

Protein, Fat and Carbohydrate Chart

PROTEIN CHART

Food type	Lean, complete protein sources
Food timing	Eaten with each feeding opportunity
Food amount	1 serving for women (size of palm) 2 servings for men (size of two palms)
Examples	<ul style="list-style-type: none"> • Lean meats such as ground beef, chicken, turkey, bison, venison • Fish such as salmon, tuna, cod, roughy • Eggs (egg whites, occasional whole eggs) • Low-fat dairy such as skim milk, cottage cheese, yogurt, part skim cheese, string cheese, etc. • Vegetarian choices such as tofu, tempeh, soy burgers, soy jerky, soy sausage, soy bacon, seitan, etc. • Protein supplements <ul style="list-style-type: none"> • milk-based: whey, casein, milk protein blends • non-dairy/vegan: hemp, brown rice, soy, or other plant-based blends

FAT CHART

FOOD TYPE	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT
Food timing	No specific timing ¹	No specific timing ¹	No specific timing ¹
Food amount	1/3 of intake	1/3 of intake	1/3 of intake
Examples	Animal fats (in eggs, dairy, meats, butter, cheeses, etc.) Coconut oil Palm oil	Olive oil Nuts and nut butters Avocado	Flax seeds and oil Fish oil Nuts and nut butters Vegetable oils

1. As discussed earlier in the text, meals higher in carbohydrate should likely be lower in fat, and vice versa. Therefore if eating a higher carbohydrate post-exercise meal, fat intake would be lower. Conversely, with a higher-fat meal outside of the "workout window", carbohydrate portion should be relatively smaller.

CARBOHYDRATE CHART FOR FAT LOSS AND MUSCLE GAIN

FOOD TYPE	EXERCISE RECOVERY DRINK	SIMPLE SUGARS AND HIGHLY PROCESSED STARCHES	WHOLE-GRAIN, STARCHY CARBOHYDRATES	FRUITS AND VEGETABLES
FOOD TIMING				
For muscle gain	During and after exercise	Immediately after exercise (if at all) ²	Eat soon (within 3 hours) after exercise ³	Eaten with each feeding
FOOD TIMING				
For fat loss	During exercise only ¹	Minimize intake	Eat soon (within 1-2 hours) after exercise	Eaten with each feeding (with emphasis on veggies)
Examples				
	Sugary, protein-rich recovery drinks such as Biotest Surge, Endurox R4	Sugary sports drinks Breakfast cereals Soda Fruit juice Table sugar Sugary desserts Ice cream Muffins Bagels Other carbohydrate-rich snacks	Bread (preferably whole grain) Pasta (preferably whole grain or flax) Rice (preferably whole grain, unprocessed) Potatoes (preferably sweet potatoes or yams) Oats (preferably whole oats) Cereal grains (wheat, rye, etc.)	Spinach Carrots Tomatoes Broccoli Cauliflower Apples Oranges Avocados Berries

Notes:

1. If your client tolerates carbohydrates well, you can include such a drink during exercise. If your client doesn't, you should probably stick with water or a branched-chain amino acid workout drink (to be discussed later in the course).
2. These food choices should be minimized yet are permissible after exercise for those with good carbohydrate tolerance and the goal of weight gain.
3. If a client has good carbohydrate tolerance and a hard time gaining weight, you can include these foods throughout the rest of the day as well.