

FOODS TO EMPHASIZE – SUMMARY

Lean Protein

Criteria:

Lean (less than 20% calories from fat)
Complete (all 8 essential amino acids)

Goal:

3/4 to 1gram lean protein per pound of body weight, spread out over the day.

At least a “fist-sized” portion per meal.

Examples (organic, free range is best):

2 scoops Energyfirst whey protein powder
1 cup egg whites (or All Whites)
2-3 free range eggs
4-6 oz. chicken (white meat, no skin)
4-6 oz. turkey (white meat, no skin)
4-6 oz. salmon or tuna
4-6 oz. wild organic red meat (venison, moose etc.)
4-6 oz. white fish of any kind
4-6 oz. shellfish
6 oz can water-packed tuna
1 cup non-fat or low-fat cottage cheese
1 cup non-fat plain yogurt
1 cup non-fat milk (if you can tolerate dairy)
4-6 oz. non-fat cheese

Good (Raw) Fats/Oils

Criteria:

Raw (not cooked), from plants
Contains essential fatty acids omega 3/6

Goal:

At least 1TBS raw oil or 1/4 cup raw nuts/seeds per meal 3 times per day

At least a “thumb” sized serving per meal 3 times per day

Examples (raw, organic is best):

Raw seed oil blend (e.g. Energyfirst.com Omega oil blend)
Raw ground seed blend (e.g. Energyfirst.com Omega seed mix)
Whole raw seeds (pumpkin, sunflower, sesame)
Raw seed butters (tahini, pumpkin seed)
Raw nuts (almonds, cashews, etc; not peanuts)
Raw nut butters (cashew or almond)
1/3 – 1/2 Avocado
Extra virgin olive oil

Unprocessed Carbohydrates

Criteria:

Unprocessed, rich in fiber, low glycemic

Goal: 1 serving per meal/snack

Examples of 1 serving (organic is best):

1 scoop EnergyFirst Greenergy (equivalent to 2lbs organic green vegetables)
2-3 cups raw, steamed, grilled, or baked non-starchy vegetables (all green, yellow, orange, red vegetables) Greens are best!
1/2 yam or sweet potato (not white potatoes)
1 cup cooked or 1/3 cup uncooked old-fashioned oatmeal (not quick-oats)
1 cup cooked brown rice, wild rice, barley, quinoa, or other whole grain
1 cup cooked beans, peas, lentils
1 slice of whole grain low carb bread
1 whole wheat low-carb tortilla
1 cup whole what pasta
1 cup fresh or frozen fruit (plain)

Pure Water

Criteria:

The more pure, the better
Must be unsweetened
Thirst is not a good guide. You are already dehydrated by the time you experience thirst.

Goal:

1/2 your body weight in pounds = minimum no. of ounces of pure water every day. Aim for 1 8-12oz. glass of pure water every hour you are awake.

Examples:

Distilled water (best)
Reverse osmosis filtered water (best)
Bottled/spring water (check brand for purity)
Plain sparkling water
Herb tea (caffeine-free)
Decaf coffee (1-2 cups per day only)