

Fats	Protein	Vegetables	Carb Fuel
Ω-3		Crunchy	Fruit & Legume
Sardines (3oz) Herring Anchovies Flax (1 Tbsp) Chia (1 Tbsp) Walnuts (10)* Tofu (1.5 cups)** Soy Milk (6 cups)** Edamame (2.5 cups)**	Chicken Cornish Hens Turkey Duck Beef Lamb Pork Game Fish Crustaceans	Arugula Dandelion Beet Greens Greens Boc Choy Horseradish Broccoli, all Kale Brussels Kohlrabi sprouts Mustard greens Cabbages Parsnip Cauliflower Radicchio Celery Rutabaga Chard Sprouts Collard (Broccoli) greens Sprouts Cress (Fenugreek) Daikon Turnip Greens	Apples Mango Apricot Melon Banana Nectarines Blackberry Orange Blueberries Cantaloupe Passionfruit Cranberries Peach Currant Pear Elderberries Fig Garbanzo beans Gooseberries Persimmon Pineapple Lentils Grapefruit Pithaya Mung beans Guava Plum Navy Beans Juniper berries Pomegranate Kiwi Raspberries Kumquat Starfruit Lemon/Lime Strawberries Linden-berries Tangerines Lychee Watermelon
Ω-6		Non Leafy	Starches
(2-3 Tbsps) Cashews Macadamia Peanut Pecan Pine nuts Pistachios Walnuts Almonds Hazelnuts	Pumpkin Seeds Sunflower Seeds Sesame Seeds HEMP SEEDS Eggs Non Fat Dairy Milks Plain Yogurt Plain Greek Cottage Cheese Goats Cheese	Artichoke Lettuce (all) Asparagus Mushroom Baby Greens (all) Bell peppers Okra Chayote Onion, Chicory Scallion Eggplant Spinach Endive Zucchini Fennel Beet Green beans Carrot Hearts of Palm Peas Jicama Squash Leek Tomatoes (all)	WHOLE GRAINS ROOTS & TUBERS Amaranth Barley RICE: Wild & Black rice Wh.GrAINS Buckwheat Spelt Bulgur Sweet potato Corn Taro Farro Teff Millet Tortillas GRAIN Oats AREPAS GRAIN Potato Yams Quinoa Yucca
Ω-9			Processed Carbs
Olive oil -EV (1TbsP) Olives (2-4 Tbsp) Avocado (1/4 cup) Hummus (1/4cup) Macadamias			Bread Pizza Cassava Potato Chips Cereal, boxed Potato products Corn chips Rice Products Corn products Rice products Flour, all kinds Smoothies French Fries Starches -Corn or Gluten Free Tortillas - Flour Chips Wheat Products Ice Cream White rice Pasta, all kinds Wrap

*Hack
YOUR
Grocery
List*

Dr. Clyde Wilson

Create
YOUR
Personal Grocery
List

Ideas

Protein	Dish you can make.
Legumes Beans-Lentils- Chickpeas	Hot w Rice Patties - Falafel Soups Cold-Salads w Quinoa- Farro w Salsa Cold-Sandwiches Cold-Wraps Cold-Spreads Hummus Refried Style
Beef	Burger Meat Loaf Meatballs Ground beef Meat Sauce Chili Steak Stir-fry Sandwich/wrap Kabobs
Pork	Meatballs Baked Breaded Pulled
Salmon	Salad Wraps Baked Patties Sandwich
White Fish & Scallops	Baked Sauté

Protein	Dish you can make.
Soy- Tofu- Edamame	Soy Milk & Yogurt Spreads & Sauces w Soy Milk/Yogurt Raw & Baked Tofu Edamame: Grilled-Salads-Wraps
Poultry	Baked/Grilled Shredded Stir-fry Kabobs Salad Panini Pressed Salad - Sandwiches Patties
Turkey	Roasted Baked Scallops Brd. Patties Ground
Shrimp	Saute Salad Stir-fry Kabob
Tuna	<i>Fresh:</i> Grilled Raw <i>Canned:</i> Salad Sandwich
Cornish Hen & Duck	Roasted/ Baked

Meat Cuts

Protein	Dish you can make.
Beef	Ground , Lean max 175 FAT(round, loin, rib & chuck)
	Steak (Rib-eye; T-bone, New York/ Top Loin, Tenderloin or Filet)
Pork	Whole Pieces; To slice: (Flank) Pulled beef (skirt) Strips: Stir-fry, Tacos (Flap; Tri-Tip, Skirt) Dice/Kabobs: (Porter House; Top-Sirloin)
	Ground Loin: Ribs Pork Chops (w or w/o bone) Tenderloin/Filet Sirloin Ham Picnic

Protein	Dish you can make.
Cornish Hen	Whole or Half
Duck	Breast
Salmon	Filet Steak
Tuna	Steak
White Fish & Others	Filet (Sole, Sea Bass, Cod, Halibut) Scallop Shrimp Lobster Crab Sardines, Herring Anchovies

Chef Pachi's Cupboard

Herbs: Frozen herbs & pesto

Umami: Frozen Ginger, Turmeric

Ground or chopped: Onions, & Bell Peppers

Ground or chopped: Shallots, Green Onions,

Diced: Left over sweet potato, squash, carrot, & other roots to be used in soups.

Yogurts: Coconut, Dairy, Soy ; Greek or Regular; UNSWEETENED; no fruit included.

Spices: Old Bay, Curry, 5Spice, Zataar, Sumac, Smoked Paprika, Cinnamon, Cocoa

Herbs: Cilantro, Basil, Dill, Oregano, Thyme, Rosemary, Sage (fresh, dried in home)

Umami: Pickled Ginger, Chipotle, Wasabi, Coconut Aminos

Mustards: Dijon, Grainy, Spicy, Cranberry

Oils: Nut (Pistachio), Olive (First Press, Ex-Virgin), Dark Sesame, Truffle

Vinegars: Rice, Apple Cider, Balsamic

Salts: Kosher and Herb Flavored

Pepper: To grind

Daily Schedule

	Main Food	Metabolizing it.
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Late Snack		
Hydration		
Post Exercise Food		

WIN WIN Schedule

	Day 1	DAY 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Late Snack			
Hydration			
Post Exercise Food			