

Nutrition for Dummies, Square Table Discussion





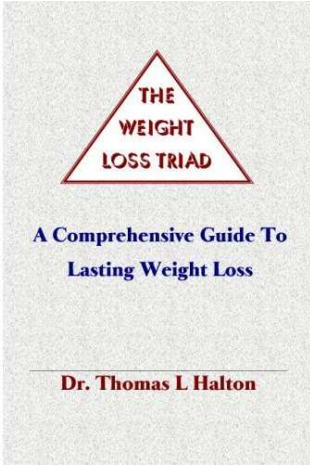
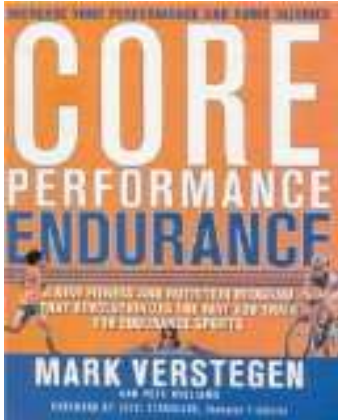
Nutrition Re-Education

Disclaimers

Disclaimer: I am not a **certified nutritionist, registered dietician or a medical doctor**. Take what you learn from me and use at your own risk. Much of the information in this handout and the associated discussion is from the works of Dr. John Berardi's [Precision Nutrition](#), [Gourmet Nutrition 1](#) and [Gourmet Nutrition 2](#); Dr. Thomas Halton's [The Weight Loss Triad](#) and Charles Poliquin's [EFA Article](#). I am writing and presenting from my professional experiences as a results-oriented personal trainer, athletic trainer and strength & conditioning coach and from experiences personally practiced on me. Some of the following information may change as new information becomes available.

Much of the nutrition information in this document is reprinted with the permission of Dr Thomas L Halton from his book [The Weight Loss Triad](#) (available on [amazon.com](#)), However, this information is copyrighted by Dr Halton and may not be reproduced in any form or by any means without his written permission.

Resources

<p>Gourmet Nutrition (Cookbook) & Precision Nutrition (Nutrition System) By Dr. John Berardi & John K. Williams</p> 	<p>Gourmet Nutrition 2 (Cookbook w/ Color Pictures) By Dr. John Berardi & Michael Williams & Kristina Andrew</p> 
<p>The Weight Loss Triad (Weight Loss System) by Dr. Thomas Halton</p> 	<p>Core Performance (Endurance Performance Nutrition) by Mark Verstegen</p> 

Today you're going to learn how to eat, what to eat and when to eat. Consider it Nutrition Re-education for a high energy, healthy and disease fighting lifestyle.

Some Key Points:

- Eat to Live, Not Live to Eat
- Protein, Fat, Carbs (Vegetables and/or Fruit) and Water @ every Meal
- Add starchy carbs to above ONLY 1-2 hours after a workout.
- There's no such thing as bad whole foods, only better times to eat certain foods.
- You can still gain weight eating healthful foods if you overeat. Eat until you are content.
- If you're not hungry, you don't necessarily need to eat.
- Put your fork down in between bites and only pick it up when finished savor your delight.
- Be excited and curious about today, nutrition and food consumption. You get to play with your food, try new things, create your own recipes.
- If you eat balanced meals (protein, fat & veggie/fruit) and drink water you shouldn't get hungry until it's time for your next meal. If you do, increase calories just a bit.
- I will gladly introduce you to a nutritionist or registered dietician if you want individual coaching.

Nutrition Re-Education

10 Habit Cheat Sheet:

1. When did I last eat? Eat every 2-4 hours
2. Where's my protein? Eat a complete protein (1 serving for W = 20-30g, M = 40-60g)
3. Where are my veggies? Eat 2-3 servings (serving = 1/2c) / meal
4. Where are the carbs? If you have fat to lose, double the veggie servings. Starchy carbs only after a workout. Fat mass is o.k. & wanna add muscle. Starchy carbs at every meal.
5. Where are your fats? Olive oil, mixed nuts, flax seeds/oil & avocados are great sources.
6. Did you take your fish oil? Krill is best. Prograde's EFA Icon & Dr. Mercola's Krill Oil are supposed to be fish burp free.
7. What are you drinking? Water & Green Tea. No drinks with calories more than 0. Save it for splurges.
8. Are you breaking 10% rule? 10% of meals can be splurge. If you break rules above it's a splurge. Save your splurges for special occasions.
9. Are you planning & preparing your meals in advance? The ultimate time saver and energy sustainer. Plan your menu for the day, couple days or week. Shop & chop veggies 2x/wk; Cook protein in bulk; big batches stir fry & chili. Prep & Store your meals for convenience.
10. Are you eating a variety of foods, colors and seasonal items? The best items are fresh items. The more color, the more exciting. Keep it fun.

The 21 super foods:

Protein

1. Lean Red Meat (93% lean, top round or sirloin);
2. Salmon
3. Omega-3 eggs
4. Fat free, Plain Yogurt (lactose-free or Greek)
5. Protein Supplements (milk protein isolates, whey protein isolates or rice protein isolates)

Veggies & Fruits:

6. Spinach
7. Tomatoes
8. Cruciferous Veggies (broccoli, cauliflower & cabbage)
9. Mixed Berries
10. Oranges

Other Carbs:

11. Mixed Beans
12. Quinoa
13. Whole Oats

Good Fats:

14. Mixed Nuts
15. Avocados
16. Extra Virgin Olive Oil (cold pressed);
17. Fish Oil (→ *body comp, ↓ fat, look leaner, fight heart disease, cancer, diabetes, depression, PMS*)¹
18. Flax Seeds (ground)

Drinks/Other:

19. Green Tea
20. Liquid Exercise Drinks (quickly digested carb & protein); muscle gain clients only, not weight loss
21. Greens+ (vegetable concentrate supplement)

Mix & Match Your Food Choices for Endless Options

Proteins	Fats	Carbs
<p><u>BEST CHOICES:</u> Chicken w/o skin Turkey w/o skin Lean Ham Pork Lobster Crab Scallops Clams Mussels Salmon Scrod Chilean Sea Bass Monkfish Flounder "other fish" Egg Whites Black Beans Pink Beans Navy Beans Chick Peas Lentils "other beans & legumes" Tofu & other Soy Protein</p> <p><u>OK CHOICES:</u> Skim Milk Low-Fat Cottage Cheese Low-Fat Cheese Low-Fat Plain Yogurt Whole Eggs Lean red meat (filet mignon, very lean ground beef, very lean roast beef, shrimp, tuna)</p> <p><u>STRICTLY LIMIT:</u> Whole Milk Whole Cottage Cheese Whole Yogurt Whole Cheese Fatty Cuts of Red Meat Fatty Cold Cuts (salami, bologna, pastrami, pepperoni) Sausage Hot Dogs Bacon</p>	<p><u>BEST CHOICES:</u> Olive Oil Canola Oil Corn Oil Sunflower Oil Safflower Oil Soybean Oil Flaxseed Oil "any whole, unprocessed oil" Peanuts Almonds Walnuts Cashews Macadamia Sunflower Seeds Pumpkin Seeds Avocados "All Natural Nut Butters"</p> <p><u>AVOID:</u> Whole Milk Whole Cheese Whole Yogurt Whole Cottage Cheese Ice Cream Butter Margarine Palm Oil (high in saturated fat) Coconut Oil (high in saturated fat) French Fries (high in trans fat) Onion Rings (high in trans fat) Chicken fingers & fish sticks (high in trans fat) Snack Chips made w/ trans fat Pies/cakes/cookies made w/ trans fat Crackers Chocolate Fatty Cuts of red meat Processed meats such as Pastrami, salami, bologna & pepperoni Any other processed or fried food containing trans fat</p>	<p><u>BEST CHOICES:</u> Apples Pineapples Strawberries Melon Watermelon Mango Papaya Kiwi Sweet Potato Broccoli Cauliflower Tomatoes Onion Radishes Green & Red Peppers Olives Carrots Spinach All Salad Greens Peas Lentils Black Beans Pink Beans Pinto Beans Chick Peas "All other legumes, fruits & vegetables" Brown Rice Old Fashioned Slow Cook Oatmeal</p> <p><u>OK CHOICES:</u> Corn</p> <p><u>AVOID:</u> Bread Pasta White Rice Bananas Grapes White Potatoes Pita Bread Crackers Rice Cakes Popcorn Bagels Pretzels Potato Chips Sugar</p> <p>Oranges Blueberries Raspberries Grapefruit</p> <p>Soda Cakes Cookies Pies Candy Donuts Ketchup Barbeque Sauce Steak Sauce Jam & Jellies Flavored Yogurt</p> <p>Raisins & other Dried fruit Many Low-fat Salad dressings Anything w/ Sugar</p>

Top 10 Reasons EFA's are Essential

May 15, 2004

By: Charles Poliquin

1. Fish oils, rich in the Omega-3 fatty acids may help prevent depression, stabilize the moods of maniac-depressives, and alleviate symptoms of schizophrenia.

University of California's Johnsson Cancer Center, Los Angeles, CA health.com

2. Fish oils is one of the few substances known to lower concentrations of triglycerides (fatty substances) that pose a cardiovascular risk, in the blood.

J Raloff Science News

3. Increasing the amount of Omega-3 fatty acids has direct effects on serotonin levels.

Andrew Stoll M.D.1999 Archives of General Psychiatry

4. Fish oils, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help prevent heart disease, depression, and cancer.

Hans R. Larsen, MSc chE "Fish Oils: The Essential Nutrients" International Health News

5. Research has shown that supplementation with fish oils can markedly reduce interleukin-1beta production and results in a significant reduction in morning stiffness and the number of painful joints in rheumatoid arthritis patients.

Darlington, L Gail and Stone, Trevor W. Antioxidants and fatty acids in the amelioration of rheumatoid arthritis and related disorders. British Journal of Nutrition, Vol. 85, March 2001, pp.251-69. oilofpisces.com

6. Several clinical trials have concluded that eating fish regularly or supplementing with fish oils can reduce the risk of sudden cardiac death by as much as 50%.

Bigger, J. Thomas and El-Sherif, Tarek. Polyunsaturated fatty acids and cardiovascular events: a fish tale. Circulation, Vol.103, February 6, 2001, pp623-25 (editorial). oilofpisces.com

7. Researchers at Mayo Clinic report that supplementation with fish oils, EPA and DHA is highly effective in slowing down the progression of IgA nephropathy, a common kidney disease.

Donadio, James V., et al. A controlled trial of fish oil in IgA nephropathy. New England Journal of Medicine, Vol 331 November 3, 1994, pp1194-99

Van Ypersele de Strihou, Charles. Fish oil for IgA nephropathy? New England Journal of Medicine, Vol 331, November 3, 1994, pp 1227-29 (editorial). oilofpisces.com

8. Epidemiological studies have shown that populations with a high intake of fish oils have a lower incidence of inflammatory diseases such as asthma.

Dry J. and Vincent D. Effect of a Fish oil diet on asthma: results of a 1-year double blind study. Int Arch Allergy Appl Immunol, Vol.95, 1991, pp.156-57. oilofpisces.com

9. Researchers at The University of Tromso now report that fish oil supplementation lowers blood pressure significantly in people with hypertension and has no effect on glucose control even in people with mid diabetes.

Toft, Ingrid, et al. Effects of n-3 polyunsaturated fatty acids on glucose homeostasis and blood pressure in essential hypertension. Annals of Internal Medicine, Vol 123, No 12, December 15, 1995, pp 911-18. Connor, William E. Diabetes, fish oil, and vascular disease. Annals of Internal Medicine, Vol 123, No 12, December 15, 1995, pp950-52. oilofpisces.com

10. Medical researchers in New Zealand provide convincing evidence that an increased consumption of fish oils helps reduce the risk of developing prostate cancer.

Norrish, A,E, et al. Prostate cancer risk and consumption of fish oils: A dietary biomarker-based case-control study. British Journal of Cancer, Vol. 81, No.7, December 1999, pp.1238-42

The Carb Chart for Fat Loss				
Food Type:	Exercise Recovery Drink	Carbs: Simple sugars	Carbs: Starchy	Carbs: Fruits & Veggies
Food Timing:	During exercise only*	Minimize to None	1-2hrs Post Exercise	Every Fueling Opportunity
Examples:	<p>Sugary, Protein-Rich Recovery Drinks</p> <p>*If you tolerate carbs well, you can include recovery drink with exercise.</p> <p>If you don't drink water or a branched chain amino acid workout drink like Amino Vital</p>	<p>Sugary Sports Drinks (Gatorade)</p> <p>Breakfast Cereals</p> <p>Soda</p> <p>Fruit Juice</p> <p>Table Sugar</p> <p>Sugary Desserts</p> <p>Ice Cream</p> <p>Muffins, Bagels, Cookies, Crackers, Chips, ...</p>	<p>Whole Grain Breads</p> <p>Whole Grain/Flax Pasta</p> <p>Whole Grain, Wild or Unprocessed Rice (Brown)³</p> <p>Sweet Potatoes or Yams³</p> <p>Whole Oats³</p> <p>Wheat or Rye Cereal Grains</p>	<p>Spinach</p> <p>Carrots</p> <p>Tomatoes</p> <p>Broccoli</p> <p>Cauliflower</p> <p>Apples</p> <p>Oranges</p> <p>Avocados</p> <p>Berries</p>

Carbohydrate Tolerance by Body Type				
Carb Tolerance	Typical Goal	Body Type	Natural Athletic Strengths	Carb Timing Tips
Excellent	Gain Muscle	Ectomorph	Endurance Activities	<p>Include sugary carbs during & after exercise.</p> <p>Starchy carbs @ each meal.</p> <p>Veggies & Fruits 3:1 serving ratio @ each meal.</p>
Moderate	Gain Muscle / Lose Fat	Mesomorph	Intermittant Sport Athlete	<p>Can include sugary carbs during & after exercise.</p> <p>Starchy carbs @ b-fast & post exercise. Can be used in moderation @ other meals.</p> <p>Veggies & fruits 4:1 serving ratio @ each meal</p>
Poor	Fat Loss	Endomorph	Strength & Power	<p>No sugar; starchy carbs after exercise only.</p> <p>Veggies & fruits 5:1 serving ratio @ each meal.</p>

Morning Boot Camp Meal Schedule

Meal	Meal Choices	Customize for you	Example Meals
Exercise: Sip water or workout drink during exercise if carb tolerant			
Breakfast	<i>*Post Workout: can include starchy carbs; encouraged</i>		Whey protein or pasteurized egg whites, Oatmeal Mixed berries, mixed nuts or flax seed
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		turkey deli meat, Veggie sticks (cukes, carrots, peppers or broccoli), olives or sliced avocado
Lunch	Meal consisting of protein, veggie/fruit & fat; wash down with water		tuna, salmon or grilled chicken, spinach salad, cukes, tomoates, carrots, chick peas tbsp olive oil, tbsp vinegar
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal
Dinner	Meal consisting of protein, veggie/fruit & fat; wash down with water		Salmon, Asparagus, broccoli, green beans, cauliflower, Pecan meal
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal

Mid Morning Boot Camp Meal Schedule

Meal	Meal Choices	Customize for you	Example Meals
Breakfast	Meal consisting of protein, veggie/fruit & fat; wash down with water		Omega-3 Egg, egg whites, Avocado, spinach, mushrooms & tomoato
Exercise: Sip water or workout drink during exercise if carb tolerant			
Snack	<i>*Post Workout: can include starchy carbs; encouraged</i>		Whey protein or pasteurized egg whites, Oatmeal Mixed berries, mixed nuts or flax seed
Lunch	Meal consisting of protein, veggie/fruit & fat; wash down with water		tuna, salmon or grilled chicken, spinach salad, cukes, tomoates, carrots, chick peas tbsp olive oil, tbsp vinegar
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal
Dinner	Meal consisting of protein, veggie/fruit & fat; wash down with water		Salmon, Asparagus, broccoli, green beans, cauliflower, Pecan meal
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal

Evening Boot Camp Meal Schedule

Meal	Meal Choices	Customize for you	Example Meals
Breakfast	Meal consisting of protein, veggie/fruit & fat; wash down with water		Omega-3 Egg, egg whites, Avocado, spinach, mushrooms & tomoato
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		turkey deli meat, Veggie sticks (cukes, carrots, peppers or broccoli), olives or sliced avocado
Lunch	Meal consisting of protein, veggie/fruit & fat; wash down with water		tuna, salmon or grilled chicken, spinach salad, cukes, tomoates, carrots, chick peas tbsp olive oil, tbsp vinegar
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal
Exercise: Sip water or workout drink during exercise if carb tolerant			
Dinner	<i>*Post Workout: can include starchy carbs; encouraged</i>		Sweet Potato, Stir Fry Ground Turkey Cooking Spray, Avocado Broccoli & Mixed Peppers
Snack	Meal, shake or bar: protein, veggie/fruit & fat; wash down with water		Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal

Morning Boot Camp 7 Day Sample Meal Plan

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Meal Time	Meal Choice	M	T	W	Th	F	Sa	Su
<i>Exercise: Sip water or workout drink during exercise.</i>								
Breakfast	<i>*Post Workout: can include starchy carbs; encouraged</i> <i>Drink Water</i>	Whey protein or pasteurized egg whites, Oatmeal Mixed berries, mixed nuts or flax seed	Whey protein or pasteurized egg whites, steel cut oats, oat bran, flax seeds, blueberries	Whey protein or pasteurized egg whites, oat bran, wheat bran, flax meal, apple	Egg, egg whites, Steel cut oats, tomatoes, tomato paste, onion, garlic,	Whey protein powder, flax seeds, almonds, Rolled oats, wheat bran, oat bran	Whey protein powder, fat-free cottage cheese, egg whites, flax seeds, whole wheat pancake mix,	Turkey Sausage, turnip, yams, smart butter, garlic, cinnamon,
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	Turkey deli meat, Veggie sticks (cukes, carrots, peppers or broccoli), olives or sliced Avocado	Egg, egg whites, vanilla protein powder, Pecan meal, almond meal, walnut pieces, apple	Egg, egg whites, chocolate protein powder, flax meal, Pecan meal, almond meal, peanut butter	Chocolate protein powder, flax meal, chunky peanut butter, strawberries	Egg whites, vanilla protein powder, oats, mixed nut meal, apple,	Fat free yogurt, vanilla protein powder, almonds, blueberries (frozen)	Canned fish, Mixed Nuts, oranges
Lunch	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	Tuna, salmon or grilled chicken, spinach salad, cukes, tomoates, carrots, chick peas tbsp olive oil, tbsp vinegar	Chicken, chick peas, onion, tomato, olive oil, garlic, cumin, broccoli,	Shrimp, spinach, tomato, cukes, olive oil, balsamic vinegar, lemon,	Black beans, chick peas, pink beans, broccoli, cauliflower, carrots, yellow carrots, vegetable oil,	Canned fish, celery, red pepper, green pepper, romaine leafs, mayonnaise	Lean Turkey or lean ground beef, tomatoes, red, green, yellow peppers, onion, carrots, garlic, cashew meal	Ground Turkey Breast, mushrooms, onion, apple, smart balance butter, lemon juice, omega-3 egg, garlic powder
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal	Macadamia Nuts, Pineapple, Lean Ham	Turkey, Hummus, Carrots, Cucumbers, Cauliflower	Black Beans & pink beans, guacamole, tomato	Sardines, olive oil, tomato, cucumbers	Ham, sunflower seeds, pear	Turkey, Cashews, apple
Dinner	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	Salmon, Asparagus, broccoli, green beans, cauliflower, Pecan meal	Chicken Breast, Broccoli, Olive Oil	Turkey Burger (no roll), guacamole, tomato, onions, mushrooms,	Shrimp, red peppers, carrots, water chestnuts, mushrooms, cashews	Filet Mignon, Olive oil, green beans,	Chilean Sea Bass, canola oil, asparagus	Sirloin Steak, olive oil, garlic, onion, spinach, salt, pepper
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal	Fat-free cottage cheese, whey/casein protein powder, flax meal, peanut butter,	Very lean roast beef, Peanuts, Watermelon	Hard boiled egg, red & green peppers	Chick peas, olive oil, tomato and cukes	Black beans, canola oil, corn, red pepper, red onion,	Lean Turkey, Walnuts, Apple

Mid Morning Boot Camp 7 Day Sample Meal Plan

Meal Time	Meal Choice	M	T	W	Th	F	Sa	Su
Breakfast	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	Omega-3 Egg, egg whites, Avocado, spinach, mushrooms & tomoato	Low-Fat cottage cheese, peanuts, apple	Egg whites, olive oil, broccoli, mushrooms, tomato	Fat-free plain yogurt, peanut butter, mixed berries	Lean, low sodium ham, sunflower seeds, pear	Chicken breast deli meat, whole egg, parmesan cheese, spinach, tomato, onion,	Egg white, whole egg, turkey, low-fat feta cheese, pumpkin seeds, garlic, peas, broccoli, spinach, green onion, zucchini
<i>Exercise: Sip water or workout drink during exercise if carb tolerant</i>								
Snack	<i>*Post Workout: can include starchy carbs; encouraged</i>	Whey protein or pasteurized egg whites, Oatmeal Mixed berries, mixed nuts or flax seed	Whey protein or pasteurized egg whites, steel cut oats, oat bran, flax seeds, blueberries	Whey protein or pasteurized egg whites, oat bran, wheat bran, flax meal, apple	Egg, egg whites, Steel cut oats, tomatoes, tomato paste, onion, garlic,	Whey protein powder, flax seeds, almonds, Rolled oats, wheat bran, oat bran	Whey protein powder, fat-free cottage cheese, egg whites, flax seeds, whole wheat pancake mix,	Turkey Sausage, turnip, yams, smart butter, garlic, cinnamon,
Lunch	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	tuna, salmon or grilled chicken, spinach salad, cukes, tomoates, carrots, chick peas tbsp olive oil, tbsv vinegar	Chicken, chick peas, onion, tomato, olive oil, garlic, cumin, broccoli,	Shrimp, spinach, tomato, cukes, olive oil, balsamic vinegar, lemon,	Black beans, chick peas, pink beans, broccoli, cauliflower, carrots, yellow carrots, vegetable oil,	Canned fish, celery, red pepper, green pepper, romaine leafs, mayonnaise	Lean ground Turkey or beef, tomatoes, red, green, yellow peppers, onion, carrots, garlic, cashew meal	Ground Turkey Breast, mushrooms, onion, apple, smart balance butter, lemon juice, omega-3 egg, garlic powder
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal	Macadamia Nuts, Pineapple, Lean Ham	Turkey, Hummus, Carrots, Cucumbers, Cauliflower	Black Beans & pink beans, guacamole, tomato	Sardines, olive oil, tomato, cucumbers	Ham, sunflower seeds, pear	Turkey, Cashews, apple
Dinner	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	Salmon, pecan meal, Asparagus, broccoli, green beans, cauliflower,	Chicken Breast, Broccoli, Olive Oil	Turkey Burger (no roll), guacamole, tomato, onions, mushrooms,	Shrimp, red peppers, carrots, water chestnuts, mushrooms, cashews	Filet Mignon, Olive oil, green beans,	Chilean Sea Bass, canola oil, asparagus	Sirloin Steak, olive oil, garlic, onion, spinach, salt, pepper
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal	Fat-free cottage cheese, whey/casein protein powder, flax meal, peanut butter,	Very lean roast beef, Peanuts, Watermelon	Hard boiled egg, red & green peppers	Chick peas, olive oil, tomato and cukes	Black beans, canola oil, corn, red pepper, red onion,	Lean Turkey, Walnuts, Apple

Evening Boot Camp 7 Day Sample Meal Plan

Meal Time	Meal Choice	M	T	W	Th	F	Sa	Su
Breakfast	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	Omega-3 Egg, egg whites, Avocado, spinach, mushrooms & tomato	Low-Fat cottage cheese, peanuts, apple	Egg whites, olive oil, broccoli, mushrooms, tomato	Fat-free plain yogurt, peanut butter, mixed berries	Lean, low sodium ham, sunflower seeds, pear	Chicken breast deli meat, whole egg, parmesan cheese, spinach, tomato, onion,	Egg white, egg, turkey, low-fat feta, pumpkin seeds, garlic, peas, broccoli, spinach, green onion, zucchini
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	turkey deli meat, Veggie sticks (cucumbers, carrots, peppers or broccoli), olives or sliced avocado	Egg, egg whites, vanilla protein powder, Pecan meal, almond meal, walnut, apple	Egg, egg whites, chocolate protein powder, flax meal, Pecan meal, almond meal, peanut butter	Chocolate protein powder, flax meal, chunky peanut butter, strawberries	Egg whites, vanilla protein powder, oats, mixed nut meal, apple,	Fat free yogurt, vanilla protein powder, almonds, blueberries (frozen)	Canned fish, Mixed Nuts, oranges
Lunch	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	tuna, salmon or grilled chicken, spinach salad, cucumbers, tomatoes, carrots, chick peas tbsp olive oil, tbsp vinegar	Chicken, chick peas, onion, tomato, olive oil, garlic, cumin, broccoli,	Shrimp, spinach, tomato, cukes, olive oil, balsamic vinegar, lemon,	Black beans, chick peas, pink beans, broccoli, cauliflower, carrots, yellow carrots, vegetable oil,	Canned fish, celery, red pepper, green pepper, romaine leafs, mayonnaise	Lean ground turkey, tomatoes, red, green, yellow peppers, onion, carrots, garlic, cashew meal	Ground Turkey Breast, mushrooms, onion, apple, smart balance butter, lemon juice, omega-3 egg, garlic powder
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal	Macadamia Nuts, Pineapple, Lean Ham	Turkey, Hummus, Carrots, Cucumbers, Cauliflower	Black Beans & pink beans, guacamole, tomato	Sardines, olive oil, tomato, cucumbers	Ham, sunflower seeds, pear	Turkey, Cashews, apple
<i>Exercise: Sip water or workout drink during exercise if carb tolerant</i>								
Dinner	<i>*Post Workout: can include starchy carbs; encouraged</i>	Ground turkey, avocado, Sweet Potato, Stir Fry Ground Turkey, Broccoli & Mixed Peppers	Chicken, cashews, quinoa, orange, apple, cilantro,	Black beans, red beans, olive oil, brown rice, broccoli, onion, garlic, celery	Shrimp, cashews, brown rice, red peppers, carrots, water chestnuts, mushrooms,	Filet Mignon, Olive oil, sweet potato, green beans,	Chilean Sea Bass, canola oil, Quinoa, asparagus	Sirloin Steak, olive oil, sweet potato, garlic, onion, spinach, salt, pepper
Snack	<i>Meal, shake or bar: protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, Mixed berries or blueberries, Mixed nuts or flax meal	Fat-free cottage cheese, whey/casein protein powder, flax meal, peanut butter	Very lean roast beef, Peanuts, Watermelon	Hard boiled egg, red & green peppers	Chick peas, olive oil, tomato and cukes	Black beans, canola oil, corn, red pepper, red onion,	Lean Turkey, Walnuts, pple

References

1. Berardi, John. [Precision Nutrition](#), v2, 2006
2. Percival, Mark. [Understanding The Natural Management of Pain and Inflammation](#). Clinical Nutrition Insights. Advanced Nutrition Publications, Inc.. April, 1999.
3. Halton, Thomas, [The Weight Loss Triad](#). Fitness Plus. 2009.
4. Poliquin, Charles, [Top 10 Reasons EFA's are Essential](#), May 15, 2004
5. Verstegan, Mark and Williams, Pete. [Core Performance Endurance](#). 2007

Grocery Shopping Tour

Disclaimer: I am not a registered dietician, certified nutritionist or medical doctor. The following recipes are not a prescription. You are voluntarily choosing to attend this grocery shopping tour and can choose to purchase and/or eat the below listed items at your own risk. I am simply showing you how to grocery shop effectively, read ingredient labels and plan & prepare your meals in advance.

<p>Sunday Meal Prep Recipes:</p> <p><i>Serving size is for 180lb male. Women use ½ the serving.</i></p> <p><i>Prep in this order:</i></p> <ol style="list-style-type: none"> 1. start oven for chicken & salmon 2. cover 2 cooking sheet & prep chicken 3. blend pecans to meal 4. set up Brown Rice in boiling water 5. chop veggies/turkey for scrambled eggs 6. chop scallions for tuna 7. Stir fry egg veggies 8. remove Brown Rice 9. wash/dry salmon, season & add to oven 10. microwave oatmeal & water 11. add eggs to veggies 12. remove chicken & slice into 1" strips 13. remove scrambled eggs & store 14. stir fry spinach 15. mix oatmeal, nut butter & berries & store 16. remove spinach & store ½ w/chick & quinoa 17. start tuna 18. remove salmon 19. store salmon & spinach 20. stir fry or grill tuna burgers 21. eat <p>Peanut Butter Oatmeal (post workout) 1 cup oatmeal 1 c water & ½ c pasteurized egg whites 2 heaping tsp Nut Butter 1 c frozen mixed berries</p> <p>Put water with oatmeal into a bowl & microwave for 1 minute. Stir and heat for 1 more minute. Stir in peanut butter, berries and egg whites (optional).</p> <p>Makes 1 serving (male), 2 servings (female).</p> <p>Scrambled Eggs & Greens (anytime) Olive Oil Cooking Spray 4oz turkey, chopped 1/3 yellow onion, chopped 1 handful baby spinach ½ c mushrooms, sliced</p>	<p>1 Omega-3 egg, beaten (like a super leg finisher) 1 cup pasteurized egg whites 1 halved & quartered Roma Tomato ¼ to ½ avocado</p> <p>Stir-fry chopped turkey, onions, spinach & mushrooms in cooking spray covered skillet over medium heat for 3 minutes or until spinach turns dark green & shrinks.</p> <p>Add eggs & continue stirring for additional 2 minutes, until eggs are cooked. Makes 1 serving (male) or 2 servings (female)</p> <p>Chicken & Brown Rice (post workout) 1 c Brown Rice 2 c water Large Handful of spinach 8oz roasted chicken (350 degrees for 15-20min) 1-2 tbsp lemon juice 1 tsp olive oil Dash of salt Dash of garlic powder. Dash of pepper.</p> <p>Pre-heat oven to 400-degrees F. Cover cooking sheet with aluminum foil. Place chicken on sheet 1" apart. Add lemon juice, salt, garlic powder & pepper. Bake for 25-30min.</p> <p>Once finished setting up chicken, boil water in medium saucepan, add brown rice, return to boil. Cover & simmer on low heat until water absorbed.</p> <p>When chicken is done, place spinach in cooking spray covered frying pan over medium heat,. Stir around until becomes dark green & shrinks.</p> <p>Place brown rice on plate, chicken & spinach on top. Squeeze remaining lemon on top & add salt to taste.</p> <p>Makes 1-2 servings (male) and 3-4 servings (female).</p>
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<p>Pecan Crusted Seared Salmon (anytime) 10 oz salmon 1tsp olive oil 2 tbsp pecan meal (grind up 1/4c pecans) 2 big handfuls of spinach pepper to taste 2 big handfuls of raw spinach</p> <p>Wash fillet, pat dry. Spread olive oil, pecan meal (blend pecans on low, powder), salt, pepper onto plate. Press both sides of salmon into mixture. Cook salmon on pre-heated foreman grill for 5 minutes or bake for 12 minutes on 400 degrees (broil last 6 min).</p> <p>Steam spinach with tight fitting lid in pot filled with 1" of boiling water.</p> <p>Makes 1 serving (male) 2 servings (female)</p> <p>Snacks #1 Turkey Deli Meat Mediterranean Salad 1 large cuke 1 large tomato 1 tbsp olive oil Dash of salt</p> <p>Tuna Burgers 3 cans Tuna drained (14oz ea) ¼ c flax meal 4 scallions 2 omega-3 eggs, beaten (like a finisher) 1 tsp kosher soy sauce (low sodium) Or t 1tsp salsa Dash of garlic powder Salt & pepper to taste 2tsp olive oil Makes 2 servings (male), 4 servings (female)</p> <p>Combine ingredients in large bowl. Mix & form 2 patties. Fry on Foreman Grill or Frying pan for 5 minutes.</p> <p>Snack #2 Sardines Mixed nuts Apple</p> <p>Snack #3 Deli Meat Mixed Nuts Oranges</p>	<p>Grocery Shopping List</p> <p>Yellow Onion (1) Baby Spinach (2) Mushrooms (1 container sliced) Apple (you choose) Broccoli, cabbage, cauliflower (you choose) Avocado (you choose) Lemon (1) Cucumbers (1) Tomatoes (1 regular & 1 Roma) Oranges (you choose) Scallions (1 bunch) Pecans (1 bag) Flax Meal (1 box) Nut Butter (1 jar) Oatmeal (1 container) Green Tea (1 box) Fat Free, Low Sodium Turkey Breast (½ to 1 lb) Chicken Breast (1/2lb +) Lean red meat (you choose) Salmon (10 oz) Deli Meat (optional) (you choose) Mixed beans (chick peas, black beans, etc..) (you choose) 3 cans tuna (14oz ea) Canned Fish/Sardines (you choose) Olive Oil (you choose) Olive Oil cooking Spray Koscher Soy Sauce (optional) Salsa (optional) Salt (optional) Pepper (optional) Garlic Powder (optional) Brown Rice (1 box or bag) Quinoa (optional) Mixed Nuts (unsalted, raw if possible) Omega-3 Eggs (1 dozen) Carton Pasteurized Egg Whites (16 oz +) Frozen Berries (1 bag) Fat free yogurt (1 container) Fish Oil (optional)</p>
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Questions & Answer:

Q: Meal Schedule?

A: Give ready to use fat loss meal schedule & blank schedule based on our workout schedule

Q: Hard to Plan out What to Eat & stray out & start snacking:

A: Clean cupboards & fridge; grocery shop & keep house stocked with only 10 habit or superfoods, prep veggies & meats after shopping; cook meals in bulk; eat ever 2-3hrs

Q: Needs Plan of What to Eat, already knows what to buy?

A: 10 habits, superfoods

Q: Not overeating.

A: Eat every 2-3hrs, drink glass of H2O before start of every meal. Put fork down b/w mouthfuls. Eat lean & complete proteins, whole foods with fiber (veggies/fruits/legumes), add fats, drink only water.

Q: When weak buy cookies & chips.

A: Eat every 2-3 hrs, prepare meals in advance and bring with you, make own bars, last resort: choose protein, veggies & fats, wash down with water

Q: I was told that eating the yolks too, wasn't a bad thing at all. If the eggs are organic and free-range eating the whole egg isn't going to raise your cholesterol. So I might like to hear your scope on that: not if you ate them in moderation.

A: Your body makes cholesterol and if you eat foods with cholesterol in it, your body produces less. If you don't eat foods with cholesterol your body makes more. Some people do not regulate blood cholesterol well and in these people their cholesterol could be high regardless of whether or not they eat high cholesterol foods. Best way to deal with high cholesterol is EXERCISE and improve overall quality of diet

Sesame Street: Intro food of week; letter "A" = Apple...

Q: Eat to fast:

A: Start meal by downing a glass of water; put fork down b/w every mouthful; pretend your at a white linen/white glove dinner with VIP guests and practice sitting tall with your best posture, chewing with your mouth closed and looking around the table as you eat. ; eat every 2-3hrs, eat pro/vegg/fat

Q: Doesn't do the grocery shopping:

A: start doing the grocery shopping or shop together; teach her why you are eating a certain way and ask her if she'd like to do it with you; after baby, invite her to take boot camp with you or at 9:30am; "my coach says if I start eating like this I can lose the fat around my midsection"

Q: Difficulty saying no when around others.

A: Tell them you're working very hard to make a change and you would really appreciate their support. Avoid situations, look the other way, leave early, come late, bring own food, leave room. Ask group for suggestions.

Q: Difficulty limiting portions/control

A: Drink large glass of water before starting meal. Put fork down between bites. Choose only fist sized portions. 1 fist for protein, 2 fists for veggies, palm of hand for fats. Eat breakfast immediately upon waking and shortly after workout. Eat every 2-3hrs so your body knows it has more food coming and then you can begin too control your portions.

Q: How to mix them proteins, carbs, fats & grains & when to eat them, is something I am less knowledgeable about.

A: Pick your complete lean protein first, surround it with your veggies (ideally 2 servings), then choose your fat. Wash it down with water. This should be your standard for every meal. Add grains within 1-2 hours post exercise. Burn your calories (starchy carbs) to earn your calories (starchy carbs).

Q: As a working mom, with a high maintenance family, getting up at 5:15 a.m. for boot camp, I am not sure how to increase the hours of sleep but I am ready to listen.

A: Well it sounds like this isn't going to happen. Do you work? What time do your kids get home? Your husband? You? What time is dinner? When do your kids go to sleep? How many hours of sleep do you need to wake up energized? What time do you go to sleep? Can you take naps?

Q: I also wonder about how to reduce the obvious by product of eating so many beans and higher fiber foods –the bloating feeling etc. is a bit frustrating.

A: Anti-inflammatories: more marine foods or fatty fish (salmon, tuna, etc...), fish oil supplement/capsules, omega 3-eggs, flax seeds/meal, aspirin, ginger, cayenne pepper, So, although fructose is low on the glycemic scale and can help replenish liver glycogen in the very physically active, excess intakes of fructose can lead to the new creation of fats in the liver as well as a short circuiting of our energy balance and body fat regulating systems. Well, the optimal times to consume fruit - if you don't have any absorption issues - may be first thing in the morning, before workouts and/or after workouts.

Q: The idea of energy foods is interesting to me. I drink a fair bit of coffee and still feel tired throughout the day so wonder if I altered the types of foods if that would be better.

A: Maybe. The exercise may help to get you going. Do you drink water with every meal? .5oz/lb body weight is a minimum goal to shoot for. 1oz/lb body weight is a high end goal to shoot for. Do you ever eat foods that make you feel tired after consuming? Food coma? You may be allergic/intolerant to some foods or you may need to eat them at different times. Start making a mental note of how you feel after a meal. If you feel tired after, ask yourself what you ate? It may be what you ate or the time you ate it.

You could also have adrenal fatigue from the constant caffeine dependency or sustained stress in which your adrenal glands do not produce adequate quantities of hormones.

You may be undereating.

If you've exhausted the suggestions above, I'd seek the assistance of your PCP, a nutrition expert (I can recommend one) or a regenerative medicine doctor (I can recommend as well).

Q: I have noticed a drop in my metabolism – meaning that even though I am eating less and healthier AND kicking up the exercise, I am not that hungry most of the time. I try to eat foods that have staying power, oatmeal with berries, turkey chili with beans, lots of fruits and vegetables etc and it seems to work but I worry more that I am not dropping weight yet. I am following weightwatchers semi-regularly.

A: Lifting heavy weights and/or the high intensity nature of this class may help to get you going. The intensity should make you hungry again and the quality of food you mentioned above is a great place to start. It would also be helpful to see you a log of your nutrition. That would answer a lot of questions. Without the log, let me ask the following: how many meals/day are you eating? Are you eating veggies/fruits, protein and fat with each meal? Are you drinking calories? How many times/day are you eating starchy carbs?

Q: I would love to learn more about when to eat, how much to eat and overeating.

A: Divide your awake hours by 3, this is how many meals you should consume/day. Consuming more meals than the traditional 3 will help ensure that your never in too much of a deficit or surplus and that the food you consume is used for energy and not fat storage. From everything I've been reading you can get specific (count calories), but it seems discouraged. I can share some information with you at a later date if that is helpful, but mastery of the 10 habits and consumption of superfoods would be a better place to start.

Overeating. Are you overeating because your hungry or because you're emotionally empty? If you're hungry, the multiple meals and the balance of protein, fat & carbs (whole veggies/fruits, i.e. the fiber) will help to hold off hunger. You can also add legumes which are high in fiber and will also slow digestion. You can start your meal with a glass of water, which will help fill you. Put your fork down in between bites can help too.

If you're overeating because of emotional reasons, then it may be time to man up/women up and address those reasons so you can get back to kicking butt. I'm not a shrink and I'm not going to pretend to be one, but I've felt empty inside before too, but food hasn't been my outlet. Giving what I yearned for usually brings back what is yearned, loving yourself by specifically telling yourself verbally what you love about yourself while looking at yourself in the mirror helps for some weird reason and writing and saying aloud all the things you are grateful for is a 3rd way to bring back the fullness so you don't feel the need to overeat. The last thing I can think of after you've started the other 3 suggestions is to use the previous term of man/women up and break the habit. Stop overeating. Push the plate away. You're the only one to blame if you don't like the way you look or feel. Quit making excuses. If you want to feel great and look great, then do what is needed to earn those rights.

Q: What is the difference between diet coke & coke zero?

A: Coke Zero has more ingredients that you can't name, such as: [Acesulfame potassium](#) (180-200 x sweeter than table sugar, masked/mixed w/ other sweeteners to hide bitter after taste, stable under heat, long shelf life, rumored to be carcinogenic), [Potassium citrate](#) (used as buffering agent in soft drinks, used to help control kidney stones, gout, as a diuretic, rapidly absorbed when given by mouth), [Sodium benzoate](#) (food preservative), [Sodium citrate](#) (food preservative). Interesting to note, that Coke uses different sweeteners in different countries. Some sweeteners banned by the U.S are used in other countries and vice versa. What are "natural flavors" any ways? What isle are they in at the grocery store or how much do they sell for at the farmers market? Coke Zero targets the male audience with a "tastes like original coca-cola drink with zero calories". Less aspartame than original diet coke, more acesulfame potassium (Ace-K). Don't yet have an answer to why your hunger pains are gone. Maybe you're more satisfied.

Q: What time of day I eat makes a significant difference than how many calories in and out....what gives?

A: Not enough research. Dr. Thomas Halton, author of the weight loss triad, wrote you there wasn't enough research to support late eating and weight gain, but in his experience, his clients lose weight faster and more consistently if they don't eat after 8pm. So...

Q: When is the best time to have caffeine prior to a work out, with the intension of using it as a performance enhancer?

A: Core Performance, pg 97 says, 60 min prior to event in the amount of 2.5-6mg/kg body weight (divide body weight by 2.2, then substitute in).

Q: What else can I drink that won't make me feel "sick" or "sluggish" after a run? Or, is it all about timing?

A: What about a protein carb shake, energy bar or other sports drink? Core performance suggests the following formula for post event/training: Carb needs: (body weight / 2.2 x .8grams = _____) + Protein (BW / 2.2 x 0.4grams = _____). It is not ideal to drink calories if you're looking to lose weight/lose fat, but if you're looking for performance, recovery and/or muscle gain: you could make your own shakes, drink a V-8 or purchase a protein powder/bar? We can talk offline about this more.

Q: You mention only eating a starchy carb after a workout. I brought chicken and some brown rice for lunch, should I omit the brown rice since I won't be working out today and just leave it for tonight after my work out?

A: Eat 1-2 hours after a workout, omit all other times. You do get 2 splurge meals / week (no sugar) or 10% of your total meals can be splurge. Splurge = alcohol, refined carbohydrates, bagels, bread, pasta, non-sweet potatoes, white rice, flour, fast foods, ...

Q: When you say 2 splurge meals a week but no sugar, do you mean don't add additional sugar to the splurge meal? (I ask because obviously the splurge meals do have sugar in them).

A: If you want to lose weight, dump the sugar.

Sugar's addictive, has a high glycemic index, raises your blood sugar, raises your insulin and causes you to crave more sugar and become hungrier sooner. If you want something sweet for your splurge meals, opt for sugar free.

Add veggies in place of your brown rice at lunch. No more food coma.

Also, think protein, fat & carb @ every meal. Wash down with water.

Q: When I think of eating a protein, fat and carb, I think brown rice as the carb, what carbs should I be using in place of brown rice, oatmeal or sweet potato?

A: Veggies & fruits. Brown rice & the other starchy carbs are carbs, but for fat loss, save the starches for post workout.

Q: What protein powder do you recommend? Plus I am also drinking HMR shake.....which is a weight loss shake, should I stick to that and also use the protein shake as well?

A: [Metabolic Drive Low Carb from T-Nation.com](#) . (full disclosure, I have not used it, but if I was going to this would be the one. Good price, low calories, high quality. Disregard the high testosterone website. I researched HMR's shakes. The definitely are a legit company and have helped other clients, but I'm NOT a fan of knowingly consuming partially hydrogenated oils of which their shakes contain. That said, consider finishing your purchase & moving on to Metabolic Drive.

Q: I was reading your blog and it states that you had dinner with Dr. Halton and he suggests only eating 3 meals a day if you want to lose weight and not eating too much. I do eat 3 meals a day but have been adding in 2 additional "eating times" (I wouldn't call them meals) like some hard boiled eggs and deli meat and nuts to get to 5 meals a day per your suggestion. I guess I am just confused? Is that too much eating if I want to lose weight?

A: [Dr. Halton](#) says 3 meals / day eating a protein, fat & carb @ every meal & you can have starchy carbs @ every meal, just oatmeal, sweet potatoes or brown rice. He says eating more meals, increases peoples chances to overeat by consuming too many calories. If you eat pro/fat/carb @ every meal your blood sugar will stabilize, you won't have highs and lows & you won't be hungry.

[Dr. Berardi](#) says divide your awake hours by 3, eat every 2-4 hours, eat a pro, fat & carb @ every meal, starchy only after workouts. He says more meals = smaller meal size and an increased metabolism. You're blood sugar will stabilize, no highs & lows & you won't be hungry.

I took a hybrid of both.

If you feel like you're overeating, then you probably are. The reason for the multiple meals is to teach you a healthy lifestyle and show you that you can eat food and not feel starved or deprived.

Q: When I completed the registration form I stated that I wanted to loose weight. My question is, would it be a better choice to eat oatmeal with yogurt, or any kind of fruit, fiber one cereal etc or egg whites with turkey bacon is good enough. Reason I am asking for the past three weeks I have been doing only eggs whites, turkey bacon, turkey etc for breakfast. For snack I would make turkey and cheese wraps and for dinner I would chicken or fish with some kind of beans.

A: Protein, fat & carb (veggies & fruits) @ every meal. Drink only water.

That's it.

To answer your questions.

oatmeal (starchy, 1-2hrs post workout), nuts or nut butter or flax seed/meal (fat), protein powder or egg whites (pro), mixed berries or apple (carb)

yogurt, mixed nuts, carrots, berries or apples

egg whites (pro) and/or turkey bacon, olive oil or avocado (fat), spinach, broccoli, tomato (carbs)

snack

turkey, nuts, apple

turkey, avocado, hummus, romaine, tomato

cheese (moderation), nuts, apple

Dinner

chicken, oil or olives or nuts or flax seed, beans, colorful veggies, brown rice, sweet potatoe, oatmeal or Quinoa (starches after workouts only)

fish, oil or olives or nuts or flax meal, beans, colorful veggies, starchy carbs after workouts.

Mike Alves is the owner and founder of [Athletes by Alves](#) a performance training company and a co-founder of [Change Your Body Boot Camps](#). Coach Alves' educational background began at Springfield College where he earned his B.S. in Athletic Training. He is a Certified Athletic Trainer with the National Athletic Trainers Association and a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. Alves is also licensed by the state of Massachusetts as an Athletic Trainer. As a coach and trainer he has helped hundreds of people return to health, improve their shape and achieve personal bests through performance training.

Mike offers a variety of services to his clientele like:

Client consultation services, including: private and public workshops, private and public coaching, private and semi-private training, online training, phone coaching, boot camps, mentorships and fundraisers.

And with his CYBC 4 Week Fat Loss Jump Start Manual he has now created his first e-book.

Coach Alves' professional background includes experiences, successes and honors with athletes, clients and coaches from:

- *Springfield College
- *Boston Red Sox Minor League Affiliates
- *UMASS/Amherst
- *Mike Boyle Strength & Conditioning
- *Health South
- *Chicopee High School
- *WMASS Pioneers Professional Soccer Club
- *Fitness Together
- *Boston Sports Clubs
- *Mixed Martial Arts
- *Triathlons

Coach Alves like most coaches and trainers is very active and regularly practices what he preaches. He has competed or competes in the following sports:

- *Sprint & Olympic Triathlons, Road Races
- *Men's Basketball Leagues
- *Men's Softball Leagues
- *Mixed Martial Arts: Krav Maga, No Gi Brazilian Jiu-Jitsu

You can learn more about Mike by visiting his websites, www.mikealves.com, www.bootcampboston.com or www.changeyourbodychallenge.com.