

# Chris Powell

## TRANSFORMATION SPECIALIST | SMART FOODS GUIDE

**Smart Proteins**  
Protein is essential for weight loss since it helps build muscle.



Recommended Serving Size:  
Palm-size portion

**Dairy**  
Cottage cheese (low-fat)  
Greek yogurt (low-fat)  
Yogurt (low-fat/high-protein)

**Poultry**  
Chicken  
Duck breast  
Ostrich  
Turkey breast (low-sodium)

**Red Meat**  
Beef (lean cuts)  
Buffalo (ground)  
Sirloin  
Rump (low-sodium lean)  
Venison

**Seafood**  
Cod  
Cobia  
Cod  
Cobia  
Halibut  
Lobster  
Mussels  
Salmon  
Scallops  
Shrimps  
Snapper  
Tilapia  
Tuna

**Vegetable Proteins**  
Tempeh  
Textured Vegetable Protein (TVP)  
Tofu

**White Meat**  
Pork (lean)

**Smart Carbs**  
Carbohydrates are vital for energy production.



Recommended Serving Size:  
Palm-size portion

**Dairy**  
Milk (1% or skim)  
Yogurt (low-fat) with fruit  
**Bread**  
Corn tortillas  
Whole grain tortillas  
Whole grain English muffins  
Whole grain tortillas

**Fruit**  
Apples (4)  
Apricots (4)  
Blueberries (4)  
Bananas (4)  
Grapes (4)  
Kiwi  
Mangoes  
Oranges  
Peaches  
Pineapples (4)  
Pears (4)  
Pineapple  
Pitaya (4)  
**Carrots**  
Avocados  
Beets  
Brown rice  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celeri  
Collard greens  
Cucumber  
Eggplant  
Endives  
Green beans  
Kale  
Lettuce  
Mashed greens  
Mustard greens  
Mustard greens  
Onions  
Pumpkins  
Red potato  
Sweet potato  
Whole grain cereals  
Whole rice

**Plants**  
Brown rice pasta  
Whole grain pasta  
**Smart Vegetables**  
Broccoli (steamed, raw, baked, small, 1 lb. diameter)  
Sweet potatoes/yams (small 2" diameter, 4" long)

**Legumes**  
Lentils (boiled or low-sodium canned)  
Edamame  
Lentils (boiled or low-sodium canned)  
Pinto

(4) = preferred fruits

**Smart Vegetables**  
Vegetables supply your body with vitamins, minerals and fiber.



Recommended Serving Size:  
Palm-size portion

**Arts & Crafts**  
Avocado  
Asparagus  
Beets  
Bok Choy  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celeri  
Collard greens  
Cucumber  
Eggplant  
Endives  
Green beans  
Kale  
Lettuce  
Mashed greens  
Mustard greens  
Mustard greens  
Onions  
Pumpkins  
Red potato  
Sweet potato  
Whole grain cereals  
Whole rice

**Smart Fats**  
Healthy fats help keep you feeling full longer.



Recommended Serving Size:  
Thimble-size portion

**Dairy**  
Cheese (low-fat)  
Feta cheese  
Heavy cream  
Mozzarella (low-fat)

**Condiments**  
Balsamic vinegar  
Creamy salad dressing (low-fat)  
Pecorino cheese (regular)

**Fruit**

**Whole Fruits**  
Avocado butter (low-fat)  
Avocado (raw, mashed)  
Avocado butter (natural, with seed)  
Avocado (raw, chopped)  
Avocado (raw, mashed)  
Pumpkin seeds  
Sunflower seeds  
Soy nuts (steamed, lightly salted)  
Walnuts (raw, chopped)

**Oils**  
Canola oil  
Flax oil  
Pecan oil  
Olive oil  
Safflower oil

### Smart Beverages

Water, tea, brewed coffee and plant milks, with non-dairy alternatives (if desired). Limit specialty coffee, creamers and sugars as they are a source of refined carbohydrates.

### Smart Condiments

Mustard, barbecue sauce and wine sauces, as well as herbs and spices are recommended; however, any condiment of choice can be used sparingly.

\*This document has not been peer-reviewed by the World Anti-Doping Agency (WADA).

# Chris Powell Smart Food Guide

**C Cleary**

## **Chris Powell Smart Food Guide:**

Chris Powell's Choose More, Lose More for Life Chris Powell,2013-05-07 Transform your body and transform your life with the secret to a slimmer fitter and healthier you Each season millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality transformation show Extreme Weight Loss At the heart of Chris's Choose More Lose More for Life is his signature plan of carb cycling alternating between low and high carb days to kick your metabolism into high gear Building on this strategy and recognizing that no two weight loss journeys need be the same Chris offers four different options for carb cycling Easy Classic Turbo and Fit to help you find a plan that's tailor made for you Never carb cycled before No problem Chris provides all the information you need to get started and see immediate results Chris also understands that weight loss plateaus when we get bored So he focuses on choices including more than twenty new Nine Minute Missions workouts that pack maximum results into minimal time He also offers more delicious and easy recipes to keep you eating well more tracking logs to keep you motivated and more success stories to inspire you as you write your own one that lasts for the rest of your life Shape Your Body in Just Nine Minutes Each Day Find a Carb Cycle That's Made for You Build in Cheat Days to Enjoy Foods You Love Eat Carbs to Lose Weight Take Off the Weight and Keep It Off Forever

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,1923 Includes music    **Christian Companion** ,1906    **The Publishers Weekly** ,2004    *Library Journal* Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2005 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

*Pediatric Nutrition in Practice* Berthold, Koletzko, Zulfiqar A., Bhutta, Wei, Cai, Muhammad Ali, Dhansay, Christopher P., Duggan, Maria, Makrides, Marina, Orsi, 2022-03-03 There is no other time in life when the provision of adequate and balanced nutrition is of greater importance than during infancy and childhood During this dynamic phase of life sufficient amounts and an appropriate composition of supplied substrates are of key importance for growth functional outcomes and the metabolic programming of long term health and wellbeing This condensed volume was compiled with the aim of providing concise information to readers who seek quick guidance on the practice of nutrition of infants children and adolescents After the great success of the first two editions the editors prepared this thoroughly revised and updated third edition with a truly international perspective to address challenges in both affluent and challenged populations around the world This book of outstanding quality will be useful to many healthcare professionals around the world and it will contribute to further enhancing the quality of feeding of healthy infants and children as well as enhancing the standards of nutritional care in sick children

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