

# FITM.E.

Training for the everyday athlete

## **You are what you eat, YO.**

Let's take this food game back to the old days.  
When that jawn was something our ancestors grew, caught, and raised.  
Before "career" was a word. Money was an object. And Amazon delivered dinner to the door.  
Grains like wheat and rice, sprouted from seeds.  
Fruit hung from trees and bushes.  
Vegetables rooted up from the ground.  
Livestock produced meat, eggs, and dairy.  
God blessed us with cocoa beans for chocolate cravings, and the coffee plant for caffeine buzzes.

The Planet once, and still does, provide sun, air and water.  
From this we get the marvels of nature.  
From nature we get "natural" food sources (above).  
While we may not want to eat everything found in nature, for instance salad is cool but buckwheat shots aren't my jam, there are certain plants we do. And you know who else eats plants? Animals! Or at least a lot of the ones we eat – they love grass happy hour.

This means we in turn, are responsible for keeping the cycle going!  
Apparently, this is why people care about protecting and maintaining the environment. Brilliant she says!  
Enter the agricultural industry, something that has become a commodity with 99% of farm land in the US being ran and owned by factory-based farmers (who, don't even eat the food they farm).

*I love it when you call me Big Farm'a. Throw ya' plows in the sky if you RX for a disease grown by me.*

## **Why you rap Maria?**

Because I just learned industrial agriculture is making us sick and no one follows my Twitter.

I never cared what I ate because I burned it off right away. Haters gonna hate.  
As a gym-rat and now personal trainer, I never dieted, or watched what I ate, unless of course I was watching it as I ate it.  
I still ate pretty good and cooked a lot, don't get me wrong.  
But one day I got a little free time, started to practice mindfulness, and saw things for the first time. WOW.  
I became "mindful" about food and started to "see" it for what it was.

This doesn't mean I'm ready to, or may ever, give up my \_\_\_\_\_ addiction(s), BUT I can't take back what I now know.  
Instead I only wish to share with you what I discovered.  
Hopefully it helps your weight loss goals, mental health, and maybe even improves your "conditional"-health as well.  
We can all afford it.

Americans suffer from an epidemic of food-related diseases, such as obesity; type 2 diabetes; cardiovascular, liver and kidney diseases; some types of cancer, and Alzheimer's disease.

The U.S. government estimates that [about half of all American adults](#)—117 million people—have one or more preventable, chronic diseases, many of which are related to poor quality eating patterns and physical inactivity. Rates of these chronic, diet-related diseases continue to rise.

These diseases are caused, in part, by a food industry that promotes processed food packed with unhealthy ingredients, including high fructose corn syrup, added sugars, trans fats, artificial sweeteners, artificial flavors and colors, preservatives and other additives.

<https://usrtk.org/food-related-diseases/>

Next verse.

Okay, now we can get to the 'meat' of the lifestyle change.

**No, this aint no diet YO.**

## NUTRITIONAL HIGHLIGHTS

### **Break it Down.**

Avoid (as much as possible) eating anything that isn't a product of mother nature.

This means, if it wasn't hunted or grown, it's probably processed.

The more food is processed, the worse it is for you.

If it has an ingredients label – read it. Check for natural ingredients. If it has artificial ingredients – don't buy it.

If it is frozen, it likely has lots of preservatives in case aliens show up (same with box/can food).

Try and make spreads, sauces, marinades, seasonings and dressings all by hand – chemical free is the way to be.

Cook with Olive Oil and Coconut Oil only. Butter is your friend, in moderation.

Tell me you don't have time and I'll say you will in heaven after you die.

Prioritize your health. You only have one. And if you have kids, for god-sake, do it for them.

### **Gag Reflex Foods.**

If you don't like it, don't eat it dummy.

Seriously, you are better off not eating than making yourself eat something “good” for you but gross to your taste buds.

### **Evil Food. Abort. Abort.**

Bagels, donuts, ice cream, gummy-candy, alcohol, soda, “juice”, chips, corn-based snacks, cookies, frosting, frozen meals, hot sauce, fast-food, bar-food, crack cereal, fried\_\_\_\_\_, Chinese food, BS protein bars (Quest and RXbar are good), Starbucks drinks that aren't coffee or espresso.

### **Caution.**

Fruit-flavored, natural-flavors, etc. don't mean its good for you. Otherwise they would tell you what it is. Juice is dangerous. Buy it, drink it, with caution. Or make it. Its called fruit.

Sugar-free, diet, low-calorie, “light”, blah, blah, blah. I worked in marketing. Lies I tell you. These are probably worse than the “fat” brother and sister versions they sit next to. If I drink soda, I go basic Coke, anything else is just a further chemically modified version to make you keep buying it. Artificial sweeteners – I use Stevia in the Raw for coffee.

No added hormones – make sure it also says no antibiotics. This is what they replace hormones with. Tricks I tell you. If you are buying meat go Organic and Grass-Fed. I shop at Aldi and Walmart, I am broke, you can handle it, trust me. Oh, and fish, unless it is from Whole Foods, do not buy anything farmed. Unless you like fish poop. I'm sure it has benefits.

You down with MSG, ya' you know ME.

## MEAL PLAN...I'd feed you if I could but don't want to.

BREAKFAST	LUNCH	DINNER	SNACKS
All-natural, raw oatmeal + fresh/frozen blueberries, apples or bananas + (optional) sliced almonds/pecans *add raw honey for sweets	Tuna salad made with hummus, or olive oil in romaine hearts as "taco shell"	Fish – wild Alaskan salmon, halibut, cod, light canned tuna, sardines Shell fish – oysters, scallops, clams  *If not listed, not suggested.	Nuts + seeds (no salt) Dried fruit (no added sugar) Fresh Fruit Avocado Pickles + Olives
Apple with all-natural almond butter + optional banana	Chicken salad – consider Mediterranean or Waldorf style; serve above. Home make mayo.	Chicken – pasteurized, light meat, 98% fat-free, canned and fresh. cutlets/breast/ground	Natural Turkey Jerky (no salt added)  Salami sticks
Eggs (or just whites), spinach and cheese (feta or mozzarella) cups *bake in muffin tin	Salad + veggies, protein, light on the cheese, oil-based dressings. Or go summer style with fruits and nuts. (see recipe tip at end)	Turkey – pasteurized, light meat, 98% fat-free, breast/ground Beef – grass fed; any cut  .	Popcorn *pop on stove  Flaxseed Crackers
Granola + raisins, almonds/pecans, strawberries/blueberries with high-fat milk (or water)	Hummus + veggie wrap in romaine heart + feta, cucumbers, peppers, chicken, etc.	Pasta – veggie/bean/quinoa base  1-1.5 cups uncooked  *try to avoid flour or wheat-based	Dark Chocolate Apple + All-natural Peanut Butter Hummus + Veggies
Eggs (scrambled or omelet style) + cheese, veggies, bacon or turkey sausage *add pico for flare	Black bean salad (warm) with chicken, peppers, onions, avocado, corn	Dinner salad – oil-based dressing only; no bread; no croutons; no pastas (be smart)	String cheese, Laughing Cow Cheese
Baked avocado with egg in middle	Chicken and veggie stir fry with basmati white rice	Veggies – cooked in oil; salt/pepper. Avoid frozen and pre-seasoned	Deserts – look up "keto" recipes.

Fresh fruit bowl + whole milk yogurt + hard boil egg	Grilled chicken wrap with romaine hearts and homemade caesar dressing + optional hard-boiled egg	Grains – avoid brown rice and prepackaged seasoned grains. Eat Couscous, Barley, Quinoa, Faro, and any wild grains over basic rice.	This will give you recipes where the only ingredients are natural.
Sliced apple with almond butter and granola topping *honey drizzle for sweets	Cottage cheese, fruit, nuts, hard-boiled egg, some meat. ...the buffet lunch.	Potatoes – they are cool, they come from the ground too. Be careful how you prepare them and how much you eat.	
Baked oatmeal protein balls (see recipe tip at end)	Veggie bowl cooked in homemade marinade served over Basmati white rice	Stir Fry Chicken + Veggies Veggie + Quinoa Mexican Bake Baked Eggplant Lasagna Cauliflower Pizza	
Hard boil egg, almonds and cheese cubes/stick (laughing cow brand)	Summer chili (see recipe tip at end)	Zucchini Pasta Grilled Chicken Cutlet Parmesan Fish Tacos (use lettuce as shell)	
Cottage cheese + fruit	Misc. Ideas – Shape Magazine link #4 below	Asian Chicken Lettuce Wraps Turkey Sausage and Veggie Bake	
Protein shake from fruit and milk! Smoothies are yummy.	Turkey and Cheese lunch meat roll-ups *lunch meat is safe if no antibiotics and hormones.	Summer Veggie Pesto Pasta Green Bean Fries All Beef Meatballs / Hamburgers *no breadcrumbs Potato Latkes Zucchini Parmesan Chips	
	Tomato and Mozzarella salad with balsamic and olive oil		

## RECIPE TIPS

<https://www.fitnessmagazine.com/recipes/snacks/healthy/energy-balls/>

<http://www.eatingwell.com/recipes/22829/mealtimes/lunch/for-work/slideshow/healthy-lunch-salad-ideas-for-work/>

<https://www.allrecipes.com/recipe/77522/summer-vegetarian-chili/>

<https://www.shape.com/healthy-eating/healthy-recipes/lunch-ideas-weight-loss>

## FOOD FOR YOUR BRAIN

<http://www.onegreenplanet.org/animalsandnature/livestock-feed-is-destroying-the-environment/>

<https://www.dietdoctor.com/watch-the-magic-pill-on-netflix>

<https://www.thecut.com/2018/03/the-science-of-how-your-diet-affects-your-mental-health.html>