

# "The Terrific Twelve"

## The top twelve best foods you should eat regularly:

This recommended food list, called "the terrific twelve," might be the most valuable Resource you have.

Although the possible variety in your food choices is nearly infinite, these are the *staple foods* that will make up the foundation of your program. Variety is important, but these are the foods you can't go wrong with and the ones you'll keep coming back to time after time.

### The 12 best foods you should eat all the time

- Oatmeal (or other whole grain cooked cereals such as barley, wheat, rye, etc)
- Sweet potatoes
- Potatoes (white or red)
- Brown Rice
- Whole wheat bread and 100% whole grain products
- Vegetables
- Fresh Fruit
- Low fat & non fat dairy products (yogurt, cheese, milk, etc)
- Chicken or turkey breast
- Egg whites (1 YOLK EVERY 4 EGGS)
- Lean red meat (top round, extra lean sirloin)
- Fish and shellfish

### The Six Exchange Groups & Basic Food List

Most mainstream nutritionists still divide foods into the four basic categories; (1) breads and grains, (2) dairy, (3) meats and (4) fruits and vegetables. For our purposes of getting you so lean and completely free of body fat that you look like a walking anatomy chart and total strangers have the irresistible urge to feed you, it's necessary to be much more precise with your food groups.

Because each type of carbohydrate can have vastly different properties and effects on body composition, it's necessary to subdivide the carbohydrates into three separate groups; starchy, fibrous and simple. Proteins will be narrowed down into "lean proteins," eliminating all the high fat proteins from the list, dairy products will be narrowed down to non fat or low fat dairy (still watch Carb content), eliminating all whole milk and 2% products, and good fats will have a category by themselves.

#### Group I: Complex Carbohydrates: (Fibrous)

Asparagus, Broccoli, Cauliflower, Green Beans, Brussel Sprouts, Peas, Cucumber, Squash, Collard greens, Mushrooms, Zucchini, Lettuce, Salads, Pepper, green or red Tomatoes.

#### Group II: Natural Simple Carbohydrates (Fruit)

Apples, Unsweetened applesauce, Blueberries, Bananas, Oranges, Raspberries, Berries, Nectarines, Plums, Grapes, Peaches, Cantaloupe, Grapefruit, Pears.

### **Group III: Complex Carbohydrates (Starchy)**

Oatmeal, Cream of Rice, Cream of Wheat, Cream of Rye, oat bran, barley, multi-grain  
Potatoes (white, red), Sweet potatoes, carrots, Beans, lentils, legumes, Brown Rice,  
100% whole grain dry cereals,  
100% whole wheat or whole grain pasta,  
100% whole wheat bread & whole grain products

### **Group IV: Lean Proteins:**

Chicken breast, Turkey breast  
Fish (Flounder, Haddock, Salmon, Orange Roughy, Cod, Tuna etc.)  
Shellfish (Lobster, shrimp, Clams, etc.)  
Lean Red Meat (Flank Steak, Round Steak, extra lean sirloin)  
Eggs/Egg whites (One yolk for every six whites)  
Low or non-fat dairy products (milk, cheese, yogurt, cottage cheese, etc.)

### **Group V: Dairy Products (1% low fat, skim, or non fat)**

Milk  
Cheese  
Yogurt  
Cottage cheese

### **Group VI: Fats**

Nuts & seeds, flaxseed oil, olive oil, canola oil, natural peanut butter, olives, fish fat.

### **A simple formula for creating effective, fat-burning meals and menus**

Ok, now that you know exactly which foods to choose, you're ready to hand-pick the foods you enjoy and put them all together into your own personalized meals and menu plans. Creating effective, result-producing menus is incredibly easy once you know the simple formula.

Baseline diet formula (50-55% carbs, 30% protein, 15-20% fat)

Step 1: Choose a lean protein from the list for every meal.

Step 2: Choose a starchy carbohydrate from the list for every meal

Step 3: Choose your simple carbohydrates for your breakfasts

Step 4: Choose your fibrous carbs for your lunches and dinners

Step 5: Add essential fats if insufficient quantities are present in your foods

Step 6: Count your meal subtotals and grand totals.

Step 7: Compare your totals to your calorie target and adjust the serving sizes

Step 8: Assign a time a time for each meal

**Breakfasts (meals one and two)**

Because you'll be eating five or six meals a day and the first two meals will probably be in the morning, we'll call meals one and two "breakfasts" for simplicity. The first step in creating a breakfast is to select a lean protein such as egg whites. The second step is to choose a starchy carbohydrate such as oatmeal. The third step, which is optional, is to pick a natural simple carbohydrate such as an orange. Now all you have to do is adjust your portion sizes to fit your personal calorie needs. There you have it – as easy as one–two–three – instant meal!

Here are several examples.

**Example 1**

Egg white omelette

Oatmeal

Orange

**Example 2**

Protein powder

Oatmeal

Banana

**Example 3**

Egg white scramble

Whole wheat toast

All-fruit jelly

**Example 4**

Shredded wheat

Skim milk

protein shake

Of course, there's no reason whatsoever why you can't have green vegetables and Chicken breast for breakfast if that's what you want (I know many bodybuilders who do!) However, this isn't what most people would consider an appetizing or "traditional" breakfast. Traditional breakfasts usually consist of either hot or cold cereal for complex carbohydrates, a piece of fruit for simple carbohydrates and egg whites, protein powder or a dairy product for protein.

### **Lunches and dinners (meals three through six)**

Meals three through six will usually fall in the afternoon and evening, so we'll group these meals together and call them "lunches and dinners" collectively. As with all meals, you begin by selecting a lean protein such as fish or chicken breast. Second, you choose a starchy carbohydrate such as a baked potato. Third, you choose a fibrous carbohydrate such as broccoli. Here are four examples:

#### **Example 1**

Chicken breast  
Baked potato  
Broccoli

#### **Example 2**

Top Round steak  
Sweet potato  
Green beans

#### **Example 3**

Salmon  
Brown rice  
Asparagus

#### **Example 4**

Tuna, low fat mayo  
Whole wheat bread  
Salad

### **The menu template for the baseline diet**

This template allows you to create a virtually unlimited variety of menus. All you have to do is choose the foods you want and plug them into the appropriate slots. Then adjust the portion sizes for your calorie and macronutrient needs.

#### **Meal 1:**

Lean Protein, Starchy Carb, Simple carb (dairy or fruit)

#### **Meal 2:**

Lean Protein, Starchy Carb, Simple carb (dairy or fruit)

#### **Meal 3:**

Lean Protein, Starchy Carb, Fibrous carb (vegetable/salad)

#### **Meal 4:**

Lean Protein, Starchy Carb, Fibrous carb (vegetable/salad)

#### **Meal 5**

Lean Protein, Starchy Carb, Fibrous carb (vegetable/salad)

#### **Meal 6**

Lean Protein, Starchy Carb (small serving), Fibrous carb (vegetable/salad), essential fat