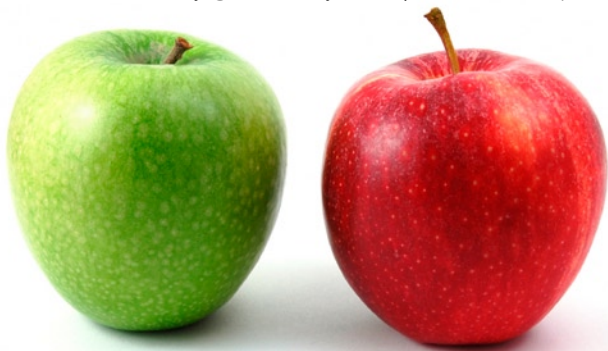


DARYL'S TRAINING PROTOCOL



the basics...

- Eat 4 - 6 smaller meals per day - instead of 2-3 bigger meals
- Eat every 2 to 3 hours to keep the metabolism moving
- Plan your meals in advance
- Listen to your body - don't suppress hunger
- Don't miss breakfast
- Don't eat late at night - your digestion system shuts down. Try not to eat past 7:30pm. If you must, consume a light snack no later than 8pm. Light as in fruit, veggies or nuts
- NEVER eat when you're stressed! Stress shuts down your digestion system
- Chew your food slowly to help with the digestion process - very important as digestion starts in your mouth
- 9 to 10 servings of fruits and vegetables daily (preferably raw)
- Eat proteins with veggies, starches with veggies but don't eat protein and starches together
- Always eat fruit on it's own too - don't mix with other foods
- Drink minimum 2 to 3 litres of filtered water a day - try and drink away from meals, not with them
- Try and eliminate sugar and caffeine
- Get lots of rest (8 or more hours of sleep per night)
- Minimum of 60 minutes of resistance training per week
- Keep a food and workout log

FOOD OPTIONS

Here are some examples of nutritious foods that will help build a strong, lean and healthy body. These are not the only options, but a few solid choices. When shopping for food it's best to try and buy fresh foods than packaged foods. The less packaged foods you eat, the better off you'll feel and look!

SOME EXAMPLES OF GOOD CARBS ARE:

- | | | | | | |
|-------------|------------------|--------|--------------|-------------|-----------|
| Broccoli | Plain oatmeal | Squash | Rye bread or | Tomatoes | Asparagus |
| Spinach | Sweet potatoes | Pasta | spelt bread | Whole Wheat | Lentils |
| Cauliflower | Potatoes (baked) | Yams | Brown rice | or Spelt | peppers |

BEST sources of PROTEIN

try to only eat one type of meat in a meal

- eggs (keep yolk in - you don't absorb the protein without it)
- chicken breast
- avocado has the same percentage of protein as one egg (also very high in good fats)
- turkey breast
- white fish (aim for wild fish, not farmed)
- tuna - eat in moderation. Canned meats are higher in mercury
- Tofu
- Almonds or cashews -unsalted
- Beans and lentils
- plain yogurt - try and buy organic, but if not make sure it's low in sugar. Mix it with oats or dry
- cereal

GOOD FATS

GOOD FATS are an essential part of cell membranes. They're necessary for the production of sex hormones like testosterone. And they carry and store the fat soluble vitamins A, D, E and K. If the brain thinks the body is not taking in enough good fats, the body will store fat instead of use it as an energy source.

BEST sources of GOOD FATS

- | | |
|------------------------------|--|
| ground flax seed | seal oil |
| cold water fish (not farmed) | nuts - almonds, pumpkin seeds, sunflower seeds, flax seeds, raw cashews, pine nuts, walnuts, pecans, filbert, macadamia nuts |
| salmon | avocados |
| cod | Also extra virgin olive oil - use this to cook with (or butter) but stay away from hydrogenated oils. |
| herring | |
| halibut | |
| trout | |
| mackerel | |

Some examples of GOOD Veggies

(Favorable Carbohydrates)

- | | |
|-----------------------------|-------------|
| red peppers | green beans |
| broccoli | carrots |
| spinach | olives |
| sweet potato | celery |
| tomatoes (high in lycopene) | parsley |
| cauliflower | onions |
| | garlic |
| | asparagus |

if cooking veggies, steam them lightly - don't boil them under intense heat as that can destroy the natural enzymes and bleach them of nutrients

DAIRY

Dairy - you don't absorb a ton of protein or other vitamins from dairy (due to the pasteurization process) as well it can affect your breathing - due to the mucous build-up. I've seen athletes increase their time by cutting out dairy. So limit it to plain yogurt, cheese on occasion (not daily).

Some examples of GOOD FRUITS

- | | |
|---|---|
| peaches | cantaloupe |
| plums | (always eat melon on it's own - don't mix with other fruit) |
| prunes | berries |
| grapefruit | pineapple |
| mangoes or papayas (on occasion) | apples |
| lemons ***add to your drinking water as it acts as a natural body cleanser*** | oranges |
| | bananas |
| | limes |
| | watermelon (on occasion) |

the rule of thumb is to eat fruit that is in season, tropical fruit in the winter will be laced with higher pesticides

SUGGESTED SUPPLEMENTS

- Juice plus
- Omega Fats - Hemp, fish or flax seed
- Digestive Enzymes
- Acidophilus

AN IDEAL DAY

- 3-4 servings of fruits, preferably eaten in the morning
- 4-6 servings of vegetables
- 20-30% of your daily food intake comes from lean proteins
- 40-50% of your daily food intake comes from favorable carbohydrates
- 20% of your daily food intake comes from good fats

***serving size for protein, veggies, fruit, nuts should be approx. the size of the palm of your hand. Yogurt, no more than a cup.