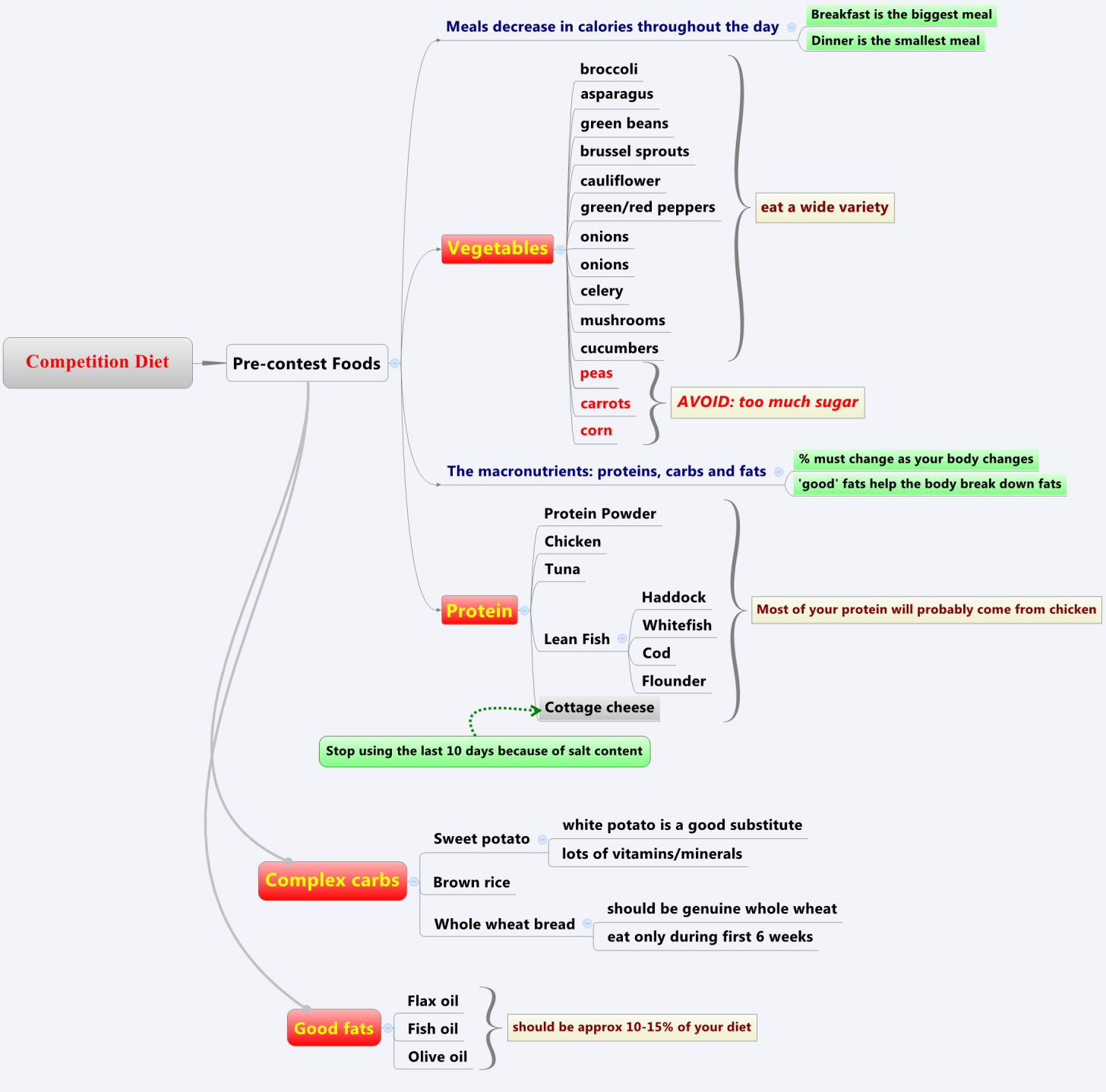
Competition Diet
Pre-contest Foods
Meals decrease in calories throughout the day
Breakfast is the biggest meal
Dinner is the smallest meal
Vegetables
broccoli
asparagus
green beans
brussel sprouts
cauliflower
green/red peppers
onions
onions
celery
mushrooms
cucumbers
eat a wide variety
peas
carrots
corn
AVOID: too much sugar
The macronutrients: proteins, carbs and fats
% must change as your body changes
'good' fats help the body break down fats
Protein
Protein Powder
Chicken
Tuna
Lean Fish
Haddock
Whitefish
Cod
Flounder
Cottage cheese
Most of your protein will probably come from chicken
Stop using the last 10 days because of salt content
Complex carbs
Sweet potato
white potato is a good substitute
lots of vitamins/minerals
Brown rice
Whole wheat bread
should be genuine whole wheat
eat only during first 6 weeks
Good fats
Flax oil
Fish oil
Olive oil
should be approx 10-15% of your diet
FigureCompetitionDiets.com