



ALLOWED FOODS

*If It's Not On
This List...
DON'T Eat It*



BY MICHAEL DUVIS



SUF Allowed Food List

As you know by now, not all calories are created equal, and even when you think you're eating clean... your chicken still may be full of toxins.

Here's how to stay away from all 'bad stuff' and only eat the foods that will allow your body to burn fat.

First, start your day by drinking 16 oz of water.. nothing will work if you're dehydrated, and when you wake up after sleeping for 7 – 9 hours, you're dehydrated.

For breakfast I like to start the day with a healthy 'greens' drink. Like the 'Cold Pressed Juice' from Trader Joes, or the powdered 'Athletic Greens' product.

Then have breakfast. EVEN IF YOU ARE WORKING OUT AT 4am Or 5am.. have breakfast. Last thing you want to do is workout on an empty stomach and burn off a bunch of muscle.

Besides, you'll perform way better in your workout when you fuel yourself beforehand.

Here are some Breakfast Samples:

- 2-3 Whole Eggs (Free-Range pastured, with ½ tbsp Grass-fed butter in pan) with some Ezekiel cereal in Unsweetened Almond Milk mixed with Blueberries
- Protein Shake with Grass-fed whey protein powder, a handful of spinach, 1 cup of raspberries, 1 tbsp Buff Bake Peanut Butter, and Cinnamon.

Your Lunch will be the same as your Dinner.

Lunch / Dinner:

- 4-8 oz Meat
- 2 cups Green Vegetables
- Half an avocado or 10 almonds
- Water



And you will eat 1 or 2 snacks depending on your schedule (..preferably almonds).

Snack Samples:

- Protein Shake
- Almonds
- Small serving of Meat & Veggies
- Almonds
- Brazilian Nuts / Walnuts
- Almonds
- Quest Bar
- Almonds

As you can see, I'm a big fan of almonds. Get them unsalted/unroasted/organic, drink water after you eat them, and eat them between meals. If you do this religiously it will be near IMPOSSIBLE to stay the same weight. Almonds are one of the best foods in the world.

At night you will stop eating and drinking water 1 hour before bed-time. Solely to prevent you from having to use the restroom when you're falling asleep (sleep is important).

Allowed Proteins

- Free-Range Chicken and Turkey
- Grass-Fed Beef
- Cage-Free Eggs / Egg Whites
- Clean Protein Powder (no artificial sweeteners and preferably from Grass-Fed cows)
- Turkey Bacon (Nitrate-free)
- Venison & Bison
- Wild Caught Halibut, Orange Roughy, Cod, Tilapia, Salmon, Tuna, Lobster, Crab, Shrimp
- Bulgarian Yoghurt or Icelandic Yoghurt (Siggi's) or Kefir
- Greek Yoghurt from Grass-Fed Cows
- Unsweetened Almond Milk (not really a protein, more a healthy fat, but this is what you'll mix your protein powder in)



Allowed Fats

- Buff Bake Chocolate Chip Protein Peanut Butter (THE best peanut butter ever made, has protein in it and is made in Irvine, only available at Whole Foods)
- Grass-Fed Butter
- Coconut Oil
- Coconut Milk or Almond Milk
- Chia or Hemp or Pumpkin seeds
- Udo's Oil
- Avocado, Avocado Oil
- Almonds, Brazilian Buts, Cashews, Pecans
- Almond, Cashew, and Hazelnut Butter

Allowed Vegetables

All of them, with Kale, Sprouts, Collard Greens, Mustard Greens, Broccoli, Asparagus, and Spinach being the most awesome of all. As long as you get 2 servings of vegetables in per day you'll be living the very very good life.

Allowed Carbs

- Sweet Potatoes / Yams
- Farro
- Unflavored Oatmeal
- Quinoa
- Ezekiel Cereal
- Organic Brown Rice
- Organic Brown Rice Pasta
- Fruit (see below)

Allowed Fruits

- Any type of Berries (blueberries and raspberries being king and queen)
- Granny Smith Apples (the darker the color the better)
- Tomatoes (have lycopene, which prevents cancer)

Spices

- Apple Cider Vinegar



- Black Pepper
- Cayenne
- Cinnamon
- Cumin
- Curry
- Dulse Flakes
- Garlic
- Kelp Flakes
- Lemon
- Lime
- Mustard
- Onion Powder
- Real Sea Salt (not isolated sodium table salt. Himalayan Sea Salt is the best)

Herbs

- Basil
- Bay Leaf
- Chives
- Cilantro
- Mint
- Oregano
- Parsley
- Rosemary
- Thyme & Sage

Personally, I put cinnamon on everything... my cereal, my yoghurt, my protein shakes, and my coffee. It makes bland food taste good, is zero-sugar, and Cinnamon improves circulation, which is good for many things.

Must-Have-Supplements

- Krill Oil (Omega 3's, blood sugar stabilization, anti-inflammatory, short-term memory, and many other benefits)

Optional Cool-To-Have-Supplements

- Protein Powder (convenience of getting protein in through a shake instead of food)
- Cissus (joint support)
- SMART MUSCLE MAX PERFORMANCE Pre-Workout (or any other type of 'clean pre-workout', as long as you avoid the popular pre-workouts as they will fry your



- adrenal system and although I have no proof, I wouldn't be surprised if they lead to Alzheimer's disease later on)
- Maca (virility, Lionel Richie takes this every day)
 - Vitamin D (healthy testosterone levels)
 - Vitamin C (immune support, but skip the Flintstones brand)
 - Creatine (for more strength and better performance, you can get this naturally from steak, but you'd have to eat 5 pieces of steak per day)
 - CLA (better usage of fat for energy)
 - Chromium Picolinate (Regulation of blood sugar levels)

Cheat Foods

- Virgil's / Root Beer / Dr Better / Cream Soda / Zevia Soda
- Sugar-free Chocolate Covered Almonds
- Kale Chips
- Beanitos Tortilla Chips
- Salt of the Earth Bean Crisps
- Any type of Salsa
- Quest Bars
- Buffalo Jerkey
- BBQ Sauce sweetened with Stevia
- Bison Burgers
- Kombucha (Black label from Synergy brand.. white label is mediocre)
- Greens+ Chocolate Energy Bars (eat these pre-workout to fuel your workout)
- Lennys & Larrys Muscle Brownies (for when you've accomplished something major in your life)
- Rau Chocolate Milk (get the Coconut flavor)
- Pizza from True Food (see Restaurant Guide)
- Protein Pancakes from Greens & Proteins (see Restaurant Guide)
- Napa Grass-Fed Burger from Eureka! (see Restaurant Guide)
- Classic Burger from Burger Lounge (see Restaurant Guide)
- ... more coming soon =)