

In the “Food Choice” document we list a wide variety of foods that will help you achieve health and fitness. However, we still need to balance those choices.

We will guide you in the right direction – but we are not in the business of making meal plans. It’s tedious, boring, and most people won’t follow it anyway!

For every meal and snack – AKA every time you eat – we are looking for balance between:

- 1) meat
- 2) vegetables and/or fruits
- 3) nuts and oils

Starting out we are not overly worried about weighing or measuring – we simply want all three items to be on your plate and in reasonable amounts. Make this a habit even during times of stress and you’ll be taking a major step in the right direction. As you gain more experience and comfort with these choices we can tweak quantities to help you reach specific goals.

Here are four *examples* – breakfast, lunch, snack, and dinner.

Breakfast

Scrambled Eggs with Mushroom and Pine Nuts (by Nikki Young)

Ingredients: Eggs, finely chopped chives, sliced mushrooms, oil, pine nuts, salt, and pepper. Finish off with some berries for “dessert.”

Lunch

Wild Alaskan Performance Patty (by Robb Wolf)

Ingredients: Wild Alaskan salmon, almonds (or substitute almond butter), eggs, black pepper, and a dash of sea salt. Side garden salad with high quality salad dressing (we prefer Renee’s).

Dinner

Grilled Flank Steak with Pineapple Salsa (by Scott Hagnas)

Ingredients: flank steak, olive oil, chipotle powder, pineapple, chopped red bell peppers, chopped red onion, chopped cilantro, and lime juice. Served with steamed brussel sprouts.

Snack

Paleokits (by Steve Liberati)

Ingredients: grassfed beef jerky, almonds, macadamia nuts, pecans, dried strawberries, dried cranberries.

For more detailed recipes please see the links in our Nutrition Resource section.