



Talons Strength & Conditioning Program

Constantine Anest
NASM CPT

Proteins

- Boneless, Skinless Chicken Breast
- Tuna (water packed)
- Fish (salmon, sea bass, halibut)
- Shrimp
- Extra Lean Ground Beef or Ground Round (92-96%)
- Protein Powder -
- Egg Whites or Eggs -
- Ribeye Steaks or Roast
- Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry)
- Top Sirloin (aka Sirloin Top Butt)
- Beef Tenderloin (aka Filet, Filet Mignon)
- Top Loin (NY Strip Steak)
- Flank Steak (Sir Fry, Fajita)
- Eye of Round (Cube Meat, Stew Meat, Bottom Round , 96% Lean Ground Round)
- Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts)

Complex Carbohydrates

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes (Yams)
- Beans (pinto, black, kidney)
- Oat Bran Cereal
- Brown Rice
- Farina (Cream of Wheat)
- Multigrain Hot Cereal
- Pasta
- Rice (white, jasmine, basmati, Arborio, wild)
- Potatoes (red, baking, new)

Fibrous Carbohydrates

- Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)
- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Celery

Other Produce & Fruits

- Cucumber
- Green or Red Pepper
- Onions
- Garlic
- Tomatoes
- Zucchini
- Fruit (if acceptable on diet): bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
- Lemons or Limes

Healthy Fats

- Natural Style Peanut Butter
- Olive Oil or Safflower Oil
- Nuts (peanuts, almonds)
- Flaxseed Oil

Dairy & Eggs

- Low-fat cottage cheese
- Eggs
- Low or Non-Fat Milk

Beverages

- Bottled Water
- Diet Soda
- Crystal Light

Condiments & Misc.

- Fat Free Mayonnaise
- Reduced Sodium Soy Sauce
- Reduced Sodium Teriyaki Sauce
- Balsamic Vinegar
- Salsa
- Chili powder
- Steak Sauce
- Sugar Free Maple Syrup
- Chili Paste
- Mustard
- Extracts (vanilla, almond, etc)
- Low Sodium beef or chicken broth
- Plain or reduced sodium tomatoes sauce, puree, paste)