

IRON GYM™

NUTRITION GUIDE

To help reach your fitness goals, we have included an easy-to-follow workout and nutrition guide on the following pages. Proper diet combined with regular use of IRON GYM™ will help you lose fat as well as strengthen and tone your upper body.

EATING RECOMMENDATIONS

- Eat at least six meals daily.
- Make each meal count. If you eat anything, consider it a meal.
- Eliminate any and all refined sugars and sweets.
- Reduce caffeine intake and increase water intake (should be half your body weight in ounces). No Alcohol!
- All heavy starches to be consumed by 1pm or 3rd meal of the day. For example: bread, pasta and rice.
- 1 serving of protein should be consumed with every meal. For example: (4-6 ounce piece is considered 1 serving).
- Limit dairy intake to 1st or 2nd meal.
- All fruits should be consumed before 1pm. No fruit juice!
- Multi-vitamin everyday.
- Maximum amount of time between meals: 3 hours.
- Protein always first choice then carbohydrates to be added.
- Limit sugary condiments such as salad dressings.
- Meal replacement bars and shakes to be used if sugar free.

FOOD CHOICES

IRON GYM™

PROTEINS

Fish
Chicken
Lean Steaks
Lean Ham
Tuna
Salmon
Egg Whites

CARBOHYDRATES

Every Carb Item Should be 1
Cup or Less
Steamed Brown Rice
Steamed Wild Rice
Whole Wheat Pasta
Oatmeal
Beans
Sweet Potato

VEGETABLES

Broccoli
Snow Peas
Peppers
Lettuce
Eggplant
String Beans
Spinach
Cucumbers

FRUITS

No Canned or Dried Fruits
Green Apple
Grapefruit
Cantaloupe
Honeydew Melon
Blueberries
Raspberries

SAMPLE MEAL PLANNING:

7 a.m. Protein, Carb
9:30 a.m. Protein, Carb
12:30 p.m. Protein, Carb
2:30 p.m. Protein, Vegetable
5:30 p.m. Protein, Vegetable
7:00 p.m. Protein, Vegetable