



CHAD HOWSE PRESENTS

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MAN DIET

FOOD CHOICES

Food Choices

So what can I eat?

We've split up our meals into sections. Your pre-workout meals are high in fats and proteins. Your post workout meals are high in carbs and proteins. When making your meals, run through the list below to see if what you want to make is in line with how we're going to eat.

Not ALL good foods will be in these lists. As a rule of thumb, adhere to this principle:

If you can kill it, or it comes from the earth or the water and *isn't* made by man, then it's probably okay for you to eat.

If it's man-made (trans fats, artificial sweeteners, packaged foods), then stay away from it.

What you'll find is that more often than not you're going to stay on the "outside" of the grocery store where the veggies and meats are found, and avoid the isles where the cereals and chips and deserts are hiding.

The Proteins

Meat

For the most part, meats – white and red – should be a large part of your diet. The only place you need to watch it with meats is how they're farmed. Are they organic or are they pumped full of steroids? Are they fed how they should be, or are they fed animal bi-products?

Always order grass fed, organic meats. Make your butcher your best friend.

Bison

Pork – *including bacon, sausage*

Chicken

Turkey

Beef

Venison

Run down the list. Anything you can kill, should be fine to consume.

Fish/Seafood

Fish, just like our meat, is all good. The only thing you have to watch with fish is if it's farmed or wild. Always choose wild.

Some great fishies:

Salmon
Cod
Sardines
Shrimp
Flounder
Halibut
Herring
Sea Bass
Tuna – *Fresh and Canned*

Most wild fish are fine.

Eggs/Dairy

Eggs are one of the best sources of good fats and cholesterol that you can find. I highly recommend eating whole eggs on a regular basis.

Egg white
Whole Egg
Cottage Cheese
Whey Protein (*Iso Smooth*)
Cheese

Fats

Most “diets” will have you focus on proteins and carbs. As you should know by now fats are not only necessary for improved performance and health, but mental health and becoming an optimal man as well.

Many of the fats you’ll consume have already been mentioned in the protein section, so there’s no need to go over those again. Here are some other sources of good fats.

Eggs/Dairy

Block Cheese (American, Cheddar, Colby, etc.)
Butter
Cream Cheese
Feta Cheese
Mozzarella Cheese, Whole Milk
Parmesan Cheese, Grated
Ricotta Cheese, Whole Milk
Sour Cream
Whole Egg

Veggies

Olives
Avocado

Nuts/Seeds

Nuts and seeds are incredibly healthy, but are also lacking in many of our diets. Have three Brazil nuts before bed to make sure

you're getting the fats you need from a variety of different sources.

Almonds

Almond Butter

Brazil Nuts

Cashews

Cashew Butter

Hazelnuts

Pecans

Pistachios

Walnuts

Flaxseeds (must consume ground, not whole)

Pumpkin Seeds

Sunflower Seeds

Oils

Canola Oil

Coconut Oil (cook with this)

Extra Virgin Olive Oil (unheated)

Flax Seed Oil

Hemp Oil

Pumpkin Seed Oil

Krill Oil

Fish Oils (*Omega Blue*)

Carbs

Legumes

Black Beans
Black-eyed Peas
Chickpeas
Green Peas
Kidney Beans
Lentils
Lima Beans
Navy Beans
Pinto Beans
White Beans

Fruits

Apple
Apricot
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Grapefruit
Grapes
Honeydew
Kiwi
Mango
Orange

Peach
Pear
Pineapple
Plum
Raspberries
Rhubarb
Strawberries
Watermelon
Veggies
Artichoke
Beets
Carrots
Pumpkin
Rutabaga
Squash

Grains

100% Whole Wheat
Multi-grain
Oat Bran
Pita, 100% Whole Wheat
Pumpernickel
Rye
Tortilla Wrap, 100% Whole Wheat
Barley
Buckwheat
Quinoa
Oatmeal
Oat Bran
Sweet Potato
Yam

Free Veggies

These vegetables can – and should be – consumed with every meal. It's important to also have variety with your diet. So don't get in the routine of always eating the same foods. Mix things up.

Arugula	Okra
Asparagus	Onion
Broccoli	Peppers
Brussels	Radish
Sprouts	Snow Peas
Cabbage	Spinach
Cauliflower	Tomato
Cucumber	Watercress
Eggplant	Zucchini
Lettuce	
Mushroom	