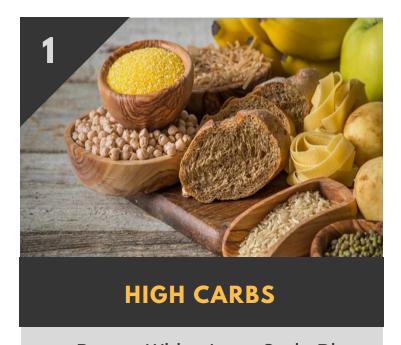


FOOD CATEGORIES

You are what you eat. Selection of food has a profound effect on your physiology. Here are five food categories conducive to lean muscle gain and fat loss.



- Brown, White, Long Grain Rice
- Sweet Potato & Potato
- Whole Wheat Wraps
- Bulgar Wheat
- Rye Bread
- Multi-Seed Bread
 - Oats
- Quinoa & Cous Cous
 - Fruit
- Beans & Pulses



LOW CARBS

- Spinach
- Broccoli
- Brussel Sprouts
 - Peas
- Cauliflower
- Cabbage & Lettuce
- Root Veggies
- Arugula & Rocket
 - Tomato & Peppers
 - Cucumber & Zucchini



FATS

- Avocado
- Nuts & Seeds
- Olives
- Oils



FLUIDS

- Water
- Sparkling Water
- Herbal Teas
- Coffee



PROTEINS

- Beef & Bison
- Poultry
- Fish
- Eggs
- Goat & Lamb
- Shell Fish
- Cheese
- Cottage Cheese
- Pork
- Venison & Sprinkbok



FLAVOURINGS

- Mustard
- Fresh/Dry Herbs
- Low Sodium Marinades
 - Cirtus
- Garlic
- Chili
- Sea Salt & Black Pepper
- Hot Sauce
- Guacamole
- Vinegrette