



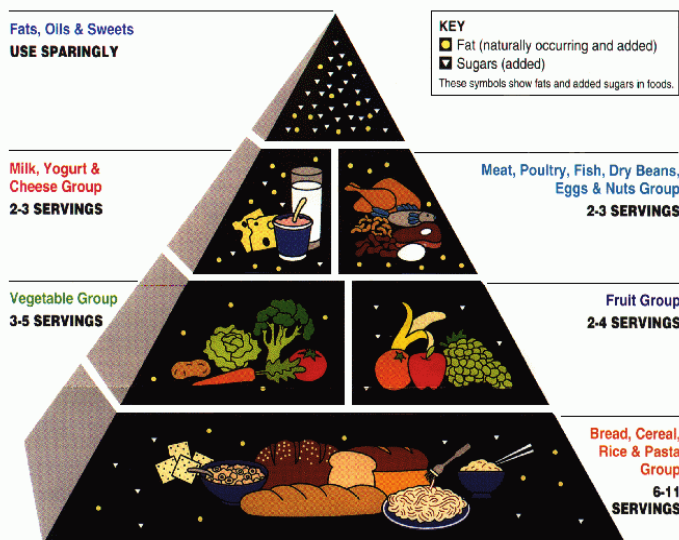
Nutrition Strategies for a Sensible Victory

Fully Loaded: Eating a balanced diet

While regular, intense exercise is our main assault on flab and fat, victory is not possible without the right ammunition. A good diet based on solid nutrition principles is essential to losing fat and becoming stronger and faster.

By diet we don't mean some fad in which you totally eliminate a certain kind of food or try to subsist on only certain kinds of food. We're talking about a balanced system of nutrition that is optimized to achieve your fitness goals and provide the proper fuel to power you through your workouts. The food you eat is converted into energy that is used by the muscles and other organs of the body. Nutrients from food are also used to build new tissue and heal damaged tissue throughout your body. They also combat disease and illness.

Below, you will see the Food Guide Pyramid developed by the U.S. Department of Agriculture. This version of the Food Guide Pyramid illustrates how much food the average person needs to consume from each food group to maintain a healthy diet, according to their regulations. These guidelines give a heavy emphasis on breads and grains, which are not best for those who are aiming to lose fat. They also don't recommend enough protein. Protein is necessary in regular intervals throughout the day in order to maintain and repair muscle tissue, as well to elevate your metabolism.



In 2005, the USDA and the U.S.

Department of Health and Human Services revised the food guidelines to give more emphasis to reducing calories and increasing exercise as part of a national strategy to combat obesity. The new guidelines suggest a daily diet of around 2,000 calories and emphasize fruits, vegetables, whole grains and fat-free or low-fat milk and milk products. They also recommend lean meats, poultry, fish, beans, eggs and nuts and a minimum of saturated fats, trans fats, cholesterol, salt and non-dietary sugar.

Rather than suggest the same amount of food for everyone, the new Food Guide Pyramid, called MyPyramid places heavy emphasis on individual needs such as age, gender and body mass. The new guidelines also encourage people to eat a wide variety of foods in order to ensure proper nutrition. For example, the guidelines suggest eating vegetables in a variety of colors each day, such as green leafy vegetables, red tomatoes, orange carrots and yellow squash.



Here is what the symbols of the new Food Guide Pyramid mean:

Person on stairs—this represents the individual needs of each person and is also a reminder to exercise each day, since stair climbing is a form of exercise.

Stairs and slogan—this represents the need to make gradual improvements in your diet and exercise.

6 Color bands—the color bands represent variety and the food groups in this order: grains, vegetables, fruits, oils, milk, and meat & beans. The size of each band represents the approximate proportion in which the food groups should be consumed.

Pyramid—The pyramid shape represents moderation of foods by choosing more foods without added sugar and oils (the wide bottom of the pyramid) and choosing fewer foods with added sugar and oils (the narrow top of the pyramid).

These guidelines, although helpful, are too general. You will find this booklet to be much more helpful in not only getting you healthier, but in also achieving a leaner, more muscular body. A more specific list of food sources can be found in the pages to follow. This list will serve as a menu, including a variety of foods, all of which are listed into categories of proteins, carbohydrates and fats. It is from this menu that you will begin to create your own meals, using healthier sources of food.

Let's simplify things. There are ONLY 3 THINGS you need to do:

- 1. Eat at the right time.**
- 2. Eat the right foods.**
- 3. Eat these foods in the right amount.**

What Does That Mean, Exactly?

1.) Proper Timing

Eat 5-6 meals a day, with 2-3 hrs between each meal. Any longer than 3 hrs, and you begin to slow down your metabolism. Your body inadvertently goes into starvation mode. A state in which your body begins to make habit of storing more fat for survival and ridding itself of any excess muscle tissue. This proper timing should be repeated throughout the day in order to keep your energy and metabolism high.

2.) Proper Foods

Choose foods from the “Menu” list provided to you in this booklet. Two sources of carbohydrates should be chosen at each meal; starch and fiber. The only exception to this rule is with the last meal of the day, or during other times of inactivity, in which case you would limit or eliminate your starch at that particular meal.

3.) Proper Portions

Your portion sizes should be in direct line with your body’s daily caloric needs (you will discover this number shortly) and with what proportion each type of food has to one-another. Men typically need 30 grams of protein per meal, as women only need about 20. Carbohydrates (in the form of starch) should be adjusted, according to what your body’s energy requirements are. Less activity should also mean less carbs. In terms of amount, this would range from 10-20 grams for most women and 20-30 for most men. Many people are carb-sensitive, meaning that their bodies are not efficient at making use of them, leading to more fat storage. Fats should typically be 5-12 grams per meal, depending on the person and his/her caloric needs.

Important Fact: All meals should consist of all three of the following: proteins, carbohydrates and fats. Each has its purpose and level of importance in meeting your daily energy needs.

Let's break it down. What role does each of these nutrients play?

Proteins:

All proteins should be lean, as well as not being processed. Saturated fats are known to cause heart disease, not to mention unwanted body fat. Processed meats are linked to diabetes and are not a significant part of any healthy nutrition plan. All fast food restaurants use processed meats. You will also find that virtually all pre-cooked meats that are frozen will also be processed. What is a processed meat? Any meat that has added fillers, such as: phosphates, nitrates, preservatives, sodium, water, flavoring, etc. In other words, it's not found in its natural state. You can always recognize these meats by their "rubbery" texture.

Carbohydrates:

Carbohydrates often get a bad rap and are thought to be the #1 culprit in weight gain. Many of us have been fooled into believing that some nutrients are "bad" and others are "good." The truth is that carbohydrates play a crucial role in energy production for your brain, muscles and other cells. The problem lies in two areas: Eating too many carbohydrates, and eating them from the wrong sources. Too many carbohydrates eaten at one time will undoubtedly lead to increased fat storage and feeling sluggish and bloated. Another important thing you need to understand is that ANY source of food that is eaten in excess (meaning, more than your body needs) is destined to be stored as fat. Choosing the right types of carbohydrates is vital in avoiding spikes in blood sugar. This is why you will only find carbohydrates on the menu to follow as being low in glycemic index. The glycemic index (GI) rating of a carbohydrate refers to the speed in which it is broken down into sugar in your body. The lower the GI rating, the slower release you have in sugar from that particular carbohydrate. This is not only important in avoiding the storage of excess, unwanted body fat, but also in a concern for energy. Energy levels quickly become unstable when the wrong type of carbohydrate is consumed.

Fats:

Like carbohydrates, fats often get looked down upon. We have associated the intake of dietary fats with the amount of body fat we carry. This is true in part, but the answer is a bit more complicated than that. Fats, like other nutrients are necessary for the health of your body and act as a source of energy, second to carbohydrates. Did you know your brain relies on fats to function properly? Did you also know that there are fats that are essential and others that are non-essential? Fats not only act as a source of fuel, but also to slow down the digestion of carbohydrates, play a role in joint health, your metabolic rate and the health of your heart and arteries. The problem for most people lies in eating the wrong types of fats – Saturated and Trans fats. Healthy fats are a necessary part of any meal plan and should NEVER be eliminated from your diet. You will find a list of fats on the menu below, including: Omega 3, Omega 6 and Omega 9 fats. These numbers represent the density # of each fat. The higher the density of the fat, the more likely it is to collect in your arteries. Most of our diets, as Americans consist primarily of Omega 9 fats (Saturated) and Trans fats. This is why our nation takes the lead in heart disease.

The Menu

PROTEINS

Common Sources:

- Egg whites
- Whey Protein Powder
- Low Fat or Fat Free Cottage Cheese
- Low Fat or Fat Free Greek Yogurt
- Fish (any)
- Chicken Breast or Tenderloins
- Turkey Breast Cutlets
- 93-99% Lean Ground Turkey
- Pork Tenderloin
- Sirloin Steak (trimmed of any excess fat)
- Flank Steak (trimmed of any excess fat)
- Filet Mignon (trimmed of any excess fat)
- 93-96% Lean Ground Beef

Lunch Meats:

Non-Processed Options:

Oven Roasted Turkey Breast or Oven Baked Ham

- Boars Head, Jenny O' and Dietz and Watson

Wild Game:

- Bison
- Ostrich
- Venison
- Duck

Plant Sources:

- Unsweetened Soy or Rice Milk
- Vegetables
- Legumes
- Nuts and Seeds

**Combine with grains or any of the above sources for a complete protein.*

Meal Replacement Powders:

- Muscle Provider
- Ultimate Muscle Protein

CARBOHYDRATES

Starches:

- Sweet Potato
- Red Potato
- Brown and Wild Rice
- Red Beans, Black Beans, Pinto Beans, Navy Beans and Kidney Beans
- Oatmeal (old fashioned oats)
- Rice Bran Cereal
- All Bran Fruit and Oats Cereal
- All Bran Cereal
- Whole Grain Wheat Pasta
- Whole Grain Wheat Tortilla or Pita
- Whole Grain Wheat and Rye Breads
- Whole grain Wheat and Rye Crackers
- Strawberries, Blackberries, Blueberries and Raspberries
- Grapefruit
- Cherries (not the kind you find on ice cream sundaes)
- Apples or No Sugar Added Apple Sauce
- Oranges
- Pears
- Grapes
- Peaches

Fiber:

- Most vegetables are considered to be non-active carbohydrates, meaning that they have little to no effect on blood sugar. For this reason, vegetables can be eaten regularly, in desired amounts, with the exception of: Carrots, Peas, Potatoes, Corn and Beans.

These vegetables are higher in sugar, and therefore lead to increased fat storage. This puts them in the category of a starch, rather than a fiber. Not even a good starch at that.

FATS

Omega 3:

- ALA LNA essential, EPA and DHA

From the following foods:

*Wild-Caught Salmon, Atlantic Mackerel, Atlantic Halibut, Pacific and Atlantic Herring, Lake Trout, Albacore Tuna, Anchovies, Walnuts, Rapeseed Oil, Flaxseed Oil, Green Leafy Vegetables and Supplements.

Omega 6:

- LA Essential, GLA, AA

From the following foods:

*Soybean Oil, Sunflower Oil and seeds, Canola Oil, Corn Oil, Whole Eggs, Various Nuts and Supplements.

Omega 9:

- Oleic Acid, Mead Acid, Erucic Acid

From the following foods:

*Animal Fats and Vegetable Oils and Olive Oil (Animal fats are not recommended, nor hydrogenated vegetable oils).

Combinations of Sources:

- Coconut Oil, Avocados and Pumpkin Seeds

Micro-Nutrients and Macro-Nutrients

Micro-Nutrients: Vitamins, Minerals, Enzymes and Water

Macro-Nutrients: Protein, Carbohydrates and Fats

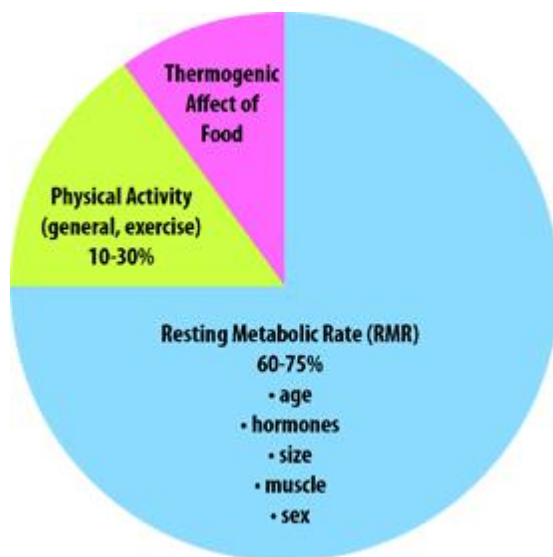
It's important to understand the difference between these different types of nutrients. Whenever looking at eating or buying a food, you should consider the "pros" and "cons" of exactly what you will be eating.

Food and supplement companies are very clever at highlighting the benefits – micro-nutrients, and at hiding or not mentioning the less than desirable parts - macro-nutrients. For instance; orange juice and yogurt companies "sell" you on the many benefits of Calcium and Vitamin C. They explain the importance of these micro-nutrients to you, even correlating them with health and weight loss. The problem is, they are only telling you a half-truth. I can guarantee you that if you want a leaner, fit physique, ingesting 30 grams of sugar in an effort to get more calcium or Vitamin C into your diet is ludicrous. There are plenty of other ways, healthier ways, to get those nutrients without all of the bi-product.

Metabolic Rate

Each person is different in their genetic make-up, as well as their metabolism. The higher your metabolism is, the more efficiently you are able to burn fat. A person's metabolic rate is influenced by a number of different factors. Resting metabolic rate (R.M.R.) refers to the amount of calories you burn at rest. This type of metabolism is very important, because the higher it becomes, the more calories it allows you to burn doing absolutely nothing. Now, who in their right minds wouldn't want that?

The chart below outlines the different components affecting your "Total metabolic rate", which includes your resting metabolic rate as well as other factors.



Knowing about the various parts of your metabolism is just the beginning. You must also understand what role each of them play. Then you may begin taking the necessary steps to improve them. Review the descriptions below to better understand the pie chart.

1.) AGE:

We all know that age is a factor, as shown above, but how much? It's estimated that every decade we experience a 3% decline in our resting metabolic rate. Although this problem can magnify itself every ten years over your life span, it can be countered with the proper adjustments to your lifestyle. This means, more activity and less caloric intake. Minor adjustments are all that's needed. For instance; if your R.M.R. (resting metabolic rate) was requiring 1,600 calories per day at age 30, once turning 40 it would only drop about 48 calories per day from your previous R.M.R. That really puts things in perspective, doesn't it! Fifty calories every ten years is very little to worry about. The main problem with age is that we simply are not as active as we once were.

2.) SIZE:

This refers to the size of your structure and how hard your organs have to work to perform their daily tasks, due to the size and weight of your body. Obviously, structure cannot be changed, but the overall size and weight of your body can. The bigger you are, the more nutrients your body requires on a daily basis.

3.) SEX:

Men and women have different metabolic and hormonal structures. Men tend to burn, or expend more calories than women do. This explains why women who follow their husbands diet and training routine, get different responses to them.

4.) HORMONES:

Both men and women have active levels of both, male and female hormones in their bodies. Men tend to have more testosterone (male hormones) than women do, and women tend to have more estrogen (female hormones) than men do. As you may know, all hormones are not created equal. Higher levels of testosterone lead to more efficient fat metabolism, as well as an increased amount of strength and muscle mass. Higher levels of estrogen however, tend to lead to more water retention (hiding muscle definition), as well as promoting fat storage and slowing down the growth of new muscle tissue.

5.) MUSCLE:

Each pound of muscle tissue burns an additional 35-50 calories per day while at rest. The more muscle you have, the more calories you burn with less effort. This is why resistance training is so important. Without it, your metabolism is impaired. In addition to the resistance training, is the amount of protein you consume each day. Proteins are the building blocks for muscle tissue. Your muscles need protein at every meal in order to “feed” them. Crash diets don’t take this into account, which often leads to a loss in muscle tissues, down-regulating your metabolism. The goal then becomes losing fat and gaining or maintaining muscle tissue. Not just simply losing weight.

6.) THERMOGENIC AFFECT OF FOOD:

The word “Thermogenic” refers to the calorie burning capabilities of a particular food. Foods such as sweet potatoes that are low in glycemic index and higher in fiber. These types of food keep your insulin levels in check, preventing additional fat storage. They provide slow and sustained levels of energy and contain less active carbohydrates per unit of volume due to the higher fiber content, as well as causing your body to expend more calories during the digestion process. Proteins above all, require that your body expends more energy while in the digestion process. The wrong types of food cause the opposite to occur, leading to negative health effects and a slower metabolism.

7.) PHYSICAL ACTIVITY:

There are two different types of physical activity: Anaerobic and Aerobic. Anaerobic exercise refers to weight training or resistance training exercise, while aerobic exercise refers to cardiovascular training or related activities. Among these two types of training, you can use them differently. One way you tend to use them is in your day to day activities (some more than others). The other way is through a deliberate training regimen. There was a time when there was no need for gyms, health clubs or trainers. That time is long gone! As we have continued to make our lives easier and less comfortable, we have, at the same time, removed a great deal of physical activity. This creates a “Need” for a deliberate exercise regimen - A need that is not simply met by accident, or as a result of our daily routines.

Counting Calories

An important part of maintaining a good diet is consuming the amount of calories your body needs to maintain strength and energy without going too far over or under that amount.

When choosing foods to fit in your menu, choose foods that are as close to their natural state as possible, as shown above.

In pursuit of food that is close to its natural state, it should be obvious that food like Twinkies and hot dogs are definite no-no's. Think about it: when was the last time you saw a natural food that was neon yellow, spongy and filled with disgustingly sweet crème? And hot dogs are all the disgusting parts of animals butchers couldn't sell in their natural form blended together with chemical preservatives and flavorings—you don't even want to know what that stuff does to your body. Stay away from it all. You know what junk food is, so don't eat it.

Food and Weight Loss

Obesity has become an epidemic in the United States, according to the USDA. It is the second leading cause of preventable death in this country. What's amazing is that there has never before been as many diet programs and exercise facilities as there are today, yet 55 percent of the country's population is classified as either overweight or obese.

Part of the problem lies with the unhealthy parameters required by many of the popular diets. Any time you cut out whole food groups you're talking about withholding vital nutrients your body needs to sustain its normal functions. For example, depriving your body of carbohydrates can lead to ketosis, a state created in your body when it runs out of glucose and must turn to burning fat as its primary fuel source. Prolonged ketosis changes the acidity of your blood and can cause liver and kidney damage. Any time you limit yourself to only one, two or three types of food (think cabbage soup and similar diets) you deprive your body of even more nutrients.

The reason these diets are so popular is that people are looking for a quick way to lose weight—they want to lose it as quickly as they put it on, or quicker. The bottom line is that the most fat you can safely lose is 1% of your body mass per week. On average, that's 1 to 2 pounds per week. Generally, if you are losing more weight than that in a week, you are not only burning fat, you are losing water weight (dehydration) and muscle tissue.

Healthy weight loss is a long-term goal—especially if you have a lot of weight to lose. You didn't put it all on in a month, you won't take it off in that short amount of time either. So, how do you successfully lose weight? It's quite simple: **Burn more calories than you consume.**

Your training program will greatly increase the number of calories burned from day to day. You will not only burn calories while exercising, but the increase in muscle tissue will cause you to burn more calories ALL OF THE TIME. In addition, your metabolic rate will be accelerated above its normal state for up to 36 hours following each workout!

Depending on how much weight you have to lose and how fast you gained weight prior to starting your boot camp, you will have to do more than just exercise. You will also have to cut back on the amount of food you are eating, particularly the high-calorie food that has few nutrients. To lose one pound of fat, you have to create a calorie deficit of about 3,500 calories. That is you have to burn 3,500 more calories than you consume over a period of time. If you want to lose a pound of fat each week, you have to burn 500 more calories than you consume EACH DAY! If you want to lose 2 pounds in a week, you have to burn 1,000 calories more than you eat each day. Now you know why it's so hard to lose weight.

If you were to use diet changes alone to create a daily calorie deficit of 1,000 calories, you could very well put yourself in a situation similar to starvation—your body simply would not get the calories it needs to sustain itself. Besides that, changing your eating habits to reduce calorie intake by 1,000 calories a day is a difficult change to make and that's why so many people “fall off” their diet. However, by following through with your boot camp program, you could increase the number of calories you burn in a day by as much as 500. That means you only have to decrease your food intake by 500 calories a day—that's just one candy bar and a soft drink.

Fueling the Fire

One challenge you'll face in trying to lose weight during your training days is that the high-intensity workouts will make you hungry. There's no getting around it: your muscles consume energy and that energy needs to be restored so your body seeks food. Unfortunately, it's often the case that the quickest and simplest things available to fill that need are candy bars, soft drinks, leftover pizza and other high-calorie, low-nutrient foods—most of which get the bulk of their calories from simple sugars and saturated fats.

The solution to this problem is planning. You know you're going to get hungry, so plan for it. A great post-workout drink that quickly restores energy is a scoop of Ultimate Muscle Protein with water and some fruit.

Calculations for Estimated Daily Caloric Needs

Step 1 — Resting Metabolic Rate (RMR):

Write weight in kilograms: **Line 1** _____ (Multiply weight in pounds by 0.454)
 Multiply weight in kilograms by 10: **Line 2** _____ (Line 1 x 10)
 Write your height in centimeters: **Line 3** _____ (Multiply height in inches by 2.54)
 Multiply height in centimeters by 6.25: **Line 4** _____ (Line 3 x 6.25)
 Multiply your age by five: **Line 5** _____ (Age x 5)
 Add the results of Lines 2 and 4:
 = _____
 _ Subtract Line 5
 = **Line 6** _____

Men: Add five to above result – RMR: _____ (Line 6 + 5)

Women: Subtract 161 from above result - RMR: _____ (Line 6 - 161)

Step 2 — Calculate additional daily calorie needs based on activity level:

Sedentary Daily Calorie Need: (RMR x 1.1) _____
 Moderately Active Daily Calorie Need: (RMR x 1.2) _____
 Fairly Active Daily Calorie Need: (RMR x 1.3) _____
 (NOTE: Do not include your boot camp workout in determining your daily activity level.)

Here are some numbers to help you estimate your workout calorie burn:

<u>Body weight in pounds:</u>	<u>110</u>	<u>159</u>	<u>203</u>	<u>255</u>
<u>ACTIVITY Estimated calories burned per 10 min.</u>				
Boot Camp	66	89	119	149
Circuit Training	64	79	99	119
Cycle @ 12 mph	65	83	106	130
Running 6.5 mph	80	109	146	184
Skating (inline)	48	64	86	110
Swimming Slow	44	59	79	99
Swimming Fast laps	75	97	125	155
Weight Training	66	89	119	149
Walking 3 mph	37	47	60	74

Step 3 — Calculate daily calorie deficit for weight loss:

Weekly weight Loss Goal in Pounds
 X 3,500 Multiply by Calories per pound
 = Subtotal is Weekly Calorie Deficit
 / Divide by days per week
 = Total is Daily Calorie Deficit required for desired weight loss

Step 4 — Calculate calorie needs to facilitate weight loss:

Daily calorie need for activity level (Step 2)

— Subtract daily calorie deficit for weight loss goal (Step 3)

+ Add estimated calorie burn during daily workout

= Total is daily calorie intake required to achieve weight loss goal

Remember that these numbers are estimates. If you stick to your estimated daily caloric needs and do not lose the weight you want to lose, cut your daily caloric consumption even further. Experiment by dropping no more than 50 calories per day each week, i.e. drop 50 calories per day for a week and, if no weight loss is achieved, drop an additional 50 calories per day during the next week. If you are losing too much weight or do not have the energy to keep up with your workouts and your daily lifestyle, increase calorie consumption.

If your estimated daily calorie requirement is significantly lower than your caloric consumption prior to beginning your program, such as going from 4,000 calories a day to 2,500 calories a day, you should ease into the new caloric rate by dropping 300-400 daily calories each week. In these cases, you will need to slow weight gain before trying to reverse it. It's like driving 55 mph down a rural highway and suddenly realizing you're going the wrong way. You couldn't stop on a dime and instantly be going the other way. If you tried, you would most likely cause an accident. Instead, you decelerate and turn around slowly, then accelerate in the direction you want to go. The worksheet on the following page will walk you through the process of calculating your base caloric needs and help you determine how many calories you need to consume to reach your weight loss goals.

Water Consumption and Dehydration

Monitoring your water consumption is an essential part of good nutrition, especially for people who engage in high-intensity and prolonged exercise. Water makes up 45% to 70% of a person's bodyweight and a person can survive only a few days without water, though it can go nearly a month without food.

Water helps regulate the body's temperature. If you don't have enough water in your body, which is called dehydration, the core temperature will rise. This can lead to heat exhaustion, heat stroke, and even death. Water is also essential for the cells in your body to function correctly.

Dehydration decreases performance and can cause health problems, including death in severe cases. Most people don't drink enough water for their daily activities, let alone to compensate for water lost through sweat during exercise. As a general rule, people should drink a half gallon of water per day for every 100 lbs of bodyweight, spreading that quantity throughout the day. Additionally, you should drink 16 ounces of water about 2 hours before your workout and drink 6 to 8 ounces of water for every 15 minutes of exercise. After a workout, you should drink 16 ounces of water or fluids for every pound of bodyweight lost during exercise.

10 Additional Nutrition Strategies

1. Focus on getting a variety of foods each day. Burnout comes sooner than you think, if you continue eating the same combinations of food, prepared in the same ways. Be creative.
2. Eat vegetables in a variety of colors: green, orange, yellow, etc.
3. Avoid extra fats, when cooking your foods. Each gram of fat contains 9 calories. This can quickly add a lot of calories to your total daily and weekly consumption if you are not careful. Opt instead, for small amounts of fat free cooking spray. Also avoid high sugar condiments.
4. Eat regularly, every 2-3 hours, 4 to 6 meals a day, to avoid binge eating out of hunger and keep your metabolism high.
5. Plan your meals so you have good things to eat when it's time to eat. Prepare them ahead of time, whenever possible. If you fail to plan, you plan to fail.
6. If you get hungry between meals, eat vegetables. These are "free foods" that will not count against you. Just be sure not to eat so much as to skip or delay your next meal.
7. Stop eating at meals before you feel full. It takes a while for your brain to receive the message that the stomach is full.
8. Eat meals beginning with vegetables, followed by protein and fat sources, and eat starches last. This ensures that you fill up on the most nutrient-rich foods first and keep from eating more carbohydrates than your body needs.
9. Drink plenty of water throughout the course of the day and limit caffeinated beverages such as; coffee, tea and diet sodas. These act as diuretics, depleting your body of water.
10. Portion out all foods. Never sit and eat out of the box, bag or bowl. This causes you to eat without any sense of how much you are consuming. Portion control is important and should become a new habit.

Eating when you're away from home

Since more and more Americans are eating out, whether because of their work or because of lifestyle choices, the question of how to stick to your calorie requirements is an important one to answer. We can't always avoid eating out, but we CAN plan for it and make healthy decisions.

The best solution for eating healthy meals away from home is to take them with you. If you know that you're going to be away from home for a meal, prepare your meal ahead of time and pack it in a cooler to take with you. If you frequently end up eating away from home without prior notice or find yourself unexpectedly hungry, keep a cooler in your car that is stocked with meal replacement shakes (Ultimate Muscle Protein) or foods that keep well—such as canned tuna or in pouches, canned chicken, canned green beans, dried fruits, nuts and beef jerky. These items can help you avoid that random candy bar or burger joint drive through.

If you can't avoid eating out and taking food with you is inappropriate or simply not possible, go to restaurants where you can make food choices similar to those you would make at home. Planning and preparation should become a daily habit, regardless of your schedule.

Male - Sample Meal Plan

Meal 1:

- 1 whole egg and 3 egg whites
- 1 cup of 2% cottage cheese
- 2 tsp of flax seed oil
- 1/2 cup of plain oatmeal
- 2 ultra 4 vitamins

Meal 2:

- 1 1/2 scoops of Ultimate Muscle Protein
- 1 small apple

Meal 3:

Sandwich consisting of:

- 6 oz. of Boars head Turkey lunch meat
- 2 slices of whole grain wheat or rye bread
- Spinach leaves, onion, tomato, 1 tbsp of Smart Balance mayo and mustard.
- 2 cups of spring mix w/ 1 tbsp of Paul Newman's olive oil & vinegar dressing

Meal 4:

- Same as Meal 2

Meal 5:

- 6 oz. salmon
- 2 cups of steamed cabbage
- 2 ultra 4 vitamins

Female - Sample Meal Plan

Meal 1:

- 1 cup of 2% cottage cheese
- 1 tsp of flax seed oil
- 1/3 cup of oatmeal
- 2 Ultra 4 vitamin tablets

Meal 2:

- 1 scoop of Ultimate Muscle Protein and 3 strawberries

Meal 3:

Sandwich consisting of:

- 4 oz. of Boars head turkey lunch meat
- 1 slice of whole grain wheat or rye bread
- Spinach leaves, onion, tomato, Smart Balance mayo, mustard, etc.
- 1 cup of spring mix w/ 1 tbsp of Paul Newman's light vinaigrette dressing

Meal 4:

- Same as Meal 2

Meal 5:

- 4 oz. of salmon
- 2 cups of cabbage
- 2 ultra 4 vitamins