

Get Started

Step One: During the first 15 to 30 days, you will focus on vegetables, fruits, lean proteins and small amounts of whole grains by referring only to the green food list section. You may drink coffee and tea. You may eat eggs, some dairy, healthy fats, and nuts. Do your best to avoid bread, rice, potatoes, pasta, baked goods, and sugar. Do not consume alcohol or carbonated drinks.

Step Two: During this phase, you can start including foods from the yellow food section, including starchy carbohydrates, high fiber cereals, pasta, whole wheat bread, and additional dairy items—consume in small amounts. You will remain in Step Two until you reach your body composition goal. Continue to lean out and lose body fat.

Step Three: Once you have reached your target goal, you'll want to move into the third and final step. During the third step, you will define your diet for a longer period of time, preferably turning it into a lifestyle. Avoid placing restrictions and eat 85% of your diet from the green and yellow food list, allowing yourself every so often to eat from the red food section. There are no restrictions on what types of red foods you can eat. However, it is expected that the amount of foods from the red list will not exceed foods from the yellow and green list. Your aim is to not gain weight in the Third Step. In addition, it is important to reduce your portion size when it pertains to the red food list—think small amounts.

An athlete needs energy from food to train and stay focus. Building the right food combinations within your meals will help the body function properly. It will increase your results and keep your blood sugar levels low, giving the body energy all day long. Included below are examples of using the green and some yellow starchy carbohydrates from the food list to build meals. Not every meal needs to be a perfect combination. Just do your best to keep amounts as even as possible, staying within the percentages.



FOOD LIST

Eat lots of fresh fruits, veggies & lean protein. Avoid processed foods, fast foods & sugar. Eat healthy fats like avocados, nuts & seeds.

GREEN = GO Best choices. Include foods from this list often, every day in your diet.

YELLOW = USE CAUTION Good choices. Use these foods sparingly.

RED = STOP These foods should be consumed rarely or never.

GREEN

VEGETABLES

ARTICHOKE HEARTS
ARUGULA
ASPARAGUS
BAMBOO SHOOTS
BEAN SPROUTS
BEETS
BELL PEPPER
BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
ENDIVE
EGGPLANT
FENNEL BULB
JICAMA
KALE
LEeks
MUSHROOMS
MUSTARD GREENS
OKRA
ONION
PARSNIPS
PEAS IN THE POD
RADISHES
SALAD GREENS
SAUERKRAUT
SCALLIONS
SNOW PEAS
SPINACH
STRING BEANS
SUGAR SNAP PEAS

YELLOW

VEGETABLES

ACORN SQUASH
BEANS BLACK, LENTILS, PINTO
BUTTERNUT SQUASH
HUMMUS
CORN
PUMPKIN
SWEET POTATO
YAMS
POTATO

BREADS/CRACKERS

BAGEL
BREAD, WHOLE WHEAT
BREAD, RYE
BREAD, ITALIAN
BREAD CRUMBS
ENGLISH MUFFIN
MELBA TOAST
PITA
TORTILLA, WHEAT, CORN

CEREALS

GRANOLAS
GRAPE-NUTS
GRITS
KASHI
MUESLI
OATMEAL
PUFFED CEREALS
SHREDDED WHEAT

RED

VEGETABLES

FRIED VEGETABLES
VEGETABLES IN CREAM SAUCE

SNACK FOOD

CHIPS, POTATO, CORN ETC.
GRANOLA BARS
BREAKFAST BARS
TOASTER PASTRY

BREADS/CRACKERS

WHITE BREADS
CRACKERS WITH MULTIPLE
INGREDIENTS

CEREALS

SUGARY CEREALS AND ALL
CEREALS NOT LISTED ON
GREEN AND YELLOW LIST

DESSERTS

CAKE
PIES
COOKIES

SUMMER SQUASH
TOMATOES
TOMATOES, CANNED
TOMATOE SAUCE
TURNIPS
WATER CHESTNUTS
WATERCRESS
ZUCCHINI

GRAINS

QUINOA
AMARANTH
OATS
EZEKIEL BREAD LENTILS

FRUIT

APPLE
APRIOCOTS
AVOCADO
BANANAS
BLACKBERRIES
BLUEBERRIES
BOYSENBERRIES
CANTALOUPE
CHERRIES
FIG
MANGO
NECTARINE
PAPAYA
PEACH
PEAR
PERSIMMON
PINEAPPLE
PLUM
POMEGRANATE
RASPBERRIES
STRAWBERRIES
TAMARIND
TANGERINE
WATERMELON

PROTEINS

BEEF TENDERLOIN
CUBED STEAK

SPECIAL K
WHEAT GERM
WHEATIES

GRAINS

BARLEY
BULGUR
COUSCOUS
KAMUT
BUCKWHEAT
MILLET
PASTA
RICE, ALL
KASHI GO LEAN
FIBER ONE
CREAM OF WHEAT

PROTEINS

PRIME BEEF
CORNEDED BEEF
GROUND BEEF CHUCK
NEW YORK STRIP
PORTERHOUSE STEAK
SHORT RIBS
T-BONE STEAK
VEAL CUTLET
LAMB RIB ROAST
GROUND LAMB
PORK TOP LOIN
BOSTON BUTT PORK
PORK CHOP
PORK CUTLET
SAUSAGE
DARK MEAT CHICKEN
DARK MEAT TURKEY
DELI MEATS

DAIRY

CHEESE
FETA
MOZZARELLA
RICOTTA
2% MILK
GRATED PARMESEAN

PASTRIES
CUPCAKES
ICE CREAM
FROZEN YOGURT
SORBET
CANDY
FRUIT SNACKS
FRUIT ROLLS
PUDDING
JELLO
MARSHMALLOWS

BEVEREGES

SODA, REGULAR AND DIET
PRESWEETENED TEA AND
FRUIT DRINKS
MILK SHAKES
MALTED MILK
HOT CHOCOLATE
BEER
WINE
MIXED ALCOHOLIC DRINKS
PRESWEETENED COFFEE
DRINK

GRAINS

ENRICHED PASTAS
ENRICHED RICE

PROTEINS

BOLOGNA
SALAMI
PEPPERONI
BRISKET
HOT DOGS
RIB STEAK
PORK BACON
BRATWURST
GROUND PORK
PORK SAUSAGE
SPARE RIBS
FRIED CHICKEN
CHICKEN NUGGETS

GROUND ROUND
GROUND SIRLOIN, LEAN
FILET MIGNON
FLANK STEAK
ROUND STEAK
ROAST BEEF TOP ROUND, OR RUMP
SIRLOIN STEAK
VEAL
VEAL CHOP, LEAN
LAMB CHOP
LAMB ROAST
LAMB LEG
HAM, LEAN
CANADIAN BACON
HAM LOIN CHOP
PORK TENDERLOIN
CHICKEN WHITE MEAT, NO SKIN
CORNISH HEN, NO SKIN
GROUND CHICKEN
TURKEY, WHITE MEAT
GROUND TURKEY
GAME
BUFFALO
DUCK
VENISON
GOOSE, NO SKIN
OSTRICH
PHEASANT
RABBIT
FISH
BASS
BLUEFISH
CATFISH
COD
CRAB
FLOUNDER
HERRING (UNCREAMED)
HALIBUT
LOBSTER
TILAPIA
MACKEREL
ORANGE ROUGHY
OYSTERS
PERCH PIKE
POLLOCK
SNAPPER (RED OR YELLOW)
IMITATION SHELLFISH
SARDINES
SCALLOPS
SHRIMP
SWORDFISH STEAK
TROUT

FATS

ALL VEGETABLE OILS
NOT LISTED ON GREEN
LIST

NUTS & SEEDS

ROASTED NUTS
PEANUT BUTTER

FRIED FISH
FISH STICKS

DAIRY

FULL FAT CHEESES
WHOLE MILK
CREAMS

FATS

HYDROGENATED OIL
TRANS-FATS

MISC.

FAST FOOD
PROCESSED FOODS
PACKAGED FOODS WITH 5
INGREDIENTS OR MORE ON
THE LABEL.
SUGAR
WHITE FLOUR

TUNA (CANNED IN WATER
OR FRESH)
TILAPIA
WHITEFISH
SALMON (CANNED IN
WATER OR FRESH)

DAIRY

EGGS
LOWFAT COTTAGE CHEESE
ALMOND MILK
RICE MILK
GREEK YOGURT

FATS


SUNFLOWER OIL
COCONUT OIL
WALNUT OIL
AVOCADO OIL
OLIVE OIL
GRAPESEED OIL
PUMPKIN SEED OIL

NUTS & SEEDS

CASHEWS
PECANS
WALNUTS
ALMONDS
PEANUTS
NUT MEAL/FLOUR SEEDS
NUT BUTTERS, ALMOND
PISTACHIOS
BRAZIL NUTS

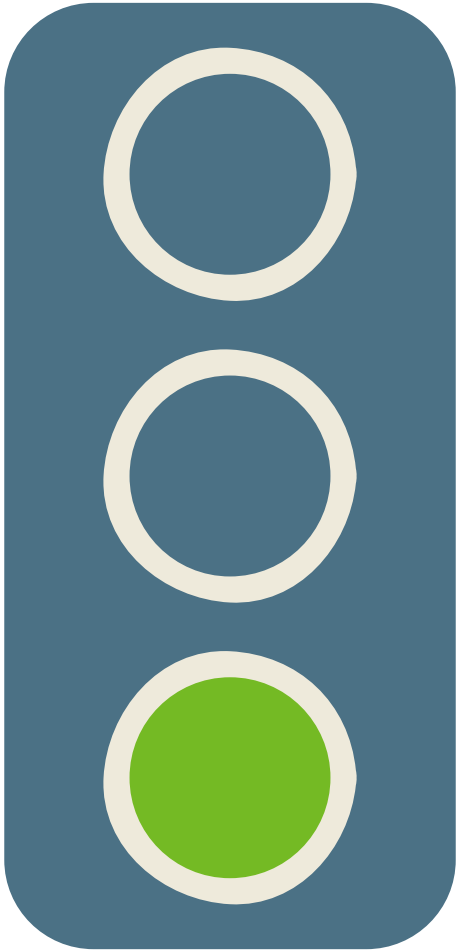
MISC.

VINEGAR
BALSALMIC VINAIGRETTE
RASBERRY VINAIGRETTE
SALSA
PICO DE GALLO
MUSTARD
COOKING SPRAY
HERBS, SPICES
COFFEE, TEA



***This list does not contain
every single food item.
Use your best judgment to
consume foods as close to
how they come in nature.
If there is an ingredient
label containing more
than a few items, it is not a
clean food.**

GREEN LIST SAMPLE MEALS



Breakfast: Vegetable frittata with spinach, mushrooms, Onions & tomatoes.
1/2 grapefruit

Snack: Small handful of almonds
1 apple

Lunch: Turkey sandwich roll up:
2 large butter lettuce leaves
3 oz turkey
mustard
add sliced carrots, cucumber, peppers & tomato. Roll up and enjoy.
1 orange

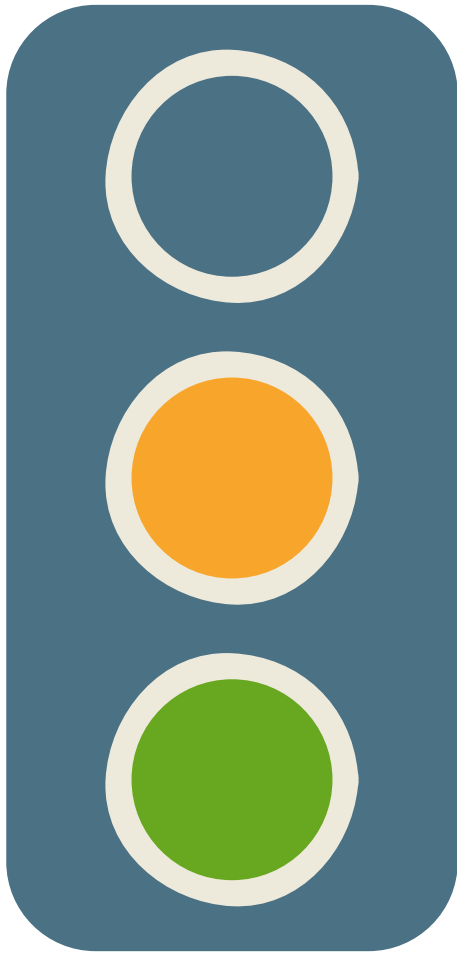
Snack: 1/2 cup baby carrots, 1/2 cup greek yogurt

Dinner: Green salad: 2 cups Spring mix salad w/ beets, celery and any other raw veggies 2 tsp olive oil balsamic vinegar
3 oz skinless chicken breast, grilled or baked
1/2 cup steamed broccoli
1/2 cup quinoa

Snack: 1/2 cup cottage cheese, 1/2 cup berries of any kind

GREEN & YELLOW LIST

SAMPLE MEALS



Breakfast: 1 whole wheat english muffin
2 Tbsp almond butter (or any other nut butter)
1 banana

Snack: Smoothie:
Water, juice from 1/2 grapefruit, 1 scoop protein powder, large handful of spinach or other greens, small handful of berries, 1 tbsp flax seed

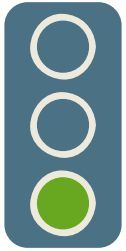
Lunch: Flatbread Burrito:
1 flat bread
3/4 cup black beans
2 tbsp salsa
Leafy greens & sliced veggies of choice
1 pear

Snack: 1 string cheese & large handful grapes

Dinner: 3 oz grilled fish, 6 oz baked sweet potato, 1/2 cup grilled asparagus
1 cup strawberries or blueberries

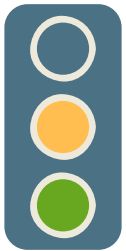
Snack: 1/2 cup cottage cheese, 1/2 cup berries

MEAL SYMBOL KEY



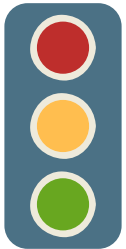
GREEN MEALS

These meals are your healthiest choices and are created only using foods from the "Green List" on your food guide.



GREEN & YELLOW MEALS

These meals are created using foods from the "Green & Yellow List" on your food guide.



GREEN, YELLOW & RED MEALS

These meals are created using foods from the "Green, Yellow & Red List" on your food guide.



MEAL PREP

Meals with the chef symbol mean, they are great for meal prep. Eliminate the stress and time factor of having to cook every single night by meal prepping. It saves you time in the kitchen and helps keep you on track with healthy eating!