

Balanced Diets, Workout Foods, Vitamins and Minerals - Reference

Balanced Daily Diet

Morning Workout: Working out in the morning can boost energy for the rest of the day. An a.m. workout jump-starts metabolism in the same vein that eating breakfast does. The thermal effect of exercise (or activity) lasts at least four hours after a workout. That increases the total calorie expenditure throughout the day.

Balanced breakfast: To follow the perfect diet, start your day with a bowl of oatmeal made with low-fat or 2% milk, sweetened with low-sugar fruit preserves and smooth peanut butter. Also consider fruit, yoghurt, eggs, light cheese, almonds (unsalted), multi-grain/whole-wheat/rye bread, green tea or a cup of coffee.

Balanced lunch: A sandwich is a portable way to get a balanced meal. On 7- or 12-grain bread, have tuna fish, chicken or turkey breast, Gouda cheese, mesclun greens, and honey mustard. Also consider ham, big salad, veggie juice, long-grain rice, flax/sesame/pumpkin seeds, walnuts, almonds.

Balanced dinner: For dinner a salad with sliced almonds or pecans, baby shrimp, black beans and cheese is a good choice for adequate protein. Also consider veal or beef top sirloin steak, chicken breast or thigh, turkey, salmon (Atlantic, farmed, cooked dry heat), spinach, green beans (raw), extra virgin olive oil, glass of wine.

Balanced supper: Go for low-GI and small amount of carbs in general (breads, pasta, fruit). Have light turkey or ham, chicken breast (unbreaded), 1-2% goat milk, low fat plain yoghurt, peanut butter (on lettuce :), salmon, peanut butter, cottage cheese (casein protein), chickpeas, roasted soybeans, veggies, v8 or fresh veggie juice.

Specialty Foods

Daily Food: salmon, steak, greens, beans, broccoli, chili, carrots, celery, apricots, tap-water washed veggies (fluoride), walnuts (men); try to stick to Low-GI foods as much as you can

Metabolism Boost: Complete breakfast, Vit A, Vit B (6,12), Vit E, plain yoghurt, coconut oil (1st week only), iodine, potassium, beets, cabbage, grapefruit, green tea Matcha, lecithin

Lower Cholesterol: artichokes, black beans, cantaloupe, dark berries, Vit E, Chromium, monosaturated fat (roasted almonds, peanut butter, avocados, olive or canola oil, salmon, tuna), Tahitian Noni juice

Energy boosters: Ginseng, Siberian Ginseng, Ginkgo Biloba, St. John's wart, green tea Matcha, Tahitian Noni juice, Meditation (visualize energy and heat entering and healing the body)

Immunity boosters: grapefruits, lemons, raspberries, kiwi, Echinacea, Rose Hip, Tahitian Noni

Antioxidants: fruits (berries, tomato, kiwi, avocado, Tahitian Noni juice), vegetables (beans, carrots, green beans, peas, red bell peppers, broccoli, wheat grass, E3 Live), mushrooms, coffee, tea (green), Vit A, B, C, E, Folic Acid, Selenium

Ab foods: low-sodium cottage cheese at night (very low GI), apples, coconut oil, unsweetened oatmeal, spinach, peanut butter, egg whites, cabbage, Swiss chard

Fructose/Glucose: 50 g of fructose / day (5-7 fruits), keep carbs low-GI to minimize glucose from bread, pasta, etc.

Minerals: iodine, magnesium, sodium, potassium, calcium, fluoride [most regular eating habits satisfy recommended daily intake]

Workout Foods

Pre-workout food: dark chocolate, bananas, apples, peaches, pineapples, grapes, trail mix (not too much), plain yoghurt, oatmeal, almonds, whole-wheat pasta, lentils, complex-carb power bars

Post-workout food: pomegranate, banana, dates, isolate protein milk shake w/ strawberries, mango, yoghurt, peanut butter; this is the only time for optional high-GI carbs and sugar

Vitamins and Minerals

Vitamin A (night vision, immune sys): Mango, broccoli, carrots, tomato juice, sweet potato, pumpkin, beef liver, spinach, kale, parsley, bell peppers, romaine lettuce, Swiss chard, eggs, milk [$< 3000\text{IU/day}$]

Vitamin B6 (metabolism): Bananas, watermelons, tomato juice, broccoli, spinach, potatoes, white rice, chicken breast [2mg/day]

Vitamin B12: Meats, poultry, fish, milk, eggs, shellfish.

Vitamin C: Spinach, broccoli, snow peas, tomato juice, mango, orange, grapefruit juice, strawberries, red bell peppers [$90\text{-}2000\text{ mg/day}$; for colds $8\text{g}/20\text{min}$ until toxic]

Vitamin E (lowers LDL, antioxidant): Polyunsaturated plant oils (almonds, peanuts, hazelnuts, canola oil), wheat germ, sunflower seeds, avocado, spinach, kiwi, mango, sweet potato, shrimp, cod [22 IU/day ; $<1500\text{IU!}$]

Vitamin D (bones, immune sys): salmon, tuna, sardines, **cod liver oil**, fortified cereal, eggs (whole), milk, sun (2-3x 15min/ week) [200 IU/day]

Vitamin K (bones, blood): kale, spinach, collard greens, Swiss chard, Turnip greens, mustard, greens, brussel sprouts parsley, romaine lettuce, beef liver [75 mcg/day]

Selenium: Seafood (shrimp, lobster), brewer's yeast, whole-grain cereals, meats, grains.

Chromium: wheat germ, dried prunes, American cheese

Potassium: potatoes, green veggies, avocados, bananas, apples, apricots

Beta-carotene (do not overdose): carrots, pumpkin, sweet potatoes, spinach, cantaloupes

Folic Acid: Tomato juice, green beans, broccoli, spinach, lady's finger, lentils, black eyed peas

HEALTHY JUICES



Carrot + Ginger + Apple
Boost and cleanse our system



Apple + Cucumber + Celery
Prevent cancer, reduce cholesterol, and eliminate stomach upset and headache



Tomato + Carrot + Apple
Improve skin complexion and eliminate bad breath



Bitter gourd + Apple + Milk
Avoid bad breath and reduce internal body heat



Orange + Ginger + Cucumber
Improve Skin texture and moisture and reduce body heat



Pineapple + Apple + Watermelon
To dispel excess salts, nourishes the bladder and kidney



Apple + Cucumber + Kiwi
To improve skin complexion



Pear + Banana
Regulates sugar content



Carrot + Apple + Pear + Mango
Clear body heat, counteracts toxicity, decreased blood pressure and fight oxidization



Honeydew + Grape + Watermelon + Milk
Rich in vitamin C + Vitamin B2 that increase cell activity and strengthens immunity



Papaya + Pineapple + Milk
Rich in vitamin C, E, Iron. Improve skin complexion and metabolism



Banana + Pineapple + Milk
Rich in vitamin with nutritious and prevent constipation