

PROTEIN



CARBS



FAT



BEVERAGES



SUPPLEMENTS



ON THE GO



Wild Caught & Sustainable Fished Seafood, 100% Grass-Fed and Organic Beef, Organic Eggs, Organic Poultry, Grass-Fed Whey Protein, Organic Whole Fat Plain Yogurt, Grass Fed and Organic Buffalo or Ostrich, Wild Game (Venison, Rabbit, etc.), Grass-Fed Lamb

Cruciferous Veggies (Broccoli, Cabbage), **Leafy Greens** (Spinach, Kale, Collards, etc.), **Sea Veggies** (Dulse, Seaweed, Nori, etc.), **Quinoa Jasmine, Rice, Steel Cut Oats, Berries, Apples, Figs, Dates, Lemons, Limes, Cherries, Prunes, Pomegranates, Peppers, Potatoes, Root Veggies, All other Green and Yellow Veggies, Herbs and Spices, Squash, Onions, Garlic, Carrots, Parsley, Homemade Fruit and Veggie Juicing**

Fish Oils (Krill/Sardine/Salmon/ Calamari Oil, Anchovy), **Wild Cold-Water Fish, Flaxseeds, Extra-Virgin Organic Coconut Oil, Extra Virgin Olive Oil, Evening Primrose Oil, Avocados, Most Nuts** (Walnuts, Almonds, Pistachios, Brazil Nuts), **Most Seeds** (Pumpkin, Sesame and Sunflower Seeds), **Olives, Organic Grass-Fed Butter, Organic Egg Yolks, Chia Seeds**

Wheatgrass Juice Spring or Artesian Bottled H2O, Coconut Water, Mineral Water Diluted Juice: Buy a High Quality Juice such as Tart Cherry, Pomegranate, or Raw Apple Juice (1 oz Juice for 14 oz H2O)

Tart Cherry Juice Concentrate, Fish Oils, Grass-Fed Whey Protein, Green Food Powders and Pills, or other Green Food Supplements, Branched Chain Amino Acids, Vitamin D3 Drops, Wheatgrass, Green Food Powders, Turmeric, Curcumin, Probiotics, Beet Juice Extract, Creatine, Spirulina and Chlorella, Juice Plus

Homemade Super Shakes, Progenex and SFH Protein Shakes, RX Bars, OU81 Bars, Quest Bars, Lara Bars, Any other Nut/Fruit/Protein Bars, Green Food Suppl., Grass-Fed Whey, Veggie Variety Bag & Hummus, Organic Full Fat Yogurt with Berries, Nuts and Seeds, Whole Fruit, Branched Chain Amino Acids

Canned Wild Caught Salmon, Tuna and other Canned Seafood, Organic Goat Cheese, Legumes/Beans, Lentils, Edemame, Whey/Brown Rice/Goat/Hemp/Pea Protein Powder, Free Range Eggs

Baby Food, Jicama or Kale Chips, Sprouted Grains (Bread, Pasta, Cereal), Fresh Salsa, Rolled Oats, Millet, Amaranth, All other Whole Fruit, Exotic Fruit (Star Fruit, Quince), 70% or More Organic Cocoa Dark Chocolate, Red Wine and White Wine

Almond Butter and other Non-Hydrogenated Nut Butters, Organic Goat Cheese, Macadamia Nut Oil, Sunflower Oil, Udo's 3-6-9 Oil, Pepitas, Ghee, Organic Clarified Butter, Canned Olives, Peanuts

Organic Almond/Rice/Oat/Goat/Cow's Milk, Organic Juices, Organic Coffee, Tap Water, Organic Chia/Green/Black Tea, White Wine, Red Wine, Kombucha Tea

Whole Food Multi-Vitamins, Whey Protein, Rice/Goat/Pea/Hemp Protein, Magnesium and Zinc, High ORAC Value and High Antioxidant Super Juices

Almond/Peanut Butter, other Nut Butters, Dried Fruit (No Sugar Added), Natural Sea Tongal/No-Salt Canned Tuna, Terra Chips, Trail Mix (No Candy), Baby Food, Restaurant Salad with Veggies, Protein, Oil and Vinegar

Canned Tuna, Salmon, Chicken, Eggs, Poultry, Organic Cheese, Dairy Products, Organic and Nitrate Free Sausage or Ham, Store Pre-Cooked Chicken or Turkey Breast, Fish, Pork Tenderloin, Organic Hot Dogs, Beef, Steak, Tofu, Tempeh, Shrimp Nitrate Free and Organic Deli Meat or Bacon, Farm Raised Fish

Green Beans, Whole Grains, Whole Grain Rice, Pickles, Corn and Corn Chips - Non GMO, Organic Honey, Agave Nectar, Sweet Potato Fries (Frozen), Whole-Grain Cereals, Quick-Oats

Expeller-Processed Canola Oil, Canola Mayonnaise, Butter, Most Farm Raised Fish, Safflower Oil, Tropical Oils

Organic (Orange Juice, Apple Juice, Grapefruit Juice), Organic Chocolate Milk, Coffee

Some Multi-Vitamins, Soy Protein

Any Muir Glen & Walnut Acres Canned Soups, Basic Sandwich (Organic/ Nitrate-Free, Meat/Veggies/Organic Cheeses or Spreads, PBJ w/Organic All Fruit Spreads), Fast Food Salads, Fast Food Non-Fried Protein and Veggies

Processed Deli Meat, Fatty Meat Cuts, Canadian Bacon, Sausage, Non-Organic Dairy Products, Soy Protein Powder

Instant Potatoes, White Pasta, Rice Cakes, White Bread, English Muffins, Pretzels, Bagels, Granola Bars, Fruit Juice

Corn Oil, Soybean Oil, Cottonseed Oil, Refined Oils, Generic Butter, Cream Cheese, Non-Organic Whole Dairy Products, Processed Cheese, Mayonnaise, Palm Kernel Oil, Egg Yolks

Apple Juice, Grape Juice, and other Store Bought Juices - No Added Sugar, Vitamin Water, Some Performance Drinks, Soy Milk, High Quality Brand of Supplements that have some Research-Based Evidence of Effectiveness, Some Homeopathic Remedies

Most Isolated Vitamins and Minerals, Off-Brand/Low Cost Supplements, Pyramid Scheme Supplements

Generic Yogurt, Cheese Sticks, Generic Nutrition Bars (Granola), Non-Natural Applesauce, Canned Fruits

Hot Dogs, Fast Food Hamburgers, Fast Food Meats, Chicken and Fish Sandwiches, Chicken Nuggets, Ham, Pork, Processed Cheese, Buffalo Wings, Fried Chicken

Pizza, High-Fructose Corn Syrup, Refined Honey, Cookies, Cakes, Processed Ice Cream, Processed Desserts, Gelatin, Artificial Sweeteners, Onion Rings, French Fries and other Fried Foods, Refined Crackers and Chips, Beer, Liquor, Processed Juice, ANY Processed Sugar or Carbohydrate

Hydrogenated Oils, Margarine, Non-Dairy Creamers, Gravy, Shortening, Ranch Dressing, Refined Peanut Butter or other Nut Butters, Fried Foods

Beer, Hard Liquor, Chocolate Milk, Soda Pop (Diet and Regular), Other Sugar-Filled Beverages, Any Artificially Sweetened Beverages

Most Low Quality Supplements, Any Supplements that make Outrageous Claims such as: Dramatic Weight Loss and Disease Curing

Boxed Crackers, Muffins, Chips, English Muffin, Candy, Sugar-Filled Power Bars, On-The-Go Shakes, Fast Food

Avoid All Refined Soy Products (TVP, Soy Protein, Fake Meat), most Processed Grains, Grain-Based Tempeh, "Factory-Farmed", added Sugar, MSG, Sulfites, or Carrageenan.



"Reach for the best from the shelves we've assessed"

- BEST
- BETTER
- GOOD
- FAIR
- POOR

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The State of Fitness Top 5 Daily Nutritional Habits

1. Eat Complete Protein With Each Feeding

A portion size of protein is visually about the size of the palm of your hand, between 20 and 30 grams. Women should get one portion size of protein per meal (20-30 grams), and men should get two portions per meal (40-60 grams).

2. Eat Vegetables With Each Feeding

Include at least two servings of fruits and/or vegetables per meal. One medium sized fruit, ½ cup raw chopped fruit or vegetables, and 1 cup of raw, leafy vegetables each equal one serving. Strive to eat 5-10 servings of vegetables each day.

3. Consume a Homemade "Super Shake" Each Day

Choose a healthy fat, complete protein, leafy green or green food supplement, berries or other fruit in the appropriate portion sizes, and blend with ice, water and/or coconut water. This is your daily "insurance policy" for health!

4. Consume 5-10 grams of Branched Chain Amino Acids and/or 20-60 grams of Whey Protein Before and After Each Workout.

To optimize fat loss, muscle tissue repair and building, hormone levels and recovery, consuming a pre and post-workout liquid amino acid/protein source is essential. You can even consume one of these options on your "off" workout day to ensure you are consuming enough protein.

5. Choose Foods & Beverages From The "Best" and "Better" Categories of The Food Shelves 90% Of The Time

Make the foods in the two top shelves your staple foods when eating and only consume foods in the other shelves once in a while to ensure optimal eating habits.