

Coach's Kitchen

Here is an expanded list of top foods that should make up the bulk of your diet. Check with coaches on foods or items you are uncertain of. As for the foods absent from this list that are obviously not moving in the direction of your goals, get rid of them. Don't wait for moments of weakness to turn the tables on you crushing momentum and nullifying your hard work. Out of sight, out of mind. But most importantly, out of reach. Be proactive. Set the game up to win.

Protein

Whey Protein Powder (Low Sugar)
Vegan Protein Powder (Pea, Hemp etc.)
Low-Fat Poultry (Chicken, Turkey)
Ground Extra Lean Chicken and Turkey
Fish (salmon is rich in omega 3 fats while most other fish is low in fat)
Low –Fat Plain Yogurt
Low Fat natural cottage cheese
Eggs, Omega 3 Eggs
Egg Whites
Light Goats Cheese
Goats Whey
Protein Bars (only in a pinch or occasionally- Low Sugar, Low Sugar alcohols
Quinoa (High Protein varieties)

Fats

Fish Oil
Olive Oil
Udo`s Oil
Walnuts
Coconut Oil
Unsalted Raw Nuts (limit peanuts)
Nut Butters
Macadamias or Macadamia Oil
Avocado
CLA

Carbohydrates (we're looking for unprocessed, whole grains-make sure to read labels to be sure its 100% Whole Grain)

Wild Rice
Ezekiel Bread
Quinoa
Buckwheat
Steel Cut Oats
Large Flake Oats
Sweet Potato
Beans and Lentils
Kashi Go-Lean Cereals
Apples

Blueberries
Grapefruit
Pomegranate
Acai

Veggies

Spinach
Brussel Sprouts
Asparagus
Broccoli
Okra
Tomatoes (Rich in Vitamin C and other antioxidants, great fat burning properties and excellent for recovery from workouts)
Cucumber
Celery
Arugula
Bell Peppers

Optimal Health: The last section concerns optimal health and these items are used to optimize organ function, detoxify, properly absorb the foods we eat etc. Once one has success on the basic practices of proper nutrition and exercise, the logical next step is one of optimizing bodily health for improved quality of life and longevity through supplementation. These are basic items that many would consider essential. Get interested and ask how they can benefit you.

Greens Product (Magnum Performance Edge or Greens Plus)
Multi B-Genestra brand
Multi Vitamin Progressive or Magnum Loaded
Chlorophyll (great for detox, alkalinity and blood cleansing)
Wheatgrass (Rich in B vitamins, chlorophyll, enzymes and helps balance pH)
Lemon Juice Balances pH
Green Tea
Probiotics
Digestive Enzymes
Sprouted Flax
Chia Seeds
Stevia
Cinnamon (balances blood sugar)
Tyrosine (great for mood enhancement and stress relief)
ZMA
Chromium Picolinate (balances blood sugar)
Garlic
Chili Peppers
Greek Yogurt