

# 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)  
Eggs  
Egg substitutes  
Greek yogurt (non-fat plain)  
Yogurt (low-carb/high-protein)

### Poultry

Chicken  
Duck breast  
Deliish  
Turkey breast (low-sodium)

### Red Meat

Beef (lean cuts)  
Buffalo (ground)  
Eli  
Roast beef (low-sodium deli)  
Venison

### Seafood

Carfish  
Clams  
Cod  
Crab  
Halibut  
Lobster  
Mussels  
Salmon  
Scallops  
Shrimp  
Snapper  
Tilapia  
Trout  
Tuna

### Vegetable Proteins

Tempeh  
Texturized Vegetable Protein (TVP)  
Tofu

### White Meat

Pork (lean)

## Smart Carbs

Carbohydrates are vital for energy production.



**Recommended Serving Size:**  
Fist-size portion

### Dairy

Milk (1% or skim)  
Yogurt (low-fat) with fruit

### Bread

Corn tortillas  
Whole grain breads  
Whole grain English muffins  
Whole grain tortillas

### Fruit

Apples (2)  
Apricots (2)  
Bananas (2)  
Berries (2)  
Grapes (2)  
Kiwi  
Mango  
Oranges  
Tangerines  
Peaches (2)  
Pineapples (2)  
Pears (2)  
Pineapple  
Plums (2)

### Cereal

Amaranth  
Barley  
Bran cereals  
Buckwheat  
Corn  
Couscous  
Long grain brown rice  
Quinoa (old fashioned or steel cut)  
Rice  
Quinoa  
Spelt  
Whole grain cereals  
Wild rice

### Pasta

Brown rice pasta  
Whole grain pasta

### Root Vegetables

Potatoes (russet, red, gold; small 1" or diameter)  
Sweet potatoes/yams (small 2" diameter, 4" long)

### Legumes

Beans (canned or low-sodium canned)  
Edamame  
Lentils (canned or low-sodium canned)  
Peas

(2) = perfect fist

## Smart Vegetables

Vegetables fortify your body with vitamins, minerals and fiber.



**Recommended Serving Size:**  
Two flat-size portions

### Artichokes

Asparagus  
Beets  
Bell Pepper  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Cucumber  
Eggplant  
Endive  
Green beans  
Kale  
Lettuce  
Mixed greens  
Mushrooms  
Mustard greens  
Onion  
Onions  
Peppers  
Radishes  
Radicchio  
Rhubarb  
Romaine  
Savoy cabbage  
Spinach  
Squash  
Tomatoes  
Turnips  
Zucchini

## Smart Fats

Healthy fats help keep you feeling full longer.



**Recommended Serving Size:**  
Thumb-size portion

### Dairy

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

### Dressings

Balsamic vinaigrette  
Creamy salad dressing (low-fat)  
Mayonnaise (regular)

### Fruit

Avocado  
Olives (large)

### Nuts & Seeds

Almond butter (with salt)  
Almonds (raw, whole)  
Peanut butter (natural, with salt)  
Peanuts (raw, chopped)  
Pecans (raw, chopped)  
Pumpkin seeds  
Sesame butter/tahini  
Sunflower seeds  
Soy nuts (roasted, lightly salted)  
Walnuts (raw, chopped)

### Oils

Canola oil  
Fish oil  
Flaxseed oil  
Olive oil  
Safflower oil

## Smart Beverages

Water, tea, brewed coffee and diet soda, with non-caloric sweeteners (if desired). Limit specialty coffees, creamers and sugars as they are a source of refined carbohydrates.

## Smart Condiments

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

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# 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

**American Book Publishing Record**, 2001    **Index de Périodiques Canadiens**, 2002    **Pictorial Review**, 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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