



# POCKET COACH

When Your On The Go!

## ★ Top Protein Choices

CHICKEN BREAST, GROUND CHICKEN, TURKEY, BEEF 90% LEAN , EGGS, SALMON, GREEK YOGURT, TUNA, PORK TENDERLOIN, FILET

## ★ Top Carb Choices

ANY RICE, POTATO, QUINOA, ANGEL HAIR, GRITS, OATMEAL, ZUUCHINI, SPINACH WRAP, LENTILS

## ★ Top Fat Choices

ALMONDS/CASHEWS, NUT BUTTER, AVOCADE, REDUCED FAT CHEESES, AGED CHEESES, FATTY FISH/BEEF CUTS



**PROTEIN**  
+  
**CARB**



**PROTEIN**  
+  
**FAT**



**FAT**  
+  
**CARB**



**PROTEIN**

**4-6 oz Size of Palm**



**CARBS**

**1 cup = 1 Handful**

**PRO TIP:**  
Keep Fat as Low as possible with Carbs

**PRO TIP:**  
Avoid Alcohol 2 hours before/after meals

