



Outwork The Competition By Selecting Something From Each Of These 3 Steps When Building Meals

- 1: **Less down time due to illness**
- 2: **More energy to train**
- 3: **Faster recovery**

STEP 1: Learn to **VALUE** the benefits of **FRESH PRODUCE** and **HEALTHY OILS** with meals

• **Natural Antioxidants / Anti-Inflammatories** • "Helps maintain your body's immune system and minimizes down time"

VITAMIN C & CAROTENOIDS

Fruits Cantaloupe, Mango, Tangerines/Mandarin Oranges, Plantain, Cayenne Cherries

Vegetables Sweet Potatoes, Sweet Red Bell Peppers, Hot Red Chili Peppers, Yams, Butternut Squash, Pickled Jalapeno, Broccoli Flowerets, Pimiento, Pickled Cherry Peppers, "Asparagus, Serrano Pepper, Cabbage-Slaw with Carrots, Cauliflower & Carrots, Minestrone Soup, Salsa w/Fresh Herbs & Peppers, Spaghetti Sauce & Marinara Sauce with Fresh Herbs and Green Peppers, Welsh Onions, Ginkgo Nuts, Tomato Juice, V8, Tomatoes, Taco Sauce, Hot Pepper Sauces, Catsup

Dark Salad Greens Broccoli Leaves, "Dandelion Greens, Spinach, Garden/Water Cress, Kale, Turnip, Beet, "Mustard, Dock/Sorrel, "Scotch Kale, "Collard, "Chicory, Bok Choy, "Swiss Chard

Herbs & Spices "Paprika, Chili Powder, "Ground Cayenne, Fresh Dill Weed, "Pesto, Fresh Cilantro or Coriander, Ground Sage, Fennel Leaf, Ground Savory, Ground Chervil, Ground Basil, Ground Marjoram, Bay Leaf, "Fresh Parsley, Fresh Thyme, Fresh Jute/Potherb, Nori Seaweed, "Fresh Chives, Ground Tarragon, Dried Rosemary, "Mint Leaves, Fresh Oregano, Curry

VITAMIN C

Fruits Barbados or Acerola Cherries, Currants, Kiwi, Guava, Papaya, Oranges, Strawberries, Tangelos, Lemons, Pineapples, Grapefruit (Pink or Red), Kumquats, Peaches, Mulberries, Elderberries, Limes, Purple Passion Fruit, Breadfruit, Gooseberries, Abachi Fruit, Red Raspberries, Honeydew Melon, Most Fruit Juices, Star Fruit, Blackberries, Boysenberries, Cassava, Crenshaw Melon, Apricot, Prickly Pear, Cranberries, Blueberries or Bilberries

Vegetables *Green & Yellow Peppers or Chiles (Hot or Sweet), Horseradish, Cauliflower, Hot Pepper Sauce, Brussels Sprouts, Pea Pods or Snow Peas, Red & Green Cabbage, White Radish, Green Peas, Baby Zucchini, Chestnuts, Rutabaga, Red Radish, Potato Chips, Artichoke Crowns, Okra, Turnip, Cabbage, Green Onions or Scallions, Summer Squash, Tabouleh, Parsnips, Yellow or Green Beans, Baked Potato or Skins, Wasabi Radish, Sauerkraut, Leeks, Fennel Bulb

Herbs & Spices Clove, Saffron, Fenugreek, Ground Allspice, Cinnamon, Turmeric, Black & White Pepper, Anise Seed, Mace, Caraway Seed, Cardamom, Fennel Seeds, Dill Seed, Garlic Powder, Celery Seed, Yellow Mustard Seed

* Also GOOD source of Vitamin E
Foods listed from HIGH down to ~10% Daily Recommended Intake based on 100 g servings

CAROTENOIDS

Fruits Brazil Berry Fruit, Sharon Fruit, Kaki Fruit, Prunes, Red Sour Pie Cherries, Apricots

Vegetables Pasilla Peppers, Carrots, Pumpkins, Hubbard Squash, Grape Leaves, Fireweed Leaves, Winter Squash, Yellow Squash, Enchilada Sauce, "French Dressing, Vegetable Soups, Belgium or Curly Endive, Tabasco Sauce, Seafood Cocktail Sauce, Canned Tomato Puree, Butterhead or Bib Lettuce

Herbs & Spices Psyllium Seed, Cumin Seed

COMPLEMENTARY ANTIOXIDANTS (phenolic compounds - alphabetical order)

Alfalfa, Apples (dried skin), Artichokes, Capers, Celery, Citrus Peels/Oils, Cucumber w/Skin, Dark Cocoa, Dittany, Eggplant, Evening Primrose, Garlic, Ginger, Grain Bran/Hulls, Grapes, Dark Honey, Lavender, Lemon Balm, Licorice, Liquid Smoke, Lovage, Mulberries, Mustard, Onions, Pears, Plums, Pomegranate, Sassafras/Flie, Seed & Bean Coats, Shoots/Sprouts, Sorghum, Soy Foods, Vanilla Use With Moderation Light Roast Coffee & Teas (green/white best) **21 Years Of Age - Women 1/day or Men 2/day**
Beer (hops, malt, barley) & Unfiltered Red Wines

STEP 2: Select fiber rich **STARCHES** first & reduce fast digesting **SUGARS** when inactive

• **Carbohydrates & Fiber** • "Energy critical for quality work"

SLOW DIGESTING Fiber Rich Starches (Glycemic Index 0...70)

Vegetables Cooked Carrots 39, Corn Hominy/Grits, Carrot Juice 45

Potatoes/Starches New Boiled Potatoes w/Skin 57, Boiled White Potatoes, Sweet Potatoes, Yams, Taro, Beets, Steamed Potatoes 65

Beans/Peas/Nuts Peanuts 14, Soy Beans, Lentils, Kidney Beans, Black Beans, Butter Beans, Split Peas, Lima Beans, Mung Beans, Navy Beans, Blackeyed Peas, Chickpeas or Garbanzo Beans, Pinto Beans, Baked Beans, Green Peas 48

Soups Tomato 38, Lentil, Black Bean, Green Pea, Split Pea 60

Pasta Soy or Egg Protein Enriched Spaghetti or Noodles 27, Fettucini, Vermicelli, Wholemeal Spaghetti, Star Pasta, Ravioli w/Meat/Chis., White Spaghetti, Spiral, Capellini, Macaroni, Linguine, Instant Noodles, Tortellini w/Cheese, Durum Spaghetti, Orzo, Gnocchi 67

Grains/Rice Barley 25, Rye, Wheat Kernels, Converted Uncle Bens Rice, Bulgur, Parboiled White Rice, Cracked Barley, Quick Cooking Wheat, Buckwheat, Sweet Corn, Brown Rice, Long Grain White Rice, Quinoa, Wild Rice, Rice with Vermicelli/Pilaf, White Basmati, Couscous, Rolled Barley, Commel 69

Breads & Rolls Barley Kernel Bread 39, Mixed Grain & Oat Bran Breads, Nupermickel, Sourdough, 100% Stone Ground Wheat, Bulgur Bread, Linseed Rye Bread, Pita Bread, Hamburger Bun, Biscuits, Croissant, High Fiber Wheat Bread, Taco Shells 68

Crackers/Snack Chips Fried Potato Chips 54, Popcorn, Rye Crisp, Wheat Crackers, Wheat Thins

Cereal Rice Bran 19, All Bran Fruit 'n Oats, Guardian All-Bran, Bran Buds, Plain Oatmeal, Oat Bran, All Bran, Special K, Frosted Flakes, Honey Smacks, Muesli, Bran Chex, Just Right, Life, Nutri-Grain, GrapeNuts, Puffed Wheat, Sustain, Shredded Wheat, Fruit Loops 69

Fruits Cherries 22, Grapefruit, Prunes, Dried Apricots, Pears, Apples, Plums, Apple Juice, Peaches, Oranges, Grapes, Pineapple Juice, Canned Peaches, Grapefruit Juice, Cranberry Juice, Orange Juice, Kiwi, Bananas, Fruit Cocktail, Mangos, Apricots, Papayas, Figs, Raisins, Cantaloupes, Pineapples 66

Sweets Plain/Art. Sweetened Yogurt 14, Fructose, Peanut M&M's, Fruit Flavored Yogurt, Chocolate Milk, Custard, Mousse, Snickers Bar, Puddings, Choc/Vanilla Cake w/Frosting, Twix, Dove Chocolate Bar, Apple Cinnamon Muffin, Lactose, Jams & Marmalades, Sponge Cake, Banana Bread, Ice Milk, Jam, Pound Cake, Oatmeal Cookies, Honey, Power Bar, Blueberry Muffin, Digestive Cookies, Pastry, Granola Bar, Ice Cream, High Fructose Corn Syrup, Shortbread, Less Than 10 g. Sugar (Sucrose), Arrowroot Cookies, Angel Food Cake 67, Sports Drinks 68

SERVINGS: 30 g Carbs or 2 Exchanges, 1.5 c Cold Cereal & 1 c Hot Cereal, 2 Slices Bread, Whole Bagel or English Muffin, 4 Pancakes or 2 Waffles (4"), 1 c Beans, Corn, Peas, or Potatoes, 6 oz Fries (50 ct), 2/3 c Rice, 1 lg. Baked Potato-6 oz, 6 c Popcorn, 1.5 oz Snack Chips, 12 Saltines, 2 Granola, Breakfast or ENERGY BARS, 20 oz Sport Drink, 12 oz Soft Drink, 2 tsp Honey, Jelly or Syrup, 1 c Ice Cream, Pudding or Jello, 2 Danish or Doughnuts, 4" sq. Frosted Cake or Brownie, 4 sm. Cookies

STEP 3: Always **DIVERSIFY** your protein sources and select **LOWER FAT** sources when inactive

• **Amino Acids, Iron & Calcium** • "Less muscle soreness & improved recovery time"

LEAN

PROTEIN (3 g fat or less / 7 g protein)

ANIMAL SOURCES

Eggs/Beef/Game Egg Whites, Egg Substitutes, 95% Lean Ground Beef, Ground Round, USDA Select or Choice Grades w/Tight Trim such as Round, Sirloin, or Flank Steak, Tenderloin, Cubed Steak, Roast (rib, chuck, rump), Lean Deli Roast Beef, T-Bone, Porterhouse, Veal, Venison, Buffalo, Rabbit, Organ Meats

Pork/Lamb Ham (canned, cured or boiled), Canadian Bacon, Tenderloin, Center Loin Chop, Lean Deli Ham, Fat Free-Low Fat Hot Dogs/Sausages/Bologna (0-3 g fat / oz), Lamb Roast, Chop, or Leg

Poultry Chicken, Turkey, Cornish Hen, Duck, Goose, Pheasant, Ostrich (white or dark meat-no skin, dark meat, well drained), Lean Deli Meats

Fish/Shellfish Clam, Crab, Lobster, Scallops, Shrimp, Imitation Shellfish, Fresh or Frozen Cod, Flounder, Haddock, Halibut, Trout, Fresh or Canned Tuna Packed In Spring Water, Salmon, Herring, Sardines or Oysters

DAIRY SOURCES Skim-1% Milk, Buttermilk, Nonfat Dry Milk, Fat Free Cottage Cheese, Parmesan Cheese, Fat Free-Low Fat Cheeses (0-3 g fat / oz), Yogurt From Skim (Low Sugar)

VEGETABLE SOURCES Tabouli, Bean, Peas, Lentils, Soy Milk (0-3 g fat / 8 floz), Soy Nuts, Soy Burger, Soy Grits, Soy Flour, Soy Protein Concentrate, Soy Protein Isolate

MEDIUM

FAT PROTEIN (4-7 g fat / 7 g protein)

ANIMAL SOURCES

Eggs/Beef Flax Fed Hen Eggs, Regular Egg, 85% Lean Ground Beef, USDA Prime Grades of Beef such as Prime Rib or Rib-Eye Steak, Corned Beef, Short Ribs, Fried Veal

Pork/Lamb Top Loin, Chop, Boston Butt, Cutlet, Lamb Rib Roast, Ground, Hot Dog/Sausage/Bologna (3-5 g fat / oz)

Poultry Poultry (dark meat with skin), Ground Turkey, Fried Chicken

Fish/Shellfish Any Fried Fish or Seafood, Canned Tuna In Oil

DAIRY SOURCES 2%/Reduced Fat Milk, Cottage Cheese, White Cheese (3-5 g fat / oz) such as String Cheese, Provolone, Mozzarella, Feta, Ricotta, Plain Low-Fat Yogurt, SPORTS ALLIANCE RECOVERY MIX

VEGETABLE SOURCES Tofu, Soy Yogurt, Tempeh, Boiled Green Soybeans, Soy Milk (3-7 g fat / 8 floz), Miso

HIGH

FAT PROTEIN (8 g fat or more / 7 g protein)

USE WITH MODERATION - HIGH IN SATURATED FAT & CHOLESTEROL

ANIMAL SOURCES

Beef 75% Lean Ground Beef, Beef Ribs

Pork Spare ribs, Ground Pork, Bacon, Hot Dog/Sausage/Bologna (6 g fat or more / oz) such as Bratwurst, Italian, Knockwurst, Polish, Salami, Pimiento Loaf

DAIRY SOURCES Whole Milk, Cottage Cheese, Yellow Cheeses (6 g fat or more / oz) such as American, Cheddar, Monterey Jack, Swiss

SERVINGS: 7 g Protein, 2 Egg Whites, 1 Egg, 1 oz Beef, Pork, Lamb, Poultry, Fish, Shellfish or Cheese, 1/4 c Cottage or Ricotta Cheese, 2 tsp Parmesan Cheese or Peanut Butter, 3/4 c Yogurt, 8 oz Milk or Soy Milk, 4 oz Tofu, 2 oz Soy Cheese, 1 oz Nuts, 1/2 c Beans

FUELINGTACTICS™ ACTION PLAN

	BREAKFAST	MID AM	LUNCH	MID PM	DINNER	PM SNACK
STEP 1 FOODS						
STEP 2 FOODS						
STEP 3 FOODS						

Select something from each of the three steps, every four hours. Don't be a binge eater who starves all day and eat in a reckless manner the entire evening, after the days activities are over! A lean protein snack before bed is best.