

# Guidelines

With Personal Trainer Food, there is no reason to ever feel deprived or hungry. You can add food to your base meal plan, make your own breakfast, add snacks, and even eat out on our program. Just use the simple Guidelines below and you will get great results!

## DO

### Meats are unlimited

Any kind of meat (beef, chicken, pork, fish, seafood, etc.).

### Eggs are unlimited

Eggs prepared in any way.

### Leafy greens are unlimited

Lettuce, kale, spinach, etc.

### Non-starchy vegetables are unlimited

Cucumber, celery, tomatoes, broccoli, cabbage, cauliflower, avocado, pickles, etc.

### Nuts (up to 3oz per day)

Select from almonds, pistachios, macadamia, walnuts, or sunflower seeds.

### Cheeses (up to 6oz per day)

Stick to harder cheeses (cheddar, mozzarella, parmesan, etc.).

### Apple (up to one per day)

Any type of apple is fine.

### Sauce/dressing with 2g or less of sugar per serving

Be sure to check the label. Include most ranch, blue cheese, hot sauce, salsa, etc. Avoid "low-fat" or "reduced calorie" dressings and sauces.

### Butter and oil are unlimited

Sweet Garlic Butter Sauce, butter and oils are fine.

### Herbs and spices

Any herbs or spices can be added to your foods.

### Non-dairy powdered creamer

Can be used to lighten coffee, tea, or other beverages.

### Non-caloric sweeteners

Natural or artificial (sucralose, Splenda™, aspartame) sweeteners may be used. Avoid malitol (found in most sugar-free candies).

### Walk 20 minutes (2,000 steps) each day

A simple walking routine will maximize your results.

## DON'T

### Sugar

Candy (even sugar-free), dessert, pies, ice cream, etc. Watch for added sugars in foods such as fructose, high-fructose corn syrup, glucose, barley malt, sucrose, etc.

### Agave or honey

These are sugars and will stall fat loss.

### Starches

Flour, grains, rice, bread, pasta, cereal, granola, popcorn, etc.

### Starchy vegetables

Potatoes, sweet potatoes, corn, artichokes, peas, beans, etc.

### Milk or other dairy not listed under 'Do'

Such as non-fat milk, cream, yogurt, cottage cheese, cream cheese, sour cream, etc.

### Milk alternatives

Such as soy, rice, almond, or hemp milks.

### Nuts not listed under 'Do'

Such as peanuts, cashews, pecans, etc.

### Nut butters of any type

Such as peanut, almond, or cashew butters.

### Fruits

Avoid all fruits except for an apple a day.

### Protein or meal replacement bars of any type

These are not necessary and can stall fat loss.

### Start killer workouts, marathons or boot camps

Focus on creating a simple and consistent routine of walking every day.

### Cheat

Stick to these guidelines to see your best results; cheating can stall your progress for days.

### Weigh yourself

Measurements, fit of your clothing, and energy levels are better indicators of your progress.

## BEVERAGES

## DO

### Water

Drink plenty of water each day. Lemon wedges or flavor enhancers like MiO™, Crystal Light™, etc. may be added.

### Coffee and unsweetened tea

Non-caloric sweetener and/or a non-dairy powdered creamer may be added if you prefer.

### Diet soda and other sugar-free drinks

Drinks with no sugar may be consumed.

## DON'T

### Juices

Fruit or vegetable juices (even with no sugar added) must be avoided.

### Protein or meal replacement shakes/drinks

These can stall your weight loss. You will get plenty of protein from the foods you're eating.

### Alcohol of any type

Even low-carb, low-calorie, gluten-free, and/or non-alcoholic beer will stall fat loss or build fat.