

emPower Fitness Personal Training Studio: Guide to Supportive Nutrition

Supportive Nutrition Tips to Maximize Lean Muscle Tissue & Burn Stored Body Fat

MOST of the food you eat MOST of the time should come from the following list:

Lean Proteins & Dairy

Light Meat & Low Fat is Best



Best

- chicken and turkey breast
- extra lean ground turkey or chicken
- lean game meats (ostrich, bison)
- fish, shellfish
- egg whites
- nonfat cottage cheese
- top round steak (leanest cut)
- protein powder (whey, casein or mix)
- soy products (soy milk, tofu, edamame)

Good

- flank steak, extra lean top sirloin
- extra lean ground beef
- extra lean red meats
- low fat ground turkey
- lean pork
- nonfat or 1% sour cream, cheese, cream
- cheese, cottage cheese
- nonfat or 1% lowfat, sugar-free yogurt
- whole eggs (1 whole egg per 5-6 whites)

Simple Carbohydrates

Simple Sugars, Limit Intake



all fresh fruits

Fats

All Fats are NOT Bad!

Best

- flaxseed oil
- fish oil
- salmon
- trout
- sardines
- fatty fish

Good

- extra virgin olive oil
- natural nut butters
- olives
- avocados
- nuts & seeds
- lowfat/local dressings



Starchy Carbohydrates

Choose Whole Grains ("WG")



Best

- yams, sweet potatoes
- barley
- oatmeal (old fashioned, unsweetened)
- beans - all types, black-eyed peas
- slow cooked brown rice (long grain/basmati)
- lentils
- white potatoes, red potatoes
- carrots

Good

- 100% WG unsweetened box cereals
- 100% WG cooked cereals
- 100% WG pasta (amaranth, quinoa, etc)
- 100% WG bread (wheat, rye, spelt, etc)
- 100% WG pitas
- 100% WG unsweetened muffins
- quick brown rice
- quick oatmeal

Fibrous Carbohydrates

Brighter & Darker is Better

- spinach, kale, collard greens
- broccoli, cauliflower, brussels sprouts
- green beans, asparagus
- celery
- green and red peppers
- mushrooms (all types)
- tomatoes, onions, cucumbers
- most other vegetables



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