

The following diet is my typical daily intake during my off-season for body maintenance

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
6:00 am – 7:00 am	9:30 am -10:30 am	12:30 pm-1:30 pm	3:30 pm – 4:30 pm	7:00 pm – 8:00 pm	10:00 pm – 10:30 pm
5-6 egg white omelet with vegetables (onions, peppers, mushrooms, etc.) AND 1 serving of oatmeal (Cream of Wheat, Cream of Rice, or Grits) Protein Shake 4-6 lean turkey sausages AND 1 serving of oatmeal (Cream of Wheat, Cream of Rice, or Grits) 4-6 oz turkey burger AND 1 serving of oatmeal (Cream of Wheat, Cream of Rice, or Grits)	Protein Shake Can of either chicken or tuna AND 1 low fat bagel or some fat free crackers Protein Bar	1-2 small (3oz) chicken breast or fish (flounder or cod) with either pasta, rice, or a potato (sweet or baked) Spaghetti with either tuna or ground turkey breast in the sauce Protein Shake 4-6 lean turkey sausages AND 1 serving of oatmeal (Cream of Wheat, Cream of Rice, or Grits) 4-6 oz turkey burger AND 1 serving of oatmeal (Cream of Wheat, Cream of Rice, or Grits)	Protein Bar Protein Shake	1-2 small (3oz) chicken breast or fish (flounder or cod) with either pasta, rice, or a potato (sweet or baked) Spaghetti with either tuna or ground turkey breast in the sauce Protein Shake 4-6 lean turkey sausages AND 1 serving of oatmeal (Cream of Wheat, Cream of Rice, or Grits) 4-6 oz turkey burger AND 1 serving of oatmeal (Cream of Wheat, Cream of Rice, or Grits)	Protein Bar (Low carb) Protein Shake (Low carb)

You can substitute some of these items to suit your tastes. Steamed vegetables may be added to each meal to make the nutritional plan more complete. If you are looking to loose weight (ie, body fat), then I recommend dropping Meal #6. With the elimination of Meal #6, you can now substitute any meal option anywhere throughout the day. As an extreme, you can eat the same exact meal 5X per day if you so choose. By the elimination of Meal #6, you not only reduce your caloric intake, but the elimination of the carbohydrates will allow your body to reduce its body fat percentage more efficiently and hence increase your lean muscle mass percentage. The reasoning behind the elimination of carbohydrates is that carbohydrates provide your body with stored energy. Since during the night your requirement for energy is greatly reduced, these carbs are not needed and stored as fat for later use. You will find that by reducing your carb intake you will be hungry alot sooner since protein is utilized quicker.

## HELPFUL HINTS

- Eat your protein portion first
- Incorporate 20-30 minutes of aerobic work 3-4 times per week
- When buying groceries, try to buy only the reduced calorie or fat-free products
- Stay away from all fried foods
- No fast food restaurants

- No red meat
- No egg yolks
- No dairy products (milk, cheese, butter, sour cream, etc)
- Chicken needs to ne grilled if possible, if not, baked or boiled
- Drink plenty of spring or distilled water (1/2 to 1 gallon per day)

- If you eat out, which needs to be limited, order salads, no oil. Reduce protein portions and increase carbs (hard to screw up a plain baked potato). Stay away from white cream sauces.
- In order for this diet or “Change in Lifestyle” to work successfully it MUST be followed. Allow yourself two Cheat Meals per week if you have not deviated from this diet plan.

## ADDITIONAL CHOICES

- Salad Sensations – cooked, grilled, sliced chicken breast in various flavors
- Tuna fish - hickory smoked
- Cooked ground turkey with taco seasonings wrapped in soft shell, mixed in macaroni and cheese, OR in rice with seasoning mix
- Turkey sausages sliced in grits w/butter
- Tuna fish mixed in cooked rice