

Chris Powell

TRANSFORMATION SPECIALIST

SMART FOODS GUIDE

Smart Proteins

Protein is essential for weight loss since it helps build muscle.*



Recommended Serving Size:
Palm-size portion

Dairy

Cottage cheese (low-fat)
Eggs
Egg substitutes
Greek yogurt (non-fat plain)
Yogurt (low-carb/high-protein)

Poultry

Chicken
Duck breast
Goatfish
Turkey breast (low-sodium)

Red Meat

Beef (lean cuts)
Buffalo (ground)
Eel
Roast beef (low-sodium deli)
Venison

Seafood

Catfish
Clams
Cod
Crab
Halibut
Lobster
Mussels
Salmon
Scallops
Shrimp
Snapper
Tilapia
Trout
Tuna

Vegetable Protein

Tempeh
Texturized Vegetable Protein (TVP)
Tofu

White Meat

Pork (lean)

Smart Carbs

Carbohydrates are vital for energy production.



Recommended Serving Size:
Fist-size portion

Dairy

Milk (1% or skim)
Yogurt (low-fat) with fruit

Bread

Corn tortillas
Whole grain breads
Whole grain English muffins
Whole grain tortillas

Fruit

Apples (2)
Apricots (2)
Bananas (2)
Berries (2)
Grapes (2)
Kiwi
Melons
Oranges
Tangerines
Peaches (2)
Nectarines (2)
Pears (2)
Pineapple
Plums (2)

Grain

Amaranth
Barley
Bean cereals
Buckwheat
Corn
Couscous
Long grain brown rice
Oatmeal (old fashioned or steel cut)
Popcorn
Quinoa
Spelt
Whole grain cereals
Wild rice

Pasta

Brown rice pasta
Whole grain pasta

Root Vegetables

Potatoes (russet, red, gold, small 3 1/2" diameter)
Sweet potatoes/yams (small 2" diameter, 4" long)

Legumes

Beans (boiled or low-sodium canned)
Edamame
Lentils (boiled or low-sodium canned)
Peas

(2) = preferred fruit

Smart Vegetables

Vegetables fortify your body with vitamins, minerals and fiber.



Recommended Serving Size:
Two fist-size portions

Artichokes

Arugula
Asparagus
Beets
Bok Choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Endive
Green beans
Kale
Lettuce
Mixed greens
Mushrooms
Mustard greens
Okra
Onions
Peppers
Radishes
Radicchio
Rhubarb
Romaine
Rutabaga
Snow peas
Spinach
Sprouts
Squash
Tomatoes
Turnips
Zucchini

Smart Fats

Healthy fats help keep you feeling full longer.



Recommended Serving Size:
Thumb-size portion

Dairy

Cheese (low-fat)
Feta cheese
Heavy cream
Mozzarella (low-fat)

Dressings

Balsamic vinaigrette
Creamy salad dressing (low-fat)
Mayonnaise (regular)

Fruit

Avocado
Olives (large)

Nuts & Seeds

Almond butter (with salt)
Almonds (raw, whole)
Peanut butter (natural, with salt)
Peanuts (raw, chopped)
Pecans (raw, chopped)
Pumpkin seeds
Sesame butter/tahini
Sunflower seeds
Soy nuts (roasted, lightly salted)
Walnuts (raw, chopped)

Oils

Canola oil
Fish oil
Flaxseed oil
Olive oil
Safflower oil

Smart Beverages

Water, tea, brewed coffee and diet soda, with non-caloric sweeteners (if desired). Limit specialty coffees, creamers and sugars as they are a source of refined carbohydrates.

Smart Condiments

Vinaigrettes, barbecue sauces and wine sauces, as well as herbs and spices are recommended; however, any condiment of choice can be used sparingly.

*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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Wolfgang Guggemos



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Chris Powell's Choose More, Lose More for Life Chris Powell, 2013-05-07 Transform Your Body Transform Your Life Each season millions of viewers tune in to see Chris Powell lead extraordinary transformations on ABC's breakout hit reality transformation show Extreme Weight Loss Now building on the basic weight loss philosophy introduced in his bestselling book Choose to Lose Chris has created a transformation plan anyone can follow one that recognizes that no weight loss journey is the same and that more options mean longer lasting results At the center of Chris Powell's Choose More Lose More for Life is Chris's carb cycling plan which kicks your metabolism into full gear by alternating between low and high carb days Never carb cycled before No problem Powell provides all the information you need to get started and see immediate results Been carb cycling but need to shake things up This book provides four different cycles Easy Classic Turbo and Fit to help you find a plan that fits you Chris also understands that weight loss plateaus when we get bored So in this book he focuses on choices including more than twenty new workouts called Nine Minute Missions that pack maximum results into minimal time He also offers more delicious and easy recipes to keep you eating well more tracking logs to keep you motivated and more success stories to inspire you as you write your own one that lasts for the rest of your life If you want results if you want to lose that weight and transform your life you need to stop thinking about it and get going You hold in your hand the map to an incredible path to success and I'll be right beside you 100 percent cheering you all the way to your finish line You're choosing to make a healthy change and I'm choosing you It's going to be a wonderful journey for both of us Shape Your Body in Just Nine Minutes Each Day Find a Carb Cycle That's Made for You Build in Cheat Days to Enjoy Foods You Love Eat Carbs to Lose Weight Transform Your Body One Success at a Time [CARB CYCLING COOKBOOK FOR BEGINNERS](#) Deborah Hoglund, 2025-07-08 Ready to break through your weight loss plateau without giving up the foods you love Let's talk about carb cycling Whether you're just starting your wellness journey or you've been hitting the gym with little to show for it lately carb cycling might be the missing piece in your plan This beginner friendly guide makes it easy to harness the power of strategic carb intake to boost fat loss increase energy and build lean muscle without cutting out your favorite meals You'll get a simple flexible comprehensive meal plan for every goal that includes both delicious high and low carb recipes plus a balanced workout routine to match No guesswork no stress just a smarter way to fuel your body Here's what you'll find inside A Clear and Friendly Introduction Learn the science behind carb cycling why it works and how to tailor it to fit your lifestyle not the other way around Meal and Fitness Plans That Actually Work From cardio to strength training and HIIT combine targeted exercise with alternating low and high carb days to keep your metabolism guessing and working Flavor Packed Recipes for Every Carb Day Craving something light and satisfying Try the Chopped Italian Salad or Asian Style Chicken Stir Fry Looking forward to a higher carb day Enjoy hearty favorites like Huevos Rancheros or Pan Seared Pork Chops with Mashed Sweet Potatoes And Much More This is your go to guide for turning carb cycling into a

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Table of Contents Chris Powell Printable Food Guide

1. Understanding the eBook Chris Powell Printable Food Guide
 - The Rise of Digital Reading Chris Powell Printable Food Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Chris Powell Printable Food Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Chris Powell Printable Food Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Chris Powell Printable Food Guide

- Personalized Recommendations
- Chris Powell Printable Food Guide User Reviews and Ratings
- Chris Powell Printable Food Guide and Bestseller Lists
- 5. Accessing Chris Powell Printable Food Guide Free and Paid eBooks
 - Chris Powell Printable Food Guide Public Domain eBooks
 - Chris Powell Printable Food Guide eBook Subscription Services
 - Chris Powell Printable Food Guide Budget-Friendly Options
- 6. Navigating Chris Powell Printable Food Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Chris Powell Printable Food Guide Compatibility with Devices
 - Chris Powell Printable Food Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Chris Powell Printable Food Guide
 - Highlighting and Note-Taking Chris Powell Printable Food Guide
 - Interactive Elements Chris Powell Printable Food Guide
- 8. Staying Engaged with Chris Powell Printable Food Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Chris Powell Printable Food Guide
- 9. Balancing eBooks and Physical Books Chris Powell Printable Food Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Chris Powell Printable Food Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Chris Powell Printable Food Guide
 - Setting Reading Goals Chris Powell Printable Food Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Chris Powell Printable Food Guide

- Fact-Checking eBook Content of Chris Powell Printable Food Guide
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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