

21 Superfoods Reference Guide

21 SUPERFOODS REFERENCE GUIDE

PROTEINS

1. Lean red meat (grass-fed preferred)
2. Salmon (wild caught preferred)
3. Eggs (omega-3 and cage free preferred)
4. Plain Greek yogurt, cottage cheese, or coconut milk yogurt
5. Protein supplements (whey, milk or plant protein sources)

VEGETABLES AND FRUITS

6. Spinach
7. Tomatoes
8. Cruciferous vegetables (broccoli, cabbage, cauliflower)
9. Mixed berries
10. Oranges

OTHER CARBOHYDRATES

11. Mixed beans
12. Quinoa
13. Whole oats

GOOD FATS

14. Raw, unsalted mixed nuts
15. Avocados
16. Extra virgin olive oil
17. Fish oil (or algae oil)
18. Flax seeds (ground)

DRINKS / OTHER

19. Green tea
20. Liquid exercise drinks (or branched-chain amino acids)
21. greens+® (vegetable concentrate)

Note:

1. Do not select foods that you are allergic to or intolerant of.
2. For a plant-based superfoods reference guide, please see the Plant-Based Diet Guide as part of Precision Nutrition V3 (www.precisionnutrition.com)

Protein, Fat and Carbohydrate Chart

PROTEIN CHART

Food type	Protein dense foods
Food timing	Eaten with each meal
Food amount	1 serving for women (size of palm) 2 servings for men (size of two palms)
Examples	<ul style="list-style-type: none"> • Lean meats such as ground beef, chicken, turkey, bison, venison • Fish such as salmon, tuna, cod, roughy • Eggs • Dairy such as cottage cheese, Greek yogurt, cheese, etc. • Beans, peas, legumes, tofu, tempeh, etc. • Protein supplements <ul style="list-style-type: none"> • milk-based: whey, casein, milk protein blends • plant-based: pea, hemp, rice, soy, etc.

FAT CHART

FOOD TYPE	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT
Food timing	No specific timing ¹	No specific timing ¹	No specific timing ¹
Food amount	1/3 of intake	1/3 of intake	1/3 of intake
Examples	Animal fats (in eggs, dairy, meats, butter, cheeses, etc.) Coconut oil Palm oil	Macadamias, pecans, almonds, cashews, pistachios, tahini, pumpkin seeds, hazelnuts olives, olive oil, avocado	Fish oil, hemp seeds, algae oils, safflower oil, sunflower seeds, peanuts, canola oil, soy nuts, walnuts, flax seeds, flax oil, chia seeds, Brazil nuts

1. As discussed earlier in the text, meals higher in carbohydrate should likely be lower in fat, and vice versa. Therefore if eating a higher carbohydrate post-exercise meal, fat intake would be lower. Conversely, with a higher-fat meal outside of the "workout window", carbohydrate portion should be relatively smaller.

2. For those consuming less overall food and/or consuming a plant-based diet, getting more fat from whole food sources (like olives, nuts, seeds) instead of refined sources (olive oil, nut oil, seed oil) will provide more protein and fiber.

CARBOHYDRATE CHART FOR FAT LOSS AND MUSCLE GAIN

FOOD TYPE	EXERCISE RECOVERY DRINK	SIMPLE SUGARS AND HIGHLY PROCESSED STARCHES	WHOLE-FOOD, MINIMALLY PROCESSED STARCHY CARBOHYDRATES	FRUITS AND VEGETABLES
FOOD TIMING				
For muscle gain	During and after exercise	Immediately after exercise (if at all) ²	Eat soon (within 3 hours) after exercise ³	Eaten with each meal
FOOD TIMING				
For fat loss	During exercise only ¹	Minimize intake	Eat soon (within 1-2 hours) after exercise	Eaten with each meal (with emphasis on veggies)
Examples				
	Sugary, protein-rich recovery drinks such as Biotest Surge, Endurox R4	Sugary sports drinks Breakfast cereals Soda Fruit juice Table sugar Sugary desserts Ice cream Muffins Bagels Other carbohydrate-rich snacks	Bread (preferably whole grain) Pasta (preferably whole grain or flax) Rice (preferably whole grain, unprocessed) Potatoes Oats (preferably whole oats) Cereal grains (wheat, rye, etc.)	Spinach Carrots Tomatoes Broccoli Cauliflower Apples Oranges Avocados Berries

Notes:

1. If your client tolerates carbohydrates well, you can include such a drink during exercise. If your client doesn't, you should probably stick with water or a branched-chain amino acid workout drink (to be discussed later in the course).
2. These food choices should be minimized yet are permissible after exercise for those with good carbohydrate tolerance and the goal of weight gain.
3. If a client has good carbohydrate tolerance and a hard time gaining weight, you can include these foods throughout the rest of the day as well.

Simplified carbohydrate chart for fat loss or maintenance

CARB TYPE	EXAMPLES	WHEN TO EAT
Fibre-rich	vegetables (e.g., broccoli, kale, spinach, carrots, tomatoes, celery, cucumber, zucchini, beets, bok choy, lettuce, collards, radish, onion, chard, watercress, etc.) peas beans* legumes* most fruits*	Eat often, and any time of day (especially for veggies)
Whole food starchy	sprouted or whole grain breads and pastas corn yams/sweet potatoes/pumpkin quinoa amaranth oats long grain rice	During the 3 hours after exercise
Refined sugary	desserts fruit juice processed foods soda sports drinks most commercial nutrition bars dates, figs, raisins, dried fruits	Eat occasionally/rarely, and only during the 3 hours after exercise

*Notes: These selections are more carb-dense. So, when including these in meals, be sure not to overeat