

KRIS GETHIN'S MUSCLE-BUILDING 12-WEEK TRAINER

FOOD AND FLUID LIST

PROTEIN

- Beef
- Skinless poultry
- Pork
- Bison
- Ground meats
- Game meats
- Tilapia
- Tuna
- Salmon
- Sardines/other small canned fish
- Ricotta cheese (whey)
- Cottage cheese (casein)
- Low-fat paneer
- Greek yogurt
- Egg whites
- Whole eggs
- Soy/tofu
- Plant-based protein
- Whey protein

CARBS

- Quinoa
- Brown rice
- Whole grains like bulgur or spelt
- Raw or cooked vegetables
- Whole, raw fruit
- High-fiber bread
- Oats
- Muesli
- Potatoes
- Sweet potatoes
- Salad greens
- Green vegetables

FATS

- Extra-virgin coconut oil
- Olive oil
- Canola oil
- Avocados/avocado oil
- Nuts and seeds
- Fatty fish
- Natural nut butters

MEAL REPLACEMENTS/ALTERNATIVES

- Meal-replacement shakes
- Protein powder mixed with oats
- Nutrition by Design dry or wet meal
- Bodybuilding.com B-Elite Fuel
- Novo Protein Bites

FLUIDS

- Water
- Coconut water
- Black coffee
- Green tea
- Unsweetened/cream-free teas
- Water flavored with BCAAs