

PROTEIN SOURCES

- chicken breast
- turkey breast
- cod
- anchovies
- pollock
- sardines
- salmon
- organ meats (liver)
- lean steak cuts
- elk
- bison
- egg whites
- whole eggs
- low-fat cottage cheese
- tofu
- tempeh
- RE-KAGED®
- KASEIN™
- MicroPure® Whey Protein Isolate

DIETARY FATS

- avocado
- coconut oil
- extra virgin olive oil
- nuts
- seeds
- egg yolks
- oily fish (salmon, sardines, anchovies)
- almond butter
- MCT
- Omega-3 supplements

FIBER SOURCES

- broccoli
- kale
- spinach
- leafy vegetables
- beans
- lentils

MACRONUTRIENT REQUIREMENTS

TRAINING DAYS

- PROTEIN** 1.5 grams per pound of bodyweight
CARBS 2.5 grams per pound of bodyweight
FATS 0.25 grams per pound of bodyweight

NON-TRAINING DAYS

- PROTEIN** 1.5 grams per pound of bodyweight
CARBS 1.0 grams per pound of bodyweight
FATS 0.55 grams per pound of bodyweight

CARB SOURCES

- yams
- sweet potato
- brown rice
- oats
- oat bran
- quinoa
- Ezekial bread
- grits

WATER

On this program you'll need to drink at least one gallon of water per day, and maybe more, depending on the climate you live in. You'll want to add Hydra-Charge® to your water 2 or 3 times per day.

FRUIT SOURCES

- kiwi
- blueberries
- strawberries
- cranberries
- raspberries

