

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

Poultry

Chicken
Duck breast
Dorset
Turkey breast (low-sodium)

Red Meat

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

Seafood

Carfish
Clams
Cod
Crab
Halibut
Lobster
Muscle
Salmon
Scallops
Shrimp
Snapper
Tilapia
Trout
Tuna

Vegetable Proteins

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

Can tortillas
Whole grain breads
Whole grain English muffins
Whole grain tortillas

Fruit

Apples (2)
Apricots (2)
Bananas (2)
Berries (2)
Grapes (2)
Kiwi
Mango
Oranges
Tangerines
Peaches (2)
Pineapples (2)
Pears (2)
Pineapple
Plums (2)

Cereal

Amananth
Barley
Bran cereals
Buckwheat
Corn
Couscous
Long grain brown rice
Quinoa (old fashioned or steel cut)
Rice
Rye
Quinoa
Spelt
Whole grain cereals
Wild rice

Pasta

Brown rice pasta
Whole grain pasta

Root Vegetables

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

Legumes

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

(2) = preferred fruit

Smart Vegetables

Vegetables help your body with vitamins, minerals and fiber.



Recommended Serving Size:
Two fist-size portions

Artichokes

Asparagus
Beets
Bell Pepper
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Culant greens
Cucumber
Eggplant
Endive
Green beans
Kale
Lettuce
Mixed greens
Mushrooms
Mustard greens
Onion
Onions
Peppers
Radishes
Radishes
Rhubarb
Romaine
Sautéage
Snow peas
Spinach
Sprouts
Squash
Tomatoes
Turnip
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.

Chris Powell Smart Food Guide

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Chris Powell Smart Food Guide:

The Top Books of the Year Chris Powell Smart Food Guide The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. Chris Powell Smart Food Guide : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Chris Powell Smart Food Guide : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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