



You're focused, determined and committed to your new goals - so now what? Let's put it all together and give you some tangible information so you can jumpstart this transformation already!

Below is a list of all the best nutrient-dense choices in each of the main macronutrient areas - macronutrients are the 3 main building blocks of all meals. They are Carbohydrates (which includes grains, breads, vegetables and fruits), Proteins and Fats.

First you will see a list of all the best choices for each macro, followed with the less nutritious options to avoid (except as the occasional treat).

I've also included a short food shopping list to get you started, to make life even easier as you start. Enjoy yourself, and look for dishes that use the wholesome ingredients listed below as well as baking, grilling, air-frying, and light sautéing. Cheers to that!

Always keep in mind that modest steps will get you closer to your goals as you work toward them. Mistakes will be made; the key thing is to pick yourself up, dust yourself off, and keep making those healthy decisions. This is where real transformation takes place, with consistency and commitment to your diet, daily exercise, and setting aside time for rest and recovery. To become the finest version of yourself, you already possess everything necessary.



This Photo by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nd/4.0/)

I'll put every food that belongs in your shopping basket as well as those that don't in the list below. This is not to say that you can't indulge in a cheat meal every now and again, but adhering to the former will enable you to achieve your objectives much more quickly than the former.



## Good Sources of Protein:

- Eggs—An excellent ration is to have 1 whole egg for every 3 whites.
- Liquid Egg Whites—These are a convenient option for increasing your protein content without wasting egg yolks.
- Skinless Chicken Breast or Cutlets—Lean, inexpensive, high quality protein; staple of every diet.
- Lean Turkey Mince— Lean high quality protein. Best option is lean turkey breast. Turkey thigh is also okay here, but the fat content will be higher so be sure to account for this in your daily calorie budget.
- Top Round Steak—Lean cut of meat. Has more fat than chicken but great source of meat. Definitely something you want to have in the off-season and can be eaten while dieting in moderation.
- Filet Mignon—Tasty lean cut of meat. Expensive but worth it every once in a while.
- Bison Meat—Lean red meat and a healthy alternative to beef.

- Flounder—Inexpensive lean fish.
- Cod—Inexpensive lean fish.
- Pollock—Lean fish.
- Wild Salmon—Healthy fatty fish. Wild caught salmon is more expensive, but worth the purchase to avoid excess mercury and calories. The Omega -3 to 6 ratios are much better in wild caught salmon as well.
- Canned Tuna – Higher in sodium, so you may want to choose lower sodium varieties if your dietary needs require low-sodium choices. Pick ones packed in water, not oil and choose SkipJack tuna to avoid excess mercury levels.
- Bacon Medallions (lowfat bacon) – This bacon is a lean meat and can be enjoyed as a healthy protein option. Choosing Nitrate-free options is always a better choice.
- Turkey Bacon—Leaner than regular bacon, but also contains some additives.
- Lean Beef Mince—Make sure to purchase the 5% fat, lean beef versions.
- Nitrate-free Deli meat – a convenient, nitrate-free source of protein, but be aware of the high sodium content and limit these foods in the diet.
- Cottage Cheese—Slow digesting form of protein. Great for having when you have to go a long time in-between meals and also excellent to have before bed.
- Pork Tenderloin—Inexpensive lean protein.
- Wild Sea Bass—Lean high quality protein. Expensive side.
- Wild Swordfish—Lean high quality protein. Expensive.

### **Protein To AVOID or to limit to the occasional treat:**

- Chicken with skin-on—The skin just adds extra fat that you don't need.
- Breaded and/or Fried Chicken—The bread crumbs adds simple carbs and trans-fats that you want to avoid in your diet.
- Deli Meat— Deli meats are quite processed, containing a lot of sodium and preservatives, like **nitrates and nitrites**. These chemical compounds are not present in fresh meat and have been associated as contributors to various cancers.
- Bacon—Very high in fats. For the bacon lovers, it can be an okay food for the occasional treat. Purchase nitrate-free if possible.
- Farmed Fish—Have a poor omega-3s to omega-6 ratio compared to the wild fish and higher amounts of harmful mercury.
- Fatty Ground Beef—Any ground beef that is higher than 15% is not beneficial for cardiovascular and cholesterol health. They do make tasty burgers or meatballs but that amount of fat is just too high to have on a regular basis.
- Fatty Cuts of Red Meat— If the steak is full of marbling, avoid. If you can trim any outside fat and the inside is red without much marbling, than it will be lower in fats.



## Good Sources Of Carbohydrates

Oatmeal—The Old-Fashioned Oats variety (slow-cooking), NOT the quick oats. Quick oats are a simple carb and will raise your blood sugar. Old-fashioned oats take less than a minute in the microwave or stove-top, so are actually a very quick, convenient perfect go-to for breakfast. Make wonderful overnight oat recipes too.

Steel Cut Oats—Similar to oatmeal. Slow digesting carb.

Brown Rice – Another excellent slow digesting carbohydrate.

White Rice—This is a faster digesting carb! Enjoy this carbohydrate source as your pre and post workout meals, but stick with a slower digesting carb such as brown rice for the rest of your meals. Cream of Rice and Cream Of Wheat are both quick digesting carbs. Like white rice, keep these foods for breakfast or pre and post workout.

Quinoa – is often described as a superfood. Quinoa is packed with protein, fiber and various vitamins and minerals. It is also gluten-free and is recommended for people who are on a gluten-free diet.

Fruit—All fruits are great choices! Fruits contain fiber, vitamins and minerals, but some are lower in sugar and carbs and so are more ideal for those with fat-loss goals – fruits like blueberries, raspberries, blackberries and strawberries – these fruits are all very high in anti-oxidants as well. Choose a banana for a pre and post-workout superstar. Bananas are high in potassium (wonderful for muscle contractions) and because of the fast acting sugars, will support your exercise activities. Potassium is a mineral that, once inside the body, operates as an electrolyte and becomes essential to the maintenance of proper neural and muscle function. Bananas also give you magnesium and calcium. That's three out of four nutrients you need to ease muscle cramps tucked under that yellow peel. No wonder bananas are a popular, quick choice for cramp relief. Like bananas, sweet potatoes give you potassium, calcium, and magnesium.

**Vegetables**—Vegetables are an all around excellent Choose a balance of both fibrous and starchy vegetables in a large variety of colors. Eat the rainbow! For fat loss benefits, you may benefit from choosing mostly the fibrous type vegetables in your meals (all leafy green vegetables, zucchini, tomatoes, cauliflower, broccoli, green beans, etc) and keep the starchy veg (potatoes, carrots, corn) to mornings and before and after your workouts (when you're body needs the simple carbohydrates). ALL vegetables are an excellent source of fiber, vitamins and important micro-nutrients, so try to have some in almost every meal.

**Sweet Potatoes/Yams**—A delicious and slow digesting carb. Add a little Splenda and you will be in heaven. Like bananas, sweet potatoes give you potassium, calcium, and magnesium.

**Whole Wheat Bread/Ezekial Bread**— Ezekiel bread or a similar Sprouted Grain Bread is another stellar nutritious food. Sprouting the grains make the bread more digestible and beneficial for gut health. It also does not impact your blood sugar and is a wonderful slow digesting carb. A good sourdough whole wheat/whole meal variety is nice occasionally as well.

**Ezekial Cereals/High Protein, Low Sugar Granolas** – Ezekial cereal is again an excellent morning carbohydrate source. High protein granolas are good, but make sure to choose LOW SUGAR and lower fat varieties. Because this is a HIGH CALORIE food, be sure to eat in SMALL quantities, especially if fat loss is your goal.

**Honey/Coconut sugar** – this one is NOT necessary, but they are better choices when sweetener is needed. They contain some health benefits and some studies indicate that they do not raise blood sugar as much as table sugar. EAT VERY SPARINGLY. Some people use artificial sweeteners as well such as stevia, erythritol, and monkfruit sweetener.

## Carbohydrates to AVOID or LIMIT to the occasional treat

**Cereal**—Most cereals today are loaded with sugar. Oatmeal is a better option. Add some fresh berries, homemade fruit compote and cinnamon. You can also add a bit of stevia based sweetener or honey if needed. Better yet, add a scoop of protein powder and hit your morning protein goals at the same time. Oatmeal is a much healthier carbohydrate choice..

**Candy**—Loaded with tremendous amounts of sugar and much more than the daily allowance. Will cause a sugar spike and crash as well as continued cravings for junk foods.

**Chips**—Loaded with simple carbs and bad fats. Will cause a sugar spike and crash as well as continued cravings for junk foods.

Ice Cream—Loaded with sugar and bad fats. Make your own frozen yogurt or choice higher protein, low calorie options such as HALOTOP or OPPO brand ice creams for the occasional treat.

Soda—Full of pure corn syrups, sugars and artificial chemicals. Work at eliminating entirely from your diet. Diet soda is a bit better as far as sugar and empty calories, but still contains artificial sweeteners which some studies show a link to weight gain.

Juice—Juice is very high in sugars (fruit sugar still behaves the same way in your body as table sugar) and has none of the beneficial fiber. Eat the entire fruit which has all the vitamins, nutrients, fiber and is good for you.



## Good Sources Of Fats

**Extra Virgin Olive Oil** – the Gold Standard of cooking oils and the main stable for both eating and cooking. Purchase in dark bottles only (Exposure to light will cause the oil to oxidize). Extra Virgin Olive Oils have substantially higher amounts of polyphenols than refined olive oils. High-polyphenol olive oil with protecting heart health, partially by reducing blood pressure, blood sugar and high cholesterol levels

**Extra Virgin Olive Oil reduces inflammation, reduces oxidation of LDL (bad) cholesterol, improves blood vessel health, lowers blood pressure, and helps in managing blood clotting (preventative to heart attacks & strokes).** In addition to its impressive antioxidant content, extra virgin olive oil is loaded with monounsaturated fatty acids. Extra virgin olive oil also contains a good amount of vitamins E and K in each serving. Vitamin E is an essential nutrient that doubles as an antioxidant, while vitamin K plays a key role in bone health, blood clotting, heart health, and more.

**Flaxseed Oil**—Great source of fat. Great to add to dishes.

**Fish Oil**—Should be included as a staple source of healthy fats. Cod Liver Oil is very high in Omega -3 essential fatty acids, lowers inflammation all over the body, reduces pain

associated with arthritis, maintaining bone density, supports a healthy immune system, as well as other health benefits.

**Almond Butter/Cashew Butter**—Derived from the nuts but a good source of fat.

**Almonds**—Great source of fat and small amount of protein.

**Pecans**—Great source of fat and small amount of protein.

**Walnuts**—Great source of fat and small amount of protein.

**Cashews**—Great source of fat and small amount of protein.

**Pistachios**— Great source of fat and small amount of protein.

**Macadamia nuts**— Great source of fat and small amount of protein.

**Natural Peanut Butter**—Not processed. Great source of fat and some protein. Love adding this to my shakes during the day.

**Avocados**— Avocados are an excellent source of monounsaturated fat and vitamin E, and are a good source of folate. They also supply more soluble fibre than other fruit and contain a number of useful minerals including iron, copper and potassium.

**Coconut Oil** - Virgin coconut oil is deemed to be higher quality than refined coconut oil and is said to be richer in [antioxidant polyphenols](#) as well as nutrients like [vitamin E](#). More research is needed to confirm the effects of daily coconut oil use.

## Fats to AVOID or limit to the occasional treat

**Any Fried Foods**—I know that the government is making restaurants get rid of making saturated and trans fats in fried foods but you should still just stay away from fried food.

**Margarine**—been made from partially hydrogenated vegetable oil since the invention of hydrogenation. Partially hydrogenated fats, unfortunately, cause artificial trans fats that have serious health consequences. Your risk of heart disease, death as a result of heart disease, heart attack, and stroke is increased by trans fats.

**Vegetable Shortening**— Shortening has been made from partially hydrogenated vegetable oil since the invention of hydrogenation. Partially hydrogenated fats, unfortunately, cause artificial trans fats that have serious health consequences. Your risk of heart disease, death as a result of heart disease, heart attack, and stroke is increased by trans fats.

# GROCERY LIST

Now that you are armed with good nutrition knowledge, you now know how to separate the facts from the fiction and choose the BEST foods that will benefit your health, vitality and goals. Here is a shopping list to get you started. If there are foods that you don't like in the list below, you now have the knowledge of the foods that you can substitute.

## Proteins

Eggs

Egg whites

Chicken Breast

Turkey Mince

Cottage Cheese

Greek Yogurt (Non-fat or 2% fat – I prefer the 2%! I find that the 2% is less tart than the non-fat and so does not need any added sugars).

## Carbs

Old Fashioned Oats

Sweet Potatoes

Brown Rice

Whole Grain Bread

## Fruit

Apples

Blueberries

Raspberries

Bananas

Lemons and Limes (for seasoning foods and drinking water)

Frozen mixed berries

## Vegetables

Spinach

Broccoli

Onions

Sweet Potatoes

Green Beans

Kale

Tomatoes

## Fats

Extra Virgin Olive Oil in dark bottle

Fish Oil/Cod Liver Oil—You can get the pill form if you like

Almonds

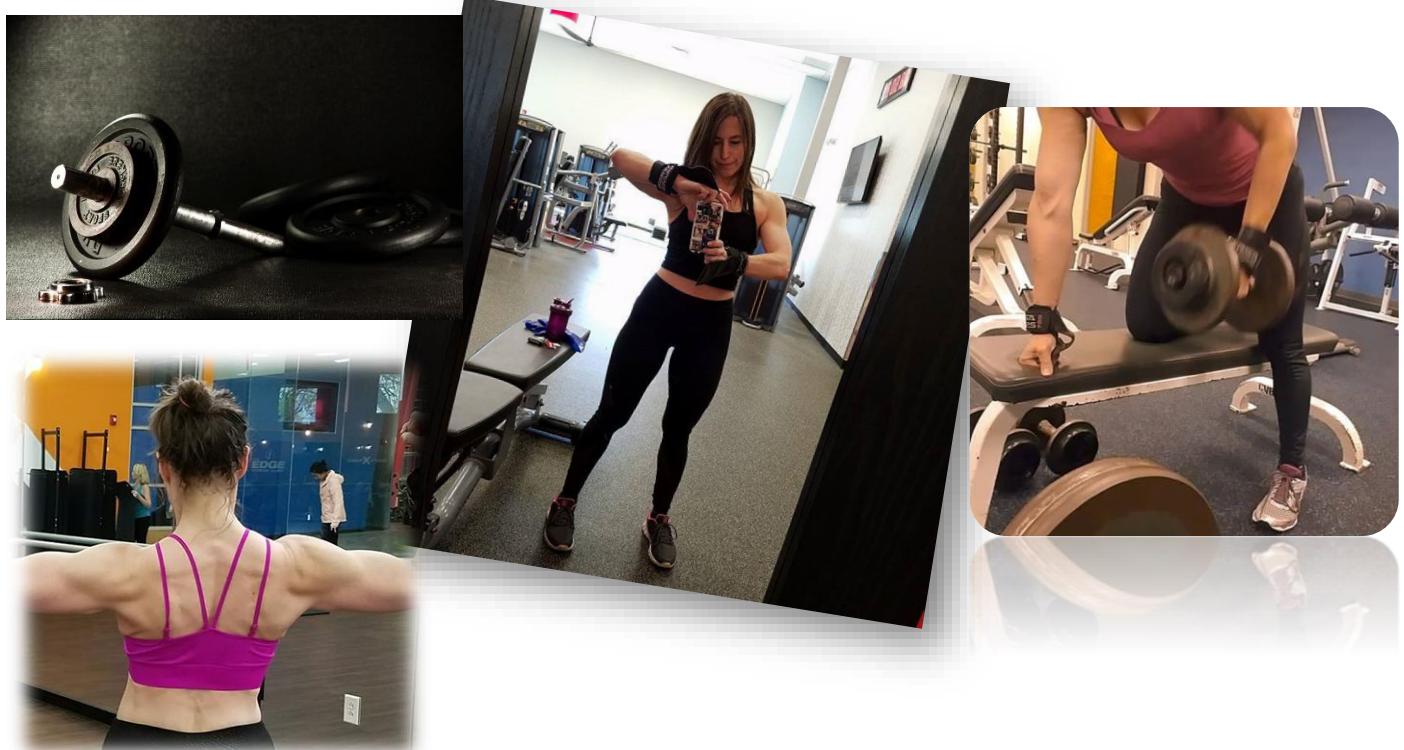
Natural Peanut Butter

Avocado

## Take-Home Points

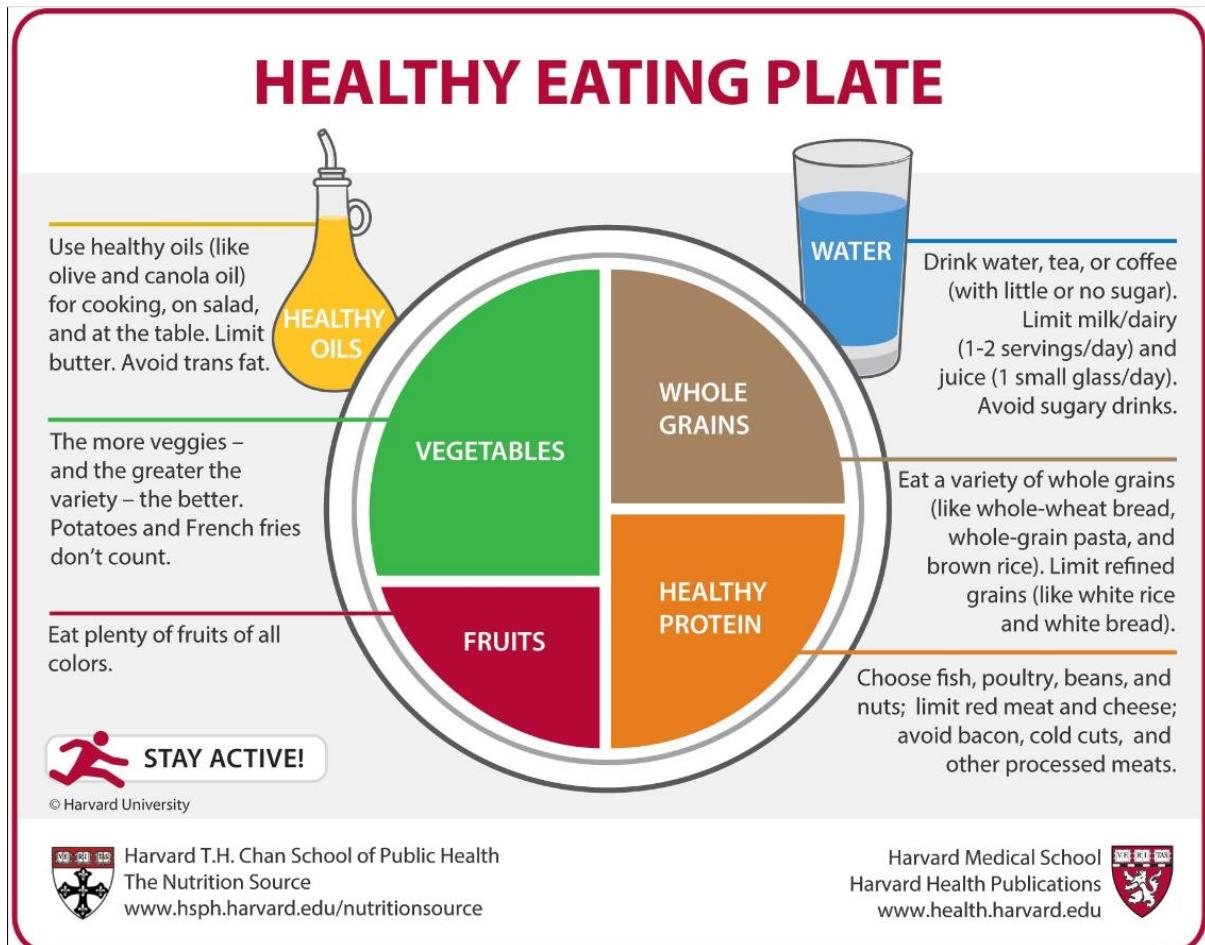
A healthy diet can be started with these foods. It should not be used as a weekly list because it is not an exhaustive list. It's crucial to have variety in your diet, so select from the rainbow of fruits and veggies, various lean protein sources, and dairy products. There is place for the occasional sweet treat or salty fun food when you consume a diet high in nutrients for the most of your meals. Enjoying life is important, and balance is key.

To attain optimum nutrition and the maximum possible level of consistency, choose from the healthy foods listed above, adhere to your personalised calorie budget, look into healthy substitutes for your favourite meals and desserts, and stay consistent. You can achieve anything you put your mind to – consistency is the secret ingredient.



# YOU DON'T HAVE TO WEIGH ALL YOUR FOOD TO MAINTAIN HEALTHY FOOD MANAGEMENT & WEIGHT.

VISUAL GUIDES CAN BE USED TO KEEP PORTION SIZES APPROPRIATE.



# PORTION SIZE “HANDS” GUIDE

PROTEIN PORTIONS	CARBOHYDRATE PORTIONS	FRUIT AND VEGETABLE PORTIONS
<p><b>Open palm = 3 ounces (85g)</b></p>  <p><b>Two palms = 6 ounces (170g)</b></p> 	<p><b>Cupped palm = 1/3 cup (43g)</b></p>  <p><b>Two cupped palms = 2/3 - 1 cup (85-128g)</b></p> 	<p><b>Closed fist = 1 cup vegetables (128g)/1 piece fruit</b></p>  <p><b>Two fists = 2 cups vegetables (256g)/2 pieces fruit</b></p> 
SOLID FAT PORTIONS	OIL PORTIONS	DAIRY PORTIONS
<p><b>Whole thumb = 1.5 - 2 Tablespoons (21-28g)</b></p>  <p><b>Two whole thumbs = 3 - 4 Tablespoons (43-57g)</b></p> 	<p><b>One fingertip = 1 teaspoon (4g)</b></p>  <p><b>Two fingertips = 2 teaspoons (8g)</b></p>  <p><b>½ Thumb = 1 Tablespoon (14g)</b></p> 	<p><b>One finger length = 1 ounce of cheese (28 grams)</b></p>  <p><b>One fist = 1 cup of milk/milk alternative (245g)</b></p> 

## COMMON SERVING SIZES

<b>A TEASPOON</b> 4 grams (e.g., 4 servings of oil = 1 dice)	<b>A TABLESPOON</b> 14 grams (e.g., 4 servings of condiment) = 1 poker chip
	
<b>A QUARTER CUP</b> 45 grams (e.g., 4 servings of nuts or dried fruit) = one large egg	<b>HALF A CUP</b> 110 grams (e.g., 4 servings of cooked rice) = one ice hockey puck or one tennis ball
	
<b>A WHOLE CUP</b> 140 grams (e.g., a serving of fruit or vegetable) = one baseball	<b>THREE OUNCES</b> 85 grams (e.g., a portion of protein for a small individual) = one deck of cards or the screen area of a smartphone
	
<b>FOUR OR FIVE OUNCES</b> 113-142 grams (e.g., protein portion for an active/athletic individual) = a regular smartphone	<b>EIGHT OR NINE OUNCES</b> 227-253 grams (e.g., many restaurant portions of burgers and fries) = one large smartphone
	