Thoroughbreds Don't Eat Cream Puffs

by

Fred Schafer, M.S., C.F.T.

Discover the Best Cutting Edge Nutrition Information on the Planet that will help you to execute and thrive at your highest potential possible. Never again will you go on a diet or try to "lose weight"!!!

WWW.FITFOODDUDE.COM
FRED@FITFOODDUDE.COM
530-356-7536

Frequency

Average 5-6 Approximately Equally Sized,
smaller "Feedings" per Day, every 2-4 hours.

- Eat less calories
- Shed fat +Muscle
- Improves Energy
- Lowers Stress
- Revs metabolism
- Aids Digestion
- Builds Lean Tissue
- Shrinks Stomach ??- Eat Hungry?
- Colon Cancer

Actual Sample Days

3-4 Scrambled egg whites with one yolk, spinach, mushrooms, onions, potato, tomato, sprinkle lightly with cheese	"SuperShake" with Strawberry Whey protein, non fat plain yogurt, (Benefiber & Greens Plus are optional)
Handful of raw almonds, blueberries	Grilled chicken breast, Spinach salad with Newman's Light Balsamic Dressing Sautéed Zucchini & Tomato w/ raw butter
Premium White Turkey Burger, Whole Grain Brown Rice, Broccoli Florets	Non fat cottage cheese – tablespoon of unsweetened applesauce or low sugar yogurt

Lean Body Latte	2-3 tablespoons organic natural peanut butter & celery sticks
Post Workout Drink	Top Sirloin Steak Spinach Salad with Newman's Ligh Balsamic Dressing
Leftover Chicken breast, Small red beans, Bell Peppers, Onions, Tomato	Fat Free Cottage Cheese & $^1/_2$ Tablespoon Flaxseed Oil, Cinnamon and Nutmeg

Fiber One cereal with fresh strawberries/blueberries and skim milk	Cravers Spirulina Energy Bar
Raw cashews and apple	White Lean Turkey Pan Roast, red potatoes, asparagus, mushrooms, green beans, fresh garlic
Lunch at a Mexican restaurant (I sometimes do this as one of my "10%" feedings and after a hard work out. Yes, even with Chips & Salsa!)	Whey protein, flax seeds, teaspoon natural peanut butter and cottage cheese smoothie (almost ice cream!)

What Should I Have for Breakfast?

Whey protein (www.wheyoflife.org), benefiber & coffee

Fiber one, Kashi or whole grain unsweetened cereal -skim milk and berries

Egg whites with spinach, lean turkey bacon, Ezekial toast & ½ orange

Whey protein & skim milk, small piece fresh fruit, 100 % whole grain toast

Lean Ground beef, spinach & onion burrito with a low carb high fiber tortilla

Two tablespoons of natural peanut butter, skim milk

Scrambled eggs (One Yolk, as many whites as desired) with O.F Oatmeal

Cottage cheese and fresh fruit (Berries are best)

Turkey ham on ½ slice real whole wheat bread, slice of non-fat cheese and fresh fruit

Plain, sugarless yogurt with flavored whey and fruit

Egg salad on slice of real bread with fruit

Two deviled eggs, slice real toast with a "Butter spray", ½ orange

Hi protein meal replacement shakes. Grams of protein to match or exceed grams of carbs.

Quality

EAT LIKE A CAVE DWELLER

- PICK IT?
- PULL IT?
- MILK IT?
- CATCH IT?

14 "Bricks" to More Effective Eating

Brick 1. This system is based on your cells being "ready for dinner"; that is, you are strength training consistently.

Brick 2. EAT BREAKFAST within 10-15 minutes of getting out of bed. Just do it!

Brick 3. EAT SMALLER EQUALLY SIZED MEALS EVERY 2.5-3.5 HOURS; 6-8 "meals" per day.

Brick 4. FIBROUS CARBOHYDRATES (fresh/frozen vegetables and fruit) (4-8 portions daily). Focus on vegetables (too many to list). Three portions of veggies to each fruit. Why? Because most of us do the opposite. With fruit, work on more high fiber berries (blue, straw, black & rasp).

Brick 5. LEAN PROTEINS (4-8 portions daily), 2-6 oz depending on your size. Many people don't eat enough lean protein, especially women. Protein repairs and builds the body, including the brain. It requires the most calories to digest. Not eating enough hurts your health..period! Include turkey, chicken, beef, tuna, lean pork, eggs, ham (no sugar added), low/non-fat cottage cheese, all sea foods (except fried), whey protein, low/non-fat milk & soy.

Brick 6. FAT (4-8 portions). Yes..fat. Fat has been considered taboo for decades. This is a mistake. Fat does not make us fat. Too little muscle, inactivity and over indulgence = obesity and health problems. Include a little natural fat at meals. Fat helps with hormone regulation, nerve transmission and vitamin absorption. It also adds flavor and prevents hunger/food binges. Portions should be about a tablespoon or one ounce. Include real butter, hard and crumbled cheeses, heavy whipping cream, bacon, genuine mayonnaise, sour cream, natural peanut butter, nuts and seeds, omega and olive oils, guacamole, olives.

Brick 7. STARCHY CARBOHYDRATES (2-3 day; 2-4 oz portions). Includes brown rice, baked/boiled potatoes, 100% whole grain bread, peas and corn, beans of all types. I know, I know. The pyramid says 6-11? Look, try 3-4 a day. Get more carbs from veggies. I doubt anyone will dry up and blow away. You will be fine; perhaps even finer. ☺

Brick 8. JUNK FOOD NIGHT. 4-hour period each week to indulge a little. Keep meals equal size, and keep the day consistent. Mine is always Friday night for example.

Brick 9. INVEST IN A GOOD COOLER WITH ICE PACKS. ALWAYS BE PREPARED.

Brick 10. ADDED SUGARS AND MAN-MADE FATS. This is a problem! Avoid high fructose corn syrup, corn syrup, sugars, and hydrogenated oils.

Brick 11. TO SHED EXCESS FAT QUICKER AND KEEP IT OFF, avoid/reduce carbs (Except green veggies, AKA "Green Face") last 1-2 meals before bedtime.

Brick 12. DETERMINE YOUR CALORIE PER DAY and per "feeding" target, but don't get neurotic.

Brick 13. FILL UP ON FIBER. Lean protein & fiber in combination are the one two punch to knockoff fat & keep muscle. Plus, it helps greatly with digestion.

Brick 14. FOCUS ON PORTIONS, NOT SERVINGS. A little broccoli is better than none.

NUTRIENT TIMING FOR A LEANER, HEALTHIER, AND FITTER BODY AND LIFE!

A) Feeding # 1-2 (Food Guide Pyramid/Low Fat Diets

Carbs 65%

Protein 30%

Fat 5%

B) Feedings # 3-4 (Zone/Body for Life)

Carbs 40%

Protein 40%

Fat 20%

C) Feedings # 5-6 (South Beach/Atkins)

Protein 65%

Fat 25%

Carbs 10%

A "secret" to continually building lean tissue while shedding fat is to Zig-Zag Your days.

For example, I might follow the pattern above for 2-3 straight days, and then on the third or fourth day I will have three "A" feedings so my body does not fall into starvation mode.

Listed below are some examples of types of protein foods and their nutritional profile. For foods that are not listed, go to www.calorieking.com

LEAN PROTEINS

ITEM	AMOUNT	CALORIES	PROTEIN	CARBS	FAT
Egg White	1	17	3.5	.3	0.0
Whole Egg	1	75	6.3	.6	5.0
Chicken Breast, skinless	4 oz.	196	35.1	0	5.1
Turkey Breast, skinless	4 oz.	178	33.9	0	3.7
Turkey, Ground Extra Lean	4 oz.	120	28.0	0	1.0
Tuna, packed in water	4 oz.	120	26.0	0	1.0
Salmon, fresh	4 oz.	206	28.8	0	5.8
Beef, Ground Extra Lean	4 oz.	265	21.1	0	19.3
Beef, Top Sirloin	4 oz.	229	34.4	0	9.1
Beef, Top Round	4 oz.	214	35.9	0	6.7
Shrimp	4 oz.	120	23.0	1.0	2.0
Lobster	4 oz.	111	23.2	1.5	0.7
Protein Powder, whey	2 scoops	180	35.0	4.0	3.0

For the rest of the nutrients, please visit www.fitfooddude.com and look under articles for ***Nutritional Values Quick Reference Chart.***

QUANTITY

APPROXIMATE CALORIES PER DAY/MEAL FORMULA

Fred's ideal lean body weight: 180

1. Your ideal lean body goal: _____

Fred's calories per day: 1800-2100

2. Establish your calories per day minimum by tacking on a "0" to your Goal, Plus a 300 Cal "Buffer". Do not go below your minimum!

   Your calories per day: _____

---

i.e.: 1800 calories ÷ 6 meals = 300 calories per "meal" or feeding

3. Establish your calories per meal by dividing total calories per day by the number of meals you will have (i.e.: 6-8):

   _____ calories÷6 meals =

   _____ calories per meal

DAILY NUTRITION LOG

	Food/Drink	Protein (grams)	Carb (grams)	Fat (grams)	Calories
Today's Goals					
Meal #1 Time::					
Meal #2 Time::					
Meal #3 Time::					
Meal #4 Time::					
Meal #5 Time::					
Meal #6 Time::					
Daily Totals:					