

# 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.



## 1 HIGH CARBS

## 2 LOW CARBS

- 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

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



## 3 FATS

## 4 FLUIDS

- Avocado
- Nuts & Seeds
- Olives
- Oils

- Water
- Sparkling Water
- Herbal Teas
- Coffee



## 5 PROTEINS

## 6 FLAVOURINGS

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

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