



# Results Plus Personal Training

Remember...stories sell while facts show and tell. Dave Parise CPT.

***Make sure you are eating every 2-1/2 to 3 hours.***

## Breakfast Ideas

- First pick either 3/4 cup cooked oatmeal, cream of rice, or quinoa. Either will do. Next, add a scoop of whey protein powder to the mixture. If you'd prefer to not use a shake, then simply make 3 egg whites any style you would like. Egg whites from a carton are perfectly fine here. If the taste is bland or variation is necessary, try using unsweetened applesauce, Splenda, organic fruit spread, cinnamon, slivered almonds, or a few blueberries or cranberries to mix things up a bit.
- 3/4 cup Ewerhorn gluten free crispy brown rice cereal. Add this to one scoop protein powder with ice and water and shake or blend. If you would rather having this as a cereal, enjoy it in a bowl with almond milk or rice milk and have the protein shake separate. Again, if you do not fancy a protein shake that morning, go with 6-8 ounces of lean ground turkey cooked with non stick spray in a pan. Add Mrs. Dash salt free seasoning to flavor it.
- 3 egg whites with any vegetables on a whole wheat or brown rice wrap. This is where you can get creative again, not only with vegetables, but with fun toppings like salsa once your eggs are prepared. If you like, you can also enjoy the egg and vegetables together over a slice or two of wheat or rye bread.

## Lunch

- Grilled chicken, ground turkey, tuna, salmon, or shrimp over a large green salad with balsamic or low fat dressing (absolutely no Caesar). Next pair that with a 1/2 cup quinoa, brown rice (the small microwavable containers are a great choice for convenience here), or a small sweet potato.
- Grilled chicken or low sodium boar's head turkey breast on rye with your choice of lettuce, tomatoes, mustard, spinach, roasted red or green peppers, and cucumbers. You can substitute the rye bread with a whole wheat wrap or brown rice bread here as well.
- Tuna, with 3/4 cup beans (garbanzo, kidney, etc), sliced carrots, celery, a little olive oil, balsamic vinegar, and seasoning of your choice mixed together in a bowl.

- White meat turkey burger on 100% whole wheat with choice of lettuce, tomato, peppers, cucumber, spinach, etc.
- On the road? Stop by any local Chinese food restaurant and specifically ask for (it won't be on the menu but I guarantee they will have it): Steamed chicken with vegetables. Be sure to say no msg soy sauce, or salt. Avoid the side of white rice they will offer, but a touch of brown rice would be perfectly fine. Sushi or sashimi of any kind with brown rice would be excellent also.

## Dinner

- Chicken, Fish, seafood, 100% white meat turkey, filet or flank steak paired with either a large salad with low fat dressing (olive oil and balsamic or a large portion of grilled or steamed vegetables. Avoid peas, carrots, and corn at this time of day. Make sure you do eat your vegetables not just because you're Mommy told you to, but also because they will fill you up with low calorie food that will keep you from snacking later at night.

## Snacks

(Shoot for two Snacks a day — between breakfast & lunch and then again between lunch & dinner)

Some mid morning snack ideas:

- 1 scoop Protein powder with ice and water
- Apple or banana- (more green than yellow)
- Standard process bar- (at results plus)

Some mid afternoon snack ideas:

- 3/4 Cup Fage yogurt
- Handful of raw almonds or cashews- unsalted
- 3/4 Cup low fat cottage cheese

**Notice there are no starchy carbs at night — If your goal is fat loss — Stay away from anything white: pasta, refried beans, rice cakes, white potato, white rice, sugar, processed dinners, fast foods).**

**Drink your water! Take .65 and multiply it by your body weight for the exact amount of water to drink in ounces. Yes, this will aid in fat loss!**

**We feel this is “realistic eating” A diet is like holding your breath...you can only do it so long!**

**Dave Parise FPTA CPT**