**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 PowdersSeafoodEggs and Egg WhitesChickenTurkeyDuckNon-Flavored yogurtsCottage CheeseBeefGame Meats  | FruitsApplesKiwiBerriesCitrus FruitsVegetablesKaleSpinach BeetsBroccoliCauliflowerCabbageBrussel SproutsPumpkinSquash CarrotsEgg PlantAsparagus Artichokes LegumesBlack BeansKidney BeansPinto BeansGreen Beans, Chickpeas | GrainsBreadsPastasRiceWheatOats RyeBarley Fruits and VegetablesPotatoesBananas  | Fish Walnuts FlaxseedsFlaxseed oilFish Oil Supplements  |