



Super Foods

If you're looking for foods that will have a significant impact on both your health and performance, consider those on this list. Combined with exercise and an appropriate caloric intake, they will help you maintain lean muscle mass and lose body fat. They also provide an abundance of antioxidants, omega fatty acids, and fiber. These nutrients have been shown to fight disease, improve health, and may influence longevity as well.

Proteins

- Whey supplement (Isolate or Hydrolysate)
- Egg whites
- Low-fat cottage cheese
- Low-fat, plain yogurt
- Chicken breast
- Turkey breast
- Ground turkey breast
- Lean sea fish (Tilapia, Snapper, Tuna, Mahi Mahi, Halibut etc.)
- Natural 90% lean ground beef (Giant Eagle's Market District, Laura's, or Whole Foods)
- Include on occasion Salmon, and whole eggs from free-range Chickens fed a vegetarian diet

Complex Carbohydrates

- Oatmeal (old-fashioned or steel cut preferred)
- Brown rice
- Sweet potatoes
- Yams
- Squash
- Baked potato
- Peas
- Beans
- Lentils
- Flourless sprouted grain breads (Such as Ezekiel brand By Foods For life)

Vegetables

- Broccoli
- Carrots
- Cauliflower
- Asparagus
- Brussels sprouts
- Spinach
- Green and yellow beans
- Sprouts
- Kale
- Bok Choy
- Mushrooms
- Red or purple cabbage
- Onions
- Tomatoes
- Romaine, endive, red or bib lettuce

Fruit

- Strawberries
- Blueberries
- Raspberries
- Apples
- Peaches
- Plums
- Oranges
- Bananas
- Nectarines
- Tangerines

Pineapple

- Pears
- Grapefruit
- Melons
- Papaya
- Dried fruits (Including raisins, dates and figs, use sparingly in foods like oatmeal as a sweetener)

Fats

- Olive oil
- Avocados
- Natural peanut butter (non-hydrogenated, the oil will separate at room temp)
- Raw almonds or Walnuts
- Milled Flax or Chia seeds
- Feta or unprocessed hard cheeses, use 1 oz. to complement dishes.