



What Foods Should I Eat

**A Simple Step-by-Step Guide
To Planning Your Next Meal**

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Step 1: Meal Design

How you design your meal is an important element in achieving your health goals. Below are 2 different plate settings and the best time to apply each of them. (Note, this is a comprehensive list of food items not complete. There is no importance to the shape or font.)

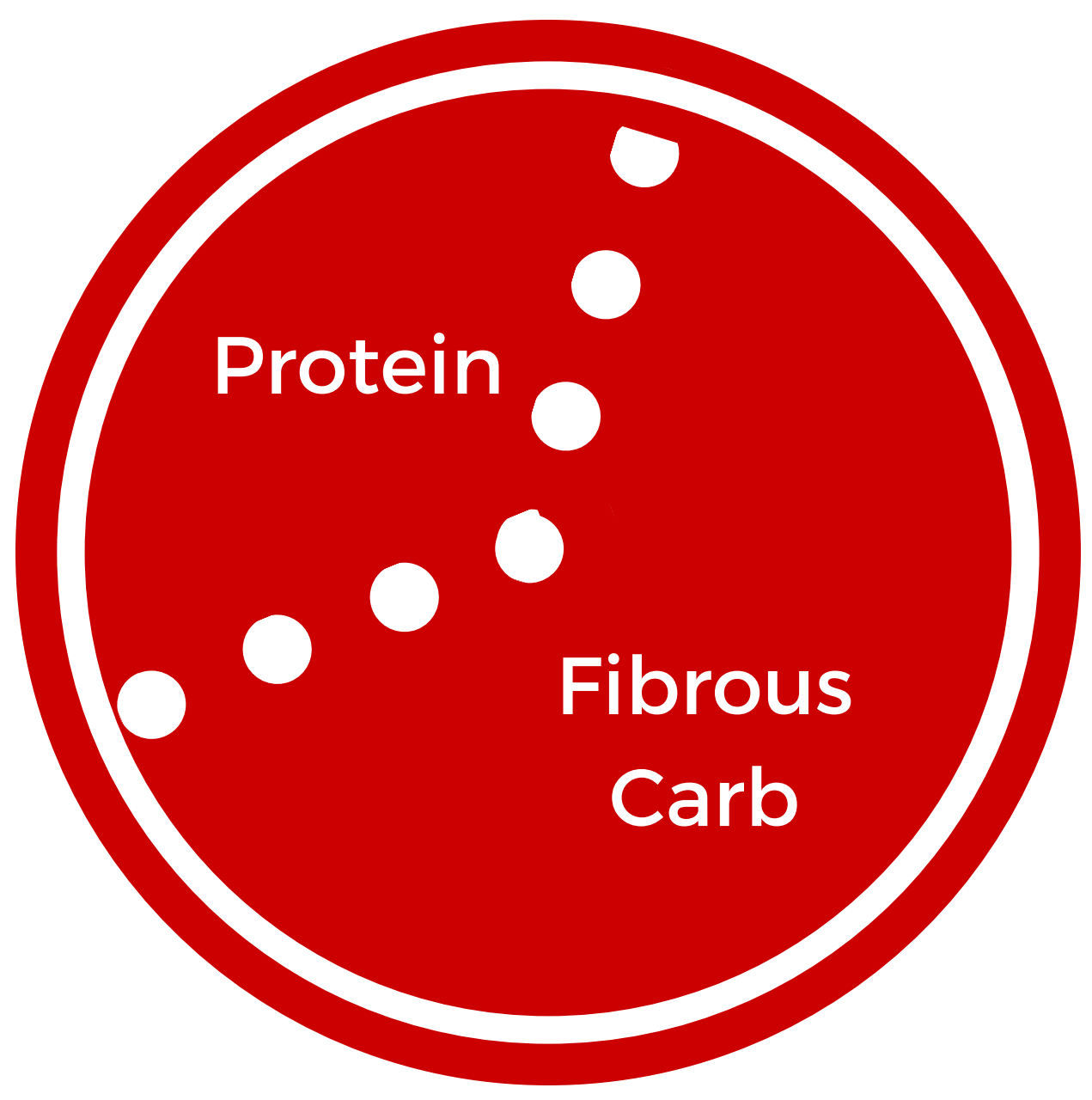
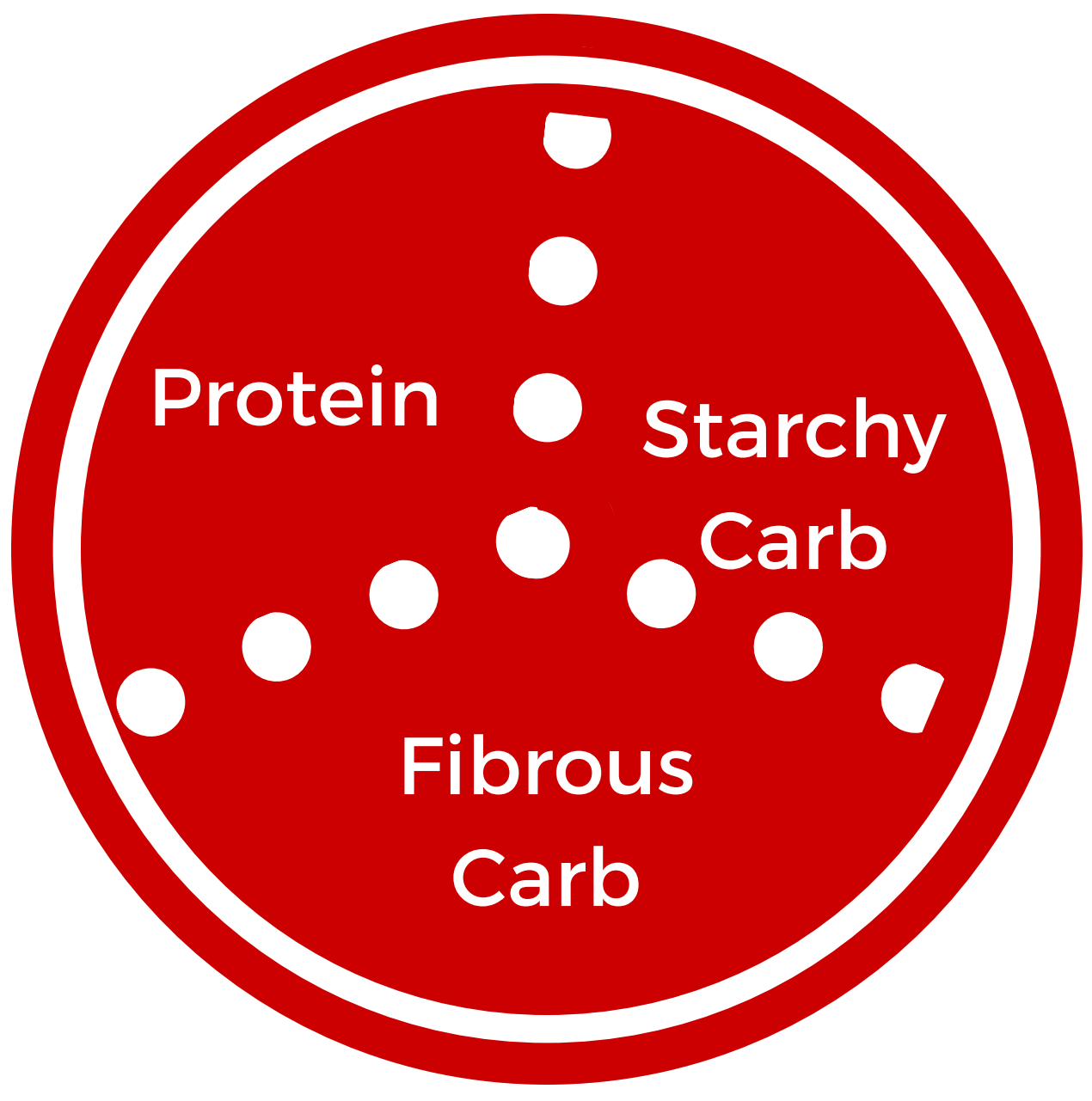


Plate 1

Best in times when activity is low

Plate 2

Best in times when activity is high



Step 2: Pick A Protein

PORK LOIN

Lean Beef

TUNA

EGGS

beef jerky

mahi mahi

sea bass

Plain Greek Yogurt

Scallops

ham

CHICKEN BREAST

Tilapa cottage cheese

Buffalo

Lobster

SALMON

nitrate-free deli meat

TOFU

HALIBUT

WHEY PROTEIN

cod

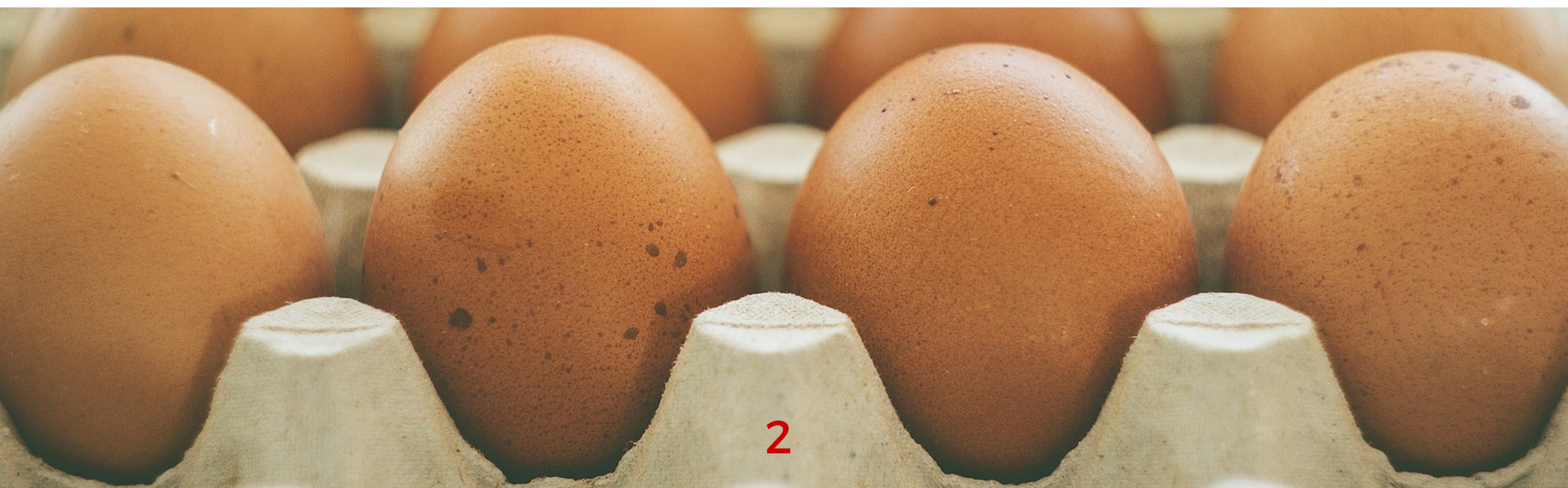
venison

Shrimp

SOYBEANS

trout

Turkey Breast



Low Calories
Low Carbs
High Fiber

Generally 1c is
under 50 cals

Step 3: Pick A Fibrous Carb

grapes **MANGOS**
Butternut Squash TOMATO
TANGERINES Cantaloupe
GRAPEFRUIT eggplant brussel sprouts
pomegranate Blackberries TOMATO
Arugula **BROCCOLI** Melon
plum Romaine Nectarine
onion Asparagus Acorn Squash
strawberries Zucchini
GREENS cucumber
Banana Cherries
Mushrooms **APPLES** PEAR
Celery Bok Choy Watermelon
orange Cauliflower Carrots **KIWI**
Honey Dew raspberries
SPINACH KALE pineapple
Green Beans Peppers
Blueberries Radishes



High Calories
High Carbs
High Fiber

Generally 1c is
over 125 cal

Step 4: Pick A Starchy Carb

Oatmeal

Potatoes

Bulgar Wheat

Quinoa

CORN

Barley

Pinto Beans

Black Beans

Ezekiel Bread

Brown Rice

PEAS

Navy Beans

Kidney Beans

Wild Rice

YAMS

Garbonzo Beans

Lentils

Spelt

PUMPKIN

Whole Grain Cereal

whole grain pasta

BLACK EYED PEAS

WHITE RICE

Couscous

Buckwheat

Whole Grain Breads

Great Northern Beans

Split Peas

Grits

SWEET POTATO



Step 5: Limit Healthy Fats

Olives

Coconut

Pumpkin Seeds

PEANUTS

Almonds

Flax Seed

Safflower Oil

grass fed butter

Chia Seeds

Sesame Oil

Olive Oil

Macadamia Nuts

Sesame Seeds

hemp seeds

AVOCADO

Soybean Oil

WALNUTS

Sunflower Seeds

Pecans

Coconut Oil

Brazil Nuts

Canola Oil

hazelnuts

PEANUT OIL

PISTACHIOS

Cashews

Nut Butters



Step 6: Preparing Your Meal

How many different ways have you tried preparing your meals? Distinct flavors are brought out through a variety of ways used to cook food. Encourage yourself to try a new approach to cooking your next meal,

STEAM

Rotisserie

broil

Toasting

GRILL

Roast

Open Fire

BAKE

Pan Fry

raw

microwave

SMOKE

Boil

sauté

brewing



Step 7: Adding Variety

Variety is the spice of life. When preparing meals, you create an adventure for your taste buds by adding spices and herbs to your meals. Adding any of the ingredients below can change the once boring grilled chicken breast can take on a whole new flavor each time you prepare it.

cumin Paprika **curry** GARLIC **SALT**
Black Pepper oregano Bay Leaves
parsley DILL **GINGER** fenugreek
rosemary Poppy Seed curry Basil
MINT saffron nutmeg **THYME** **Cloves**
Juniper **ONION** **chili powder**
TUMURIC cilantro **SAGE** chipotle
cinnamon



10 Rules To Live By

1

Learn to read food labels.

2

Only eat when you're hungry,
not when you're bored.

3

Your nutrition mantra should
be - Plan, Be Prepared then Act.

4

Drink one large glass of water
15 mins before you eat.

5

Include protein with every meal.

6

Avoid going for seconds.

7

Eat foods that were recently
alive, mainly plants.

8

Avoid foods that have some form
of sugar in the first 3 ingredients.

9

Don't deprive yourself, moderation
is key to long term nutrition.

10

Eat food products that contain
less than 5 ingredients.