

# THE METABOLIC COMEBACK

During the 30 Day Challenge, eat **ONLY** these foods.  
Ongoing, choose these 80% of the time.

## WHAT SHOULD BE ON MY PLATE?



### HIGH QUALITY PROTEIN

Organic, Grass-Fed, or Free-Range best, but not required. Eat 1-2 palm sized, and palm thick portions. For eggs, eat 2-4.

BEEF  
CHICKEN  
FISH  
PORK  
GAME MEATS  
EGGS  
COACH FUEL – DF  
COACH BARS - DF



### VEGETABLES

Organic when possible (especially those listed on the EWG “dirty dozen” list). Eat generous portions! Try new varieties.

ARTICHOKE	CUCUMBER	PEPPERS
ARUGULA	EGGPLANT	PUMPKIN
ASPARAGUS	GARLIC	RADISH
BEETS	GREEN BEANS	SNOW PEAS
BOK CHOY	GREENS	SPINACH
BROCCOLI & RABE	JICAMA	SQUASH
BRUSSELS SPROUTS	KALE	SWEET POTATO
CAULIFLOWER	KOHLRABI	SWISS CHARD
CABBAGE	LETTUCE	TOMATO
CARROTS	MUSHROOMS	TURNIP
CELERY	ONIONS	WATERCRESS
CELERY ROOT	PARSNIPS	ZUCCHINI



### FRUITS

Organic when possible (especially those listed on the EWG “dirty dozen”).  
1 serving per meal.

APPLES	BLACKBERRIES	GRAPES	MELONS	PEARS	STRAWBERRIES
APRICOTS	BLUEBERRIES	KIWI	NECTARINE	PINEAPPLE	TANGERINES
BANANAS	CHERRIES	LEMONS	ORANGES	PLUM	WATERMELLON
	DATES/FIGS	LIMES	PAPAYA	POMEGRANITE	DRIED FRUIT
	GRAPEFRUIT	MANGO	PEACHES	RASPBERRIES	(SMALL QUANTITIES ONLY)

For healthy, delicious recipes following these guidelines, visit our website: [www.exercisecoach.com/resources/nutrition](http://www.exercisecoach.com/resources/nutrition) OR our Pinterest Page: <http://www.pinterest.com/exercisecoach> OR our Facebook page: <https://www.facebook.com/theexercisecoach>.  
New recipes added each week!

(OVER)



## HEALTHY FATS

Choose 1-2 fat sources per meal.

### OILS – 1-2 THUMB SIZE PORTIONS

ORGANIC BUTTER	COCONUT OIL
AVOCADO OIL	OLIVE OIL
SESAME OIL (COLD)	PALM OIL
FLAXSEED OIL (COLD)	GHEE
NUT OILS (COLD)	DUCK FAT

AVOCADO – ½ - 1 PER MEAL  
 COCONUT MILK – ¼ - ½ CAN  
 OLIVES – 1-2 OPEN HANDFULS  
 COCONUT SHREDDED – 1-2 HANDFULS  
 NUTS/SEEDS – 1 SMALL HANDFUL



## BEVERAGES

WATER  
 FRUIT/HERB/VEGGIE INFUSED WATER  
 SPARKLING OR MINERAL WATER  
 COFFEE (UNSWEETENED)\*  
 TEA (UNSWEETENED)\*  
 COCONUT MILK  
 GREEN SMOOTHIES (UNSWEETENED)\*  
 COACH FUEL-DF SMOOTHIES (UNSWEETENED)\*  
 ALMOND MILK  
 ICED TEA (UNSWEETENED)

\*PURE STEVIA ALLOWED IN SMALL AMOUNTS



## SPICES / SEASONINGS

BASIL	CILANTRO	GARLIC	NUTMEG	SAVORY
BAY LEAVES	CLOVE	GINGER	OREGANO	SPEARMINT
BLACK PEPPER	CINNAMON	HORSERADISH	PAPRIKA	TARRAGON
CARDAMOM	COCOA (100%)	LEMONGRASS	PARSLEY	THYME
CAYENNE	CUMIN	MARJORAM	PEPPERMINT	TURMERIC
CHILI POWDER	CURRY	MINT	ROSEMARY	VANILLA
CHIVES	DILL	MUSTARD	SAGE	VINEGAR



## CONDIMENTS

Home-made only. Unsweetened\*

ASIAN DRESSING	PICKLES/RELISH (UNSWEETENED)*
BBQ SAUCE	
GUACAMOLE	SALSA
KETCHUP	VINAIGRETTE
MAYO	
MUSTARD (MOST STORE BOUGHT OK)	

\*PURE STEVIA ALLOWED IN SMALL AMOUNTS



## EWG'S DIRTY DOZEN

Shoppers Guide to Pesticides in Produce

APPLES	SNAP PEAS (IMPORTED)
CELERY	SPINACH
CHERRY TOMATOES	STRAWBERRIES
CUCUMBERS	SWEET BELL PEPPERS
GRAPES	<b>PLUS +</b>
NECTARINES	HOT PEPPERS
PEACHES	KALE/COLLARDS
POTATOES	

 ENVIRONMENTAL WORKING GROUP