

## Train Like Cain Fitness Meal Guide

### **PROTEINS**

Chicken Breast  
Eggs  
Mushrooms  
Lean Ground Beef or Turkey ( $\geq$  93% lean)  
Lean Fish (tilapia, salmon, red snapper, cod, etc.)  
Tuna (fresh or packed in water)  
Turkey Breast

### **HEALTHY FATS**

Avocado  
Nut Butter (no added sugar, oil or salt)  
Nuts or Seeds (no added sugar, oil or salt)  
Oil (extra virgin olive oil, coconut oil, etc.)

### **MISCELLANEOUS SNACKS**

Hummus  
Edamame  
Peanut butter goes well with most fruits

### **DAIRY/NONDAIRY ALTERNATIVES**

Plain Yogurt (nonfat or low fat)  
Low-Fat Cheese  
Milk (skim or reduced fat)

### **GRAINS**

Beans  
Lentils  
Oatmeal  
Quinoa  
Potatoes (any variety)  
Whole Grains (rice, pasta or bread)

### **FRUIT**

Apple  
Banana  
Berries (strawberries, blueberries, etc.)  
Cantaloupe  
Citrus Fruits (oranges, grapefruits, etc.)  
Grapes  
Kiwi  
Mango  
Melon

### **VEGETABLES**

Asparagus  
Broccoli  
Brussels Sprouts  
Cauliflower  
Celery  
Cucumber  
Dark Leafy Greens (spinach, kale, etc.)  
Eggplant  
Green Beans  
Onion  
Peppers  
Salad Greens (spring mix, romaine, etc.)  
Tomato

### **Daily Water Intake**

- 8 oz. Water with each meal and snack

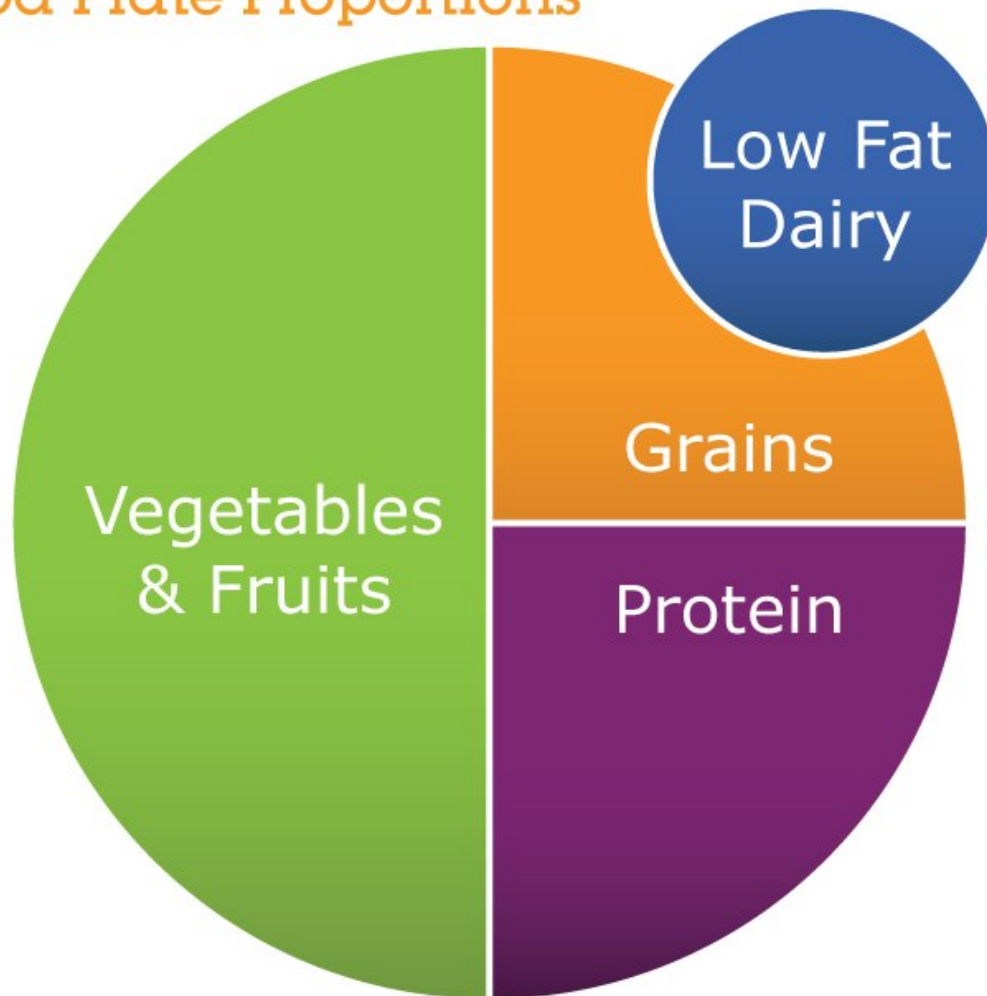
### **Working out..?**

- EAT AT LEAST 1-2 HOURS BEFORE A WORKOUT!
- Whey protein shake after each workout will help with gaining muscle mass. (up to 45 mins. after activity for max potential!)






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# Portion Control Cheat Sheet

## Food Plate Proportions



## Serving Sizes

<p>1 Slice of bread, 1 cup of cereal, or 1/2 cup of cooked rice or pasta = 1 serving</p> <p>1 Cup = </p> <p>1/2 Cup = </p>	<p>3 ounces of cooked meat or 2 tablespoons nut butter or hummus = 1 serving</p> <p>3 oz = </p> <p>2 T = </p>	<p>1 cup of milk or yogurt or 1 1/2 ounces of cheese = 1 serving</p> <p>1 oz = </p>
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