



## Outwork The Competition By Selecting Something From Each Of These 3 Steps When Building Meals

- 1: **Less down time due to illness**
- 2: **More energy to train**
- 3: **Faster recovery**

### STEP 1: Learn to VALUE the benefits of FRESH PRODUCE and HEALTHY OILS with meals

• Natural Antioxidants / Anti-Inflammatories • "Helps maintain your body's immune system and minimizes down time"

#### VITAMIN C & CAROTENOIDS

**Fruits** Cantaloupe, Mango, Tangerines/Mandarin Oranges, Plantain, Cayenne Cherries

**Vegetables** Sweet Potatoes, Sweet Red Bell Peppers, Hot Red Chili Peppers, Yams, Butternut Squash, Pickled Jalapeno, Broccoli Flowerets, Pimiento, Pickled Cherry Peppers, "Asparagus, Serrano Pepper, Cabbage-Slaw with Carrots, Cauliflower & Carrots, Minestrone Soup, Salsa w/Fresh Herbs & Peppers, Spaghetti Sauce & Marinara Sauce with Fresh Herbs and Green Peppers, Welsh Onions, Ginkgo Nuts, Tomato Juice, V8, Tomatoes, Taco Sauce, Hot Pepper Sauces, Catsup

**Dark Salad Greens** Broccoli Leaves, "Dandelion Greens, Spinach, Garden/Water Cress, Kale, Turnip, Beet, "Mustard, Dock/Sorrel, "Scotch Kale, "Collard, "Chicory, Bok Choy, "Swiss Chard

**Herbs & Spices** "Paprika, Chili Powder, "Ground Cayenne, Fresh Dill Weed, "Pesto, Fresh Cilantro or Coriander, Ground Sage, Fennel Leaf, Ground Savory, Ground Chervil, Ground Basil, Ground Marjoram, Bay Leaf, "Fresh Parsley, Fresh Thyme, Fresh Jute/Potherb, Nori Seaweed, "Fresh Chives, Ground Tarragon, Dried Rosemary, "Mint Leaves, Fresh Oregano, Curry

#### VITAMIN C

**Fruits** Barbados or Acerola Cherries, Currants, Kiwi, Guava, Papaya, Oranges, Strawberries, Tangelos, Lemons, Pineapples, Grapefruit (Pink or Red), Kumquats, Peaches, Mulberries, Elderberries, Limes, Purple Passion Fruit, Breadfruit, Gooseberries, Abachi Fruit, Red Raspberries, Honeydew Melon, Most Fruit Juices, Star Fruit, Blackberries, Boysenberries, Cassava, Crenshaw Melon, Apricot, Prickly Pear, Cranberries, Blueberries or Bilberries

**Vegetables** \*Green & Yellow Peppers or Chiles (Hot or Sweet), Horseradish, Cauliflower, Hot Pepper Sauce, Brussels Sprouts, Pea Pods or Snow Peas, Red & Green Cabbage, White Radish, Green Peas, Baby Zucchini, Chestnuts, Rutabaga, Red Radish, Potato Chips, Artichoke Crowns, Okra, Turnip, Cabbage, Green Onions or Scallions, Summer Squash, Tabouleh, Parsnips, Yellow or Green Beans, Baked Potato or Skins, Wasabi Radish, Sauerkraut, Leeks, Fennel Bulb

**Herbs & Spices** Clove, Saffron, Fenugreek, Ground Allspice, Cinnamon, Turmeric, Black & White Pepper, Anise Seed, Mace, Caraway Seed, Cardamom, Fennel Seeds, Dill Seed, Garlic Powder, Celery Seed, Yellow Mustard Seed

\* Also GOOD source of Vitamin E  
Foods listed from HIGH down to ~10% Daily Recommended Intake based on 100 g servings

#### CAROTENOIDS

**Fruits** Brazil Berry Fruit, Sharon Fruit, Kaki Fruit, Prunes, Red Sour Pie Cherries, Apricots

**Vegetables** Pasilla Peppers, Carrots, Pumpkins, Hubbard Squash, Grape Leaves, Fireweed Leaves, Winter Squash, Yellow Squash, Enchilada Sauce, "French Dressing, Vegetable Soups, Belgium or Curly Endive, Tabasco Sauce, Seafood Cocktail Sauce, Canned Tomato Puree, Butterhead or Bib Lettuce

**Herbs & Spices** Psyllium Seed, Cumin Seed

#### COMPLEMENTARY ANTIOXIDANTS (phenolic compounds - alphabetical order)

Alfalfa, Apples (dried skin), Artichokes, Capers, Celery, Citrus Peels/Oils, Cucumber w/Skin, Dark Cocoa, Dittany, Eggplant, Evening Primrose, Garlic, Ginger, Grain Bran/Hulls, Grapes, Dark Honey, Lavender, Lemon Balm, Licorice, Liquid Smoke, Lovage, Mulberries, Mustard, Onions, Pears, Plums, Pomegranate, Sassafras/Flie, Seed & Bean Coats, Shoots/Sprouts, Sorghum, Soy Foods, Vanilla Use With Moderation Light Roast Coffee & Teas (green/white best) 21 Years Of Age - Women 1/day or Men 2/day Beer (hops, malt, barley) & Unfiltered Red Wines

### STEP 2: Select fiber rich STARCHES first & reduce fast digesting SUGARS when inactive

• Carbohydrates & Fiber • "Energy critical for quality work"

#### SLOW DIGESTING Fiber Rich Starches (Glycemic Index 0...70)

**Vegetables** Cooked Carrots 39, Corn Hominy/Grits, Carrot Juice 45

**Potatoes/Starches** New Boiled Potatoes w/Skin 57, Boiled White Potatoes, Sweet Potatoes, Yams, Taro, Beets, Steamed Potatoes 65

**Beans/Peas/Nuts** Peanuts 14, Soy Beans, Lentils, Kidney Beans, Black Beans, Butter Beans, Split Peas, Lima Beans, Mung Beans, Navy Beans, Blackeyed Peas, Chickpeas or Garbanzo Beans, Pinto Beans, Baked Beans, Green Peas 48

**Soups** Tomato 38, Lentil, Black Bean, Green Pea, Split Pea 60

**Pasta** Soy or Egg Protein Enriched Spaghetti or Noodles 27, Fettucini, Vermicelli, Wholemeal Spaghetti, Star Pasta, Ravioli w/Meat/Chis., White Spaghetti, Spiral, Capellini, Macaroni, Linguine, Instant Noodles, Tortellini w/Cheese, Durum Spaghetti, Orzo, Gnocchi 67

**Grains/Rice** Barley 25, Rye, Wheat Kernels, Converted Uncle Bens Rice, Bulgur, Parboiled White Rice, Cracked Barley, Quick Cooking Wheat, Buckwheat, Sweet Corn, Brown Rice, Long Grain White Rice, Quinoa, Wild Rice, Rice with Vermicelli/Pilaf, White Basmati, Couscous, Rolled Barley, Commel 69

**Breads & Rolls** Barley Kernel Bread 39, Mixed Grain & Oat Bran Breads, Pumpernickel, Sourdough, 100% Stone Ground Wheat, Bulgur Bread, Linseed Rye Bread, Pita Bread, Hamburger Bun, Biscuits, Croissant, High Fiber Wheat Bread, Taco Shells 68

**Crackers/Snack Chips** Fried Potato Chips 54, Popcorn, Rye Crisp, Wheat Crackers, Wheat Thins

**Cereal** Rice Bran 19, All Bran Fruit 'n Oats, Guardian All-Bran, Bran Buds, Plain Oatmeal, Oat Bran, All Bran, Special K, Frosted Flakes, Honey Smacks, Muesli, Bran Chex, Just Right, Life, Nutri-Grain, GrapeNuts, Puffed Wheat, Sustain, Shredded Wheat, Fruit Loops 69

**Fruits** Cherries 22, Grapefruit, Prunes, Dried Apricots, Pears, Apples, Plums, Apple Juice, Peaches, Oranges, Grapes, Pineapple Juice, Canned Peaches, Grapefruit Juice, Cranberry Juice, Orange Juice, Kiwi, Bananas, Fruit Cocktail, Mangos, Apricots, Papayas, Figs, Raisins, Cantaloupes, Pineapples 66

**Sweets** Plain/Art. Sweetened Yogurt 14, Fructose, Peanut M&M's, Fruit Flavored Yogurt, Chocolate Milk, Custard, Mousse, Snickers Bar, Puddings, Choc/Vanilla Cake w/Frosting, Twix, Dove Chocolate Bar, Apple Cinnamon Muffin, Lactose, Jams & Marmalades, Sponge Cake, Banana Bread, Ice Milk, Jam, Pound Cake, Oatmeal Cookies, Honey, Power Bar, Blueberry Muffin, Digestive Cookies, Pastry, Granola Bar, Ice Cream, High Fructose Corn Syrup, Shortbread, Less Than 10 g. Sugar (Sucrose), Arrowroot Cookies, Angel Food Cake 67, Sports Drinks 68

SERVINGS: 30 g Carbs or 2 Exchanges, 1.5 c Cold Cereal & 1 c Hot Cereal, 2 Slices Bread, Whole Bagel or English Muffin, 4 Pancakes or 2 Waffles (4"), 1 c Beans, Corn, Peas, or Potatoes, 6 oz Fries (50 ct), 2/3 c Rice, 1 lg. Baked Potato-6 oz, 6 c Popcorn, 1.5 oz Snack Chips, 12 Saltines, 2 Granola, Breakfast or ENERGY BARS, 20 oz Sport Drink, 12 oz Soft Drink, 2 tsp Honey, Jelly or Syrup, 1 c Ice Cream, Pudding or Jello, 2 Danish or Doughnuts, 4" sq. Frosted Cake or Brownie, 4 sm. Cookies

### STEP 3: Always DIVERSIFY your protein sources and select LOWER FAT sources when inactive

• Amino Acids, Iron & Calcium • "Less muscle soreness & improved recovery time"

#### LEAN PROTEIN (3 g fat or less / 7 g protein)

##### ANIMAL SOURCES

**Eggs/Beef/Game** Egg Whites, Egg Substitutes, 95% Lean Ground Beef, Ground Round, USDA Select or Choice Grades w/Tight Trim such as Round, Sirloin, or Flank Steak, Tenderloin, Cubed Steak, Roast (rib, chuck, rump), Lean Deli Roast Beef, T-Bone, Porterhouse, Veal, Venison, Buffalo, Rabbit, Organ Meats

**Pork/Lamb** Ham (canned, cured or boiled), Canadian Bacon, Tenderloin, Center Loin Chop, Lean Deli Ham, Fat Free-Low Fat Hot Dogs/Sausages/Bologna (0-3 g fat / oz), Lamb Roast, Chop, or Leg

**Poultry** Chicken, Turkey, Cornish Hen, Duck, Goose, Pheasant, Ostrich (white or dark meat-no skin, dark meat, well drained), Lean Deli Meats

**Fish/Shellfish** Clam, Crab, Lobster, Scallops, Shrimp, Imitation Shellfish, Fresh or Frozen Cod, Flounder, Haddock, Halibut, Trout, Fresh or Canned Tuna Packed In Spring Water, Salmon, Herring, Sardines or Oysters

**DAIRY SOURCES** Skim-1% Milk, Buttermilk, Nonfat Dry Milk, Fat Free Cottage Cheese, Parmesan Cheese, Fat Free-Low Fat Cheeses (0-3 g fat / oz), Yogurt From Skim (Low Sugar)

**VEGETABLE SOURCES** Tabouli, Bean, Peas, Lentils, Soy Milk (0-3 g fat / 8 floz), Soy Nuts, Soy Burger, Soy Grits, Soy Flour, Soy Protein Concentrate, Soy Protein Isolate

#### MEDIUM FAT PROTEIN (4-7 g fat / 7 g protein)

##### ANIMAL SOURCES

**Eggs/Beef** Flax Fed Hen Eggs, Regular Egg, 85% Lean Ground Beef, USDA Prime Grades of Beef such as Prime Rib or Rib-Eye Steak, Corned Beef, Short Ribs, Fried Veal

**Pork/Lamb** Top Loin, Chop, Boston Butt, Cutlet, Lamb Rib Roast, Ground, Hot Dog/Sausage/Bologna (3-5 g fat / oz)

**Poultry** Poultry (dark meat with skin), Ground Turkey, Fried Chicken

**Fish/Shellfish** Any Fried Fish or Seafood, Canned Tuna In Oil

**DAIRY SOURCES** 2%/Reduced Fat Milk, Cottage Cheese, White Cheese (3-5 g fat / oz) such as String Cheese, Provolone, Mozzarella, Feta, Ricotta, Plain Low-Fat Yogurt, SPORTS ALLIANCE RECOVERY MIX

**VEGETABLE SOURCES** Tofu, Soy Yogurt, Tempeh, Boiled Green Soybeans, Soy Milk (3-7 g fat / 8 floz), Miso

#### HIGH FAT PROTEIN (8 g fat or more / 7 g protein)

USE WITH MODERATION - HIGH IN SATURATED FAT & CHOLESTEROL

##### ANIMAL SOURCES

**Beef** 75% Lean Ground Beef, Beef Ribs

**Pork** Spare ribs, Ground Pork, Bacon, Hot Dog/Sausage/Bologna (6 g fat or more / oz) such as Bratwurst, Italian, Knockwurst, Polish, Salami, Pimento Loaf

**DAIRY SOURCES** Whole Milk, Cottage Cheese, Yellow Cheeses (6 g fat or more / oz) such as American, Cheddar, Monterey Jack, Swiss

SERVINGS: 7 g Protein, 2 Egg Whites, 1 Egg, 1 oz Beef, Pork, Lamb, Poultry, Fish, Shellfish or Cheese, 1/4 c Cottage or Ricotta Cheese, 2 tsp Parmesan Cheese or Peanut Butter, 3/4 c Yogurt, 8 oz Milk or Soy Milk, 4 oz Tofu, 2 oz Soy Cheese, 1 oz Nuts, 1/2 c Beans

## FUELINGTACTICS™ ACTION PLAN

	BREAKFAST	MID AM	LUNCH	MID PM	DINNER	PM SNACK
STEP 1 FOODS						
STEP 2 FOODS						
STEP 3 FOODS						

Select something from each of the three steps, every four hours. Don't be a binge eater who starves all day and eat in a reckless manner the entire evening, after the days activities are over! A lean protein snack before bed is best.