



# firedawg fitness

Be The Hydrant...or BE THE DAWG!

Compose your meals with the foods listed below

## Foods That Fight: FAT, FATIGUE & WEAKNESS!

### Protein

Chicken breast  
Lean steak  
Turkey breast  
Egg whites (or one yoke to 3 egg whites)  
Protein powder (whey)  
Veal  
Fat-free cottage cheese  
Greek yogurt (Fage)  
Soy  
Whitefish (tuna, cod, perch, tilapia etc...)  
Salmon

Include at least 25 grams per meal

### Carbohydrates

Rolled oats or oatmeal (Old Fashion)  
Brown rice  
Sweet potato  
Yam  
Potato  
Whole wheat Pasta  
Whole meal Pancakes  
Whole wheat Bread  
Whole wheat Tortilla  
Whole wheat Wrap

Limit consumption after 2 pm

Easy on the grains

Eat 5-6 meals a day approximately 3-4 hours apart, if 5-6 meals are too overwhelming substitute 2-3 meals with protein shakes. Portion and pack meals ahead of time this will help you stay on track. Also log your food, mindless eating adds mindless pounds.

**LET THE LIFESTYLE TRANSFORMATION BEGIN!**

### Vegetables/ Fruits

Broccoli  
Spinach  
Green Beans  
Mushroom  
Tomato  
Lettuce  
Cabbage (the darker the more antioxidants)  
Cucumber  
Cauliflower  
Celery  
Zucchini

Include one cup of fruit or veggies in every meal

### Condiments

Fat-free dressing (Italian/ French)  
Mustards  
Salsa  
Balsamic vinegar  
Lime or Lemon juice  
Lite soy sauce  
Cooking spray  
Fresh herbs / garlic/ chili powder (no oil)  
Low sodium seasoning and marinades

Be creative but watch for added sugars

Food Type	Eye-ball Measurement	Average portion size
Protein	Palm-sized	4-6 ounces
Carbohydrate	½ baseball	Approx. 1/2 cup
Vegetable	Fist-sized	Approx. 1 cup

Don't forget to include at least 30-60 minutes of cardio daily. **No cardio can undo a poor diet!!!**

By: B Moore 3.2011

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