



The Right Nutrition

Eat Supportive Meals 6 times a day. A supportive meal is one which provides material from which we can build and maintain cells, one which allows us to maintain a balance of hormone production allowing for ongoing fat release, as well as one which provides adequate “highly thermic” fuel for energy production. While fat, for example, requires very little work for digestion, a “supportive meal” is one which in itself would ask the body to expend energy and produce heat at high levels.

A Supportive Meal should include:

- Lean Proteins
- Starchy Carbohydrates
- Fibrous Carbohydrates

Lean Protein

Egg Whites	Swordfish
Grouper	Lobster
Mahi-mahi	Shellfish
Chicken Breast	Sushi / sashimi
Turkey Breast	Halibut
Tuna	Marlin
Shrimp	Cobia
Cod	Wahoo
Salmon	Tofu (soy)
Fat-free Dairy Products	Beans - cooked (black beans, kidney, chick peas or lentils)

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Starchy Carbohydrates

- Barley
- Red Beans
- Corn
- Lentils
- Oatmeal
- Popcorn
- Tomatoes
- Yams/Sweet Potato
- Lima Beans
- Black-Eyed Peas
- Whole-Wheat Flour
- Pasta
- Peas
- Rice (Brown, Jasmine, Basmati)
- Shredded Wheat
- Potato
- Butternut Squash
- Cream of Rice Cereal
- Couscous
- Corn Tortillas

Fibrous Carbohydrates

- | | |
|-----------------|----------------|
| Asparagus | Red Peppers |
| Bell Pepper | Romain Lettuce |
| Broccoli | Spinach |
| Brussel Sprouts | String Beans |
| Cabbage | Tomatoes |
| Cauliflower | Zucchini |
| Celery | Carrots |
| Cucumber | Okra |
| Eggplant | Onion |
| Garlic | Mushrooms |
| Green Beans | Kale |
| Green Peppers | Artichoke |
| Yellow Peppers | |
| Red Peppers | |
| Pumpkin | |

Quick Yogurt Mini Meal

Fat Free Vanilla flavored Yogurt
Oatmeal
Sugar free granola cereal
Dried rice cereal
Raisins

Mix the cereals and oatmeal together. Mix in yogurt. Add raisins.

Quickie Pita Sandwiches

Turkey sandwich on whole grain pita with some spinach leaves, tomatoes, sprouts, and a bit of mustard is a complete meal. (Use turkey breast meat off the turkey. Processed turkey meat is filled with additives and fillers.)