

NUTRITION CHALLENGE 2016 - THE BEST SHAPE OF YOUR LIFE

MEAT, POULTRY, FISH	ALLOWED	MODERATION	AVOID
Beef			
Game Meats			
Lamb			
Pork			
Poultry (chicken, turkey)			
Eggs			
Fish (Salmon, Tuna)			
Shellfish			
Nitrate Free Bacon			
Deli & cured meats with nitrates or artificial ingredients			
VEGETABLES & LEGUMES			
Most Vegetables			
Legumes (except soybean)			
Sweet Potatoe		Limit to post workout meals	
Corn		Limit to post workout meals	
Potatoes		Limited for endurance or athletes no training for weight loss	
Soy			
FRUITS			
All Fresh Fruits		Limit some fruits with high GI to post workout times	
Dried fruit with no added sugar		Post Workout	
NUTS, SEEDS, FATS & OILS			
Nuts, butters, milks, nut "flours"			
Avocado			
Coconut - flakes, milk, flour, aminos			
Most cooking oils (olive oil)			
Animal fats (eg. Butter, lard, duck fat, tallow)			
Corn oil, soy oil			
GRAIN, STARCHES, CORN & SOY	Limited/not allowed depending on participants goals and training		
Sweet Potatoes			
Yams			
Almond flour, coconut flour			
Buckwheat			
Oats and oatmeal			
Brown Rice			
Quinoa			
Amaranth			
Wild Rice			
Corn			
Potatoes			
Tortillas			
White Rice			
Corn, popped			
Pasta (all types - wheat, rice etc.)			
Flours of any complaint or complaint grain			
Bread, flat breads, naan etc.			
SWEETNERS, SUGAR, CANDY & DESSERT			
Stevia			
Coconut sugar			
Sugar/sweetener			
Gum, mints			
Sugar, agave, honey to normally sweeten coffee or tea			
Artificial sweeteners (eg. Splenda)			
Coffee or tea flavoured drinks			
Candy, Chocolate			
DAIRY			
Butter			
Yogurt or kelir (unsweetened)			
Whey Protein		Post Workout (Not Meal Replace- ment)	
Milk, Cottage Cheese			
Cheese			
BEVERAGES			
Water			
Carbonated Water			
Coffee		Limited to 1-2 per day	
Lemon or lime juice			
Coconut Water (unsweetened)			
Vegetable Juice			
Fruit puree (blended)			
Wine or spirits			
Cooking with alcohol			
Fruit Juice			
Soda (regular, diet, or 'natural')			
Beer			