

FUEL PLAYBOOK

Eat well. Feel Energized.



Learning to create a balanced plate is one of the most important skills you can acquire if you want to stay energized and active.

In this playbook, you will learn how to fuel yourself properly, how to lean out, stay energized and maximize your cognitive function.

If you follow our basic rules, you will have guaranteed success.

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OVERVIEW

Balancing your plate overview

To balance your plate, you first need to understand the proper components of a plate. You need the proper combination of fats, proteins, smart carbohydrates and an abundance of vegetables.

VEGETABLES

Almost 50% of your plate should be comprised of vegetables. In the subsequent pages we have given you a list of these vegetables that you can have often! Use them liberally. If your favorite did not make the list, don't worry! Just keep it to a minimum.

FATS

There is a lot of misunderstanding about fats, but the main point is that a little goes a long way--and it is easy to over do it. Strive for no more than 1 thumb sized amount of oil, butter, avocado, or any other favorites you might have. Watch the nuts and dressings....these count as your fats too!

PROTEINS

Lean proteins should make up almost 1/4 of your whole plate. Approximately one fist size or 4-6 ounces. A high protein diet has its many benefits: Increased metabolism, muscle building & tissue repair and satiety to name a few.

SMART CARBS

Smart carbs are high in fiber, low in sugar and have a high nutritional value. They are slow to metabolize which means it will keep you full longer (satiety!) and provide a steady source of energy. You won't get those 4pm crashes if you eat these wisely.

FRUITS

We love fruit! Fruits are a great source of nutrients, fiber and natural sugar. We love them most during the first half of the day when you are most active so your body has plenty of time to metabolize these natural sugars.



BALANCED PLATE

ONE SMALL
CUPPED
HAND
1/2 CUP

ONE THUMB
1 TBSP OR LESS

ONE SMALL
PALM (NOT
FINGERS!)
3-5 OUNCES

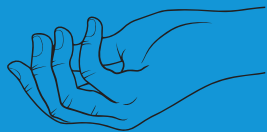
SMART CARB

FAT

PROTEIN

HIGH USE VEGGIE

ONE FIST
4 OZ FOR
WOMEN
6 OZ FOR
MEN





HIGH USE VEGGIES

USE 1 CUP OR MORE AT EACH MEAL DAILY
LIMIT ALL OTHER VEGGIES TO 1/2 CUP

ARTICHOKE

ARUGULA

ASPARAGUS



BEET GREENS

BOK CHOY



BROCCOLI

BRUSSELS SPROUTS

CABBAGE-RED OR
GREEN

CAULIFLOWER

CELERY



COLLARDS

EDAMAME

ENDIVE

GREEN BEANS



KALE

LEEKS

LETTUCE-EXCLUDES
ICEBERG



MICROGREENS



MIXED GREENS



MUSHROOMS

OKRA



SPINACH

SQASH-ZUCCHINI



SWISS CHARD

WATERCRESS

ZUCCHINI

Try most veggies sautéed,
steamed or roasted, or fresh!



Superfood! An excellent source of
nutrients including folate, zinc, calcium,
iron, magnesium, vitamin C and fiber.
Contains high levels of anti-inflammatory
compounds known as carotenoids, which
may protect against certain types of
cancer.



FRUITS



APPLES



AVOCADO



BLACKBERRIES



BLUEBERRIES

CLEMENTINES



**CRANBERRIES-NOT
DRIED**

GRAPEFRUIT

HONEYDEW

LEMONS

LIMES

OLIVES

ORANGES

PAPAYA

PEACHES



RASPBERRIES

RHUBARB

STRAWBERRIES

Best consumed for breakfast or lunch only in order to prepare your body for fat burning in the evening. Eat 1 piece of fruit in place of smart carb.



Superfood! An excellent source of nutrients including folate, zinc, calcium, iron, magnesium, vitamin C and fiber. Contains high levels of anti-inflammatory compounds known as carotenoids, which may protect against certain types of cancer.



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PROTEINS

EAT 3 TO 6 OZ PER MEAL

VEGAN

SOY
QUINOA
QUORN
BEANS AND LENTILS
SEITAN
HUMMUS AND PITA
SPIRULINA WITH GRAINS AND NUTS

CARB + PROTEIN

SWEET POTATO
BLACK BEANS
PINTO BEANS
WHITE BEANS
OATMEAL
CHIA PORRIDGE/PUDDING

HIGH USE/LOW FAT PROTEIN

BRISKET
EGG
EGG WHITE
ORGANIC PROTEIN POWDER
CHICKEN BREAST
TURKEY BREAST
CANNED TUNA (SOLID WHITE)
TOFU
TOP ROUND STEAK (GRASS FED BEEF)
FLANK STEAK (GRASS FED BEEF)
CODFISH
GREEK YOGURT
RAINBOW TROUT
GROUND CHICKEN
GROUND TURKEY
MAHI MAHI
TILAPIA
PORK LOIN
BISON
WILD MEATS
SLICED TURKEY



ELEMENTAL X



SMART CARB



BLACK BEANS

BROWN RICE

BOILED WHITE POTATO



BUTTERNUT SQUASH

CHICKPEAS

FARROW

LENTILS

OATMEAL

PLANTAIN



QUINOA

SPAGHETTI SQUASH

SPROUTED GRAINS

SWEET POTATO

WHITE BEANS

WILD RICE

EAT 1/2 CUP COOKED WITH
BREAKFAST OR LUNCH



Great evening option!



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BREAKFAST

Overnight Oats

- Oats 1/2 cup
- Almond Milk 1 cup
- Cinnamon 1 tsp
- Sliced Almonds 1 TBSP

Side of Nonfat greek yogurt 1/2 cup

Mixed Berries 1/2 cup

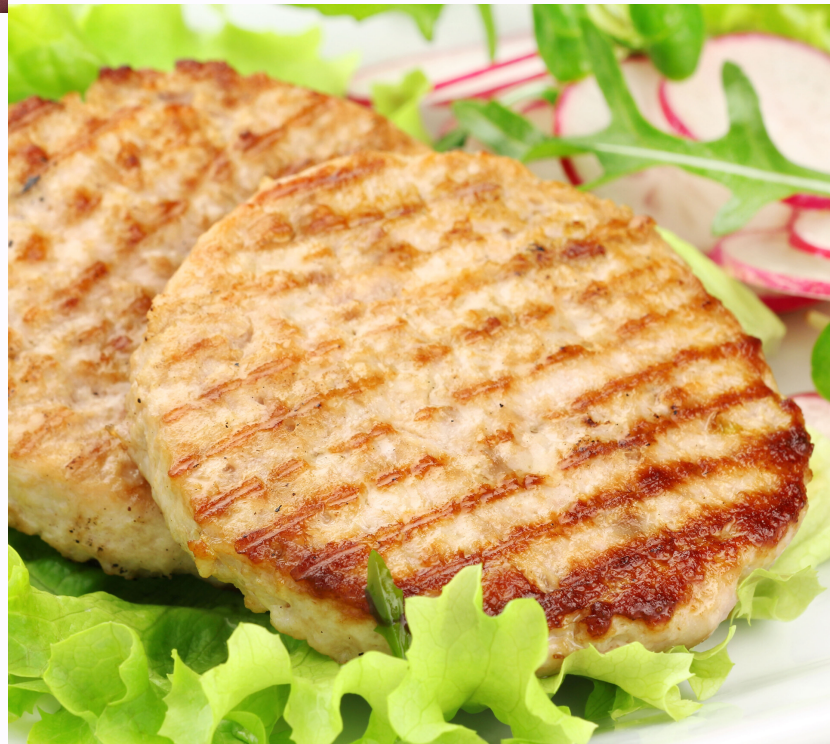
LUNCH

Savory Turkey Burger

- see recipe attached
- Add ketchup/mustard

Side Salad

- Arugula 1 cup
- Tomatoes 1/4 cup
- Red Onion 2 TBSP
- Olives 1 TBSP
- Feta 1/4 cup



DINNER

Grilled Shrimp and Pineapple Skewers 4-6 oz

Grilled Asparagus 1 cup

Wild Rice 1/2 cup



BREAKFAST

Breakfast Burrito

-Egg whites	3/4 cup
-Spinach	1 cup
-Onion	1/4 cup
-Clean Tortilla Wrap	1 wrap

LUNCH

Spaghetti Squash w/ 4-6 oz

Turkey Meatballs

-see recipe attached 1 cup

-Roast squash 30-40min
after slicing in half
lengthwise

-Top with Marina

Apple with Cinnamon



DINNER

Crispy Tofu 4-6 oz

-see recipe attached

Shredded Cabbage slaw 1 cup

-see recipe attached



BREAKFAST

Lemon Poppyseed Protein Muffins

-see recipe attached

-Butter to taste

3 mini
muffins

1 TBSP

LUNCH

Bean Burger

-see recipe attached

-sliced tomato, ketchup
and mustard to taste

-No bun!

-Choose your favorite
veggie from the veggie
list!



DINNER

Buddha Bowl

-see recipe attached

Choose your version!