, 1.3g protein
BLACKBERRIES (1 CUP)	62 cal, 0.7g fat, 14.7g carb, 2g protein
BLUEBERRIES (1 CUP)	84 cal, 0.5g fat, 21.4g carb, 1.1g protein
CANTALOUPE (1 CUP, CUBED)	53 cal, 0.3g fat, 24.7g carb, 1.3g protein

CHERRIES (1 CUP)	97 cal, 0.3g fat, 24.7g carb, 1.6g protein
CRANBERRIES (1 CUP, UNSWEETENED)	46 cal, 0.1g fat, 12.2g carb, 0.4g protein
CRANBERRIES (1 TBSP, DRIED, SWEETENED)	33 cal, 0g fat, 8.3g carb, 0g protein
DATES* (5 DEGLET NOOR DATES)	100 cal, 0.1g fat, 26.6g carb, 0.9g protein
FIGS* (3 MEDIUM DRIED, UNCOOKED)	63 cal, 0.2g fat, 16.1g carb, 0.8g protein
GUAVA (1 CUP, CUBED)	112 cal, 1.6g fat, 23.6g carb, 4.2g protein
GRAPEFRUIT (½ A PINK OR RED FRUIT)	38 cal, 0.1g fat, 9g carb, 0.5g protein
GRAPES (RED OR GREEN)	104 cal, 0.2g fat, 27.3g carb, 1.1g protein
HONEYDEW MELON (1 CUP DICED)	61 cal, 0.2g fat, 15.5g carb, 0.9g protein
KIWI (1 MEDIUM)	42 cal, 0.4g fat, 10.1g carb, 0.8g protein
LEMON (1 MEDIUM)	17 cal, 0.2g fat, 5.4g carb, 0.6g protein
LIME (1 MEDIUM)	20 cal, 0.1g fat, 7.1g carb, 0.5g protein
LYCHEE (1 CUP)	125 cal, 0.8g fat, 31.4g carb, 1.6g protein
MANGO (1 CUP, CUBED)	99 cal, 0.6g fat, 25.7g carb, 1.4g protein
ORANGE (1 MEDIUM)	69 cal, 0.2g fat, 17.6g carb, 1.3g protein
PAPAYA (1 CUP, CUBED)	55 cal, 0.2g fat, 13.7g carb, 0.9g protein
PEACH (1 MEDIUM FRUIT)	59 cal, 0.4g fat, 14.3g carb, 1.4g protein
PEAR (1 MEDIUM)	103 cal, 0.2g fat, 27.5g carb, 0.7g protein
PINEAPPLE (1 CUP)	83 cal, 0.2g fat, 21.6g carb, 0.9g protein
PLUM (1 MEDIUM)	30 cal, 0.2g fat, 7.5g carb, 0.5g protein
POMEGRANATE (½ CUP SEEDS)	72 cal, 1g fat, 16.3g carb, 1.5g protein
RASPBERRIES (1 CUP)	64 cal, 0.8g fat, 14.7g carb, 1.5g protein
STRAWBERRIES (1 CUP, SLICED)	53 cal, 0.5g fat, 12.7g carb, 1.1g protein
ROMA TOMATO (1 MEDIUM)	35 cal, 1g fat, 7g carb, 1g protein
CHERRY TOMATO (1 MEDIUM CUP)	27 cal, 0.3g fat, 5.8g carb, 1.3g protein
WATERMELON (1 CUP, CUBED)	46 cal, 0.2g fat, 11.5g carb, 0.9g protein

When it comes to your health, most fruit is not your friend.

When choosing fruits, opt for organic berries, citrus and stone fruits (i.e– plums, peaches, apricots). Not only are these lower on the glycemic index, but they are also the highest in antioxidants and fiber, so you get more “bang” in each bite.



FREE CARBS – LEAFY GREENS

Free carbs are **vegetables that are so low in carbs and calories that you can consume as much as you like** without them affecting your goals. If you find that you are still hungry, these are the foods you will want to add to your daily intake.

ASPARAGUS (1 CUP)	27 cal, 0.2g fat, 5.3g carb, 2.9g protein
BOK CHOY (1 CUP, SHREDDED)	9 cal, 0.1g fat, 1.5g carb, 1.1g protein
BROCCOLI (1 CUP, FLORETS)	20 cal, 0.2g fat, 3.7g carb, 2.1g protein
BRUSSEL SPROUTS (½ CUP BOILED)	28 cal, 0.4g fat, 5.5g carb, 2g protein
CAULIFLOWER (1 CUP, FLORETS)	27 cal, 0.1g fat, 5.7g carb, 2.1g protein
CABBAGE (1 CUP, SHREDDED)	17 cal, 0.1g fat, 3.9g carb, 1g protein
CELERY (1 MEDIUM STALK)	6 cal, 0.1g fat, 1.4g carb, 0.3g protein
CUCUMBERS (½ CUP, SLICES)	8 cal, 0.1g fat, 1.9g carb, 0.3g protein
EGGPLANT (1 CUP, SLICED)	20 cal, 0.2g fat, 4.7g carb, 0.8g protein
GREEN BEANS (1 CUP)	31 cal, 0.2g fat, 7g carb, 0.8g protein
GREEN BELL PEPPER (1 CUP CHOPPED)	30 cal, 0.3g fat, 6.9g carb, 1.3g protein
KALE (1 CUP, CHOPPED)	34 cal, 0.5g fat, 6.7g carb, 2.2g protein
MUSHROOMS, WHITE (1 CUP, SLICED)	15 cal, 0.2g fat, 2.3g carb, 2.2g protein
ONIONS (½ CUP, CHOPPED)	34 cal, 0.1g fat, 8.1g carb, 0.7g protein
RED BELL PEPPER (1 CUP, CHOPPED)	39 cal, 0.4g fat, 9.4g carb, 1.5g protein
ROMAINE LETTUCE (1 CUP, SHREDDED)	8 cal, 0.1g fat, 1.5g carb, 0.6g protein
SNAP PEAS (10 PEA PODS)	14 cal, 0g fat, 2.6g carb, 1g protein
SPINACH (1 CUP, CHOPPED)	7 cal, 0.1g fat, 1.1g carb, 0.9g protein
SWISS CHARD (1 CUP, CHOPPED)	7 cal, 0.1g fat, 1.3g carb, 0.6g protein
YELLOW PEPPER (1 CUP, CHOPPED)	41 cal, 0.3g fat, 9.5g carb, 1.5g protein



FATS

Contrary to what you may think, fats are essential to include in your diet, and they can help you get to your goals, whether you want to lose weight, get lean, or build muscle. However, not all fats are created equal. Use the fats below to be sure you include up to two thumb size portions of healthy fats at every meal.

NUTS AND SEEDS (1 OZ)

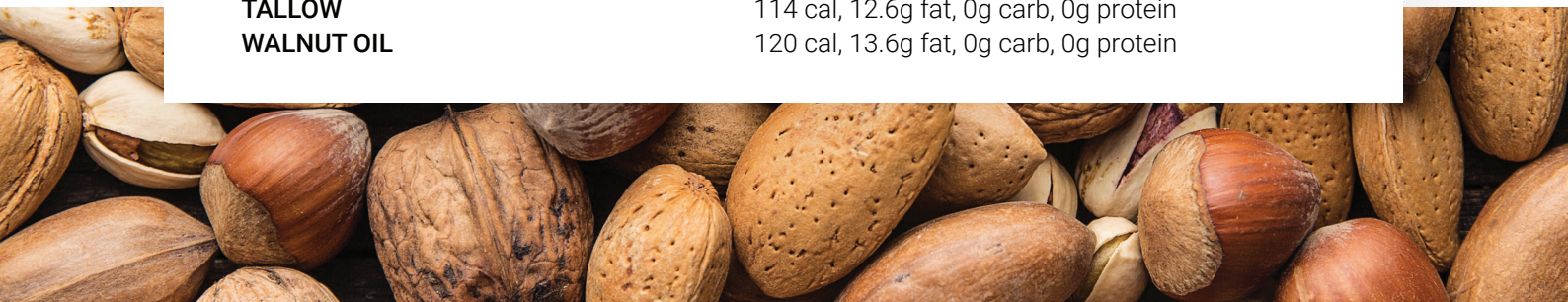
ALMONDS	164 cal, 14.4g fat, 5.6g carb, 6g protein
BRAZIL NUTS	86 cal, 18.6g fat, 3.2g carb, 4.1g protein
CASHEWS	157 cal, 12.4g fat, 8.6g carb, 5.2g protein
HAZELNUTS	178 cal, 17.2g fat, 4.7g carbs, 4.2g protein
MACADAMIA NUTS	204 cal, 21.5g fat, 3.9g carbs, 2.2g protein
PECANS	196 cal, 20.4g fat, 3.9g carb, 2.6g protein
PINE NUTS	162 cal, 14.2g fat, 4.1g carb, 6.6g protein
PISTACHIOS	159 cal, 13g fat, 8g carb, 6g protein
PUMPKIN SEEDS (ROASTED)	126 cal, 5.5g fat, 15.2g carb, 5.3g protein
QUINOA (½ CUP, COOKED)	111 cal, 1.8g fat, 19.7g carb, 4.1g protein
SESAME SEEDS (1 TBSP)	52 cal, 4.5g fat, 2.1g carb, 1.6g protein
SUNFLOWER SEEDS (ROASTED)	165 cal, 14.1g fat, 6.8g carb, 5.5g protein
WALNUTS	185 cal, 18.5g fat, 3.9g carb, 4.3g protein

NUT BUTTERS

ALMOND BUTTER (2 TBSP)	200 cal, 18g fat, 6g carb, 7g protein
CASHEW BUTTER (2 TBSP)	188 cal, 16g fat, 8.8g carb, 5.6g protein

OILS AND FATS (1 TBSP)

AVOCADO OIL	124 cal, 14g fat, 0g carb, 0g protein
COCONUT OIL	117 cal, 13.6g fat, 0g carb, 0g protein
GRASS-FED BUTTER	100 cal, 11g fat, 0g carb, 0g protein
GHEE	135 cal, 15g fat, 0g carb, 0g protein
BACON FAT/LARD	115 cal, 12.8g fat, 0g carb, 0g protein
DUCK FAT	112 cal, 12.7g fat, 0g carb, 0g protein
OLIVE OIL (UNCOOKED OR LOW HEAT)	119 cal, 13.5g fat, 0g carb, 0g protein
MACADAMIA NUT OIL	130 cal, 14g fat, 0g carb, 0g protein
TALLOW	114 cal, 12.6g fat, 0g carb, 0g protein
WALNUT OIL	120 cal, 13.6g fat, 0g carb, 0g protein



BEVERAGES

NON-DAIRY ALTERNATIVES (1 CUP)

ALMOND MILK (UNSWEETENED)	60 cal, 2.5g fat, 8g carb, 1g protein
COCONUT MILK (RAW)	552 cal, 37.2g fat, 13.3g carb, 5.5g protein
COCONUT MILK (BEVERAGE)	80 cal, 5g fat, 7g carb, 1g protein
COCONUT WATER	46 cal, 0.5g fat, 8.9g carb, 1.7g protein
FLAX MILK (UNSWEETENED)	25 cal, 2.5g fat, 1g carb, 0g protein

TEA AND KOMBUCHA

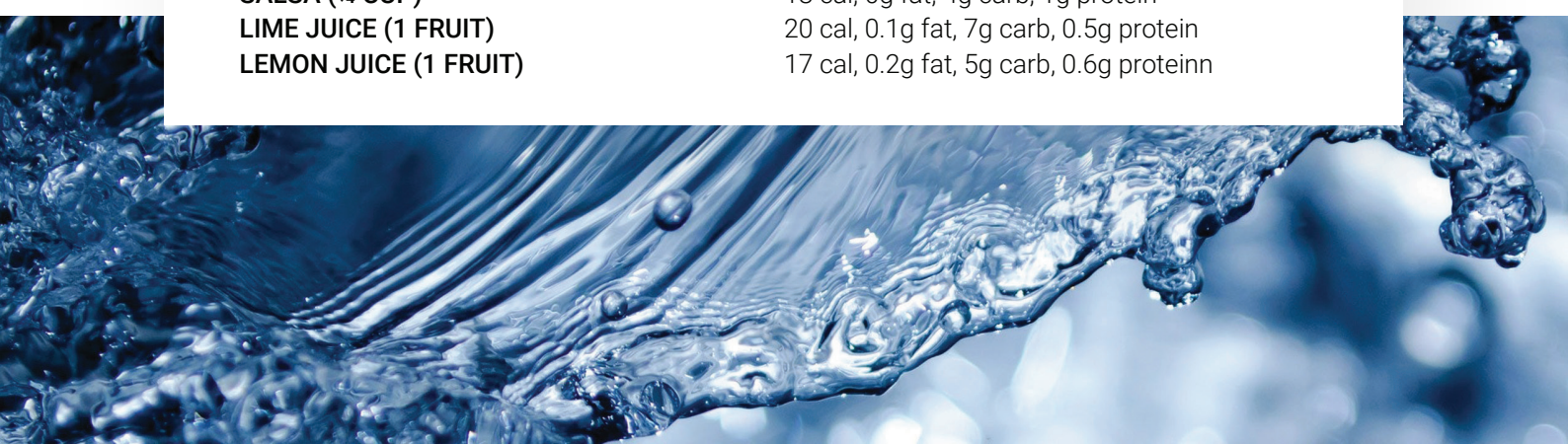
TEA	0 cal, 0g fat, 0g carb, 0g protein
KOMBUCHA (8 oz)	30 cal, 0g fat, 7g carb (varies), 0g protein

COFFEE, ETC.

COFFEE (8 oz)	1 cal, 0g fat, 0g carb, 0.3g protein
WATER	0 cal, 0g fat, 0g carb, 0g protein

KITCHEN STAPLES

ALMOND FLOUR (3.5 OZ)	580 cal, 51g fat, 20g carb, 21g protein
COCONUT FLOUR (3.5 OZ)	413 cal, 8.7g fat, 65g carb, 19g protein
BROTH (1 CUP)	10 cal, 1g fat, 1g carb, 1g protein
KETCHUP (1 TBSP)	20 cal, 0g fat, 5g carb, 1g protein
FAT FREE MAYO (1 TBSP)	15 cal, 0g fat, 0g carb, 0g protein
MUSTARD (1 TBSP)	10 cal, 0g fat, 0g carb, 0g protein
PICKLES (1 LARGE)	24 cal, 0g fat, 5.6g carb, 0g protein
SALSA (¼ CUP)	18 cal, 0g fat, 4g carb, 1g protein
LIME JUICE (1 FRUIT)	20 cal, 0.1g fat, 7g carb, 0.5g protein
LEMON JUICE (1 FRUIT)	17 cal, 0.2g fat, 5g carb, 0.6g protein



IMPORTANT

PLEASE READ

Your NUTRITION

You raised your hand and said you wanted my help.

This guide is your first step, use this guide to get started and please reach out inside our private FB community if you have any questions.

After 30-days you should be more comfortable with the foods in this guide, remember these are nutrient dense foods that fuel and repair your body. The closer you stick to the foods in this guide, the faster you will look and feel your best!

Should you decide on an even more custom approach to meal planning, drop me a message so we can work together to create a perfect customized plan around your specific goals and body type.

Your TRAINING

Diet and nutrition do most of the heavy lifting, period.

80% diet/nutrition and 20% training/exercising is a ratio that always holds true. I have helped 1/2 million people get fit and not one could ever out-train a poor diet.

That doesn't mean it's not important, that just means you should focus on the 80% first, build a foundation and then insert the specific training for your goals.

When you're ready for some simple, quick and effective workouts you are welcome to a FREE 30-Day Trial — this is the program I suggest if your current 30-day goal is fat loss.

Nothing has worked faster than HIIT MAX® for me or my clients going on 5 years. The workouts change and progress as you do.



Your MOTIVATION

This is my absolute favorite part. I love to motivate others to live healthy and fulfilled lives. One of my purposes for sure is to help others realize their full potential.

Please do two things if you have a hard time staying motivated or sticking to a plan:

[Join my private FB Group \(click here\)](#)

[Add me @morellisworld on Instagram \(click here\)](#)



GROCERY GUIDE

PROTEINS

MEAT AND POULTRY

- BACON
- BEEF (OZ GROUND 80% LEAN)
- BEEF (GROUND 90% LEAN)
- BISON
- CHICKEN
- LAMB SHOULDER
- PORK
- STEAK
- TURKEY BREAST
- VEAL
- VENISON
- WILD DUCK

SEAFOOD

- CATFISH
- CLAMS
- CRAB
- HALIBUT
- LOBSTER
- MAHI MAHI
- MUSSELS
- OYSTERS
- SALMON
- SARDINES
- SCALLOPS
- SHRIMP
- TUNA
- TROUT
- SEA BASS

EGGS

- DUCK EGG
- EGG WHITES
- GOOSE EGG
- TURKEY EGG
- QUAIL EGG
- WHOLE EGG

**IF YOU ARE VEGAN,
HERE ARE SOME ALTERNATIVE
PROTEIN OPTIONS:**

- BLACK BEANS
- BUCKWHEAT
- CHICKPEAS
- FERMENTED TOFU
- HEMP SEEDS
- LENTILS
- QUINOA

NOTES:

CARBS

FRUITS

- | | | |
|--|---|--|
| <input type="checkbox"/> AVOCADO | <input type="checkbox"/> FIGS | <input type="checkbox"/> PAPAYA |
| <input type="checkbox"/> APPLE | <input type="checkbox"/> GUAVA | <input type="checkbox"/> PEACH |
| <input type="checkbox"/> APRICOT | <input type="checkbox"/> GRAPEFRUIT | <input type="checkbox"/> PEAR |
| <input type="checkbox"/> BANANA | <input type="checkbox"/> GRAPES | <input type="checkbox"/> PINEAPPLE |
| <input type="checkbox"/> BLACKBERRIES | <input type="checkbox"/> HONEYDEW MELON | <input type="checkbox"/> PLUM |
| <input type="checkbox"/> BLUEBERRIES | <input type="checkbox"/> KIWI | <input type="checkbox"/> POMEGRANATE |
| <input type="checkbox"/> CANTALOUPE | <input type="checkbox"/> LEMON | <input type="checkbox"/> RASPBERRIES |
| <input type="checkbox"/> CHERRIES | <input type="checkbox"/> LIME | <input type="checkbox"/> STRAWBERRIES |
| <input type="checkbox"/> CRANBERRIES | <input type="checkbox"/> LYCHEE | <input type="checkbox"/> ROMA TOMATO |
| <input type="checkbox"/> CRANBERRIES (DRIED) | <input type="checkbox"/> MANGO | <input type="checkbox"/> CHERRY TOMATO |
| <input type="checkbox"/> DATES | <input type="checkbox"/> ORANGE | <input type="checkbox"/> WATERMELON |

FREE CARBS - LEAFY GREENS

- ASPARAGUS
- BOK CHOY
- BROCCOLI
- BRUSSEL SPROUTS
- CAULIFLOWER
- CABBAGE
- CELERY
- CUCUMBERS
- EGGPLANT
- GREEN BEANS
- GREEN BELL PEPPER
- KALE
- MUSHROOMS, WHITE
- ONIONS
- RED BELL PEPPER
- ROMAINE LETTUCE
- SNAP PEAS
- SPINACH
- SWISS CHARD
- YELLOW PEPPER

STARCHY VEGETABLES, ROOTS and TUBERS

- ARTICHOKE
- BEETS
- BROWN POTATO
- BUTTERNUT SQUASH
- CARROTS
- PARSNIPS
- RED POTATO
- SWEET POTATO

GRAINS

- BROWN RICE
- COUSCOUS
- EZEKIEL BREAD
- STEEL CUT OATS
- WHITE RICE

NOTES:

FATS

NUTS AND SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- HAZELNUTS
- MACADAMIA NUTS
- PECANS
- PINE NUTS
- PISTACHIOS
- PUMPKIN SEEDS
- QUINOA
- SESAME SEEDS
- SUNFLOWER SEEDS
- WALNUTS

NUT BUTTERS

- ALMOND BUTTER
- CASHEW BUTTER

OILS AND FATS

- AVOCADO OIL
- COCONUT OIL
- GRASS-FED BUTTER
- GHEE
- BACON FAT/LARD
- DUCK FAT
- OLIVE OIL
- MACADAMIA NUT OIL
- TALLOW
- WALNUT OIL

EGGS

- EGG YOLK

FRUITS

- AVOCADO
- BLACK OLIVES
- GREEN OLIVES

BEVERAGES

- NON-DAIRY ALTERNATIVES
- ALMOND MILK (UNSWEETENED)
- COCONUT MILK (RAW)
- COCONUT MILK
- COCONUT WATER
- FLAX MILK (UNSWEETENED)

KITCHEN STAPLES

- ALMOND FLOUR
- COCONUT FLOUR
- BROTH
- KETCHUP
- FAT FREE MAYO
- MUSTARD
- PICKLES
- SALSA
- LIME JUICE
- LEMON JUICE

TEA AND KOMBUCHA

- TEA
- KOMBUCHA

COFFEE, ETC.

- COFFEE
- WATER

NOTES:



MICHAEL
MORELLI