



FOOD CHART

PROTEIN

FOOD	NOTES
BONELESS, SKINLESS, CHICKEN THIGH	
CHICKEN BREAST	
COLLAGEN PROTEIN POWDER (BUBS, VITAL PROTEIN, ETC.)	LIMIT 1 SCOOP PER DAY
DUCK	
EGG	
EGG WHITES (T)	
FISH/SEAFOOD	
GROUND MEAT (ANY KIND - 90% LEAN)	
LAMB	
PLAIN, FAT FREE GREEK YOGURT (T)	
PORK TENDERLOIN	
PROTEIN POWDER (WHEY, VEGAN/ VEGETARIAN) (T)	USE FOR POST-WORKOUT
STEAK (ANY CUT) FILET, SIRLOIN, STRIPLOIN, FLANK	
TURKEY BACON	UNFAVORABLE CONSUME LESS THAN 20%
TURKEY BREAST	
VENISON	
YOGURT (PLAIN) (T)	UNFAVORABLE CONSUME LESS THAN 20%

VEGGIES

FOOD
ASPARAGUS
BELL PEPPERS (T)
BROCCOLI
BRUSSELS SPROUTS
CAULIFLOWER
CELERY (T)
CUCUMBER (T)
GREEN BEANS
LEAFY GREENS
ONION
RADISH
TOMATOES*
YELLOW SQUASH
ZUCCHINI

*CANNED IS OK AS LONG AS THERE ARE NO ADDITIVES.

*(T) INDICATES A FOOD WHICH MAY BE EASY TO PREP FOR TRAVEL.

*ANY RAW VEGETABLES ARE ALLOWED, EVEN IF THEY ARE NOT INCLUDED IN THIS CHART.

*ANY MEAT IS ACCEPTABLE AS LONG AS IT DOESN'T HAVE ADDED SUGAR AND APPROVED INGREDIENTS. 90%+ LEAN MEATS ARE ALLOWED. IF YOU ARE FOLLOWING THE SP TEMPLATE YOU WILL NEED TO ADJUST YOUR FAT SERVINGS ACCORDINGLY.

*IF YOUR ONLY OPTION FOR GREEK YOGURT OR YOGURT IS A VERSION WITH FAT IN IT, THEN YOU WOULD JUST WANT TO REDUCE YOUR FAT SERVING ACCORDINGLY (IF YOU ARE FOLLOWING THE TEMPLATE).



CARBOHYDRATES

FOOD	NOTES
ACORN SQUASH (V)	
APPLE	
BANANA (T)	
BEANS - ANY	
BEETS (V)	
BLACKBERRIES	
BLUEBERRIES (T)	
BUTTERNUT SQUASH (V)	
CANTALOUPE	
CARROTS (T) (V)	
CHERRIES (T)	
CLEMENTINE ORANGES (T)	
COCONUT WATER	ONLY FOR POST WORKOUT
CORN	
DELICATA SQUASH (V)	
DRIED FRUIT (T)	
GRAPES (T)	
KIWI	
LENTILS	
MANGOES	
OATMEAL (T)	

FOOD	NOTES
ORANGE (T)	
PEACH	
PEAR	
PEAS (V)	
PINEAPPLE	
PLUM	
PROGENEX BUILD	ONLY FOR POST-WORKOUT
PUMPKIN (V)	
QUINOA	
RASPBERRIES	
RICE (ANY)	
RICE CAKE (T)	UNFAVORABLE CONSUME LESS THAN 20%
RICE NOODLES	UNFAVOURABLE CONSUME LESS THAN 20%
SPAGHETTI SQUASH (V)	
STRAWBERRIES	
SNAP PEAS (T) (V)	
SWEET POTATO	
POTATO	
TORTILLA CORN	UNFAVORABLE CONSUME LESS THAN 20%
TORTILLA WHOLE WHEAT	UNFAVORABLE CONSUME LESS THAN 20%
WATERMELON	
WHOLE GRAIN / MULTI GRAIN / EZEKIEL / GLUTEN FREE BREAD	

*IF THERE IS AN ITEM ON THE CARB WHICH HAS A (V) ON IT, IT MEANS YOU CAN CONSUME THIS ITEM AS YOUR VEGGIE BUT YOU WOULD WANT TO REDUCE THE WEIGHT TO 20% OF THAT LISTED ON THE FOOD CHART IF YOU ARE FOLLOWING THE TEMPLATE.

*ANY RAW, UNSWEETENED FRUITS ARE ALLOWED, EVEN IF THEY ARE NOT INCLUDED IN THIS CHART. IF YOU WANT A FRUIT WHICH IS NOT ON THE CHART, AND ARE FOLLOWING THE SP TEMPLATE SEARCH FOR HOW MANY CARBS THERE ARE IN IT AND AIM FOR 20 GRAMS OF CARB PER SERVING.



FAT

FOOD	NOTES
AVOCADO	
AVOCADO OIL	
BACON	UNFAVORABLE, CONSUME LESS THAN 20%
BUBS MCT OIL POWDER	
COCONUT MILK	
COCONUT OIL	
GHEE	
HALF & HALF	UNFAVORABLE, CONSUME LESS THAN 20%
HEAVY CREAM	UNFAVORABLE, CONSUME LESS THAN 20%
HUMMUS	UNFAVORABLE, CONSUME LESS THAN 20%
NUT OR SEED BUTTER (T)	
OLIVE OIL	
OLIVES (T)	
RAW ALMONDS, CASHEWS, WALNUTS OR ANY NUTS OR SEEDS (T)	
SESAME OIL	

APPROVED SAUCES /SEASONING
BROTH
HOT SAUCE
LEMONS/LIMES
MUSTARD
COCONUT AMINOS
SALSA - NO ADDED SUGAR
VINEGAR ANY (NOT WINE)
ANY/ALL SPICES AND SEASONING ARE ALLOWED. INCLUDING GARLIC, CHILI PEPPERS, ETC. AIM FOR LOW SODIUM.

APPROVED BEVERAGES
UNSWEETENED NUT MILK - LIMIT TO .25 CUP PER DAY
COFFEE
LA CROIX OR UNSWEETENED SPARKLING WATER
TEA, GREEN TEA - NO ADDITIVES OR SUGAR
WATER

APPROVED BARS
RX OR PERFECT BAR **TRAVEL ONLY**

VEGETARIAN / VEGAN PROTEIN OPTIONS

FOOD
BEAN, ANY TYPE
CHICKPEAS
HEMP SEEDS
LENTILS
LOW FAT TOFU
NUTRITIONAL YEAST
SEITAN
SOY BEANS
TEMPEH
TOFU



FOOD	SIZE	SERVING
PROTEIN	PALM	WOMEN: 1, PERFORMANCE: 1.5 MEN: 2, PERFORMANCE: 2.5
CARB	CUPPED HANDFUL	WOMEN: 1, PERFORMANCE: 1.5 MEN: 2, PERFORMANCE: 2.5
FAT	THUMB	WOMEN: 1 MEN: 2
VEGGIES	FIST	WOMEN: 1-2, PERFORMANCE: 2 MEN: 1-2, PERFORMANCE: 2

TO KEEP THINGS SIMPLE, IF YOU PREFER TO FOLLOW THE PALM SERVING METHOD INSTEAD OF WEIGHING AND MEASURING FOODS, YOU MAY FOLLOW THE GUIDANCE IN THE TABLE BELOW.





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