



Food For Your Goals

Help on your 30 Day Challenge



Eat For What You Need

- Did you know that you can eat food to cater to your health goals?
- Want to burn fat? Increase your metabolism? Drop a few pounds? Build muscle?





METABOLISM 101



 Metabolism



Cucumbers



Spinach

 Metabolism



Tomatoes



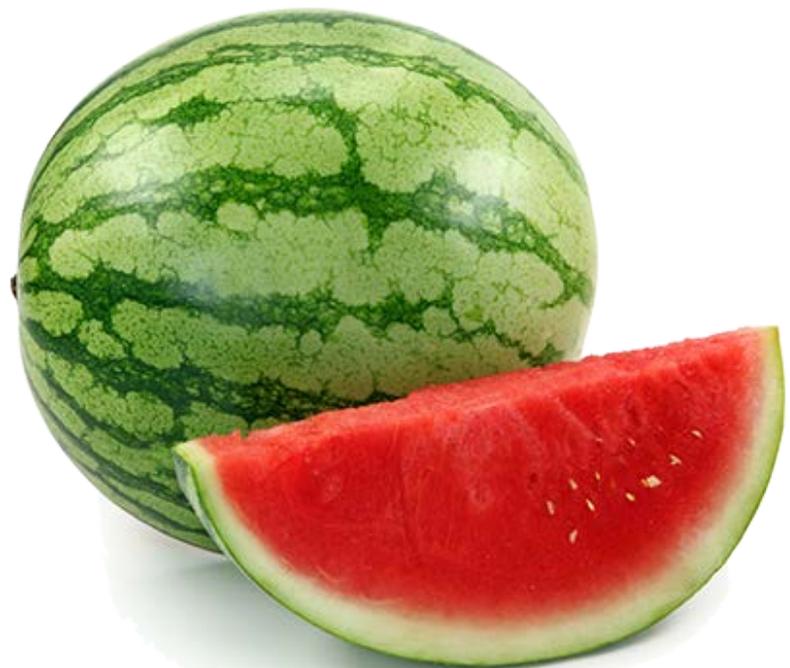
Garlic



Lettuce



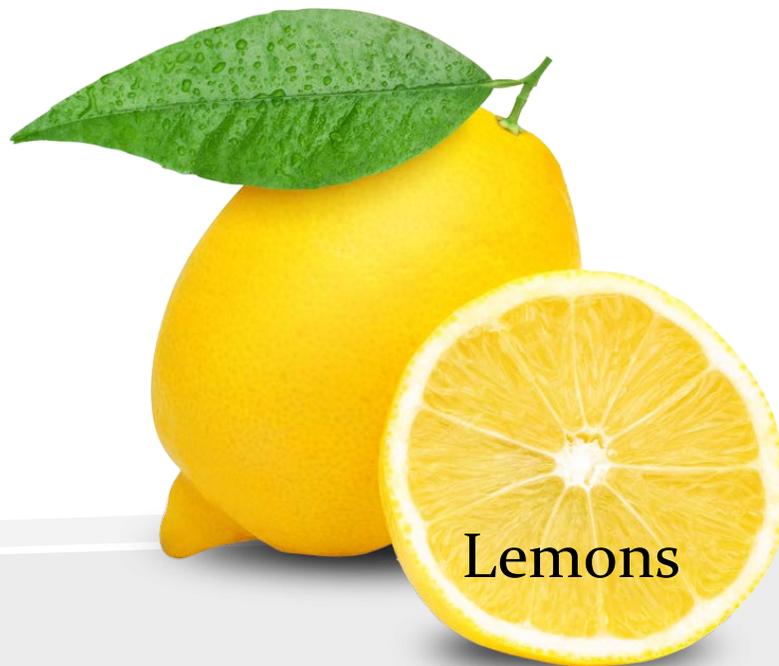
Metabolism



Watermelon



Apples



Lemons



Green Tea

Metabolism Recipe: Flavored Water

Ingredients

- Sliced Lemon
- Sliced cucumber
- Mint sprigs

Add these ingredients to a pitcher of water or your water bottle for a refreshing boost to your metabolism





Foods for Belly Fat





Belly Fat



Oatmeal



Berries



Nuts



Belly Fat



Green Vegetables

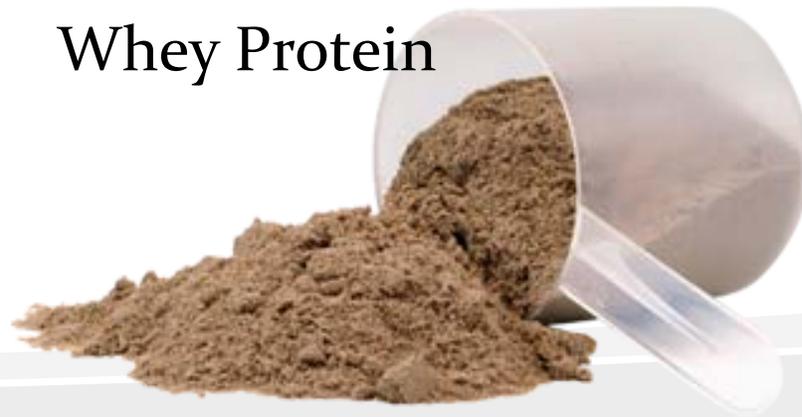


Green Tea



Eggs

Whey Protein



Belly Recipe: Leek and Garlic Omelet

Ingredients

4 egg whites

2 whole eggs

4 tbsp water

Salt, to taste

Freshly ground black pepper, to taste

3 tbsp leeks, chopped

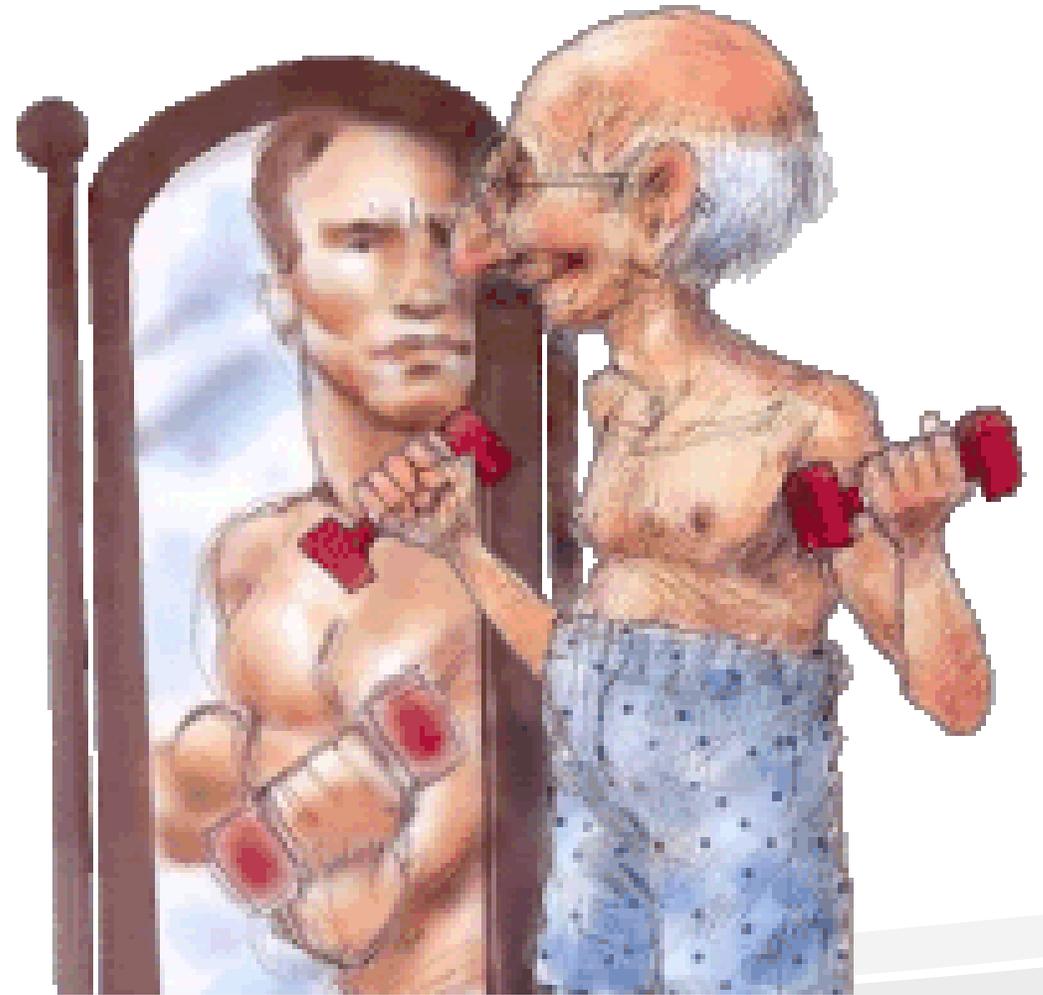
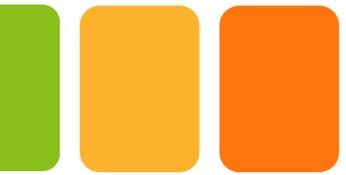
1/2 tsp garlic, minced

Cold pressed extra virgin olive oil



<http://www.healwithfood.org/recipes/leek-garlic-omelet.php>

Foods for Muscle Gain





Muscle Gain



Whey Protein

Cottage Cheese



Eggs



Low fat milk





Muscle Gain

Fresh Fruits and
Vegetables



 Muscle Gain

Skinless Chicken Breast



Lean Beef



Tuna

Turkey



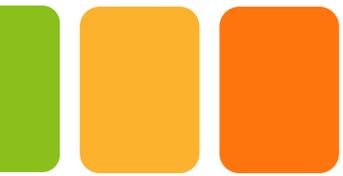
Spinach-Tomato-Feta Cheese Stuffed Chicken Breast with Brown Rice



Ingredients

- 6 oz chicken breast
- 1/2 cup raw spinach
- 1 Roma tomato
- 2 tbsp feta cheese
- 1/2 cup brown rice

<http://www.bodybuilding.com/fun/fit-meals-7-muscle-making-recipes.html>



Foods for Running





Running



Dark Chocolate



Pasta

Cereal



Whole Grain bread





Running



Salmon



Sweet Potatoes

Oranges



Berries



Bananas



Runner's Sweet Potato Fries

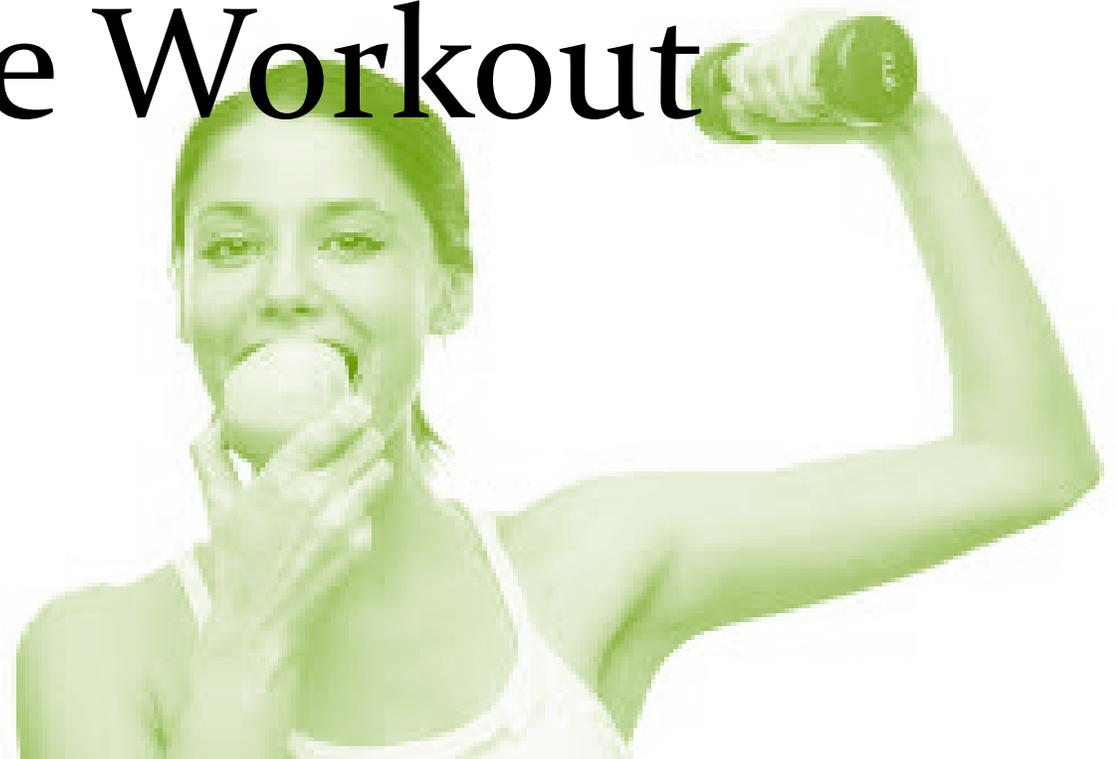
Ingredients

- 1 large sweet potato, peeled and cut into wedges
- 2 teaspoons canola oil
- 1/4 teaspoon salt
- Pinch of cayenne pepper





Food for Before Workout





Before Workout



Smoothies

Oatmeal



Yogurt and granola



Salad





Before Workout



Black Coffee



Granola Bar

Hummus and Pita





Pre Workout Smoothie

Ingredients

- 2 cups fresh spinach
- 2 cups almond milk, unsweetened
- 1 large apple, cored, any variety
- 1 banana
- $\frac{1}{3}$ cup rolled oats
- 1 tablespoon coconut oil
- $\frac{1}{2}$ teaspoon ground cinnamon



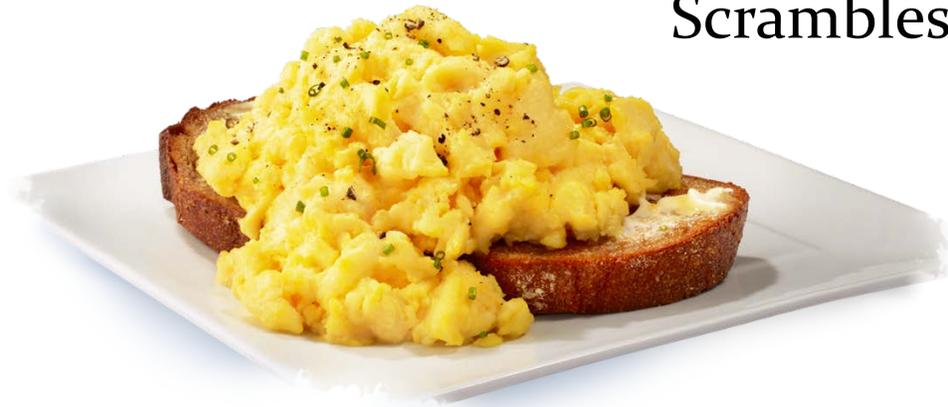


Food for After Workout





After Workout



Scrambles Eggs



Apples and Peanut
butter

Protein bar



Dried fruit and
nuts





After Workout



Salmon and Tuna

Greek Yogurt



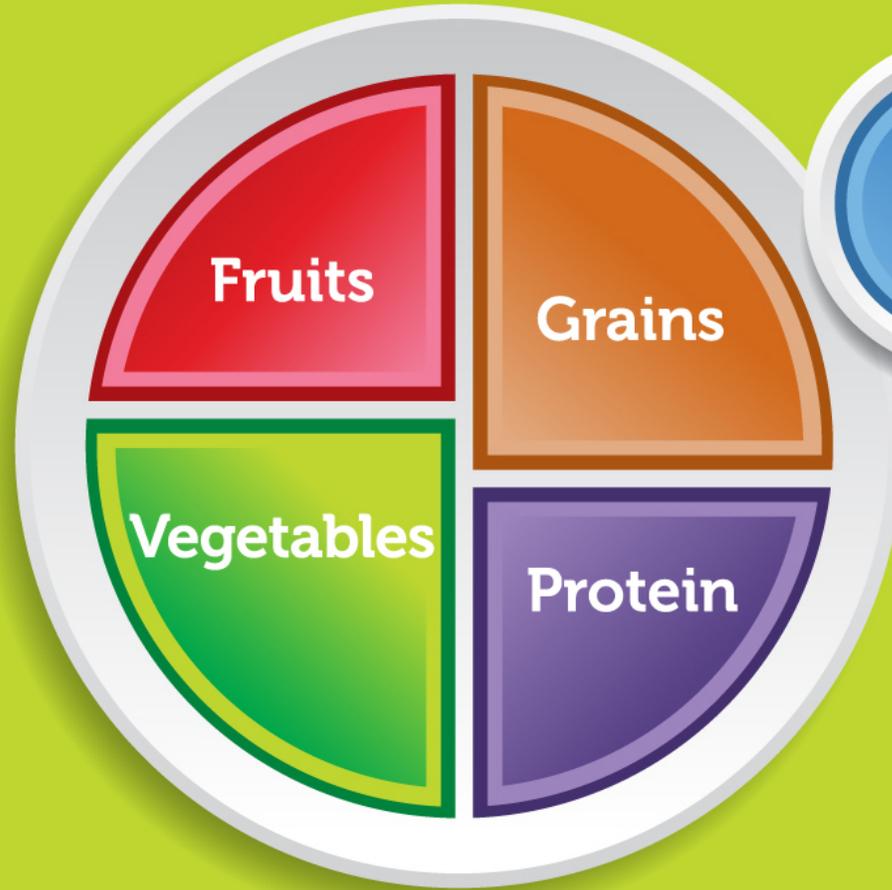
Avocado Toast



Post Workout Avocado Toast

- 1 slice of whole wheat
- 1/3 to 1/2 ripe avocado
- Flaky salt
- Drizzle of olive oil (optional)
- Black pepper, red pepper flakes, paprika, or ground cumin (optional)





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