

SOLVING THE FOOD CONUNDRUM

POWER NATION FITNESS TM

**NUTRITION
GUIDE**

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FOR POWER NATION FITNESS TM

LEARNING

THE NUTRITION BASICS

FOR BETTER HEALTH



POWER™
N A T I O N
FITNESS

TABLE OF CONTENTS

Introduction	6
Understanding Carbohydrates	7
Proteins	10
Fats	12
Glycemic Load of Foods	16
Glycemic Index of Foods	17
Insulin	23
Determine Your Basal Metabolic Rate	26
Kitchen Clean Out	30
Pantry & Kitchen Makeover	31
Pantry Staples	32
Shopping For Health	34
Opting for Organic	38
A Word on Hydration	40
Hydration Guidelines	41
Hydration Facts	42
Eating Schedules & Patterns of Eating	44

The 2 Nutrition Programs	47
Fat Burner Nutrition Program	50
Performance & Strength Nutrition Program	52
Nutrition Food Lists & Serving Sizes	54
Vegan Options Food List	62
Tools For Success & Guidelines for Dining Out	67
Reading Nutrition Labels	70
Protein Shake Recipes	71
Vices: Caffeine & Alcohol	76
Dump the Diet Mentality	77
Positive Reinforcement	78

INTRODUCTION

Nutrition is the other half of your Power Nation Fitness Journey. Without eating the proper ratio of nutrients and adequate calories, you will not get the results you want.

Food is your fuel or energy source, as well as the source for all of your vitamins and minerals. That is why choosing the right foods, in the right balance, depending on your personal health goals, is vital to your success.

Let's get you properly informed so that you can confidently understand the basics of how to feed your body in order to obtain your specific health goals. Consider this your Nutrition BASICS Class and get yourself educated on the fundamentals!

CARBOHYDRATES

CARBOHYDRATES

Carbohydrates are one of the main sources of our energy. Carbohydrates have been given a bad rap these past few years, creating a lot of carb-avoidance in those trying to lose body fat. Carbohydrates are your body's main source of energy. When you put a carbohydrate in your mouth, your saliva begins to break down the carbohydrate into usable energy. Carbohydrates are the quickest of all the macronutrients (carbohydrates, proteins & fats) to be used by the body because they break down very quickly for instant energy. For example, you don't see marathon runners reaching for high protein snacks during a long run. That would not be an efficient source of fuel for a runner, as proteins take longer to break down in the body, and are not recommended for immediate forms of energy. That's why runners often use high carbohydrate concentrated liquids or gels to replenish their energy when energy is needed for extended athletic events or marathons.

Carbohydrates are usually broken down into two (2) different groups:

★ **SIMPLE CARBOHYDRATES**

★ **COMPLEX CARBOHYDRATES**

Simple Carbohydrates

Think Man Made or Milled/Refined

Simple Carbohydrates, also called simple sugars, include Fructose (fruit sugar), Sucrose (table sugar) and Lactose (milk sugars), as well as several other sugars.

Fruits are one of the richest natural sources of simple carbohydrates. They are also rich in vitamins, minerals, antioxidants, phytonutrients and fiber.

Examples of other simple sugars or Simple Carbohydrates are:

1. White flour
2. Sugars (powdered, brown, raw)
3. Jams & Jellies
4. Honey & Syrup
5. Pastries, Danishes, cookies and cakes



Complex Carbohydrates

Think Plants

Complex Carbohydrates are also made up of sugars, but the sugar molecules are strung together to form longer, more complex chain. Complex Carbohydrates include fiber and starches.

Examples of Complex Carbohydrates include:

- ★Vegetables
- ★Whole Grains such as wheat, barley, rye, oats, bulgar, quinoa
- ★Peas, Beans, and Lentils
- ★Brown Rice
- ★Soy Beans, Tofu
- ★Fruits - because fruits are super rich in vitamins, minerals antioxidants, and phytonutrients, and fiber, they are equated nutritionally with complex carbohydrates, even though they are one of the richest sources of simple carbohydrates

For every 1 gram of Carbohydrate = 4 calories

The more active you are, the more carbohydrates are needed for energy and endurance or stamina.

The average percentage of carbohydrates, per day, needed for a person who regularly works out, but is not a professional athlete or is not training as an athlete, is approximately 45--55% of your day's calories. Nearly all of these carbohydrates should primarily come from the Complex Carbohydrate group.

PROTEINS

Protein is essential for growth and development. It provides the body with energy, and is necessary for the production of hormones, antibodies, enzymes and tissues. When protein is consumed, the body breaks down the proteins into amino acids, which are the building blocks of all proteins. There are some amino acids that we produce naturally and therefore, do not need to obtain them from dietary sources.

These are referred to as the *Non-Essential* amino acids.

Other amino acids are considered *Essential*, meaning that the body does not synthesize these amino acids, therefore we must obtain them from our diet.

When the body makes a protein, when it builds muscle, for example, it needs a variety of amino acids for the protein-making process. These amino acids may come from dietary protein or from the body's own pool of amino acids. If a shortage of amino acids becomes chronic, which can occur if the diet is deficiency in essential amino acids, the building of protein in the body stops, and the body suffers. For example, in anorexic patients who chronically under-eat in calories and protein, the body will begin to use its own lean muscle for maintaining the basic functions like producing hormones and keeping the immune system working properly. This is called 'wasting'. A shortage of amino acids can also happen in people who are Vegans, or those who choose to not eat any animal derived proteins from their diet. That is why it is vital to ensure that your body is getting enough of what it needs to properly function and maintain/grow muscle. (*See section on Vegan Diets)

It can also happen in people who have poor diets, in general. The individual may be eating sufficient calories, but the quality of the food that one may eat over a period of time, can create deficiencies in protein, as well as in vitamins and minerals.

For every 1 gram of Protein = 4 calories

Complete Proteins are sources of dietary protein that contain all of the *Essential Amino Acids*. These Include:

- ★Meat
- ★Fish, shellfish
- ★Poultry
- ★Cheese
- ★Eggs
- ★Milk

Incomplete Proteins contain only some of the essential amino acids. These proteins are found in a variety of foods, including:

- ★Grains
- ★Legumes (Beans, Peas, and Lentils)
- ★Leafy green Vegetables



PAGE 12

FATS

Fats are just as essential to the health of the body as are the above two. Our brains would not develop appropriately without enough fat. Throughout life, it is essential for providing us energy and supports growth and hormone health. Fat is the most concentrated source of energy available to the body.

1 gram of Fat = 9 calories



Fats are just as essential to the health of the body as are the above two. Our brains would not develop appropriately without enough fat. Throughout life, it is essential for providing us energy and supports growth and hormone health. Fat is the most concentrated source of energy available to the body.

Unfortunately, after about 2 years of age, our body requires only small amounts of fat; much less than the average American diet! Excessive fat intake is a major contributor to obesity, high blood pressure, coronary heart disease and colon cancer, just to name but a few. This is why it is critical to know what are the different types of fats and how each type of fat acts in the body. Fats are made up of building blocks called fatty acids.

There are three (3) main categories of Fatty Acids

1. Saturated Fats are found primarily in animal products including dairy products such as:

- ★Whole Milk, Cream & Cheese

- ★Fatty Meats like beef, lamb, veal, pork, and ham

However, they are also found in a few plant-based sources

- ★Coconut Oil, Palm Kernel Oil & Vegetable Shortening

Saturated fats are used by the liver to make cholesterol, therefore the more saturated fat one consumes the more cholesterol will be produced by the liver, resulting in high blood levels of total and LDL cholesterol. Cutting back on



saturated fat from one's diet will most certainly lower blood cholesterol levels, thus lowering risks for cardiovascular disease and less chance for plaque buildup in your arteries. When you look at a piece of steak and see the white marbling of fat, that's the saturated fat!

1. Polyunsaturated Fats are found in the highest amounts in the following:

- ★Corn, Soybean, Safflower & Sunflower Oils

These fats are healthy in that they've been shown to help lower your total blood cholesterol level. But, in doing so, the polyunsaturated fats also tend to lower your 'Good' or protective HDL cholesterol levels, which is not desired. Consume these in moderation.

1. Monounsaturated Fats are found mostly in vegetable and nut oils:

- ★Olives & Olive Oil
- ★Peanuts & Peanut Oil
- ★Canola Oil
- ★Almonds & Almond Oil
- ★Avocados

Focus on consuming mostly these types of fats in your diet, versus saturated and polyunsaturated, will promote a healthier heart and body!



Now that you have a basic understanding of what makes up our calories, let's discuss HOW the body uses these different types of energy. Carbohydrates are the most efficient energy for the body to access, that is why when a diabetic has a blood sugar crash, you see them given a glass of juice or a piece of candy because they are simple carbohydrates and will raise the blood sugar within seconds and the diabetic begins to feel better and become more alert. Keeping this example in mind, what our goal is with your eating pattern is to maximize your metabolism by maintaining consistent blood sugar levels. If your blood sugar is constantly spiking up and then dropping down, this will eventually create cravings for sweets and starchy carbs, one may also easily gain weight by eating these foods they crave, and also fatigue, moodiness and general lack of energy and focus, are all side effects of that type of spiking and dipping in blood sugar levels. So, if the body's most efficient energy source are carbohydrates, the second in line are proteins and lastly fats & fiber. So when you eat a high fat meal there is a reason why you feel full for so long. Fats take the longest to breakdown in the body, thereby creating longer satiety. But, fats are also super dense in calories, so the more fat, the more calories! By eating consistently and by choosing the correct balance of carbohydrates, proteins and fats in your meals and snacks, you will not only improve your performance and get the most out of your weight loss program, you'll also be supporting your longevity! Glycemic Index &

GLYCEMIC LOAD OF FOODS

What is the Glycemic Index?

The Glycemic Index (GI) is one the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; it's almost the same as eating table sugar.

What is the Glycemic Load (GL)?

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. That's where the Glycemic Load is a great help. It measures the amount of carbohydrate in each service of food. Foods with a glycemic load under 10 are good choices— these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods sparingly.

GLYCEMIC INDEX LOAD OF OVER 100 FOODS

Glycemic index and glycemic load offer information about how foods affect blood sugar and insulin. The lower a food's glycemic index or GI affects blood sugar and insulin levels. Here is a list of the glycemic index and glycemic load for more than 100 common foods.

FOOD	Glycemic index glucose = 100	Serving size (grams)	Glycem ic load per serving
BAKERY PRODUCTS AND BREADS			
Banana cake, made with sugar	47	60	14
Banana cake, made without sugar	55	60	12
Sponge cake, plain	46	63	17
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	42	111	24
Apple, made with sugar	44	60	13
Apple, made without sugar	48	60	9
Waffles, Aunt Jemima (Quaker Oats)	76	35	10
Bagel, white, frozen	72	70	25
Baguette, white, plain	95	30	15
Coarse barley bread, 75-- 80% kernels, average	34	30	7
Hamburger bun	61	30	9
Kaiser roll	73	30	12
Pumpernickel bread	56	30	7
50% cracked wheat kernel bread	58	30	12
White wheat flour bread	71	30	10
Wonder bread, average	73	30	10
Whole wheat bread, average	71	30	9
100% Whole Grain bread (Natural Ovens)	51	30	7

Pita bread, white	68	30	10
Corn tortilla	52	50	12
Wheat tortilla	30	50	8

BEVERAGES			
Coca Cola®, average	63	250 mL	16
Fanta®, orange soft drink	68	250 mL	23
Lucozade®, original (sparkling glucose drink)	95Å±10	250 mL	40
Apple juice, unsweetened, average	44	250 mL	30
Cranberry juice cocktail (Ocean Spray®)	68	250 mL	24
Gatorade	78	250 mL	12
Orange juice, unsweetened	50	250 mL	12
Tomato juice, canned	38	250 mL	4

BREAKFAST CEREALS AND RELATED PRODUCTS			
All--Bran, average	55	30	12
Coco Pops, average	77	30	20
Cornflakes, average	93	30	23
Cream of Wheat(Nabisco)	66	250	17
Cream of Wheat, Instant (Nabisco)	74	250	22
Grapenuts, average	75	30	16
Muesli, average	66	30	16
Oatmeal, average	55	250	13
Instant oatmeal, average	83	250	30
Puffed wheat, average	80	30	17
Raisin Bran (Kellogg's)	61	30	12

Special K (Kellogg's)	69	30	14
GRAINS			
Pearled barley, average	28	150	12
Sweet corn on the cob, average	60	150	20
Couscous, average	65	150	9
Quinoa	53	150	13
White rice, average	89	150	43
Quick cooking white basmati	67	150	28
Brown rice, average	50	150	16
Converted, white rice (Uncle Ben's®)	38	150	14
Whole wheat kernels, average	30	50	11

COOKIES AND CRACKERS			
Graham crackers	74		14
Vanilla wafers	77		14
Shortbread	64		10
Rice cakes, average	82		17
Rye crisps, average	64		11
Soda crackers	74		12

DAIRY PRODUCTS AND ALTERNATIVES			
Ice cream, regular	5		6
Ice cream, premium	3		3
Milk, full fat	4	250 mL	5
Milk, skim	3	250 mL	4
Reduced-fat yogurt with fruit, average	3		11

FRUITS			
Apple, average	3		6
Banana, ripe	6		16
Dates, dried	4		18
Grapefruit	2		3
Grapes, average	5		11
Orange, average	4		4
Peach, average	4		5
Peach, canned in light syrup	4		5
Pear, average	3		4
Pear, canned in pear juice	4		5
Prunes, pitted	2		10
Raisins	6		28
Watermelon	7		4

PASTA and NOODLES			
Fettuccini, average	3		15
Macaroni, average	4		23
Macaroni and Cheese (Kraft)	6		32
Spaghetti, white, boiled, average	4		22
Spaghetti, white, boiled 20 min, average	5		26
Spaghetti, whole meal, boiled, average	4		17

BEANS AND NUTS			
Baked beans, average	4		6
Blackeye peas, average	3		10
Black beans	3		7
Chickpeas, average	1		3
Chickpeas, canned in brine	3		9
Navy beans, average	3		9
Kidney beans, average	2		7
Lentils, average	2		5
Soy beans, average	1		1
Cashews, salted	2		3
Peanuts, average	7		0

SNACK FOODS			
Corn chips, plain, salted, average	4		11
Fruit Roll--Ups®	9		24
M & M's®, peanut	3		6
Microwave popcorn, plain, average	5		6
Potato chips, average	5		12
Pretzels, oven--baked	8		16
Snickers Bar®	5		18

VEGETABLES			
Green peas, average	5		4
Carrots, average	3		2
Parsnips	5		4
Baked russet potato, average	1		33
Boiled white potato, average	8		21
Instant mashed potato, average	8		17
Sweet potato, average	7		22
Yam, average	5		20

MISCELLANEOUS			
Humma (chickpea salad dip)	6		0

Chicken nuggets, frozen, reheated in microwave oven 5 min	46		7
Pizza, plain baked dough, served with parmesan cheese and tomato sauce	80		22
Pizza, Super Supreme (Pizza Hut)	36		9
Honey, average	61		12

INSULIN

Insulin is the hormone your body makes and is released from the pancreas, to help you regulate (lower) your blood sugar.

Functions of Insulin:

- ★Counters the actions of adrenaline and cortisol in the body
- ★Helps the body repair
- ★Helps to connect blood sugar into triglycerides
- ★Keeps blood glucose levels from rising too high
- ★Plays a major role in the production of serotonin (your “happy” neurotransmitter)
- ★Stimulates the development of muscle, but at high levels it turns off the production of muscle and increases the production of fat.

When one eats complex carbohydrates and simple sugars, insulin levels climb. If you eat too much sugar, your body produces more and more insulin until the insulin does not work as effectively as it should. The medical term for this is “insulin resistance.”

Symptoms of Excess Insulin:

- ★ Acne
- ★ Aging process accelerates
- ★ Asthma
- ★ Breast Cancer
- ★ Colon Cancer
- ★ Depression and mood swings
- ★ Estrogen levels that are too low
- ★ Heart disease
- ★ heartburn
- ★ High blood pressure
- ★ High cholesterol
- ★ high triglycerides
- ★ Infertility
- ★ Insomnia
- ★ Irritable bowel syndrome
- ★ Migraine headaches
- ★ Osteopenia/osteoperosis
- ★ Weight gain

Causes of Excess Insulin Production

- ★ Consuming soft drinks
- ★ Diet pills
- ★ Eating a low-fat diet
- ★ Eating trans-fats (partially hydrogenated foods)
- ★ Elevated DHEA levels
- ★ Excessive alcohol consumption
- ★ Excessive caffeine intake
- ★ Excessive or unnecessary thyroid hormone

medication

- ★ Excessive progesterone replacement
- ★ Insomnia
- ★ Lack of exercise
- ★ Low estrogen levels
- ★ Skipping meals
- ★ Smoking
- ★ Some over-the-counter medications (any that contain caffeine)
 - ★ Some prescription medications: Beta blockers, birth control pills, some meds for depression, psychosis, steroids, and Thiazide diuretics
- ★ Stress
- ★ Use of natural stimulants
- ★ Using artificial sweeteners
- ★ Yo0-Yo or chronic dieting

DETERMINING YOUR BASAL METABOLIC RATE

Now that you've got a basic understanding of what the different sources of your calories come from, let's talk about METABOLISM.

★ **Basal Metabolic Rate or BMR** is simply how much energy your body requires per one day in order to maintain your current weight. The more that you weigh, the more energy or calories you require.

Every one (1) pound of body fat = 3,500 calories

The same concept applies to gaining lean body mass, or muscle, except it takes an extra 2,450 calories to gain 1 pound of lean muscle, along with the exercise it takes to make the change to your body.

★ **Resting Metabolic Rate or RMR** is the number of calories that you need for basic life functions like breathing and for your heart to pump blood to all of your organs. It is similar to your BMR, but includes calories burned while eating and doing light activity.

You can find an online RMR calculator here:

<https://www.omnicalculator.com/health/rmr>

Calculate your **RMR** manually using this basic formula:

$$\text{BODY WEIGHT X 10} = \text{RMR (IN CALORIES)}$$

DAILY ACTIVITY BURN is the number of calories required for daily movement, not including exercise. This is based on the activities that you perform all day. Each person's lifestyle is different, so for example, a professional athlete who spends hours training during the day will burn many more calories than an accountant, who is primarily sedentary and sitting at a desk all day. This is a general estimate and we can fine tune this down the line so that you can maximize your personal results.

Calculate your **Daily Activity Burn** manually using the following formula:

$$\text{RMR X 20\%} = \text{DAILY ACTIVITY BURN}$$

Now, you will add the calories required for formal exercise needs.

If you are looking to lose body fat, we've calculated that you'll burn approximately 400 calories per day for the **FAT BURNING PLAN**.

If you are looking to improve your performance and speed, we've calculated that you'll burn approximately 600 calories per day for the **PERFORMANCE & STRENGTH PLAN**.

Calculate your **Required Energy Amount per Day** using the following formula:

FAT BURNING PLAN:

Your RMR + Daily Activity Burn + 400

OR

PERFORMANCE & STRENGTH PLAN:

Your RMR + Daily Activity Burn + 600

= YOUR ENERGY REQUIREMENTS/DAY

Now, **ADD** or **SUBTRACT** your calorie surplus or deficit.

IF YOU ARE CHOOSING:

THE FAT BURNER PLAN:

SUBTRACT 500 calories

THE PERFORMANCE & STRENGTH PLAN:

ADD 350 calories

** Note: Do not use a Calorie Deficit that is more than 1000 calories per day. If you go too long without enough calories to support your body's needs, you'll lack the energy and nutrients needed to achieve your goals, increase your risk of injury or weight loss plateau. Your body will also begin using your muscle for energy or fuel, which will ultimately slow down your Basal Metabolic Rate.*

Now use your ENERGY REQUIREMENTS TO DETERMINE WHICH CALORIE LEVEL IN YOUR PLAN YOU WILL FOLLOW

YOUR ENERGY REQUIREMENTS Performance & Strength Program	LEVEL	YOUR ENERGY REQUIREMENTS Fat Burner Program	LEVEL
1800 calories/day Range: 1800--2399 calories	LEVEL A	1,500 calories/day Range: 1500-1799 calories	LEVEL A
2,400 calories/day Range: 2400--2999 calories	LEVEL B	1,800 calories/day Range: 1800-2199 calories	LEVEL B
3,000 calories/day Range: 3,000 + calories	LEVEL C	2,200 calories/day Range: 2200-2400 calories	LEVEL C

So depending on your personal health goals, you will want to choose one of the two dietary plans to follow while doing your Power Nation Fitness™ program.

There are two specific plans that we've developed to help you reach your goals. If your goal is to increase your strength, speed and overall performance, you will want to use the **PERFORMANCE & STRENGTH MEAL PLANNER** and if you are looking to lose body fat you will want to use the **FAT BURNING MEAL PLANNER**

KITCHEN CLEAN OUT

Now that you know what calorie level you will be falling into, before we go any further, it's important to set yourself up for success. If you fail to plan, plan to fail! So, it's time to clean out your kitchen and restock and ensure you have all of the right pantry items and basic cooking items you will need.

The easiest way to start is to get a large trash bag and hit the pantry first. You will want to remove any food that is processed, so think of anything that is in a package that has been processed, milled or man-made. This includes all types of snack foods, such as chips, crackers, cookies, snack bars, dry cereals and the like. Remove any foods in boxes, bags, cans and bottles. *If it doesn't rot or sprout, throw it out!*

If you have children and have certain foods stocked for them, you'll want to put those foods in one section of your pantry, specifically for making lunches or for snacks for your children. Make this area on a separate shelf or area of the pantry as to not mix with your other staple pantry items so you don't see them when you go in for something or at the very least, that they aren't mixed in with your healthy food choices.

PANTRY & KITCHEN MAKEOVER

Kitchen Basics

- ★ Cutting board
- ★ Pots & Pans
- ★ Stainless steel knives
- ★ Frying pan
- ★ Food processor / blender
- ★ Salad spinner
- ★ Whisk
- ★ Vegetable peeler & Vegetable scrub brush
- ★ Can opener
- ★ Measuring cups & spoons
- ★ Baking sheet
- ★ Timer
- ★ Potato masher
- ★ Meat thermometer
- ★ Garlic press
- ★ Pepper mill
- ★ Wooden spoons
- ★ Non-stick spatula
- ★ Colander / Mesh Strainer

PANTRY STAPLES

Condiment List

SPICES:

Basil, Cinnamon, Cumin, Curry Powder, Garlic Powder, Ginger, Oregano, Thyme, Turmeric, Dill



Peppers:

Black pepper, Cayenne, Chili powder, Chili flakes, Paprika, White pepper

Salt:

Sea salt

Nuts & Seeds

Butters: cashew, almond & peanut

Nuts: cashews, walnuts, almonds, pistachios & peanuts

Seeds: sunflower, sesame & flax

Sweeteners: Honey (raw), Stevia, Truvia & Xylitol

Oils

Coconut oil*, Avocado oil* Ghee* Spray Coconut oil*
**You can use these fats/oils for high temperature frying/cooking*

Extra virgin olive oil, Grape seed oil, Chili oil

★**DO NOT** use flax or olive oil for cooking, as they have a very low smoke point and these oils will become unhealthy even at low cooking temperatures.

Vinegars:

Apple cider vinegar, Balsamic vinegar, Red wine vinegar, Sherry vinegar

Sauces:

How sauces, Olive paste, Pesto, Salad dressings, Tamari soy sauce, Tomato sauce

Volume and Flavor Additives:

Libby's canned pumpkin
Unsweetened baking cocoa powder
Boxed, low-sodium broths.
Bragg's Liquid Aminos
Balsamic vinegar
Turmeric
Olive oil
Dijon mustard
Bob's Red Mill Xanthum Gum
Eggplant hummus

SHOPPING FOR HEALTH

A Word on Genetically Modified Foods

There are so many factors that affect what and how we eat. Whether you are a stay at home mom, a corporate executive or a teacher, eating to fuel your life is the heart of good health. There are also a plethora of factors that affect the foods available to us as a country. Between pesticides, insecticides, Genetically Modified Organisms (GMO's) and Organically grown foods, it can be confusing and somewhat overwhelming to understand and to navigate food choices for nourishing your body for optimal health.

Let's start with GMO's. **Genetically modified foods** or **GM foods**, also **genetically engineered foods**, are foods produced from [organisms](#) that have had changes introduced into their [DNA](#) using the methods of [genetic engineering](#). Genetic engineering techniques allow for the introduction of new traits as well as greater control over traits than previous methods such as [selective breeding](#) and [mutation breeding](#).^[1]

Commercial sale of genetically modified foods began in 1994, when [Calgene](#) first marketed its [Flavr Savr](#) delayed-ripening tomato.^[2] Most food

modifications have primarily focused on [cash crops](#) in high demand by farmers such as [soybean](#), [corn](#), [canola](#), and [cotton seed oil](#). These have been engineered for resistance to pathogens and herbicides and for better nutrient profiles. GM livestock have been developed, although as of November 2013 none were on the market.^[3]

One of the many issues with GMO's is that we have no research or evidence to see how these GMO's may affect our bodies in the long term. Recently, a law was passed that requires companies to reveal on the labels whether or not a food comes from or contains GMO's.

ORGANIC FOODS

Many people wonder about whether or not they should be buying all organic fruits and vegetables, and now, more than ever you can get organic produce at or around the same pricing as non-organic. Thanks to the work of the Environmental Working Group, they have created, based on their own research and testing, lists of the 'Dirty Dozen' and the "Clean Fifteen" where they perform their own testing each year, that identifies the produce with the highest level of pesticides, insecticides or other chemical contaminants, and the cleanest or the produce with the least amount of pesticides upon testing. As mentioned above, the price of organic fruits and vegetables seems to have

become fairly competitive and now even at the big chain grocery stores, such as Ralphs, Pavillion's, Wal-Mart, Sprouts and others, they have enlarged their produce departments to have a full line of organic produce and the prices are reasonable, usually only a few cents or maybe a dollar more than years previous.

I remember when organic berries cost up to \$3.00 more than non-organic berries. So, whenever possible, please try and purchase all of your produce as organic. Also, consider attending your local Farmer's Market, of which you can purchase organic produce straight from the farmer, which also results in your produce lasting up to a week longer than store bought organic produce!

The Clean Fifteen

The good news is the fruit and vegetable categories tested by the Environmental Working Group, have created **the following "Clean 15" foods have the lowest pesticide load, and consequently are the safest conventionally grown crops to consume from the standpoint of pesticide contamination.** You should still be sure to wash them well. The testing of these fruits and vegetables are done annually and the lists updated as such.

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya

6. Sweet Peas (frozen)
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi

The Dirty Dozen

The efforts of the Environmental Working Group, through their latest research, have updated its **list of the produce with the highest pesticide load**. Nearly all of the data reported takes into account how people typically wash and prepare produce. For example, apples were washed and bananas were peeled before testing.

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes

OPTING FOR ORGANIC

Dairy Products: Dairy cows are routinely given growth hormones to boost milk production, and these hormones may contribute to the rise in breast and prostate cancer in people consuming dairy produced from these animals. The name of the hormone used in dairy cows is called recombinant Bovine Growth Hormone (rBGH) or Bovine Somatotrophin (rBST). If rBGH or rBST were given to the dairy cows the milk cartons will have a small label with rBGH or rBST on it. Opt for organic milk, cheese, ice cream, yogurt and butter.

Beef, Poultry & Eggs: If you consume these animal foods, choose organic varieties. Unlike most cattle, organic, grass-fed raised animals don't receive growth hormones, and organic feeding practices carry virtually no risk of transmitting mad-cow disease. Also, choose organic and free-range turkey, chicken, and eggs whenever possible to minimize consumption of antibiotic residues and hormones found in conventional products.

Soy Foods: The majority of the soybeans grown in the country are now genetically modified. While research suggests genetically modified soybeans and corn don't raise consumers' risk of allergic reactions, one study found that the isoflavone content of these soybeans was **12-14%** lower than non-genetically modified varieties. Isoflavone is a vegetable substance that acts as estrogen in the body. The ways isoflavone benefits the body include regulating estrogen levels, reducing the risk of estrogen related cancer, and lowering cholesterol levels. Consider choosing organic soy products if you're concerned about isoflavone intake. Corn is also one of the foods that is often genetically modified, so when purchasing any corn products, such as tortillas, please choose organic!

Other Foods: If you use canola oil, I recommend purchasing only organic, cold expeller-pressed products, which means that heat and chemicals weren't used to extract the oil and pesticides weren't sprayed on the crops. If you drink wine, look for organic varieties, since grapes tend to be heavily treated with pesticides.

A WORD ON HYDRATION

Clean, Filtered Water is always the best beverage choice. You can also drink sparkling water (Pellegrino or other) and add slices of lemon, limes, Strawberries and/or cucumbers to make it more exciting. Other acceptable non-caloric beverages are *Zero Vitamin* waters, any naturally sweetened (stevia) beverage. It is also good to use the electrolyte-enhanced waters, especially during workouts or after, as the natural minerals in this water, more easily penetrate into our cells, hydrating our bodies quicker with less trips to the bathroom.



How Much Water Do I Need Each Day?

Based on the most recent research, you can apply the following rule to determine how much fluid intake your body requires on a daily basis.

HYDRATION GUIDELINES

Take half your body weight, and that is the number of OUNCES of water that your body requires each day for adequate hydration.

So, for example, if you weigh 200 pounds you want to drink 100 ounces per day.

While participating in the Power Nation Fitness Programs, we recommend the following water intake requirements in order to adequately replenish your body’s hydration needs before, during and after your workouts.

WATER CONSUMPTION GUIDELINES

12 oz.	2 hours prior to exercise
8-12 oz.	15--30 minutes prior to exercise
4-8 oz.	Every 15 minutes during exercise

HYDRATION FACTS

DID YOU KNOW?

- ★ Even mild dehydration will slow down one's metabolism by as much as 3%
- ★ Lack of water is the number one trigger/cause of daytime fatigue
- ★ A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page
- ★ 75% of Americans are chronically dehydrated, which applies to half of the world's population
- ★ In 37% of Americans, the thirst mechanism is not reliable and is often mistaken for hunger pangs
- ★ Preliminary research indicates that 60-80 ounces of water per day could significantly ease back and joint pain for up to 80% of sufferers
- ★ Drinking 5 glasses of water daily decreases your risk of colon cancer by 50%!

TEA: Drinking tea is recommended, especially Green Tea, of which the benefits of the extract found in green tea is very rich in antioxidants and it has been shown to be especially protective against heart disease and breast cancer as well!

ALCOHOL: A glass or maybe two, of wine is acceptable OR one hard alcoholic drink (tequila has the lowest glycemic index), not every day, but occasionally. Once you consume three drinks, risks for many diseases go up. And avoid liquors that are not clear, as these are more difficult for your liver to detoxify. Think bourbon, whiskey, etc. and avoid beer, as it is very high on the glycemic index.

DRINK THE MAJORITY OF YOUR FLUIDS

between meals to avoid falsely filling up on fluids, which diminishes your ability to gauge how much food you need. Too many fluids with meals can also dilute vital digestive enzymes, impairing your ability to fully digest and absorb nutrients.

EATING SCHEDULES & PATTERNS OF EATING

Whether your goals are to lose body fat or improve your performance and strength, the pattern by which you eat throughout the day is key to your success and to the success of maintaining your goals, once reached.

The body uses energy the same, whether you are a professional athlete or a stay at home mom, so we recommend that you follow this EATING PATTERN to ensure you are using your energy efficiently. We've all been in the situation where we've waited too long to eat and when we finally get to a meal, we overeat. This is not due to lack of will power or discipline, it's a natural response to being over hungry. This is a major obstacle for anyone who is trying to lose weight or improve performance. By waiting too many hours (more than 4 hours) you set yourself up to overeat. You also stop and start your metabolism by letting your body run out of energy, which causes the body to slow down and conserve energy. The general rule for maximizing your body's metabolism is the following:

Why & When to Eat....

Eat within 1 hour of waking and every 3-4 hours thereafter, allowing 2 hours between your evening meal and going to sleep.

Sample Day - Eating Schedule

TIME OR MEAL DESCRIPTION	NOTE
7:00AM-8:00 AM Breakfast	Within 1 hour of waking
10:00AM-11:00AM Mid-Morning Snack	This is usually needed if your morning meal is 7 AM or earlier
12:30PM-1:30PM Mid-Day Meal/Lunch	
3:00-4:00pm Mid-Afternoon Snack	This is an important feeding. This will get you through to your evening meal.
6:00PM-7:00PM Evening Meal	

This doesn't mean that you might not need to have an evening snack, but you want to avoid eating a meal and then going to bed. This is how Sumo wrestlers gain weight!!

We are all busy with our responsibilities during the day, so keep in mind that there is no 'perfect' day of eating, but generally, if you follow the proposed eating schedule, your body will become an efficient machine, maximizing your metabolism, which means maximizing your results.

By eating in this pattern, you also keep your blood sugar levels stable, which also keeps you from ‘crashing’, or becoming over-- hungry. This results in more energy, an even mood and the ability to make better choices because you’ll be providing steady energy and glucose to your brain. **Remember, you should feel clear, focused and energized after eating. If you are tired after eating, chances are you overate.**

The Benefits of Eating in this Pattern

- ★ There is much less stress on your pancreas, where insulin is released in sugar levels. Eating this way has been clinically shown to increase longevity and actively prevents the onset of Type 2 Diabetes and Obesity.
- ★ You maximize your metabolism for efficient burning of stored fat. You keep the weight off PERMANENTLY
- ★ You increase your stamina and overall energy level while maintaining clarity and mental focus.
- ★ Avoid going into meals starving, which *always* leads to overeating.

THE 2 NUTRITION PROGRAMS

There are 2 different plans offered depending on what your personal health goals are:

The Fat Burner Program & The Performance & Strength Program

The Fat Burner Program is designed to help you safely and effectively lose excess stored body fat. This program is designed for both men and women, whether they are a beginner at Exercising or if one has been exercising most of their life.

The Performance & Strength Program is designed for the athlete or person who is already in great shape, but is trying to gain lean mass and improve strength and speed. This is tailored for both men and women and along with the specific Fitness Program Protocols, it is created to push you to the next level of performance & strength

There are 3 different calorie levels, A, B or C for each of the 2 programs. You should have already determined what your BMR or basal metabolic rate is from the previous section. So depending on your determined BMR, you will need to choose one of the three calorie levels. If your daily requirements are within 200 calories of one of the calories levels, *choose the lower calorie plan*. For example, if you ended up with a basal metabolic rate (BMR) of 2000 calories/day, you'll want to choose the Calorie Level A for 1800 calories/day.

And finally, there are 2 different '**Options**', which vary in nutritional philosophies (Standard & Vegan). So, depending on whether you have special dietary needs due to a specific medical condition or you choose to eat vegan by choice, there are substitutions in these plans to meet those dietary adjustments.

Nutrient breakdowns for each of the 2 programs:

★ **Fat Burner Program**

30% Protein 30% Fat 40%

Carbohydrates

★ ***Performance & Strength Program***

30% Protein 25% Fat 45%

Carbohydrates

For each program, there are three (3) calorie levels to choose from. Now that you've determined your **Required Energy Amount per Day** (using the calculations from pages 26-29) and have chosen one of the two programs, you'll be using one of the following charts that corresponds with that calorie level.

As you will see in the **Food Lists**, there are categories of foods: Proteins, Dairy, Fruit, Vegetables, Fats, Grains, Legumes and Beans, Condiments & Snacks. The number that falls under the option of eating plans (i.e. Standard: no dietary restrictions) is the number of servings allowed, per day, for that particular plan and calorie level.

There are comprehensive food lists that correlate with the serving sizes, which detail out how much one serving is equivalent to for that "food category." So, for example, you'll see under Food Lists, Fruits. All of the choices in that category of food represent **ONE serving of Fruit**, which varies from one fruit choice to another.

EXAMPLE:

So, if you are choosing the **FAT BURNER** Program with Calorie Level A (1,500 calories/day), and you have no dietary restrictions, you'll be using the "Standard" column which tells you how much of each food category you can consume on a daily basis. So, using that example, you'll have 4.5 servings of Proteins, 1 serving of Dairy, 1 Fruit, 2 vegetables, etc. for the day, to choose from.

FAT BURNER PROGRAM

FAT BURNER PROGRAM LEVEL A- 1,500 Calories/Day

CATEGORY OF NUTRIENT	STANDARD	VEGAN
PROTEINS	6	5
DAIRY	1	--
FRUIT	1	1
VEGETABLES	2	2
FATS	3	3
GRAINS	0.5	1
LEGUMES & BEANS	0.5	1
CONDIMENTS	1	1

FAT BURNER PROGRAM LEVEL B -1,800 Calories/Day

CATEGORY OF NUTRIENT	STANDARD	VEGAN
PROTEINS	5.5	5
DAIRY	2	--
FRUIT	1	2
VEGETABLES	4	4
FATS	4	4
GRAINS	0.5	1.5
LEGUMES & BEANS	0.5	1.5
CONDIMENTS	1	1

FAT BURNER PROGRAM LEVEL C- 2,200 Calories/Day

CATEGORY OF NUTRIENT	STANDARD	VEGAN
PROTEINS	7	7
DAIRY	2	--
FRUIT	2	2
VEGETABLES	6	6
FATS	5	5
GRAINS	0.5	1
LEGUMES & BEANS	0.5	1
CONDIMENTS	2	2

PERFORMANCE & STRENGTH PROGRAM

PERFORMANCE & STRENGTH PROGRAM

LEVEL A - 1800 Calories

CATEGORY OF NUTRIENT	STANDARD	VEGAN
PROTEINS	5.5	4
DAIRY	1	--
FRUIT	2	2
VEGETABLES	4	4
FATS	3	3
GRAINS	1	1.5
LEGUMES & BEANS	1	1.5
CONDIMENTS	1	1

PERFORMANCE & STRENGTH PROGRAM
LEVEL B -2400 Calories/Day

CATEGORY OF NUTRIENT	STANDARD	VEGAN
PROTEINS	6.5	6
DAIRY	1	--
FRUIT	3	3
VEGETABLES	4	4
FATS	4	4
GRAINS	1	1.5
LEGUMES & BEANS	1	2
CONDIMENTS	2	2

PERFORMANCE & STRENGTH
LEVEL C - 3,000 Calories/Day

CATEGORY OF NUTRIENT	STANDARD	VEGAN
PROTEINS	8	7
DAIRY	1	--
FRUIT	3	4
VEGETABLES	6	6
FATS	6.5	6.5
GRAINS	1.5	2
LEGUMES & BEANS	1.5	2
CONDIMENTS	3	3

NUTRITION FOOD LISTS & SERVING SIZES

Use this Food List for both the Fat Loss and Performance & Strength Programs. These are not exact calorie amounts for each serving, but they are very close. This is because sometimes, depending on the brand of the product, for each serving might be a little more or less calories, but for the purposes of following this Nutrition Program, it is the easiest way to determine how many servings of each you will need, depending on your program and the amount of calories you'll be needing daily.

FATS 1 serving = 120 calories	Serving Size	PROTEINS 1 serving = 100 calories	Serving Size
Raw nuts & seeds (no peanuts)	¼ cup or less	Chicken or Turkey, Skinless, Breast	3 oz 3 oz
Freshly ground flaxseed meal	3 Tbsp. 1 Tbsp.	99% lean Ground Turkey Breast	6 whites
Pumpkin Seed Oil	1 Tbsp.	Organic, Free Range Eggs	2 slices 3 oz
Flaxseed oil	1 Tbsp.	Turkey Bacon	3 oz
Coconut oil	10 1 Tbsp.	Ham Slices, fat free	3 oz
Olive oil	1 Tbsp.	Grass fed Red Meat Extra Lean	3 oz 3 oz
Olives	3 oz or ¼ of whole	Fish: Salmon, Halibut, Whitefish, Sea Bass	3 oz 3 oz
Walnut Oil	1 Tbsp.	Shellfish: Shrimp, lobster, calamari, clams	2 oz 3 oz
Chia Oil		Pork Tenderloin	1 burger
Avocado		Tuna	3 oz
Almond, Peanut or Cashew Butter		Seitan	100 cal.
		Tempeh	100 cal.
		Tofu	1 scoop
		Veggie Burger	1 scoop
		Venison	
		Power Life Whey Protein Powder	
		Power Life Plant Protein Powder	

PROTEINS 1 serving = 100 calories	Serving Size
Chicken or Turkey, Skinless, Breast	3 oz
99% lean Ground Turkey Breast	3 oz
Organic, Free Range Eggs	6 whites
Turkey Bacon	2 slices
Ham Slices, fat free	3 oz
Grass fed Red Meat Extra Lean	3 oz
Fish: Salmon, Halibut, Whitefish, Sea Bass	3 oz
Shellfish: Shrimp, lobster, calamari, clams	3 oz
Pork Tenderloin	3 oz
Tuna	3 oz
Seitan	3 oz
Tempeh	2 oz
Tofu	3 oz
Veggie Burger	1 burger
Venison	3 oz
Power Life Whey Protein Powder	100 cal.
Power Life Plant Protein Powder	100 cal.
	1 scoop
	1 scoop

BEANS & LEGUMES 1 serving = 200 calories	Serving Size
Sweet potato	1 large
Yam	1 medium
Chickpeas (Garbonzo)	1 cup
Hummus	1/3 cup
Kidney Beans	1 cup
Baked Beans	1 cup
Peas, green	1 cup
Refried Beans, non-fat	1 cup
BEANS (black, white, etc.)	1 cup
Quinoa	1 cup
Edamame (soybeans, shelled)	
Lentils	

DAIRY OR DAIRY SUBSTITUTES 1 serving = 120 calories	Serving Size
Yogurt, Greek, Plain, non-fat	8 oz
Cheese, low fat, cheddar, Swiss	2 oz
Mozzarella, part skim	1.5 oz
Goat cheese (semi soft)	1.5 oz
Feta Cheese	1.5 oz
Cottage Cheese 1% low fat	6 oz
Skim Milk	8 oz
Organic Soy Cheese	1.5 oz
Organic Soy Milk	8 oz

FRUITS 1 serving = 100 calories	Serving Size
Berries: Blackberries, blueberries, boysenberries, raspberries	1 cup
Strawberries, sliced	2 cups
Cherries	1 cup
Fresh apricots	1 cup
Apples	1 medium
Figs	2 large
Pear	1 medium
	1 medium

FRUITS 1 serving = 120 calories	Serving Size
Grapes	1 cup
Grapefruit	1 medium
Nectarine	1 medium
Kiwifruit	2 fruits
Melon, honeydew, watermelon	2 cups
Papaya	½ medium
Peach	1 large
Plums	2 small

VEGETABLES 1 serving = 50 calories	SERVING SIZE
Arugula	2 cups
Beets	¾ c. cooked
Brussel Sprouts	1 c. cooked
Bell Peppers (any)	2 c. raw/ 1.5 c cooked
Bean sprouts	5 c. raw
Broccoli	2 c. raw/ 1 c. cooked
Cabbage	2 cups raw or 1.5 c. cooked
Cauliflower	2 c. cooked / 1.5 c. cooked
Celery	2.5 c. raw/ 2c. cooked
Collard Greens	4 c. raw/ 1 c. cooked
Cucumber	3 cups raw
Eggplant	2 c. cooked
Jicama	1 cup raw
Kale	2 c. raw/ 1.5 c. cooked

VEGETABLES 1 serving = 50 calories	SERVING SIZE
Lettuce (any except iceberg)	6 cups raw
Mushrooms	2.5 c. raw/ 1 c. cooked
Radishes	2 cups raw
Spinach	6 c. raw/ 1 c. cooked
String Beans	1.5 c. raw/ 1 cup cooked
Squash (Summer or Winter)	2 c. raw/ 1 cup cooked
Tomatoes	2 cups raw/ 1 cup cooked
MISC. VEGETABLES	
Cooked Vegetables, mixed	1 cup
Vegetable Sauces	½ cup
Vegetable Soup	½ cup
Marinara Sauce	¾ cup
Salsa	½ cup

GRAINS 1 serving = 200 calories	Serving Size
Amaranth	1 cup
Whole Grain Bagel	1 medium
Whole Grain Bread	2 slices
Whole Grain Cereal	1 cup
Whole Grain Cous Cous	1 cup
Whole Grain Crackers	12 crackers
Whole Grain English Muffin	2 halves
Oatmeal	1 cup cooked
Whole Grain Pancakes	3 (3.6oz each)
Whole Grain Pasta	1 cup
Rice, Brown or Wild	1 cup
Whole Wheat Tortilla	1 large (10")
Corn Tortilla	2 small (6")
Whole Grain Waffles	2 waffles
Wheat Berries	1 cup

CONDIMENTS * 1 Serving = 50 calories	
BBQ Sauce	
Low fat Honey Mustard	
Mustard	
Ketchup	
Marinades	
Low sodium Soy Sauce	
<p><i>*Check each bottle's label for the serving size, which can vary from 1 Tbsp. to 3 Tbsp. or in some cases, more.</i></p>	

SNACKS 1 Serving = 100 calories	Serving Size
Cottage Cheese, low fat Fresh Fruit Yogurt, non-fat, plain Peanut/Almond Butter with Celery Sticks Cheese, low fat, Cheddar or Swiss Turkey Jerky Air Popped Popcorn	1 cup 1 medium piece 1 cup 1 Tbsp. 1.5 oz 2-3 slices 3 cups
DOUBLE SNACKS 1 serving = 200 calories	Serving Size
Hummus with raw veggies (celery, peppers, etc.) Peanut/Almond Butter with Apple Raw Nuts (any except peanuts) Protein Powder (Whey, Rice or Pea) Rice Cakes with Nut Butter	1/3 cup and up to 1 cup fresh veggies 1 Tbsp. Nut Butter and 1 medium apple ¼ to 1/3 cup 1-2 scoops (depending on brand) 2 rice cakes and 1.5 Tbsp. Nut Butter

VEGAN OPTION FOOD LIST

FATS 1 Serving = 120 calories	Serving Size
Raw nuts & seeds (no peanuts)	¼ cup or less
Freshly ground flaxseed meal	3 Tbsp.
Pumpkin Seed Oil	1 Tbsp.
Flaxseed oil	1 Tbsp.
Coconut oil	1 Tbsp.
Olive oil	1 Tbsp.
Olives	10
Walnut Oil	1 Tbsp.
Chia Oil	1 Tbsp.
Avocado	3 oz or ¼ whole
Almond, Peanut or Cashew Butter	1 Tbsp.

PROTEIN 1 Serving = 100 calories	Serving Size
Hemp Protein Powder	1- scoop
Power Life Plant Protein Powder	1- scoop
Organic Seitan	3 oz
Organic Tempeh	2 oz
Organic Tofu	3 oz
Organic Veggie Burger	1 burger

GRAINS 1 serving = 200 calories	Serving Size
Amaranth	1 cup
Whole Grain Bagel	1 medium
Whole Grain Bread	2 slices
Whole Grain Cereal	1 cup
Whole Grain Cous Cous	1 cup
Whole Grain Crackers	12 crackers
Whole Grain English Muffin	2 halves
Oatmeal	1 cup cooked
Whole Grain Pancakes	3 (3.6oz each)
Whole Grain Pasta	1 cup
Rice, Brown or Wild	1 cup
Whole Wheat Tortilla	1 large (10")
Corn Tortilla	2 small (6")
Whole Grain Waffles	2 waffles
Wheat Berries	1 cup

BEANS & LEGUMES 1 serving = 200 calories	Serving Size
Sweet potato	1 large
Yam	1 medium
Chickpeas (Garbonzo)	1 cup
Hummus	1/3 cup
Kidney Beans	1 cup
Baked Beans	1 cup
Peas, green	1 cup
Refried Beans, non-fat	1 cup
BEANS (black, white, etc.)	1 cup
Quinoa	1 cup
Edamame (soybeans, shelled)	
Lentils	

CONDIMENTS * 1 Serving = 50 calories
BBQ Sauce
Low fat Honey Mustard
Mustard
Ketchup
Marinades
Low sodium Soy Sauce
<i>*Check each bottle's label for the serving size, which can vary from 1 Tbsp. to 3 Tbsp. or in some cases, more.</i>

FRUITS 1 serving = 100 calories	Serving Size
Berries: Blackberries, blueberries, boysenberries, raspberries	1 cup
Strawberries, sliced	2 cups
Cherries	1 cup
Fresh apricots	1 cup
Apples	1 medium
Figs	2 large
Pear	1 medium
Peach	1 medium
Plums	2 regular

FRUITS 1 serving = 120 calories	Serving Size
Grapes	1 cup
Grapefruit	1 medium
Nectarine	1 medium
Kiwifruit	2 fruits
Melon, honeydew, watermelon	1.5 cups
Papaya	½ medium
Tangerine	1 medium
Orange	1 medium
Banana (eat sparingly or after exercise)	1 medium

SNACKS 1 Serving = 100 calories	Serving Size
Fresh Fruit	1 medium piece
Peanut/Almond Butter with Celery Sticks	1 Tbsp.
Organic Soy Cheese, low fat	1.5 oz
Air Popped Popcorn	3 cups
DOUBLE SNACKS 1 serving = 200 calories	Serving Size
Hummus with raw veggies (celery, peppers, etc.)	1/3 cup and up to 1 cup fresh veggies
Peanut/Almond Butter with Apple	1 Tbsp. Nut Butter and 1 medium apple
Raw Nuts (any except peanuts)	Up to 1/3 cup
Protein Powder (Whey, Pea or Plant based)	1-2 scoops (depending on brand)
Rice Cakes with Nut Butter	2 rice cakes and 1.5 Tbsp. Nut Butter

You can use these FOOD LISTS for your Grocery Shopping so that you can vary your choices of foods. It's vital to make sure you eat a variety of foods, in order to ensure you receive all the essential nutrients for optimal health.

Additionally, eating in-season produce provides more nutrition and more flavor. Produce that's not in **season** undergoes early picking, cooling, and heating that reduces the flavor. **Fruits and vegetables** in **season** spend less time from farm to table, so they maintain much of their nutrition and flavor.

If you get into food patterns of eating the same foods daily for weeks or months, this can create food sensitivities in the long run, not to mention, create nutrient deficiencies from the lack of variety. Be adventurous and try new foods while you are on your program!

TOOLS FOR SUCCESS & GUIDELINE FOR DINING OUT

While you are participating in the Power Nation Fitness & Nutrition Program, you are still going to encounter social engagements and times where you have to eat out. This doesn't mean that you cannot stay on track with your program. There is NO PERFECT DAY of eating, so deviating outside of what you normally eat doesn't 'ruin' or sabotage your program. You must learn how to navigate menus and there are some simple tips and guidelines for when dining out to help you avoid unnecessary calories.

- ★ Avoid eating the bread or rolls that are set on the table when you sit down. If you are going to eat unfavorable carbohydrates, save them for dessert or for something you really want. It's so easy to go through a basket of bread while waiting for your food and those calories can add up to an extra 500 calories or more!
- ★ Always choose a low-fat protein entrée from the menu first. This sets the stage for selecting the rest of your meal.
- ★ Ask the waiter to replace the rice, potatoes or pasta with vegetables. It's okay if the vegetables are lightly sautéed in olive oil, but request *lightly sautéed*, and request that no butter be used. You are paying for your meal, so don't be shy to ask for what you need.

- ★ While waiting for dinner, have a glass of red wine or a glass of bottled mineral water while everyone else is munching on bread & rolls. Try engaging in conversation instead of eating to pass the time!
- ★ When choosing your entrée, keep in mind that you want to eat something that is not only a lean source of protein, but also something that sounds good to you! Choosing your meals should combine what will serve your body physically and what will satisfy you emotionally. Remember, you can always bring what you cannot eat, home, for another meal or snack.
- ★ Pay attention to your level of satiety when eating. Sometimes, being in a social setting causes us to lose awareness of how much (or how fast) we may eat. There is no need to ‘Clean the Plate’—you are not a garbage disposal and overeating will only make you feel tired. Stay conscious about how much food it takes to satisfy you without becoming overfull. Sometimes, it only takes 1 or 2 more bites to hit that ‘overfull’ mark.
- ★ Don’t ‘Save up’ your calories for dining out! Skipping your snacks and/or meals only sets you up for overeating. If you go into a meal starving, you’ll always overeat. It’s not a matter of self– control, it’s a survival mechanism that we have. And we always eat faster when over hungry.
- ★ Do NOT fill up on water before eating! This old ‘dieting myth’ does not serve you or your body. By falsely filling up on fluids, not only do you dilute valuable digestive enzymes but you also dilute your awareness of how much food it takes for you to feel

sated. You'll just end up hungry after you get home from dinner, once the fluid empties out of your belly.

- ★ One simple rule that is easy to use for ensuring that your blood sugar doesn't spike too high is to always make sure that your source of lean protein is the same size or greater than any serving of starchy carbohydrates, such as rice, pasta or potatoes. By keeping your portion size smaller than the protein, you ensure your blood sugar's stability and you'll be less likely to 'crash' and/or crave carbohydrates later on.
- ★ Enjoy your food! Eating is not only for sustaining the body, but also for savoring the flavors and textures. This is a vital component of being 'Satisfied'—it's not just how a food fills your stomach, but also that you feel emotionally satisfied after eating. Otherwise, you'll be snacking on foods when you get home from dinner, only to try and 'feed your cravings'. It's better to have what you crave and not eat all of it, then to avoid indulging your cravings, as you'll most likely eat your way to that particular food, whether it's one day or 1 week later.

READING NUTRITION LABELS

It is vital that you understand how to read food labels, so that when you are shopping for your food, you make smart choices, avoiding unnecessary additives, preservatives, and trans fats, which are prevalent in many of the pre-packaged foods in the markets. Review the Sample Nutrition Label below, for easier understanding of labels.

Know your fats: Look for foods low in saturated fats, trans-fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be poly and monounsaturated fats.

To get enough fiber, half of your intake of grains should be whole grains, such as 100% whole grain bread. Daily fiber goals should be 25 grams

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings per container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80% Vitamin C 60%	
Calcium 4% Iron 4%	
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Check servings and calories. Look at the serving size and how many servings you are actually consuming. If you eat all four servings in this package, you get not 90, but 360 calories. Servings are often smaller than you think.

Don't sugarcoat it. Since sugars contribute to calories, with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that the added sugars are not one of the first few ingredients. Some names for added sugars include sucrose, glucose, high-fructose corn syrup, corn syrup and fructose.

PROTEIN SHAKE RECIPES

We recommend you use Tony's Power Life™ Plant or Whey Protein Powders for these shakes.



When making your shakes, **do not add any fruit juice** to the shakes, due to the amount of sugar and calories in fruit juices.

Feel free to add in any greens like spinach or kale, that you want to puree into the shake for added nutrients. You can also add in any other powder supplements, such as the Power Life Foundation Four™ to your shakes. These make a great meal replacement or a snack, for any time of day.



Use primarily the following frozen fruits: Strawberries, blueberries, blackberries, raspberries, dark sweet cherries or peaches, as they are lowest in sugar and highest in antioxidants. Buying frozen bags makes it simple to throw in the blender and you won't need to add in any ice to make the consistency thicker. It is recommended that you use unsweetened coconut, almond or oat milk, but if you choose to use regular milk, choose organic, non-fat milk.



Basic Shake Recipe:

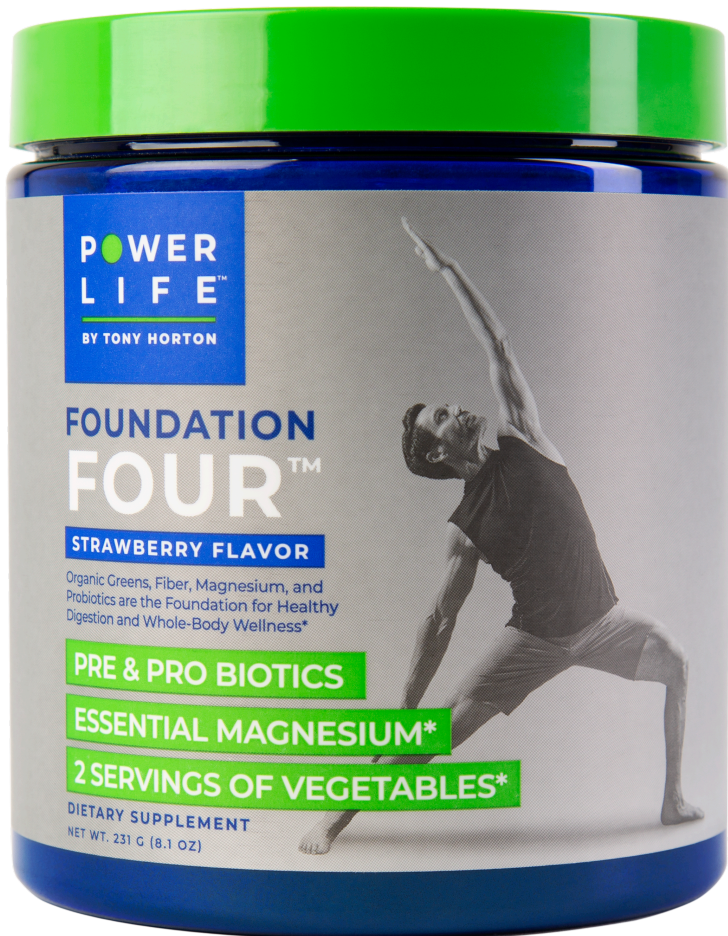
Blend the following ingredients until desired thickness.
2 scoops of Vanilla or Chocolate Power Life™ Plant or Whey Protein Powder

1 scoop Foundation Four™ Powder,

1 cup frozen berries (any), peaches, or dark sweet cherries - unsweetened

1/2 - 1 cup almond or coconut milk and water

Add more water as needed for proper consistency.



Apricot and Raspberry Smoothie

Blend the following ingredients until desired thickness.

1-2 scoops Vanilla Power Life™ Plant or Whey Protein Powder

½ cup frozen, organic raspberries

½ cup fresh or water packed apricots

½-1 cup water and/or ice

Pinch of cinnamon

Ice for desired thickness



Coco-Berries Smoothie

Blend the following ingredients until desired thickness

1-2 scoops Vanilla Power Life™ Plant or Whey Protein Powder

½-1 cup frozen mango & mixed berries

½-1 cup unsweetened coconut milk

Ice and/or water to desired thickness

Pinch of ground ginger

Very Vanilla Smoothie

Blend the following ingredients until desired thickness.

1-2 scoops Vanilla Power Life™ Plant or Whey Protein Powder

1 cup frozen organic strawberries

½-1 cup unsweetened almond or coconut milk

Pinch of cinnamon

Ice or water to desired thickness



Chocolate PB Smoothie

Blend the following ingredients until desired thickness

1-2 scoops chocolate Power Life™ Whey or Plant Protein Powder

1 Tbsp. natural peanut or almond butter

4-5 ice cubes

½-1 cup unsweetened almond, coconut or organic non-fat milk

Water and more ice as needed to desired thickness

VICES: CAFFEINE & ALCOHOL

Caffeine and alcohol are part of our daily lives, whether it's a social gathering or part of your morning routine to have a cup of coffee. Partaking in moderation is acceptable and will not sabotage your plan. But overdoing either one is not healthy and can cause more health issues.

When it comes to caffeine, studies show that 1-3 cups of coffee per day can increase your metabolism, boost performance, and improve mental acuity. In truth, it's not the coffee that is not good, it's all of the stuff we put in our coffee, such as creamers, artificial sweeteners, syrups and just plain old table sugar. Use an organic, low fat milk, or other low-fat milk alternative, but avoid cream and artificially sweetened creamers. If you must use sweetener, limit sweeteners to stevia, Truvia, or Sugar in the Raw, in moderation. It's also recommended that you do not consume diet sodas, or any of the dozens of energy drinks on the market. These have a ton of artificial colors, preservatives, additives and often, artificial sweeteners. Plus, the amount of caffeine in energy drinks can literally keep you from getting a good night's sleep.

As for alcohol, studies show that one or two glasses of wine per day have plenty of benefits, including protection of your heart health to stress reduction and general longevity. While an occasional alcoholic beverage will not hinder your results while participating in these programs, it is not encouraged as a regular daily habit. Alcohol is not calorie free and daily wine or cocktails will definitely slow your results, not to mention it will put extra stress on your body, which your body is already undergoing while participating in this program. With that in mind, consider going caffeine and alcohol free for 30 days or even 60 days or for the durations of this program. If this seems impossible to you, you may want to reevaluate your relationships to these substances!

DUMP THE DIET MENTALITY

Because we want you to succeed, we also encourage you to think of this new fitness and eating program as a way of life, versus a temporary diet. And because we live in the real world, we understand that things come up, people get sick or you have to travel, and this is part of integrating your new way of eating and living into those real world events, so remember, there is no such thing as a ‘perfect day’. In other words, dump the good day / bad day mentality, as this will NOT serve you in the long run. Deprivation and perfection are part of that “Diet Mentality” and this can be emotionally devastating to those who subscribe to this way of thinking. So, when unexpected (or expected) events arise, do your best to plan ahead and to navigate any obstacles that you may encounter. This will boost your self-esteem to stay on track and empower you to continue to feel good and to push yourself to achieve and maintain your personal health and fitness goals.

If you find yourself feeling guilty for overindulging in a meal, put it behind you and get back on track with your eating schedule and fitness program, as soon as possible. This deviation from the plan, is, in fact, part of being successful in your programs! One day or meal of overindulging does not ruin anything! It takes a string of derailed behaviors over a period of time, to truly sabotage your progress. Don’t fall for the belief that because you ‘ate too much dessert’ that you’ve got to start all over or that it will cause you to gain back any of the weight you’ve lost. The body is very resilient and it takes an additional 3,500 calories, above and beyond what your body’s daily needs are, to gain one (1) pound of fat. So, overeating on one meal or even two, will not result in a reversal of the progress you’ve already made.

POSITIVE REINFORCEMENT

It's important to keep a positive attitude even when you are not feeling good! You know the saying "Fake it 'til you make it?" Well, it's true! If you smile, when you least feel like smiling, soon enough you'll be feeling happier! You might also consider keeping a daily journal and creating a personal mantra for each day that keeps your head in the right space.

An Example:

"Today I will support my body and mind by eating consistently throughout the day and keeping my body adequately hydrated."

You can even choose to record your food, whether it's in a notebook or on your smart phone. There are also many different apps available to help you stay aware and help you learn how much to eat, as you track your daily intake, such as My Fitness Pal and others, most of which will integrate with your Power Nation Fitness app. This can make a huge difference in your overall awareness throughout the day, as we all get busy and it's easy to fall back into old, unconscious habits, such as eating in front of the TV or going for the cookies when we feel frustrated or disappointed. Find a way to reinforce positive support for yourself or don't be afraid to ask others for help.

Photo Credits - from Pixbay

Pexels - Pastries

Couleur - Chard

Steve Buissinne - Avocado

Tom Wieden - Meat

Explorer Bob - Nuts

Conger Design - Bottled Water

Kklosov - Green Smoothie

Luisella Planeta Leoni - Berries

Steve Buissinne - Cinnamon and Spices

Matthew Newman - Chocolate Smoothie