

## The 21 Day Shock and Awe Transformation Nutrition Cheat Sheet

- Consume protein, produce, and water immediately upon waking and then every 2-4 hours until you reach your daily protein needs
- Be sure to add "Fats" when selecting low-fat protein sources
- No Starch Options can be consumed anytime, Starchy Options should be reserved for post-workout and limited to 1-2 servings per day

Proteins	Carbs	Fats	Miscellaneous
<p style="text-align: center;"><b>Serving Size- 1 Fist</b></p> <p style="text-align: center;"><b>Optimal</b> <i>Meat, Poultry, and Fish</i></p> <p>Grass-Fed Beef, Free-Range Chicken, Turkey, Pork, Whole Omega-3 Eggs, Wild Salmon, Sardines, Trout, Mackerel, Lamb, Any Fish, Any Wild Game, Any Seafood</p> <p style="text-align: center;"><b>Effective</b> <i>Dairy</i></p> <p>Full-Fat Plain Greek Yogurt, Full-Fat Organic Cottage Cheese, Full-Fat Organic Cheese, Stevia-Sweetened Protein Powder</p> <p style="text-align: center;"><b>Vegan Protein</b> <i>(after exercise)</i></p> <p>Beans, Legumes, Edamame, Tempeh, Seitan, Raw, No Sugar Added Nuts and Nut Butters, Whole Grains</p> <p style="text-align: center;"><b>Limit/Avoid</b></p> <p>Corn Fed Beef, Tilapia (high in omega-6), Swordfish and Albacore Tuna (high in mercury), Soy Products</p>	<p style="text-align: center;"><b>Serving Size- 1 Fist</b></p> <p style="text-align: center;"><b>Veggies</b></p> <p style="text-align: center;"><i>No starch Veggies (any meal)</i></p> <p>Artichokes, Broccoli, Green Beans, Asparagus, Tomatoes, Spinach, Romaine Lettuce, Kale, Peppers, Onions, Bok Choy, Celery, Cucumber, Summer Squash, Mushrooms, Brussels Sprouts, Cauliflower, Collards</p> <p style="text-align: center;"><i>Starchy Veggies</i></p> <p>Beets, Carrots, Corn, Jiacama, Parnsips, Potatoes, Sweet Potato, Pumpkin, Turnips, Winter Squash, Peas</p> <p style="text-align: center;"><b>Fruits</b></p> <p style="text-align: center;"><i>Fruits (any meal)</i></p> <p>Apricots, Mixed Berries, Cherries, Grapefruit, Guava, Kiwi, Nectarines, Peaches, Plums, Tangerines</p> <p style="text-align: center;"><i>Starchy Fruits (after exercise ONLY)</i></p> <p>Apples, Bananas, Melon, Figs, Grapes, Mango, Oranges, Papaya, Pears, Pineapple, Raisins, Watermelon, Pineapple</p> <p style="text-align: center;"><b>Beans and Legumes (after exercise)</b></p> <p style="text-align: center;"><b>Whole Grain Starches (after exercise ONLY)</b></p> <p style="text-align: center;">Sprouted Grain Bread/Pasta (no flour), 100% Whole Grain Bread/Pasta/Cereal, Rye, Pumpernickel, Brown Rice, Old-Fashioned or Steel Cut Oatmeal, Quinoa, Kamut, Bulgur, Barley</p>	<p style="text-align: center;"><b>Serving Sizes</b></p> <p>Handful of Nuts and Cheese, 1-2 TBSP. Nut Butters, 0.5 to 1 TBSP. Oils, 3-6 Whole Omega-3 Eggs</p> <p style="text-align: center;"><i>Fats (any meal)</i></p> <p>Extra Virgin Olive Oil, Extra Virgin Coconut Oil, Organic Canola Oil*, Natural Animal Protein Fats, Grass-Fed Beef*, Whole Omega-3 Eggs*, Wild Salmon*, Trout*, Mackerel*, Flax Meal*, Fish Oil/EFA/Omega-3 Supplement*</p> <p style="text-align: center;"><i>Higher Carb Fats (careful here, after exercise)</i></p> <p>Raw, No Sugar Added Nuts and Nut Butters, Walnuts*, Pumpkin Seeds*, Hemp Seeds* Avocado, Natural Dairy Protein Fats</p> <p style="text-align: center;"><i>* High in Omega-3's-choose often!</i></p> <p style="text-align: center;"><b>Limit/Avoid</b></p> <p>Trans Fats, Vegetable Oil and Tilapia (high in omega-6)</p>	<ul style="list-style-type: none"> <li>- No Sugar Added Tomato Sauce</li> <li>- No Sugar Added Salsa</li> <li>- No Sugar Added Vinegars for Dressings- Apple Cider, Balsamic, Red Wine</li> <li>- Any spices</li> <li>- Coffee</li> <li>- Tea</li> <li>- Stevia (plant-based sweetener)</li> <li>- Raw Cane Sugar (1 teaspoon)</li> <li>- Unsweetened Almond Milk-Vanilla or Chocolate</li> <li>- Limit Sweeteners like Aspartame, Splenda, etc.</li> <li>- Whole Foods Based Multi-Vitamin for Your Gender</li> </ul>

*If it's not on this sheet, DON'T eat or drink it. Before you put anything in your mouth, ask yourself "Will this help boost my metabolism?" If "yes," then consume it. If "no," then don't. Live by this rule and the body of your dreams will quickly become a reality!*