



STAX SMARTCYCLE NUTRITION PROGRAM

Phase 1: Reset your Metabolism

MEAL	PROTEIN	CARB	VEGGIES (*optional)	FAT
BREAKFAST	X	X	X*	
SNACK	X	X	X*	
LUNCH	X	X	X*	
SNACK	X	X	X*	
DINNER	X	X	X*	
SNACK	X		X	X

Phase 2: Fat Loss (For Morning Exercisers)

MEAL	PROTEIN	CARB	VEGGIES (*optional)	FAT
BREAKFAST	X	X	X*	
SNACK	X	X	X*	
LUNCH	X	X	X*	
SNACK	X		X	X
DINNER	X		X	X
SNACK	X		X	X

Phase 2: Fat Loss (For Evening Exercisers)

MEAL	PROTEIN	CARB	VEGGIES (*optional)	FAT
BREAKFAST	X	X	X*	
SNACK	X	X	X*	
LUNCH	X	X	X*	X
SNACK	X		X*	X
DINNER**	X	X	X*	
SNACK	X		X	X

**This is your pre-workout meal

Phase 3: Verify

MEAL	PROTEIN	CARB	VEGGIES (*optional)	FAT
BREAKFAST	X	X	X*	
SNACK	X		X	X
LUNCH	X		X	X
SNACK	X		X	X
DINNER	X		X	X
SNACK	X		X	X

PORTION SIZES

Protein.....4 oz. (Deck of cards)
 Carbs½ Cup (palm-sized)
 Veggies2 Cups (two fists)
 Fats2 Tbsp. (Thumb sized)

SAMPLE DAY 1

- Breakfast: 7:00 am**
 ▪ ¼ Cup Oatmeal (dry) & Two Egg Whites
- Snack: 9:30 am**
 ▪ 10 Raw Almonds
- Lunch: 12:00 pm**
 ▪ 4oz Lean Meat, 2 Cups Broccoli
- Snack: 2:30 pm**
 ▪ Celery Stalks with 1 Tbsp. of Natural Peanut, Almond or Cashew Butter
- Dinner: 5:00 pm**
 ▪ 4oz Lean Meat, 2 cups Asparagus with Olive Oil
- Snack: 7:30 pm**
 ▪ Protein Shake with 25 to 35 Grams of Protein and less than 10 grams Carbs, Mix with H2O

SAMPLE DAY 2

- Breakfast: 7:00 am**
 ▪ 4-5 Large Egg Whites ½ Cup Oatmeal
- Snack: 9:30 am**
 ▪ Non-Fat Cottage Cheese & A Pear
- Lunch: 12:00 pm**
 ▪ Chicken Breast & Brown Rice
- Snack: 2:30 pm**
 ▪ Ground Turkey & Black Beans
- Dinner: 5:00 pm**
 ▪ Talapia & Small Sweet Potato
- Snack: 7:30 pm**
 ▪ Spinach Salad with Shrimp and Balsamic Vinegar & Oil Dressing

SAMPLE DAY 3

- Breakfast: 7:00 am**
 ▪ 3 Egg Whites, 2oz. Chicken, Spinach & Broccoli Omelet, One Slice Ezekiel Toast
- Snack: 9:30 am**
 ▪ Whey Protein Shake & ¼ Cup Oatmeal
- Lunch: 12:00 pm**
 ▪ Chicken Breast & Whole Wheat Pasta
- Snack: 2:30 pm**
 ▪ Cod & Steamed Broccoli with Olive Oil
- Dinner: 5:00 pm**
 ▪ Pork Chop with Steamed Veggies
- Snack: 7:30 pm**
 ▪ Protein Shake with 1 Tbsp. Nat. Peanut Butter

RULES

- ✓ You MUST eat at least 6 times daily
- ✓ Drink at least a gallon of water daily
- ✓ Eat every 2.5 to 3 hours
- ✓ Eat whole foods
- ✓ KISS formula on the rules
(Keep It Simple Silly!)



Stax SmartCycle Nutrition Program
Acceptable Foods & Flavorings



PROTEIN	
<p><u>Powdered Proteins</u> (only low fat & low carb) Whey Protein Powder Egg Protein Powder Vegetable Protein Powder</p>	<p><u>Blend with these options</u> Fruit (at breakfast & after workouts) Dry Oatmeal (when carbs are allowed) Peanut Butter (when fats are allowed) Cinnamon Sugar-free Cocoa Sugar-free Jello</p>
<p><u>Eggs</u> Egg Whites / Egg Substitutes</p>	<p><u>Flavor with these options</u> All Veggies Turkey Deli Meat (added protein) Salsa Mrs Dash Black Pepper Beans (when carbs are allowed) Avocado (when fats are allowed) Cheese (when fats are allowed)</p>
<p><u>Cottage Cheese</u> Non Fat Cottage Cheese</p>	<p><u>Flavor with these options</u> Pepper and Tabasco Sauce Sugar-Free Jello Chives Fruit (when carbs are allowed) Stevia & Cinnamon Cream (when fats are allowed)</p>
<p><u>Poultry & Meats</u> Chicken Breast Turkey Breast Roast Beef (less than 5g fat) Lean Beef (less than 5g fat) Lean pork (less than 5g fat) Venison Elk Buffalo</p>	<p><u>Flavor with these options</u> All Veggies Mrs Dash (for poultry & beef) Minced Garlic Horseradish Olive Oil (when fats are allowed) Cheese (when fats are allowed) Avocado (when fats are allowed)</p>
<p><u>Seafood</u> Tuna Trout Whitefish Snapper Halibut Cod Salmon Shrimp Lobster Scallops Crab</p>	<p><u>Flavor with these options</u> All Veggies Mrs Dash (for seafood) Lemon Juice Nonfat Butter Spray Minced Garlic Horseradish Olive Oil (when fats are allowed) Cheese (when fats are allowed) Avocado (when fats are allowed)</p>



CARBOHYDRATES	
<p><u>Fruit</u> (in the mornings & after workouts)</p> <p>Fresh or Frozen</p> <ul style="list-style-type: none"> Berries Oranges Apples Pears Pineapple Melons Banana 	<p><u>Flavor with these options</u></p> <p>blend with water, fiber, and protein powder</p>
<p><u>Cereals</u></p> <p>High Fiber Cereals (low fat):</p> <ul style="list-style-type: none"> All Bran, Fiber One, etc. Low Fat Granola Old Fashioned Oatmeal Steel Cut Oatmeal Oat Groats 	<p><u>Flavor with these options</u></p> <p>Protein Milk: (blend vanilla whey protein & water or unsweetened almond milk Cinnamon & 1Tbsp Raisins Whey Protein Powder (added protein)</p>
<p><u>Grains</u></p> <ul style="list-style-type: none"> Long Grain Brown Rice Wild Rice Spelt Barley Buckwheat Amaranth Quinoa 	<p><u>Flavor with these options</u></p> <ul style="list-style-type: none"> Salsa Beans (added carbs) All Veggies
<p><u>Beans & Legumes</u></p> <ul style="list-style-type: none"> Lentils Black Beans Pinto Beans Kidney Beans Garbanzo Beans Navy Beans Soy Beans 	<p><u>Flavor with these options</u></p> <ul style="list-style-type: none"> Garlic (chopped, minced, powder) Onion (copped, minced, powder) Low Sodium Chili Powder Turkey or Roast Beef Deli Meat (added protein)
<p><u>Root Vegetables</u></p> <ul style="list-style-type: none"> Sweet Potatoes Yams Potatoes 	<p><u>Flavor with these options</u></p> <ul style="list-style-type: none"> Non Fat Butter Spray Stevia, Cinnamon & Nutmeg Onions & Chives
<p><u>Pasta</u></p> <ul style="list-style-type: none"> Brown Rice Pasta Whole Grain Pasta 	<p><u>Flavor with these options</u></p> <ul style="list-style-type: none"> Non Fat Butter Spray Low Sodium & Low Carb Tomato Sauce
<p><u>Breads</u></p> <ul style="list-style-type: none"> Rye Bread Ezekiel Bread Ezekiel Tortilla Ezekiel English Muffin 	<p><u>Flavor with these options</u></p> <ul style="list-style-type: none"> Non Fat Butter Spray Cinnamon Salsa



VEGETABLES	
<p><u>Fibrous Vegetables</u></p> <ul style="list-style-type: none"> Spinach Lettuce Tomatoes Mixed Greens Broccoli Asparagus Cauliflower Celery Mushrooms Zucchini Cucumber Cabbage Sprouts Squash Peppers Parsley Onions 	<p><u>Flavor with these options</u></p> <ul style="list-style-type: none"> Balsamic Vinegrette Turkey or Roast Beef Deli Meat (added protein) Hard Boiled Egg (when fats are allowed) Pepper Mrs Dash Avocado (when fats are allowed)
FATS	
<ul style="list-style-type: none"> Butter Cream Cheese Avocado Peanuts Pecans Almonds 	<ul style="list-style-type: none"> Walnuts Soy Nuts Peanut Butter Almond Butter Olive Oil Flaxseed Oil Fish Oil
ADDITIONAL FLAVORINGS	
<ul style="list-style-type: none"> Balsamic vinegar Mrs Dash Cloves Lemon juice Salsa Ginger Onion Curry paste Garlic Basil Paprika Peppers Basil Horseradish Nutmeg Chili powder Parsley Oregano Pepper Onion Powder 	<ul style="list-style-type: none"> Parsley Dill Seed Dried Ginger Powder No Sodium Chili Powder Red Wine Vinegar Cider Vinegar White Wine Vinegar Minced Onion Minced Garlic Minced Ginger Oregano Lime Juice Lemon Juice Dry Mustard Thyme Tumeric Cayenne Pepper Cinnamon Unsweetened Almond Milk Garlic Powder