

GOOD FUEL

Breakfast & Midmorning Snack

Non-Sugar Cereal (Cheerios)
Fruit
Oatmeal/Cream of Wheat
French Toast
Pancakes
Toast/Bread
Bagels
Boiled Egg
100% Fruit Juice
Lowfat Milk
Lowfat Chocolate Milk

Lunch and Pre-training Snack

Turkey
Lean Roast Beef
Peanut Butter
Tuna in Water
Seafood Salad
Lean Ham/Ham Salad
Wheat Bread
Cheese (2 slices)
Fruit
Hummus
Salad with Lite Dressing
Baked Potato (add skim milk)
100% Fruit Juice
Lowfat Milk
Lowfat Chocolate Milk
The "Ade's"
Power Bars
Protein Shake (Boost/Ensure/
Carnation Instant
Breakfast/Met-RX
Pretzels
Lowfat Yogurt
Fig Newtons

Dinner

Skinless Chicken
Fish
Lean Beef
Red or Black Beans
Pasta
Rice
Bread
Tofu
Yams
Potatoes
Green & Yellow Vegetables
(baked/steamed)
100% Fruit Juice
Lowfat Milk
Lowfat Chocolate Milk
Water

Evening Snack

Air popped popcorn
100% fruit Juice Popsicles

BAD FUEL

Breakfast & Midmorning Snack

Sugared Cereal (Cap'n Crunch)
Donuts
Pastries
Bacon
Butter
Margarine
Regular Cream Cheese
Fried in Butter Eggs
Coffee/Caffeine (dehydrates)
Soda (No redeeming value)
High Fat Muffins

Lunch and Pre-training Snack

French Fries
Whoppers/Big Macs
Hot Dogs
White Bread
Fried Chicken Patties
Croissant Sandwiches
Grilled Cheese Sandwich
Fried Fish Patties
Non-Lean Deli Meats (Pastrami)
Chips
Soda
Fruit Punch (Usually 10% Fruit Juice)
Pizza
Oil or Heavy Salad Dressing
Super Size Portions

Dinner

Anything Fried
Prime Rib
Chicken Wings
Calzones
Butter
Gravy
Alfredo Sauce
Cream Sauces
Cheese Sauces

Evening Snack

Alcohol (should not have to say it)
Ice Cream
Cakes and Pastries

Control the things you can

- Learn to read the labels to find the hidden fats
- How Fuel is prepared is as important as what it is. A vegetable deep fried does not accomplish your objective
- Protein portions should be no bigger than your palm
- 5 or 6 Small meals a day is optimal