**Client Food Chart**

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| --- | --- | --- | --- |
| First Class Proteins | Low Energy Carbs | High Energy Carbs | Rich in Omega 3 fats |
| All Meals | All Meals | Only in training window | All Meals |
| Protein Powders  Seafood  Eggs and Egg Whites  Chicken  Turkey  Duck  Non-Flavored yogurts  Cottage Cheese  Beef  Game Meats | Fruits  Apples  Kiwi  Berries  Citrus Fruits  Vegetables  Kale  Spinach  Beets  Broccoli  Cauliflower  Cabbage  Brussel Sprouts  Pumpkin  Squash  Carrots  Egg Plant  Asparagus  Artichokes  Legumes  Black Beans  Kidney Beans  Pinto Beans  Green Beans, Chickpeas | Grains  Breads  Pastas  Rice  Wheat  Oats  Rye  Barley  Fruits and Vegetables  Potatoes  Bananas | Fish  Walnuts  Flaxseeds  Flaxseed oil  Fish Oil Supplements |