

**Master Foods List**

1. **Eat 6 times per day.** This, as we discussed, will help boost your metabolism so you will be burning calories and melting fat all day long. This will also help keep your blood sugar stable all day so you will maximize your levels. So make sure you are eating within 1 hour after you get up and every 2.5-3 hours after that.

2. **Combine carbohydrates and protein with every meal.** Every meal you consume should include proteins and carbohydrates (check listings above). This combination is easier for your body to break down, and wont be stored as fat. This will also help boost your metabolism and energy level.

3. **Combine fats with proteins and vegetables.** Consuming a combination of fats and carbohydrates together, tends to make it extremely difficult for the body to break them down. With that in mind, for optimum fat loss, it may be best to consume your good fats with carbohydrates in the form of vegetables and some proteins.

4. **Appropriate portion size.** As we already discussed, we need to make sure you are consuming the right amount of calories for your body. Do not overfeed yourself. Use the palm of your hand for correct portion size.

5. **Plan your meals.** Make sure that you plan your meals and snacks the day before, as this makes it easier to stick with your food plan and not cheat.

6. **Water intake.** Its extremely important to stay well hydrated to help build muscle and melt body fat. A good rule of thumb is to drink about 1 gallon to 1.5 gallons per day. You need to drink more if you also consume any caffeine products or diuretics.

7. **Staying focused.** This is very important in conjunction with getting the results we talked about, and to remind you again that is 70-80% of our results. Every time you think about cheating in your food regimen and/or missing a day of working out, just think for a minute about how you feel about yourself and how you look right now. Are you happy with the way you look/feel? If not, simply don’t do it! Then, think about the goals we set and how great you are going to look and feel once we get there.

**Proteins**

Chicken breast

Turkey breast

Lean ground turkey

Swordfish

Orange roughy

Steamed haddock

Steamed salmon

Tuna

Crab

Lobster

Shrimp

Top round steak

Top sirloin steak

Lean ground beef

Buffalo

Lean ham

Egg whites

Trout

Low-Fat cottage cheese

Wild game meat

**Vegetarian Proteins**

Tempeh

Tofu

Soy foods

Veggie burgers

**Carbohydrates**

Baked potato

Sweet potato

Yams

Squash

Pumpkin

Brown rice

Wild rice

Pasta

Oatmeal

Barley

Beans

Kidney beans

Corn

Strawberries

Melon

Apples

Oranges

Fat-free yogurt

Whole-wheat bread

High fiber cereal

Rice cake

Popcorn

Tortilla

Whole grains

**Vegetables**

Broccoli

Asparagus

Lettuce

Carrots

Cauliflower

Green beans

Green peppers

Mushrooms

Spinach

Tomato

Peas

Onion

Brussels sprouts

Artichoke

Cabbage

Celery

Zucchini

Cucumber

**Fats**

Avocado

Sunflower seeds

Pumpkin seeds

Cold-water fish

Natural peanut butter

Low-fat cheese

Low-fat salad dressing

Low-sodium nuts

Olives & olive oil

Safflower oil

Canola oil

Flax seed oil

**Fats to Avoid**

Butter

Fried foods

Mayonnaise

Sweets

Whole-fat dairy products

Soda