

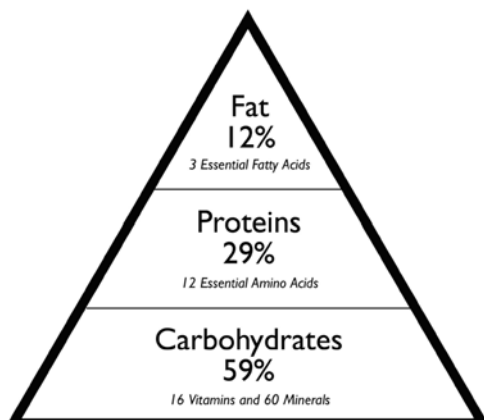
Appendix C and D

APPENDIX C FOOD VALUES

PROTEINS	AMOUNT	PROTEIN	CARBS.	FAT	CALORIES
Egg Whites	4	16g	trace	—	68c
Skinless Turkey Breast	4 oz.	35g	—	4g	183c
Skinless Chicken Breast	4 oz.	28g	—	1g	125c
(Average) Broiled Fish	4 oz.	31g	—	3g	159c
Plain Low Fat Yogurt	8 oz.	12g	16g	4g	144c
Tuna in Water - Can	5.8 oz.	42g	—	1g	192c
2% Low Fat Cottage Cheese	4 oz.	16g	4g	2g	101c
Skim Milk	8 oz.(1 cup)	8g	12g	trace	86c

CARBOHYDRATES	AMOUNT	PROTEIN	CARBS.	FAT	CALORIES
Oatmeal	1 oz.	3g	22g	—	100c
Rolled Wheat Cereal	1 oz.	3g	21g	1g	95c
Rice (Brown)	1/2 cup	3g	23g	trace	109c
Whole Wheat Bread	1 slice	2g.	15g	2g	79c
Baked Potato with Skin	6.5 oz.	5g	51g	trace	220c
Yams	1/2 cup	1g	14g	trace	59c
Lettuce (Head)	6 oz.	2g	4g	trace	21c
Tomatoes	4.5 oz.	1g	6g	trace	26c
Cooked Lentils	1 cup	18v	40g	1g	231c
Pinto Beans	1 cup	11g	35g	1g	186c
Apple	medium	trace	21g	trace	81c
Banana	medium	1g	27g	trace	105c
Pear	medium	1g	25g	1g	98c
Grapefruit	1/2	1g	10g	trace	39c
Orange	medium	1g	17g	trace	69c
Melon	cup	1g	14g	trace	55c
Tangerine	medium	1g	9g	trace	37c

FATS	AMOUNT	PROTEIN	CARBS.	FAT	CALORIES
Olive Oil	1 tbsp	—	—	14g	119c
Wheat Germ Oil	1 tbsp	—	—	14g	120c
Flax Seed Oil	1 tbsp	—	—	14g	120c
Safflower Oil	1 tbsp	—	—	14g	120c
Canola Oil	1 tbsp	—	—	14g.	124c



APPENDIX D SAMPLE MEAL SELECTIONS

	SAMPLE A	SAMPLE B	SAMPLE C
MEAL ONE	Egg Whites Wheat Toast Orange Skim Milk Wheat Germ Oil	Egg Whites Oat Meal Yogurt Wheat Germ Oil	Chicken Breast Brown Rice Grapefruit Wheat Germ Oil
MEAL TWO	Fish Broiled Vegetable Salad Pear Olive Oil	Tuna Slice W. W. Bread Orange Flax Oil	Turkey Breast Pinto Beans Banana
MEAL THREE	Chicken Breast Sweet Potato Apple Flax Oil	Turkey Breast Vegetable Salad Melon Flax Oil	Fish Broiled Vegetable Salad Slice W. W. Bread Olive Oil
MEAL FOUR	Turkey Breast Steam Vegetables Olive Oil Grapefruit	Chicken Breast Cooked Lentils Yogurt Apple	Egg Whites Oatmeal Apple Skim Milk
MEAL FIVE	Oatmeal Egg Whites Banana Olive Oil	Wheat Cereal Cottage Cheese Grapes Flax Oil	Cottage Cheese Pineapple Slice W. W. Bread Yogurt

Quantities to be determined by bodyweight.

**NOTE: Drink water with each meal. Add protein powder as needed.
Take supplements with each meal as recommended.**

As you can see, the FDA food pyramid is considered today to be incorrect. If you take into account the way body builders eat, it just makes sense. It is not properly explained. That is why so many people are fat. The primary function of the food pyramid is the nutrition factor as illustrated in Figure I. It shows minerals and vitamins come from carbs (vegetables and fruits). Every day you need all those nutrients, especially if you are an athlete. When you sweat all those minerals are being depleted. Most people that are sick tend to be depleted of certain amounts of minerals. Minerals are the key to health. If you do not have a mineral base, no amount of vitamins, proteins or fats will work efficiently in your body. Minerals are the catalyst to make everything work in your body.