<table>
<thead>
<tr>
<th><strong>Condition</strong></th>
<th><strong>Indicator</strong></th>
</tr>
</thead>
</table>
| Abdominal obesity (elevated waist circumference) | Men—Equal to or greater than 40 inches  
                                      | Women—Equal to or greater than 35 inches |
| Elevated triglycerides              | Equal to or greater than 150 mg/dL     |
| Reduced HDL ("good" cholesterol)    | Men—less than 40 mg/dL                
                                      | Women—less than 50 mg/dL               |
| Elevated blood pressure             | Equal to or greater than 130/85 mmHg   |
| Elevated fasting blood glucose      | Equal to or greater than 100 mg/dL     |

**THE ALL-PRO DIET**
**MITZI ADVISES . . .**

When Tony started his diet, he asked me to list the foods that, in my opinion, were the 10 worst and those that were the 10 best. Here’s my selection.

<table>
<thead>
<tr>
<th>THE TOP 10 WORST FOODS (IN NO PARTICULAR ORDER)</th>
<th>THE TOP 10 BEST FOODS (IN NO PARTICULAR ORDER)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Bacon</td>
<td>• Blueberries</td>
</tr>
<tr>
<td>• Cheese sauce from a jar</td>
<td>• Broccoli</td>
</tr>
<tr>
<td>• Commercially baked cookies and cakes</td>
<td>• Legumes</td>
</tr>
<tr>
<td>• Double cheeseburgers</td>
<td>• Oats</td>
</tr>
<tr>
<td>• Doughnuts</td>
<td>• Oranges</td>
</tr>
<tr>
<td>• French fries</td>
<td>• Spinach</td>
</tr>
<tr>
<td>• Fruit juice and fruit drinks</td>
<td>• Sweet potatoes</td>
</tr>
<tr>
<td>• Potato chips</td>
<td>• Tomatoes</td>
</tr>
<tr>
<td>• Soda</td>
<td>• Walnuts</td>
</tr>
<tr>
<td>• Whipped topping</td>
<td>• Wild salmon</td>
</tr>
</tbody>
</table>
The Old Diet

BREAKFAST
Fried egg sandwich with bacon on
2 slices white bread
12 ounces whole milk
10 ounces orange juice

LUNCH
Hamburger with bacon
French fries
Milkshake
Water

DINNER
12-ounce rib eye steak
Mashed potatoes with butter and sour cream
Mixed vegetables in butter
Apple pie à la mode
Water

Total calories: 4,727
Protein: 211 g
Carbohydrates: 419 g
Total fat: 246 g
Saturated fat: 103 mg
Cholesterol: 1,134 mg
Fiber: 24 g

The All-Pro Diet

BREAKFAST
Tony’s Morning Power Smoothie
(recipe on page 125)
1½ cups steel-cut oatmeal with 2 tablespoons flaxseed and 1 tablespoon agave nectar

LUNCH
2 cups Black Bean Soup (recipe on page 138)
1 cup brown rice
1½ cups mixed vegetables
Water

SNACK
Raw Revolution energy bar
10.5-ounce bottle Sambazon Açaí Juice

DINNER
10 ounces grilled wild salmon
1 cup sautéed spinach
1½ cups whole wheat pasta with red sauce
1 cup raspberry sorbet
Water

Total calories: 3,497
Protein: 189 g
Carbohydrates: 511 g
Total fat: 86 g
Saturated fat: 7 mg
Cholesterol: 199 mg
Fiber: 53 g
### Omega-3 Fatty Acid Content of Foods

<table>
<thead>
<tr>
<th>Food Item</th>
<th>EPA grams</th>
<th>DHA grams</th>
<th>ALA grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon (3.5 oz)</td>
<td>0.8</td>
<td>0.6</td>
<td></td>
</tr>
<tr>
<td>Tuna (3.5 oz)</td>
<td>0.3</td>
<td>0.9</td>
<td></td>
</tr>
<tr>
<td>Swordfish (3.5 oz)</td>
<td>0.1</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Flaxseed oil (1 Tbsp)</td>
<td></td>
<td></td>
<td>7.5</td>
</tr>
<tr>
<td>Flaxseeds, ground (2 Tbsp)</td>
<td></td>
<td></td>
<td>3.5</td>
</tr>
<tr>
<td>Walnuts (1 oz, about 14 halves)</td>
<td></td>
<td></td>
<td>7.5</td>
</tr>
<tr>
<td>Soybeans, boiled (1½ cups)</td>
<td></td>
<td></td>
<td>0.5</td>
</tr>
</tbody>
</table>
All-Pro Diet Protein Sources

Rule of thumb: 1 ounce of fish, poultry, or white meat provides about 7 grams of protein. Three ounces of these foods is about the size of a deck of cards.

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fish/Meats</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken breast (no skin)</td>
<td>4 oz</td>
<td>30</td>
</tr>
<tr>
<td>Ground beef</td>
<td>4 oz</td>
<td>23</td>
</tr>
<tr>
<td>Pork tenderloin</td>
<td>3.5 oz</td>
<td>28</td>
</tr>
<tr>
<td>Salmon, grilled</td>
<td>3 oz</td>
<td>23</td>
</tr>
<tr>
<td>Snapper, broiled</td>
<td>3 oz</td>
<td>23</td>
</tr>
<tr>
<td>Tuna in water</td>
<td>3 oz</td>
<td>25</td>
</tr>
<tr>
<td><strong>Egg</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>1 large</td>
<td>6</td>
</tr>
<tr>
<td>Egg whites</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>Source</td>
<td>Amount</td>
<td>Protein (g)</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>Dairy/Nondairy Substitutes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almond milk</td>
<td>1 cup</td>
<td>1</td>
</tr>
<tr>
<td>Cottage cheese, 1%, organic</td>
<td>½ cup</td>
<td>14</td>
</tr>
<tr>
<td>Hard cheese</td>
<td>1 oz/1” cube</td>
<td>7</td>
</tr>
<tr>
<td>Hemp milk</td>
<td>1 cup</td>
<td>4</td>
</tr>
<tr>
<td>Milk, 1%, organic</td>
<td>1 cup</td>
<td>8</td>
</tr>
<tr>
<td>Rice milk</td>
<td>1 cup</td>
<td>1</td>
</tr>
<tr>
<td><strong>Soy Products</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edamame (soybeans)</td>
<td>1 cup</td>
<td>26</td>
</tr>
<tr>
<td>Tempeh</td>
<td>½ cup</td>
<td>19</td>
</tr>
<tr>
<td><strong>Beans/Legumes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most beans</td>
<td>1 cup</td>
<td>14–15</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>1 cup</td>
<td>10</td>
</tr>
<tr>
<td>Lentils</td>
<td>1 cup</td>
<td>18</td>
</tr>
<tr>
<td><strong>Nuts/Seeds</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almonds/peanuts</td>
<td>1 oz</td>
<td>6</td>
</tr>
<tr>
<td>Cashews</td>
<td>1 oz</td>
<td>4</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>2 Tbsp</td>
<td>9</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>1 oz</td>
<td>6</td>
</tr>
<tr>
<td>Walnuts</td>
<td>1 oz</td>
<td>7</td>
</tr>
<tr>
<td><strong>Grains (cooked)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amaranth</td>
<td>1 cup</td>
<td>9</td>
</tr>
<tr>
<td>Barley</td>
<td>1 cup</td>
<td>4</td>
</tr>
<tr>
<td>Millet</td>
<td>1 cup</td>
<td>6</td>
</tr>
<tr>
<td>Oats</td>
<td>1 cup</td>
<td>6</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1 cup</td>
<td>9</td>
</tr>
<tr>
<td>Rice, brown</td>
<td>1 cup</td>
<td>5</td>
</tr>
</tbody>
</table>

*(continued on page 66)*
### All-Pro Diet Protein Sources (cont’d)

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutritional Supplements</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accelerade</td>
<td>1 cup</td>
<td>4</td>
</tr>
<tr>
<td>CherryPharm Recovery</td>
<td>1 cup</td>
<td>8</td>
</tr>
<tr>
<td>Plant-based protein powder (Tony Gonzalez All-Pro)</td>
<td>1 scoop</td>
<td>17</td>
</tr>
<tr>
<td>Hemp protein powder (Manitoba Harvest)</td>
<td>1 scoop</td>
<td>11</td>
</tr>
<tr>
<td>Rice protein powder (Rainbow Light)</td>
<td>1 scoop</td>
<td>15</td>
</tr>
<tr>
<td>Whey protein powder (Tony Gonzalez All-Pro)</td>
<td>1 scoop</td>
<td>25</td>
</tr>
<tr>
<td>Whey protein powder (Jay Robb)</td>
<td>1 scoop</td>
<td>25</td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta (whole wheat—dry)</td>
<td>3⁄4 cup</td>
<td>7</td>
</tr>
<tr>
<td>CLIF Nectar energy bar</td>
<td>1 bar</td>
<td>3</td>
</tr>
<tr>
<td>LÄRABAR energy bar</td>
<td>1 bar</td>
<td>5</td>
</tr>
<tr>
<td>Raw Revolution energy bar</td>
<td>1 bar</td>
<td>7</td>
</tr>
<tr>
<td>PURE Bar energy bar</td>
<td>1 bar</td>
<td>6</td>
</tr>
<tr>
<td>PranaBar energy bar</td>
<td>1 bar</td>
<td>4</td>
</tr>
<tr>
<td>YouBar energy bar</td>
<td>1 bar</td>
<td>varies</td>
</tr>
<tr>
<td>Zing energy bar</td>
<td>1 bar</td>
<td>10</td>
</tr>
</tbody>
</table>
**MITZI ADVISES . . .**

Tony mentioned a few foods that are high in fiber to include in your diet. Here’s a comparison list to help you make choices:

<table>
<thead>
<tr>
<th>1.0–1.5 g</th>
<th>1.6–2.0 g</th>
<th>2.1–3.0 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal (¼ cup)</td>
<td>Oat bran (½ cup)</td>
<td>Kidney beans (½ cup)</td>
</tr>
<tr>
<td>Broccoli (½ cup)</td>
<td>Carrots (½ cup)</td>
<td>Sweet peas (½ cup)</td>
</tr>
<tr>
<td>Sweet potatoes (½ medium)</td>
<td>Lentils (¾ cup)</td>
<td>Prunes (5)</td>
</tr>
<tr>
<td>Apples (1 medium)</td>
<td>Oranges (1 medium)</td>
<td>Black-eyed peas (½ cup)</td>
</tr>
</tbody>
</table>
ALL-PRO DIET FOOD MAKEOVERS

Take a look at this before-and-after list for ideas on how to make some easy changes in your diet immediately.

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cakes, candies, cookies</td>
<td>Fresh fruit, dark chocolate (in moderation)</td>
</tr>
<tr>
<td>Cheese, cheese products</td>
<td>Organic 1% cottage cheese, guacamole</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Popcorn, sweet potato chips, multigrain chips</td>
</tr>
<tr>
<td>Eggs</td>
<td>Free-range organic eggs with omega-3s</td>
</tr>
<tr>
<td>Fried fish</td>
<td>Baked or grilled fish</td>
</tr>
<tr>
<td>Fruit juice, fruit drinks (fruit juice with additives), soda</td>
<td>Water or green tea</td>
</tr>
<tr>
<td>Hot dogs, bacon, sausage</td>
<td>Pork tenderloin, pork chops</td>
</tr>
<tr>
<td>Commercial peanut butter</td>
<td>Natural/organic peanut butter, almond butter, cashew butter (only ingredients should be the type of nut and salt)</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>Balsamic vinegar</td>
</tr>
<tr>
<td>White bread</td>
<td>Whole wheat bread, whole wheat pita, whole wheat wrap</td>
</tr>
<tr>
<td>White pasta</td>
<td>Whole-wheat pasta</td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice, quinoa</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Organic 1% milk, hemp milk, almond milk</td>
</tr>
</tbody>
</table>
**ALL-PRO DIET FOODS TO EAT**

Below you will find a list of foods that you can eat on the All-Pro Diet. You will see that you have lots of choices. Use this list as your grocery shopping list and also to keep lots of healthy options in your pantry, refrigerator, and freezer.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>Limes</th>
<th>Mangoes</th>
<th>Nectarines</th>
<th>Oranges</th>
<th>Papaya</th>
<th>Peaches</th>
<th>Pears</th>
<th>Persimmons</th>
<th>Pineapples</th>
<th>Plums</th>
<th>Pomegranates</th>
<th>Prunes</th>
<th>Raisins</th>
<th>Raspberries</th>
<th>Strawberries</th>
<th>Watermelon</th>
<th>Dried fruit from above list (make sure it’s sulfite-free)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocados</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cranberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Figs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goji berries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guava</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honeydew</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kiwifruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LEAVES</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artichokes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arugula</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bok choy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butternut squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage (green, Napa, red, savoy)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collard greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dandelion greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable</td>
<td>Leafy Green</td>
<td>Whole Grain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>----------------------</td>
<td>-------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Endive</td>
<td>Romaine lettuce</td>
<td>Couscous (whole wheat)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fennel</td>
<td>Rutabagas</td>
<td>Durum wheat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garlic</td>
<td>Shallots</td>
<td>Kamut</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ginger, fresh</td>
<td>Snow peas</td>
<td>Millet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>Spinach</td>
<td>Oat bran</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Horseradish</td>
<td>Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jicama</td>
<td>Sweet potatoes</td>
<td>Oats (old-fashioned</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td>Swiss chard</td>
<td>rolled oats and steel-</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leeks</td>
<td>Tomatoes</td>
<td>cut)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td>Turnip greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Turnips</td>
<td>Quinoa</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td>Water chestnuts</td>
<td>Spelt</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>Watercress</td>
<td>Teff</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsnips</td>
<td>Yellow squash</td>
<td>Wheat berries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>Zucchini</td>
<td>Wheat bran</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers, bell (red, orange, green)</td>
<td></td>
<td>Whole wheat bread, pasta, pita, English muffins, etc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peppers, chile (cayenne, jalapeño)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td>Amaranth</td>
<td>Wild rice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radicchio</td>
<td>Barley</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td>Brown rice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rainbow chard</td>
<td>Buckwheat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red onions</td>
<td>Bulgur</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chia seeds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Corn tortillas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>GRAINS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CEREALS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The All-Pro Diet Plan
BEANS AND LEGUMES
- Adzuki beans
- Black beans
- Black-eyed peas
- Chickpeas
- Green peas
- Kidney beans
- Lentils (brown, green, red)
- Lima beans
- Navy beans
- Split peas
- White beans (cannellini or great Northern)

NUTS, SEEDS, AND NUT BUTTERS
- Almond butter
- Almonds
- Brazil nuts
- Cashew butter
- Cashews
- Hazelnuts
- Hempseeds
- Macadamia nuts
- Peanut butter
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame butter
- Sesame seeds
- Sunflower seeds
- Tahini
- Walnuts
- Other nut and seed butters made from above list (natural only)

DAIRY
- Butter/ghee, organic
- Cheeses, organic (depends on source; look for natural, raw milk sources)

SOY PRODUCTS
- Edamame (soybeans)
- Fermented soy products (tempeh and miso)
Natto
Tofu (limit to twice monthly)

EGGS
Organic, cage-free, omega-3-enriched eggs

FATS AND OILS
Almond oil
Avocado oil
Coconut butter and oil
Extra-virgin olive oil
Flaxseed oil and flaxseeds
Hemp seed oil
Macadamia nut oil
Pumpkin seed oil
Sesame oil (unrefined, cold pressed, organic)
Walnut oil

FISH AND SEAFOOD
Cod
Crab
Flounder
Halibut, wild Alaskan
Herring
Lobster
Mackerel
Mahi mahi
Mussels
Oysters
Salmon, wild Alaskan
Sardines
Shrimp
Squid
Sturgeon
Tilapia, US
Trout
Tuna
Yellowtail

MEAT AND POULTRY
Free-range chicken breasts
Free-range turkey breasts
Grass-finished bison
Grass-finished filet mignon
Grass-finished ground beef
Grass-finished lamb
Grass-finished pork chop
Grass-finished pork tenderloin
Grass-finished venison

BEVERAGES,
INCLUDING
NONDAIRY MILKS
Almond milk
Açaí juice and smoothies from Sambazon
Coffee
Cranberry juice
Filtered water
Fresh vegetable and fruit juices
Hemp milk
Pomegranate juice
Rice milk
Tart cherry juice
Tea (green, black, white, and yerba mate)
Wine (preferably red)

SWEETENERS
Agave nectar
Honey

HERBS, SPICES, AND CONDIMENTS

All fresh/dried herbs and spices; some of the best are listed below
Apple cider vinegar
Balsamic vinegar
Barbecue sauce
Basil
Black pepper
Broths, organic, low-sodium (vegetable and chicken)
Cardamom
Cinnamon
Cloves
Cumin
Garlic
Ginger
Horseradish
Hot sauce
Ketchup, organic
Light mayonnaise (Spectrum)
Mayonnaise substitute (Vegenaise)
Mustard
Oregano
Parsley
Pepper
Rosemary
Sage
Salsa
Sea salt
Soy sauce, low-sodium
Thyme
Turmeric
**All-Pro Diet Snack Ideas**

1 whole wheat pita with 2 tablespoons hummus
30 pistachios
⅛ cup walnuts
⅛ cup almonds
10 baby carrots with 3 tablespoons hummus
Raw Revolution energy bar
LÄRABAR energy bar
CLIF Nectar bar
YouBar
Gnu Bar
PURE Bar
Prana Bar
Zing Bar
½ cup guacamole with 12 multigrain or sweet potato tortilla chips

AppleBoost energy snack tubes
1 orange
1 apple
1 cup berries
1 medium banana
1 cup fresh pineapple
2 cups watermelon
1 cup low-fat Greek yogurt
2 ounces salmon, venison, or beef jerky
½ tuna sandwich
1 hard-boiled egg
Cashew butter and honey sandwich (whole wheat bread)
Peanut butter and jelly sandwich (whole wheat bread)
Mini-smoothie (1 cup hemp milk with ¾ frozen banana)
**SIMPLE STEPS TO ALL-PRO MEAL PLANNING**

1. Include a source of protein at every meal (refer to page 171 for daily protein goals).

2. Aim to eat at least 2 cups of fruit and 2½ cups of vegetables per day.

3. Eat a source of whole grains (many are listed below) at each meal with your protein. If you are trying to lose weight, you might need as little as 5 to 6 ounces per day.

One ounce = 1 slice of whole wheat bread or ½ cup brown rice, ½ cup whole wheat pasta, ½ whole wheat bun

For instance, 1½ cups whole wheat pasta = 3 ounces.

Here are some other whole grain options:

- Amaranth
- Brown rice
- Buckwheat
- Bulgur
- Millet
- Oatmeal
- Popcorn
- Quinoa
- Whole grain barley
- Whole grain cornmeal
- Whole rye
- Whole wheat bread
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat sandwich buns and rolls
- Whole wheat tortillas
- Wild rice
PHASE 1 SAMPLE MEAL PLANS

DAY 1

BREAKFAST

Tony’s Morning Power Smoothie (page 124)

SNACK

Slice of whole grain bread with 1 tablespoon peanut butter and 1 tablespoon agave nectar

Protein booster: 1 scoop protein powder (rice, hemp, or pea) mixed with 3/4 cup milk (almond, hemp, or rice)

1 cup green tea

LUNCH

Lentil Soup with Apricots (page 139)

1 small whole wheat roll

SNACK

1 Raw Revolution energy bar

1 cup green tea

DINNER

Chicken Chili with White Beans (page 148)

Spinach Salad (page 141) with 2 tablespoons Balsamic Vinaigrette (page 158)

½ cup açai sorbet

Totals: 2,089 calories, 121 g protein, 327 g carbohydrates, 63 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 2

BREAKFAST

1 cup cooked steel-cut oatmeal, made with water; add ½ cup blueberries and
1 scoop protein powder
1 cup green tea

SNACK

¼ cup raw almonds mixed with dried cranberries
1 ounce salmon jerky

LUNCH

Black Beans with Quinoa (page 151)
1 cup vanilla hemp milk
10 baby carrots

SNACK

1 Raw Revolution energy bar
1 cup green tea

DINNER

Whole Wheat Linguine with Shrimp (page 147)
Easy Asparagus (page 155)
1 ounce dark chocolate

Totals: 1,809 calories, 109 g protein, 228 g carbohydrates, 57 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 3

BREAKFAST
Mitzi’s Berrylicious Smoothie (page 125)

SNACK
½ cup 1% organic cottage cheese
1 cup strawberries
1 cup green tea

LUNCH
Grilled salmon sandwich: 6 ounces salmon, grilled; whole wheat bun; 1 slice tomato; 1 tablespoon light mayo such as Spectrum Vegan Light Canola Mayo or ½ tablespoon Vegenaise
10.5-ounce bottle Açaí Juice

SNACK
40 pistachios
1 cup green tea

DINNER
Napa Cabbage White Bean Soup (page 138)
Quick Quinoa (page 155)
1 cup cooked carrots
1 ounce dark chocolate

Totals: 1,852 calories, 116 g protein, 223 g carbohydrates, 60 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 4

BREAKFAST

1¼ cups Kashi Vive cereal; mix 1 cup hemp milk with ½ scoop protein powder before pouring over cereal

SNACK

1 cup strawberries
1 cup green tea

LUNCH

Tuna salad sandwich: 6 ounces canned tuna; whole wheat pita; 1 slice tomato; 1 tablespoon light mayo such as Spectrum Vegan Light Canola Mayo or ½ tablespoon Vegenaise; 1 tablespoon pickle relish (optional)
2 cups watermelon

SNACK

¼ cup raw almonds
1 cup green tea

DINNER

Bison burger: 6-ounce grass-fed bison burger, grilled; whole wheat hamburger bun; 1 slice tomato; 1 tablespoon organic ketchup
Sweet Potato Fries (page 156)
½ cup orange sorbet

Totals: 1,817 calories, 112 g protein, 220 g carbohydrates, 62 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 5

BREAKFAST

Vegetable Scramble (page 135)
1 cup cantaloupe
1 cup green tea

SNACK

½ cup 1% organic cottage cheese with 1 cup fresh berries
1 cup green tea

LUNCH

Lentil and Brown Rice Salad (page 140)
1 apple
1 tablespoon any nut butter

SNACK

½ cup edamame
1 cup green tea

DINNER

Chicken fajitas: 6 ounces free-range boneless chicken, cooked; 1 whole wheat tortilla; ½ cup black beans; 2 tablespoons Guacamole (page 157); 2 tablespoons salsa
1 ounce baked tortilla chips
Guacamole
1 glass red wine

Totals: 1,941 calories, 144 g protein, 183 g carbohydrates, 68 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 6

BREAKFAST

Planet Earth Smoothie (page 133)

SNACK

40 pistachios
1 cup green tea

LUNCH

Black Bean Soup (page 137)
1 small whole wheat roll
10 baby carrots
Protein booster: 1 scoop hemp protein powder mixed with 1 cup hemp milk

SNACK

1 cup pineapple
1 cup green tea

DINNER

6 ounces grilled salmon
1 cup brown rice
1 cup Easy Steamed Spinach (page 153)
1 glass red wine

Totals: 1,884 calories, 110 g protein, 243 g carbohydrates, 48 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 7

BREAKFAST
Oatmeal Berry Bliss Smoothie (page 127)

SNACK
1 ounce salmon jerky
1 cup watermelon
1 cup green tea

LUNCH
Black Bean Soup (page 137)
1 small whole wheat roll

SNACK
1 LÄRABAR energy bar
1 cup green tea

DINNER
2 Fish Tacos (page 149)
1 cup steamed rainbow chard with dash of sea salt
Guacamole (page 157)
1 ounce baked tortilla chips

Totals: 1,786 calories, 117 g protein, 235 g carbohydrates, 38 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
PHASE II SAMPLE MEAL PLANS
(Note: Substitute tempeh or seitan as meat alternatives when desired.)

DAY 1

BREAKFAST
2 Banana Oatmeal Protein Pancakes (page 134) with 2 tablespoons agave nectar

SNACK
¼ cup cashews
1 cup green tea

LUNCH
Grilled chicken salad: 6 ounces grilled chicken; Spinach Salad (page 141); 2 tablespoons Balsamic Vinaigrette (page 158)

SNACK
Chocolate Nut Butter Smoothie (page 131)

DINNER
½ cup brown rice
1 cup black beans
2 cups steamed mixed vegetables

Totals: 2,087 calories, 144 g protein, 282 g carbohydrates, 54 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 2

BREAKFAST

Coconut Dream Smoothie (page 126)

SNACK

1 plum
1 ounce salmon jerky
1 cup green tea

LUNCH

Quick Gazpacho (page 136)
1 cup quinoa
Protein booster: 1 scoop hemp protein powder mixed with 1 cup hemp milk
1 apple

SNACK

1 cup wild blueberries
1 CLIF Nectar energy bar
1 cup green tea

DINNER

Lemon Honey Mahi Mahi (page 146)
Easy Asparagus (page 155)
1 cup brown rice
1 glass red wine
1 ounce dark chocolate

Totals: 1,929 calories, 102 g protein, 224 g carbohydrates, 64 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAYS 3

BREAKFAST

Banana Berry Smoothie (page 128)

SNACK

1 cup steel-cut oatmeal, made with water; add ½ cup strawberries, 1 scoop protein powder, and 1 tablespoon agave nectar (optional)
1 cup green tea

LUNCH

6 ounces grilled chicken
½ cup whole wheat pasta
¼ cup marinara sauce
1 cup green tea

SNACK

10.5-ounce bottle Sambazon Açaí Juice

DINNER

Vegetarian fajitas: 1 whole wheat tortilla; 1 cup black beans; ¼ cup brown rice; 2 tablespoons salsa; Guacamole (page 157)
1 cup fresh berries
1 glass red wine

Totals: 1,944 calories, 134 g protein, 248 g carbohydrates, 42 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 4

BREAKFAST

1 cup steel-cut oatmeal, made with water; add 1 scoop protein powder and 1 small handful of dried cranberries
1 cup green tea

SNACK

1 cup watermelon

LUNCH

Salmon salad sandwich: 6 ounces canned salmon; 1 slice whole wheat bread; 1 tablespoon light mayo such as Spectrum Vegan Light Canola Mayo or \( \frac{1}{2} \) tablespoon Vegenaise; 1 tablespoon pickle relish (optional)
1 cup green tea
1 orange

SNACK

Protein booster: 1 scoop hemp protein powder mixed with 1 cup hemp milk

DINNER

1 cup Kamut Salad (page 144)
1 cup broccoli
Spinach Salad (page 142); 2 tablespoons Balsamic Vinaigrette (page 158)
Açai Quinoa Dessert (page 160)

Totals: 1,700 calories, 111 g protein, 248 g carbohydrate, 62 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 5

BREAKFAST
1 cup Kashi Heart to Heart cereal; mix 1 cup hemp milk with 1 scoop protein powder before pouring over cereal
1 cup blackberries

SNACK
¼ cup raw almonds/dried tart cherries mixture
1 cup green tea

LUNCH
Chicken Curry Salad (page 142) added to a whole wheat pita
1 cup cantaloupe

SNACK
1 ounce salmon jerky

DINNER
Black Bean Soup (page 137)
1 small whole wheat roll
2 cups steamed dark leafy greens of your choice (spinach, kale, or rainbow chard)
1 glass red wine

Totals: 1,772 calories, 110 g protein, 239 g carbohydrates, 40 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 6

BREAKFAST

Banana Coconut Smoothie (page 132)

SNACK

1 cup fresh pineapple
1 cup green tea

LUNCH

Quick Quinoa (page 154)
1 cup beans of your choice
1 cup cooked greens (mustard, collard, kale, or rainbow chard) with dash of sea salt

SNACK

Waldorf Salad (page 143)
1 cup green tea

DINNER

Whole wheat pasta with meat sauce: 6 ounces grass-finished ground beef; \( \frac{3}{4} \) cup marinara sauce; 1 cup whole-wheat pasta
Easy Steamed Spinach (page 153)
1 ounce dark chocolate

Totals: 1,928 calories, 117 g protein, 244 g carbohydrates, 61 g fat

If you work out today, make sure to choose a recovery drink from page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
DAY 7

BREAKFAST

1 cup steel-cut oatmeal, made with water; add ½ scoop protein powder, 1 tablespoon agave nectar, and 1 small handful of raisins

1 cup blueberries

SNACK

40 pistachios

1 cup green tea

LUNCH

Black Bean Burger (page 150) on 1 whole wheat bun

10 baby carrots

SNACK

½ portion Banana Berry Smoothie (page 128)

1 cup green tea

DINNER

Cilantro Grilled Salmon (page 145)

Baby Bok Choy with Cashews (page 152)

1 cup brown rice

Berry Crumble (page 159)

Totals: 1,941 calories, 105 g protein, 269 g carbohydrates, 57 g fat

If you work out today, make sure to choose a recovery drink on page 172. Drink it within 30 minutes of working out and include it as part of your total nutritional intake for the day.
<table>
<thead>
<tr>
<th>Look for . . .</th>
<th>Avoid . . .</th>
</tr>
</thead>
<tbody>
<tr>
<td>These words mean little or no butter or oil and great flavors.</td>
<td>These words mean added fat and rich dishes you’ll want to steer clear of.</td>
</tr>
<tr>
<td>Au jus</td>
<td>Au gratin</td>
</tr>
<tr>
<td>Au vin</td>
<td>Basted</td>
</tr>
<tr>
<td>Baked</td>
<td>Batter-dipped</td>
</tr>
<tr>
<td>Broiled</td>
<td>Béarnaise sauce</td>
</tr>
<tr>
<td>Consommé</td>
<td>Béchamel sauce</td>
</tr>
<tr>
<td>Dry rub</td>
<td>Bordelaise sauce</td>
</tr>
<tr>
<td>Fresh</td>
<td>Breaded</td>
</tr>
<tr>
<td>Herb/herb-crusted</td>
<td>Buttery</td>
</tr>
<tr>
<td>Light</td>
<td>Casserole</td>
</tr>
<tr>
<td>Light pan sauce</td>
<td>Cheesy</td>
</tr>
<tr>
<td>Loin (lean cut of beef)</td>
<td>Creamy</td>
</tr>
<tr>
<td>Marinara</td>
<td>Crispy</td>
</tr>
<tr>
<td>Marinated</td>
<td>En croûte</td>
</tr>
<tr>
<td>Poached</td>
<td>Escaloped</td>
</tr>
<tr>
<td>Red sauce</td>
<td>Fried</td>
</tr>
<tr>
<td>Roasted</td>
<td>Hollandaise</td>
</tr>
<tr>
<td>Round (lean cut of beef)</td>
<td>In gravy</td>
</tr>
<tr>
<td>Steamed</td>
<td>Rich</td>
</tr>
<tr>
<td>Stir-fried in broth</td>
<td>Sautéé</td>
</tr>
<tr>
<td>Tomato-based</td>
<td>Smothered</td>
</tr>
<tr>
<td>Whole grain</td>
<td>Stir-fried in oil</td>
</tr>
<tr>
<td>Yogurt sauces</td>
<td>Stuffed</td>
</tr>
</tbody>
</table>

Even if some of your meals are eaten away from home, you can still make better choices. These tips will help you make the best choices at every restaurant.
### Calorie Content of Common Beverages

#### 100% Fruit Juices:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Calories (8 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>117</td>
</tr>
<tr>
<td>Carrot</td>
<td>98</td>
</tr>
<tr>
<td>Cherry</td>
<td>130</td>
</tr>
<tr>
<td>Cranberry</td>
<td>137</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>101</td>
</tr>
<tr>
<td>Orange</td>
<td>112</td>
</tr>
</tbody>
</table>

#### Hot Beverages:

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories (6 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brewed coffee—decaf</td>
<td>4</td>
</tr>
<tr>
<td>Green tea</td>
<td>0</td>
</tr>
<tr>
<td>Starbucks Caffè Americano</td>
<td>15</td>
</tr>
<tr>
<td>Starbucks Caffè Latte</td>
<td>130</td>
</tr>
<tr>
<td>Starbucks Caffè Latte</td>
<td>220</td>
</tr>
<tr>
<td>Starbucks Caffè Vanilla Frappuccino with whipped cream</td>
<td>430</td>
</tr>
<tr>
<td>Starbucks Hot Chocolate with fat-free milk and no whipped cream</td>
<td>240</td>
</tr>
<tr>
<td>Starbucks Hot Chocolate with whole milk and whipped cream</td>
<td>400</td>
</tr>
<tr>
<td>Tazo Chai Frappuccino Blended Crème with whipped cream</td>
<td>440</td>
</tr>
<tr>
<td>Tea, black (6 oz)</td>
<td>2</td>
</tr>
</tbody>
</table>

#### Miscellaneous Drinks:

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories (8 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit punch</td>
<td>120</td>
</tr>
<tr>
<td>Hemp milk—vanilla</td>
<td>130</td>
</tr>
<tr>
<td>Lemonade</td>
<td>96</td>
</tr>
<tr>
<td>Organic 1% milk</td>
<td>100</td>
</tr>
<tr>
<td>Organic whole milk</td>
<td>150</td>
</tr>
<tr>
<td>Red Bull Energy Drink</td>
<td>108</td>
</tr>
<tr>
<td>Sambazon Açai Juice</td>
<td>110</td>
</tr>
<tr>
<td>Sambazon Açai Smoothie</td>
<td>140</td>
</tr>
<tr>
<td>Water</td>
<td>0</td>
</tr>
</tbody>
</table>
**Specialty Waters:**
- LifeWater (20 oz) 125
- VitaminWater (20 oz) 125

**Sports Drinks:**
- Accelerade (20 oz) 233
- Cyto max (20 oz) 200
- Gatorade (20 oz) 125
- Powerade (20 oz) 75

**Sodas:**
- Cola (12 oz) 143
- Lemon-lime (12 oz) 147
- Mountain Dew (12 oz) 165
- Orange (12 oz) 180
- Root beer (12 oz) 152

**Sugar-Free Drinks (contain artificial sweeteners):**
- Crystal Light 0
- Diet Coke 0

**Alcohol:**
- Bud Light (12 oz) 110
- Budweiser (12 oz) 150
- Coors Light (12 oz) 102
- Corona (12 oz) 148
- Gin, rum, vodka, whiskey (1½ oz, 80 proof) 100
- Gin, rum, vodka, whiskey (1½ oz, 100 proof) 124
- Miller Light (12 oz) 96
- Rum and Coke (4½ oz) 150
- Wine, red or white (4 oz) 103
RECOVERY DRINKS

TONY’S MORNING POWER SMOOTHIE

Makes 1 serving (18 ounces)

⅜ cup hemp milk
½ Sambazon Açaí Smoothie Pack
¼ cup coconut nectar
1 scoop protein powder blend of hemp, pea, rice, soy protein (I mix all these protein powders together)
3 fresh strawberries (can also be frozen)
1 handful blueberries
1 handful frozen cherries
3 baby carrots
1 large handful fresh baby spinach

Blend well and enjoy!

Per Serving: 403 calories, 26 g protein, 68 g carbohydrates, 8 g fat
**MITZI’S BERRYLICIOUS SMOOTHIE**

Makes 1 serving (16 ounces)

1 cup hemp milk or organic 1% cow’s milk  
1 cup frozen mixed berries  
1 scoop protein powder (hemp or whey)  
1 large handful fresh baby spinach

Blend well and enjoy!

Per Serving: 282 calories, 29 g protein, 41 g carbohydrates, 3 g fat
COCONUT DREAM SMOOTHIE

Makes 1 serving (8 ounces)

\[ \frac{1}{2} \text{ cup vanilla hemp milk} \]
\[ \frac{1}{2} \text{ cup chilled light coconut milk} \]
\[ 1 \text{ scoop protein powder (hemp, pea, rice, or whey)} \]
\[ 1 \text{ frozen banana, slightly thawed} \]

Blend well and enjoy!

Per Serving: 374 calories, 18 g protein, 46 g carbohydrates, 16 g fat

MITZI’S SMOOTHIE TIP

When freezing bananas for smoothies, peel them first and then put 3 or 4 in a freezer bag.
OATMEAL BERRY BLISS SMOOTHIE

Makes 1 serving (16 ounces)

1 cup hemp milk
1 cup frozen mixed berries
1 scoop protein powder (hemp, pea, rice, or whey)
¾ cup rolled oats

Blend well and enjoy!

Per Serving: 370 calories, 27 g protein, 52 g carbohydrates, 5 g fat
BANANA BERRY SMOOTHIE

Makes 1 serving (16 ounces)

1 cup milk (hemp, almond, rice, or organic 1% cow’s)
½ cup frozen mixed berries
1 frozen banana, slightly thawed (can use banana at room temperature)
1 scoop protein powder (hemp, pea, rice, or whey)
2 tablespoons ground flaxseeds

Blend well and enjoy!

Per Serving: 412 calories, 32 g protein, 55 g carbohydrates, 9 g fat
PEACH MANGO SMOOTHIE

Makes 1 serving (16 ounces)

1 fresh mango, peeled and diced
$\frac{1}{2}$ cup frozen peaches
$\frac{1}{2}$ cup coconut juice
$\frac{3}{4}$ cup hemp milk
2 teaspoons vanilla
1 scoop protein powder (hemp, pea, rice, or whey)

Blend well and enjoy!

Per Serving: 380 calories, 23 g protein, 59 g carbohydrates, 4 g fat
CHOCOLATE BANANA SMOOTHIE

Makes 1 serving (8 ounces)

1 cup milk (hemp, almond, rice, or organic 1% cow’s)
1 banana, frozen but slightly thawed
1 scoop chocolate protein powder (hemp, pea, rice, whey)

Blend well and enjoy!

Per Serving: 345 calories, 23 g protein, 55 g carbohydrates, 5 g fat
CHOCOLATE NUT BUTTER SMOOTHIE

Makes 1 serving (18 ounces)

1 cup milk (hemp, almond, rice, or organic 1% cow’s)
1 tablespoon any natural nut butter
1 scoop chocolate protein powder (hemp, pea, rice, whey)
6 ice cubes

Blend well and enjoy!

Per Serving: 312 calories, 30 g protein, 24 g carbohydrates, 11 g fat
BANANA COCONUT SMOOTHIE

Makes 1 serving (12 ounces)

1 cup milk (hemp, almond, rice, or organic 1% cow’s)
1 frozen banana, slightly thawed
1 scoop protein powder (hemp, pea, rice, or whey)
2 tablespoons unsweetened coconut

Blend well and enjoy!

Per Serving: 395 calories, 30 g protein, 46 g carbohydrates, 13 g fat
PLANET EARTH SMOOTHIE

Makes 1 serving (10 ounces)

1 cup hemp milk
1 large handful baby spinach
1 frozen banana, slightly thawed
1 scoop hemp protein powder

Blend well and enjoy!

Per Serving: 395 calories, 22 g protein, 65 g carbohydrates, 9 g fat
BREAKFAST

BANANA OATMEAL PROTEIN PANCAKES

Makes 2 servings (2 pancakes per serving)

¼ cup whole wheat flour
¼ cup rolled oats
1 tablespoon raw honey
1 teaspoon baking powder
1 banana
1 scoop vanilla protein powder
¼ cup wheat germ
¾ cup vanilla hemp milk
1 teaspoon vanilla

1. Put the flour, oats, honey, baking powder, banana, protein powder, wheat germ, milk, and vanilla in a blender, and puree until smooth.
2. Pour about ¼ cup for each pancake on a lightly oiled griddle or skillet and brown on both sides.

Serve with fresh berries and 1 tablespoon agave nectar.

Per Serving (without topping): 393 calories, 22 g protein, 68 g carbohydrates, 5 g fat
VEGETABLE SCRAMBLE

Makes 4 servings

2 whole cage-free eggs + 6 whites of cage-free eggs
1/3 cup organic 1% milk or hemp milk
1 1/4 cups vegetables of your choice (such as fresh spinach, bell peppers, tomatoes, onions)
Salt
Pepper

1. Beat together the whole eggs, egg whites, and milk, and cook in a nonstick skillet on medium heat.
2. Sauté the vegetables separately and add them to the egg mixture slightly before the eggs are completely cooked. Salt and pepper to taste.

Per Serving: 293 calories, 32 g protein, 14 g carbohydrates, 12 g fat
**QUICK GAZPACHO**

*Makes 6 servings*

1 can (28 ounces) diced tomatoes  
½ cup tomato juice  
2 tablespoons extra-virgin olive oil  
1 large cucumber, chopped  
1 yellow bell pepper, chopped  
1 small onion, diced  
3 cloves garlic, chopped  
2 tablespoons fresh lime juice  
2 tablespoons fresh basil, chopped  
2 teaspoons sea salt  
1 teaspoon freshly ground black pepper  

1. Combine half the can of tomatoes with the tomato juice, oil, cucumber, bell pepper, onion, garlic, lime juice, basil, salt, and pepper in a blender or food processor and puree to combine but leave some texture.  
2. Put in a bowl along with the remainder of the tomatoes. Refrigerate at least 2 hours prior to serving (you can refrigerate overnight).  

*Per Serving: 80 calories, 2 g protein, 13 g carbohydrates, 2 g fat*
BLACK BEAN SOUP

Makes 6 servings

2 teaspoons macadamia nut oil
1 large onion, chopped
5 cloves garlic, chopped
1 tablespoon chili powder
1 tablespoon ground cumin
2 cups vegetable broth or reduced-sodium chicken broth
4 cans (15 ounces) black beans
1 cup frozen corn
1 can (15 ounces) crushed tomatoes

1. Heat the oil in a large stockpot. Sauté the onion and garlic for about 4 minutes. Add the chili powder and cumin, and cook for 1 minute. Add the broth, 2 cans of black beans, and frozen corn. Bring to a boil.
2. In a blender, add the remaining 2 cans of beans and the tomatoes, with juice. Blend until smooth. Add to the soup, reduce heat, and simmer for 15 to 20 minutes.

Variation: Add baby carrots to the onion and garlic mixture for an extra boost of beta-carotene!

Per Serving: 300 calories, 17 g protein, 52 g carbohydrates, 4 g fat
NAPA CABBAGE WHITE BEAN SOUP

Makes 6 servings

2 teaspoons macadamia nut oil
1 large yellow onion, chopped
3 cloves garlic, minced
5 cups vegetable broth or reduced-sodium chicken broth
1 head of Napa cabbage
1 can (15 ounces) black-eyed peas
1 can (15 ounces) chickpeas
Sea salt
Freshly ground black pepper

1. Heat the oil in a large stockpot. Sauté the onion and garlic until soft.
2. Add the broth and simmer for 10 minutes.
3. Cut the base off the cabbage and peel off the leaves. Wash the leaves thoroughly and tear into bite-sized pieces. Add the cabbage to the pot and bring to a boil. Reduce heat and simmer for an additional 15 minutes. Add black-eyed peas and chickpeas. Simmer until the cabbage is completely cooked. Season with salt and pepper

Variations: Substitute the Napa cabbage with kale or collard greens. Add 1 cup baby carrots.

Per Serving: 228 calories, 15 g protein, 36 g carbohydrates, 4 g fat
LENTIL SOUP WITH APRICOTS

Makes 6 servings

2 teaspoons macadamia nut oil
1 small onion, chopped
2 cloves garlic, minced
1½ cups red lentils
¼ cup dried apricots
2 cans (14 ounces each) vegetable broth or reduced-sodium chicken broth
1 can (14 ounces) diced tomatoes with juice
1 teaspoon ground cumin
½ teaspoon dried thyme
Sea salt
Freshly ground black pepper
2 tablespoons fresh lemon juice

1. Heat the oil in a large stockpot. Sauté the onion and garlic until soft. Add the lentils, apricots, and broth and bring to a boil. Reduce heat and simmer for about 20 minutes.
2. Add the tomatoes and juice, cumin, thyme, sea salt, and pepper. Simmer for 10 minutes.
3. Add the lemon juice, and puree half the soup in a blender, then add it back to the pot. Mix together and serve.

Per Serving: 227 calories, 14 g protein, 39 g carbohydrates, 3 g fat
SALADS
LENTIL AND BROWN RICE SALAD

Makes 6 servings

⅓ cup uncooked brown rice
1 cup vegetable broth or reduced-sodium chicken broth
1 cup cooked lentils
1 medium tomato, diced
2 tablespoons red wine vinegar
1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
2 teaspoons lemon juice
2 teaspoons Dijon mustard
Sea salt

1. Bring the rice and broth to a boil over medium heat in a saucepan. Cover and simmer for 35 minutes, or until rice is tender.
2. Combine the cooked rice, lentils, and tomato in a bowl. Combine the vinegar, oil, garlic, lemon juice, mustard, and salt in a small bowl and pour over the rice mixture, then toss to coat. Cover and refrigerate for 60 minutes.

Per Serving: 125 calories, 5 g protein, 21 g carbohydrates, 3 g fat
SPINACH SALAD

Makes 4 servings

- 8 cups fresh baby spinach
- ½ cup walnuts
- ½ cup dried cranberries
- ¼ cup Gorgonzola cheese

Toss the spinach, walnuts, cranberries, and cheese together, and add Balsamic Vinaigrette (page 158).

Variation: Add 6 ounces grilled chicken breast or salmon per serving.

Per Serving (without chicken or salmon): 214 calories, 7 g protein, 37 g carbohydrates, 13 g fat
CHICKEN CURRY SALAD

Makes 6 servings

3 cooked skinless, boneless free-range chicken breasts, cubed
2 ribs celery, diced
1 cup green seedless grapes
½ cup almonds, slivered
½ cup grapeseed oil vegenaise or light mayo such as Spectrum Light Mayo
Sea salt

Stir together the chicken, celery, grapes, almonds, vegenaise or mayo, and salt in a medium bowl. Serve as is or with one-half whole wheat pita.

Per Serving: 293 calories, 29 g protein, 7 g carbohydrates, 16 g fat
WALDORF SALAD

Makes 8 servings

4 Granny Smith apples, diced
3 ribs celery, diced
2 cups red grapes
¾ cup walnuts, chopped
⅛ cup Grapeseed Oil Vegenaise or light mayo such as Spectrum Light Mayo

Stir together the apples, celery, grapes, walnuts, and vegenaise or mayo in a medium bowl.

Per Serving: 200 calories, 2 g protein, 19 g carbohydrates, 14 g fat
KAMUT SALAD

Makes 6 servings

1 cup kamut
3½ cups water
1 tablespoon extra-virgin olive oil
¼ cup red wine vinegar
¼ cup onion (1 small onion)
½ cup red bell pepper (1 small pepper)
1 large tomato, diced
¼ cup almonds, slivered
¼ cup dried tart cherries
1 cup cooked beans
4 tablespoons fresh basil

1. Cook the kamut and water in a covered saucepan over medium heat for 40 to 50 minutes, or until softened. Let cool.

2. In a medium bowl, combine the kamut, oil, vinegar, onion, bell pepper, tomato, almonds, cherries, and beans. Add the basil.

Per Serving: 204 calories, 9 g protein, 33 g carbohydrates, 9 g fat
CILANTRO GRILLED SALMON

Makes 4 servings

4 wild salmon fillets (6 ounces each)
Sea salt to taste
Freshly ground black pepper
2 tablespoons olive oil
1 lemon, juiced
1 cup cilantro, chopped

1. Preheat the grill to high. Place the salmon in a large piece of nonstick foil on the nonstick side and season with salt and pepper.
2. Mix together the oil, lemon juice, and cilantro. Drizzle the mixture over the salmon.
3. Close the foil and cook the salmon for 15 minutes, or until it flakes easily with a fork.

Per Serving: 307 calories, 34 g protein, 2 g carbohydrates, 18 g fat
LEMON HONEY MAHI MAHI

Makes 4 servings

3 tablespoons honey
2 tablespoons reduced-sodium soy sauce
1 lemon, juiced
⅛ cup balsamic vinegar
1 clove garlic, minced
2 teaspoons olive oil
Sea salt
Freshly ground black pepper
4 mahi mahi fillets (6 ounces each)
1 tablespoon almond oil

1. Mix together the honey, soy sauce, lemon juice, balsamic vinegar, garlic, and olive oil in a shallow dish. Salt and pepper the fillets, then place them in a dish skin side down. Cover and refrigerate for 25 minutes.
2. Heat the almond oil on medium-high heat in a large skillet. Remove the fish from the dish, reserving the marinade. Cook the fish for 5 to 6 minutes on each side, turning once, or until it flakes easily with a fork. Remove from the skillet.
3. Add the reserved marinade to the skillet and heat on medium until it appears as a glaze. Drizzle the glaze over the fish and serve.

Per Serving: 375 calories, 32 g protein, 15 g carbohydrates, 20 g fat
WHOLE WHEAT LINGUINE WITH SHRIMP

Makes 4 servings

1 package (8 ounces) whole wheat linguine
1 teaspoon macadamia nut oil
6 cloves garlic, minced
1 cup reduced-sodium chicken broth
½ cup white wine
1 lemon, juiced
¼ teaspoon lemon peel
½ teaspoon freshly ground black pepper
Sea salt
1 pound fresh shrimp, peeled and deveined
2 teaspoons coconut oil
2 tablespoons fresh basil, chopped
1 cup fresh baby spinach, chopped
½ cup cherry tomatoes

1. Prepare the linguine according to package directions.
2. Heat the macadamia nut oil over medium heat in a large saucepan. Add the garlic and
   sauté for 1 to 2 minutes. Add the broth, wine, lemon juice, lemon peel, pepper, and
   salt. Simmer until reduced by half.
3. Add the shrimp, coconut oil, basil, and spinach to the saucepan. Cook for 2 to 4
   minutes, or until the shrimp are heated through. Pour over the pasta and add the
   cherry tomatoes. Toss gently.

Per Serving: 420 calories, 40 g protein, 50 g carbohydrates, 8 g fat
CHICKEN CHILI WITH WHITE BEANS

Makes 6 servings

2 teaspoons almond oil
1 onion, chopped
3 cloves garlic, minced
4 cups reduced-sodium chicken broth
1 container (16 ounces) salsa verde
1 can (16 ounce) diced tomatoes, with juice
1 can (7 ounces) diced green chiles
½ teaspoon dried oregano
½ teaspoon chili powder
½ teaspoon ground cumin
1 pound cooked free-range chicken, diced
2 cans (15 ounces each) white beans
¾ cup frozen corn
Sea salt
Freshly ground black pepper

1. Heat the oil in a large stockpot. Sauté the onion and garlic until soft. Add the broth, salsa verde, tomatoes and juice, chiles, and spices. Bring to a boil, then reduce the heat and simmer for 10 minutes.

2. Add the chicken, beans, and corn. Simmer for 5 minutes. Add sea salt and pepper.

Per Serving: 331 calories, 34 g protein, 32 g carbohydrates, 6 g fat
FISH TACOS

Makes 5 servings (2 tacos per serving)

1 teaspoon almond oil
1 leek, chopped
3 cloves garlic, chopped
Sea salt
Freshly ground black pepper
¾ cup reduced-sodium chicken broth
2 large tomatoes, diced
2 teaspoons ground cumin
1 1/2 pounds halibut fillets
1 fresh lime, juiced
10 corn tortillas

1. Heat the oil in a large skillet. Sauté the leek and garlic until soft. Add salt and pepper to taste.
2. Add the broth, tomatoes, and cumin to the skillet. Bring to a boil, and reduce heat to low. Add the halibut to the skillet and sprinkle with lime juice. Cover and cook the halibut for 15 to 20 minutes. Serve inside warm corn tortillas.

Variation: For a great sauce, mix some of the leftover fluid with light sour cream or a nondairy equivalent and drizzle over tacos.

Per Serving: 401 calories, 42 g protein, 41 g carbohydrates, 8 g fat
BLACK BEAN BURGERS

Makes 6 servings

2 cans (15 ounces) black beans, drained and rinsed
1 ripe banana, mashed
1 onion, chopped
1 cup bread crumbs
1 scoop protein powder (hemp, pea, or rice)
2 cloves garlic, minced
2 tablespoons fresh basil
1 teaspoon dried oregano
1 teaspoon ground cumin
Sea salt
Freshly ground black pepper
6 whole wheat hamburger buns

1. Mash the black beans and banana in a medium bowl. Add the onion, bread crumbs, protein powder, garlic, basil, oregano, cumin, salt, and pepper, and mix well.
2. Form six patties and refrigerate for at least 30 minutes.
3. Heat a nonstick skillet to medium heat and spray with cooking spray. Carefully place the patties in the skillet and cook for about 4 minutes on each side, or until heated through.

Per Serving: 228 calories, 13 g protein, 40 g carbohydrates, 2 g fat
SIDES
BLACK BEANS WITH QUINOA

Makes 6 servings

1 teaspoon macadamia nut oil
1 onion, chopped
2 cloves garlic, minced
3/4 cup quinoa, uncooked and rinsed
2 cups vegetable broth or reduced-sodium chicken broth
1 teaspoon ground cumin
Sea salt
Freshly ground black pepper
1 cup frozen corn
2 cans (15 ounces each) black beans, drained and rinsed
1/2 cup cilantro, chopped

1. Heat the oil in a medium saucepan. Sauté the onion and garlic until soft.
2. Add the quinoa, broth, cumin, salt, and pepper. Bring to a boil and then reduce the heat, cover, and simmer for about 15 minutes.
3. Add the frozen corn and simmer for another 3 to 5 minutes. Add the black beans and cilantro.

Per Serving: 236 calories, 11 g protein, 42 g carbohydrates, 3 g fat
BABY BOK CHOI WITH CASHEWS

Makes 4 servings

1 tablespoon almond oil
2 cloves garlic, chopped
1 pound baby bok choy, rinsed with bases trimmed
$\frac{1}{2}$ teaspoon sesame oil
Sea salt
$\frac{1}{2}$ cup cashews

1. Heat the almond oil on medium heat in a large sauté pan. Add the garlic and bok choy. Sprinkle on the sesame oil and salt. Cover. Allow the bok choy to cook down for 3 to 4 minutes.
2. Add the cashews.

Per Serving: 151 calories, 4 g protein, 9 g carbohydrates, 12 g fat
EASY STEAMED SPINACH

Makes 4 servings

1 pound fresh baby spinach
Sea salt

1. Put the spinach in a stockpot and sprinkle with water. Place over medium heat.
2. Allow the spinach to cook down for 4 to 6 minutes and then sprinkle with sea salt.

Per Serving: 26 calories, 3 g protein, 4 g carbohydrates, 0 g fat
QUICK QUINOA

Makes 4 servings

1 teaspoon macadamia nut oil
4 cloves garlic, chopped
1 yellow onion, chopped
1 cup quinoa, uncooked and rinsed
2 cups vegetable broth or reduced-sodium chicken broth
3 tablespoons fresh basil
½ teaspoon sea salt
½ lemon, juiced

1. Heat the oil in a saucepan. Sauté the garlic and onion until soft. Add the quinoa and broth. Bring to a boil. Reduce heat, cover, and simmer for 15 minutes.
2. Lightly toss together the quinoa, basil, and salt in a bowl. Sprinkle the lemon juice on the quinoa and serve.

Variations: Add ⅛ cup slivered almonds. Refrigerate and add ⅛ cup dried cranberries.

Per Serving: 197 calories, 7 g protein, 35 g carbohydrates, 4 g fat
EASY ASPARAGUS

Makes 4 servings

1 tablespoon almond oil
2 cloves garlic
4 tablespoons balsamic vinegar
Sea salt
1 pound asparagus

1. Preheat the oven to 425°F.
2. Mix the oil, garlic, balsamic vinegar, and sea salt in a small bowl. Transfer to a large sealable plastic bag. Put the asparagus in the plastic bag to coat.
3. Line a baking dish with foil and place the asparagus in a single layer.
4. Bake 6 to 8 minutes, or until done.

Per Serving: 70 calories, 3 g protein, 7 g carbohydrates, 4 g fat
SWEET POTATO FRIES

Makes 8 servings

3 large sweet potatoes, peeled and sliced into ⅛"-thick slices
2 tablespoons macadamia nut oil
½ teaspoon sea salt
Freshly ground black pepper
Pinch of ground red pepper

1. Preheat the oven to 425°F.
2. Sprinkle the potatoes with the oil and then toss them with the salt, black pepper, and ground red pepper.
3. Spread the potatoes in a single layer and bake for 10 minutes on each side, or until golden brown and soft on the inside.

Per Serving: 90 calories, 2 g protein, 14 g carbohydrates, 3 g fat
GUACAMOLE

Makes 8 servings

3 high-quality avocados (Hass)
1 lemon, juiced
1 tomato, diced
3 cloves garlic, chopped
1 teaspoon ground cumin
½ teaspoon sea salt
2 tablespoons cilantro, chopped

1. Cut the avocados into halves. After removing the seeds, scoop out the pulp and place it into a small bowl. Use a fork to mash the avocado.
2. Gently stir in the lemon juice, tomato, garlic, cumin, salt, and cilantro. Cover and refrigerate 1 hour prior to serving.

Per Serving: 116 calories, 2 g protein, 7 g carbohydrates, 10 g fat
BALSAMIC VINAIGRETTE

Makes 8 servings

¾ cup balsamic vinegar
2 tablespoons high-quality extra-virgin olive oil

Combine the vinegar and oil. Mix well.

Per Serving: 45 calories, 0 g protein, 3 g carbohydrates, 3 g fat
DESSERTS
BERRY CRUMBLE

Makes 8 servings

2 cups blueberries
3 cups fresh strawberries, quartered
½ cup whole wheat flour
½ cup rolled oats
1 teaspoon cinnamon
2 tablespoons organic sugar
2 tablespoons agave nectar
1 tablespoon coconut oil

1. Preheat the oven to 375°F. Lightly coat a 13" x 9" baking dish with cooking spray.
2. Mix the blueberries and strawberries, and put them in the baking dish.
3. Mix together the flour, oats, and cinnamon in a medium bowl. Then add the sugar, agave nectar, and coconut oil until crumbly. Sprinkle the crumble topping over the fruit.
4. Bake for 25 minutes. Spoon into dishes and serve warm.

Per Serving: 130 calories, 3 g protein, 26 g carbohydrates, 2 g fat
AÇAÍ QUINOA DESSERT

Makes 4 servings

¾ cup quinoa, uncooked and rinsed
10.5 ounces Sambazon Açaí Juice
¾ cup dried cherries or cranberries

1. Add the quinoa, juice, and cherries or cranberries to a saucepan and cook over medium heat for 15 to 20 minutes, or until the liquid has been absorbed and the quinoa is cooked.
2. Chill for at least 1 hour before serving.

Per Serving: 190 calories, 4 g protein, 38 g carbohydrates, 3 g fat
Good Choices
- Smoothie (not a huge one; about 8 to 12 ounces)
- Fruit
- Clean energy bar like PURE Bar, CLIF Nectar, LÄRABAR, Zing
- Sports drink
- One-half of a peanut butter and jelly sandwich
- Bowl of cereal with lowfat milk

Poor Choices
- Soda
- Chips
- Bacon
- Whole milk
- Cheeseburger
- French fries
- Milkshake
The National Athletic Trainers’ Association makes the following fluid recommendations:

- Drink 17 to 20 ounces 2 to 3 hours before practice or a game.
- Drink 7 to 10 ounces about 10 to 20 minutes before practice or a game.
- Drink 7 to 10 ounces every 10 to 20 minutes during exercise.
- After practice or a game, drink enough to replace any weight loss from exercise. You need about 20 ounces for every pound of weight lost.
Enjoy Wii—and Lose Weight!

I realize the program described in this chapter might not be for everyone. Just remember, nearly any kind of exercise will help you build muscle and lose weight if you’re on the All-Pro Diet. For instance, anyone who has fun playing Nintendo Wii games will be glad to discover there’s real calorie burn to help you lose weight. Here is what the benefits look like:

<table>
<thead>
<tr>
<th>WII SPORT</th>
<th>CALORIES BURNED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boxing</td>
<td>7.2 cal/min</td>
</tr>
<tr>
<td>Tennis</td>
<td>5.5 cal/min</td>
</tr>
<tr>
<td>Baseball</td>
<td>4.3 cal/min</td>
</tr>
<tr>
<td>Bowling</td>
<td>3.1 cal/min</td>
</tr>
<tr>
<td>Golf</td>
<td>2.3 cal/min</td>
</tr>
</tbody>
</table>
MY FAVORITE WARM-UP MOVEMENT IS JUMPING ROPE. JEFF HURD, MY FORMER STRENGTH COACH, TOLD ME IT WAS ONE OF THE BEST WORKOUTS YOU CAN DO FOR CARDIO AND OVERALL PHYSICAL CONDITIONING. BOXERS USE THIS EXERCISE TO STAY LIGHT ON THEIR FEET. JUMPING ROPE FIRES UP YOUR CALF MUSCLES (GASTROCNEMIUS AND SOLEUS), TONES SHOULDERS, AND ENHANCES FULL-BODY COORDINATION TO MAKE YOU MORE GRACEFUL ON THE FOOTBALL FIELD.

**JUMP ROPE:** 600 TO 1,000 JUNPS TOTAL, 100 JUMPS PER SET, 30 SECONDS OF REST BETWEEN SETS. THIS HELPS KEEP THE FEET QUICK.
CRUNCHES (250 reps in total): 1 set of 100 reps, straight crunches; 1 set of 100 reps, side crunches; 1 set of 25 reps, straight crunches; 1 set of 25 reps, side crunches.

STRAIGHT CRUNCHES: Lie flat on your back with your chin tucked down on your sternum. Place your hands either behind your head or across your chest. The goal is to keep your chin down, because it helps keep your abs flexed the whole time. Raise your shoulder blades off the floor and keep your abs contracted. Roll up toward your knees; your feet are off the floor in an L-position. Slowly lower and repeat. Exhale on the contraction.
SIDÉ CRUNCHES: Lie on your back; rotate from elbow to opposite knee.
Yugo (aka bridges or planks): A yoga exercise that relies on your body weight for resistance. I’ll do different poses without resting. It hits your core and lower back.

Get into a pushup position, but rest your weight on your forearms instead of your hands so that your body forms a plank. Contract your abdominals and hold for 1 minute. (You can start with 30 seconds and work your way up to 1 minute.)

Variation: Rotate to your left side—one arm stays down on the floor and the other arm comes up in the air—until your body is parallel to the floor. Your left forearm is flat on the floor and you try to get your body parallel to the ground, but it will be at an angle because only the one forearm and your feet touch the floor. Hold for 30 to 60 seconds.

Variation: Now rotate to your right side in the same position, without letting anything but the forearm and feet touch the ground. Now raise your top leg so your feet are shoulder-width apart. Hold for 30 to 60 seconds. Rest and repeat the cycle three times.
MEDICINE BALL THROW

Throw the med ball up in the air and catch it. Throw the ball over your head and from behind your head. Do as many reps as possible.
THE WEIGHT SESSION BEGINS
Set and rep ranges for all core movements (each training cycle lasts 2 weeks):

**Cycle 1**
Do three sets of 10, 8, 5 reps. Keep the weights fairly heavy.

**Cycle 2**
Go back up to 10 to 12 reps for three sets, but lower the weight a little bit. Keep the weight heavy enough to challenge yourself, but don’t start out with the same weight you were using in Cycle 1 when you were doing lower reps. Once you can handle more reps with perfect form, you can build up to a heavier load again.

I’m going to show you how to do these tough exercises the right way to guarantee maximum gains while staying injury free. Check it out!
THE EXERCISES

POWER CLEANS: Begin the lift in a basic athletic stance: Feet slightly past shoulder-width apart, chest and head up. Bend your knees as you would during squats. Explode with your legs; that raw power generated from the legs is what helps move the bar. Once you get the bar moving into a power-shrug position, pull with your arms (that’s what we call the “clean” part of the movement) up to your collarbone and catch the weight while still in that solid athletic stance. The whole theory behind power cleans is triple extension: The movement starts in your feet, goes to your knees, and then projects through the hip. You get triple extension out of all those joints to move the weight. You can do power cleans with either barbells or dumbbells; personally, I like to alternate between these two free-weight options.
SQUATS are an overall strength-building movement for the quadriceps and hamstrings. Place your feet slightly wider than shoulder-width apart. Keep your shoulders back, chest up. Squat down to a parallel position (your thighs are parallel to the floor). Keep your knees right over your toes; don’t let the knees point in or out. Make sure you don’t round out your back. Return to the starting position and repeat.
LUNGES work balance, quad and hamstring flexibility, and develop quickness with a stride-and-step movement. Start with your shin perpendicular to the floor and your quad parallel to the floor; your chest is up. Hold a set of light dumbbells for added resistance.
**RDLs** are isolation movements for the lower back, glutes, and hamstrings. Start with a low weight and make sure your posture is strong and stable. Start with the weight as if you were going to do a power clean, but instead lower it straight down about 3 inches above the floor. Slowly stand back up and repeat.
DUMBBELL BENCH PRESSES, in which you are forced to balance each dumbbell independently, transfer well to playing football because you get so one-handed on the football field. Lie down in a supine position on a flat bench. Lower the dumbbells until they touch the outside of your chest. Push the weights back up off your chest.
SHOULDER SHRUGS work your trapezius muscles. Hold a dumbbell in each hand and elevate your shoulders as high as possible toward your ears—keep your arms straight! Let your shoulders down slowly and then shrug them up for the next rep.
**LEG CURLS** on a stability ball target your hamstrings. Get in the plank position with your heels up on the stability ball—nothing touches the floor except for your shoulder blades and arms. Curl the ball toward your buttocks to work your hamstrings as you elevate your hips in the air. Starting position: Your heels are on the ball. Contracted position: When you finish, your feet are flat on top of the ball and the ball has been moved toward your butt. Straighten without letting your hips (or anything else but your arms and shoulders) touch the floor.
PUllups develop your upper body, especially shoulders (deltoids) and back (lats).
Take a wide grip (just past shoulder-width), and when you are almost chinning the pullup bar, your forearms should be close to your body. When you pull up and get your chin over the bar, your forearms must be perpendicular (straight up) in relation to the floor.
**Dumbbell Lateral Raises** are great for toning side deltoids. Stand upright, balanced on your feet. Begin with the dumbbells in front of your waist. Now, raise the weights out to the sides, keeping a slight bend in the elbows, with your hands ending up on top of the dumbbell and at ear height. Bring the dumbbells back to the center of your body—in front of your waist.
BENT-OVER LATERAL RAISES repeat the same exact movement as for lateral raises, but this time in an RDL posture: Your back is flat and parallel to the floor with your knees bent. Raise the dumbbells out to the side until they are parallel to the floor, with your hands on top of the dumbbells.
**DUMBBELL CURLS** strengthen the biceps, allowing you to perform a variety of movements and carry heavier loads. Start with dumbbells at your side—you can do this either seated or standing. Keeping your elbow close to your side, curl the dumbbell up toward your face.
BOUNDERS are an exercise that I use to increase vertical leap. These are not part of the standard workout, but I want you to try them because they will improve your jumping and leaping ability. I put a straight bar with a light weight on my upper back and bound up and down for 12 to 15 reps. I visualize that I’m either jumping up to hit the boards for a rebound or leaping to catch a pass. I’ve got that weight pulling me down and it’s a lot like being hit as I jump up in a crowd of defenders to catch the ball. When the weight is on my back, I’m not literally jumping off the floor; I’m simulating the movement of the jump, and it’s a great way to work calves, glutes, hamstrings, and quads. Do five actual jumps without the bar as a warm-up to bounders. I guarantee that your vertical jump will improve.