



Grocery Shopping Guidelines

When constructing meals we have three basic components: Protein, Carbohydrates, and Fats. These are commonly referred to as macro-nutrients. When it comes to protein, I've found its better to go with organic/grass fed/pastured/hormone free/etc options. However, this may not always be possible. Additionally, the "jury is still out" on whether or not there is any evidentiary basis that organic meats are better than non-organic meats. Qualitatively, I think the special order, organic meats just taste better. – Somnath Sikdar

Proteins

- Almost any Seafood and/or Fish (Wild Caught is preferred) – Tuna, Salmon, Tilapia, Cod, Shrimp, etc...
- Meats
 - o Beef, Buffalo, Lamb, Venison, Elk
 - o Pork, Wild Boar, Rabbit
 - o Bacon, Sausage
- Poultry
 - o Chicken, Turkey, Duck, Pheasant
- Eggs (omega 3 enriched if available)

Carbohydrates

- | | |
|------------------------------|------------------------------------|
| - Squashes/Pumpkins/Zuchinni | - Asparagus |
| - Spinach | - Peppers |
| - Broccoli | - Kale |
| - Cauliflower | - Cauliflower |
| - Mushrooms | - Blackberries, Blueberries, |
| - Sweet Potatos/Yams | Cherries, Rasberries, Strawberries |
| - Romaine Lettuce | - Grapefruit |
| - Cabbage | - Apricots |
| - Beets | - Plums/Prunes |

Fats (remember your proteins will have some fat in them, this must be accounted for)

For Cooking

- Clarified Butter
- Coconut Oil
- Extra Virgin Olive Oil
- Grape Seed Oil

For general consumption

- Olives
- Avocado
- Coconut
- Almonds
- Walnuts
- Cashews



Meal Planning Template and Guidelines

Guidelines

1. Decide how many meals you can effectively eat each day. It should be no less than three. Three to four meals is appropriate for most. Six a day works well for some.
2. Plan your week ahead of time. Make sure you have the ingredients you will need available. Pre-prepare your meals before the weeks starts if you have a hectic schedule
3. No Snacking between meals
4. No Eating out for 28 days
5. No Take-out or delivery for 28 days
6. No Alcohol
7. No Juice
8. No Soda
9. No Artificially Sweetened Drinks
10. Coffee → Black Only (cold drip is a good way to reduce the acidity)
11. Tea → Green or Black is OK. Honey can be added sparingly. That is all.
12. Drink a lot of water. Build up to a gallon or more per day
13. Protein supplements are recommend 15-30 minutes post workout
14. Additional Supplements may be recommended on a case by case basis

Template.

1. See the Calorie Requirement calculator for exact portions
2. Build your meal around protein
3. Add vegetables
4. Then add complimentary fats
5. Example for 180 pound person on a training day
 - a. 8 Oz Chicken
 - b. 14 Oz of Broccoli
 - c. ¼ cup of almonds



DAILY FOOD INTAKE TRACKING SHEET

Today's Date: _____

Total Sleep from previous night: _____

BREAKFAST <ul style="list-style-type: none">▪ 8oz Room Temp Water w/ Lemon▪ 1 Serving of Fruit▪ 1 Serving of Protein▪ 1 Serving of Vegetables▪ 1 Serving of Vegetables▪ 1 Serving of Vegetables▪ Any other intake:	MID MORNING SNACK <ul style="list-style-type: none">▪ 8oz Water▪ 1 Serving Fruit▪ Protein Shake▪ Any Other Intake
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Morning Stimulants/Supplements/Vitamins: _____

LUNCH <ul style="list-style-type: none">▪ 16oz Water▪ 1 Serving of Good Fat▪ 1 Serving of Protein▪ 1 Serving of Vegetables▪ 1 Serving of Vegetables▪ 1 Serving of Vegetables▪ Any other intake:	MID DAY SNACK <ul style="list-style-type: none">▪ 8oz Water▪ 1 Serving Vegetable▪ Protein Shake▪ Any Other Intake
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Afternoon Stimulants/Supplements/Vitamins: _____

DINNER <ul style="list-style-type: none">▪ 16oz Water▪ 1 Serving of Fruit▪ 1 Serving of Protein▪ 1 Serving of Vegetables▪ 1 Serving of Vegetables▪ 1 Serving of Vegetables▪ Any other intake:	LATE NIGHT SNACK <ul style="list-style-type: none">▪ 8oz Water▪ Protein Shake▪ Any Other Intake
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Evening Stimulants/Supplements/Vitamins: _____

Total Water Intake for the day: _____

Comments / Daily Reflection: