



PROTEIN

Daily: 1 gram of protein per pound of ideal body weight
Under 100 grams of starchy carbohydrates daily.

Example: current weight = 165 lbs
 goal weight = 140 lbs
 protein = 140 grams/day (add 30 – 40
 grams if you exercise more than once a day –
 always include fresh vegetables!)

***Your daily amount of protein should be spread out over 5-6 smaller meals to enhance absorption and utilization and to keep your metabolism burning hot all day long!**

Whether your goal is to gain muscle, lose fat, or a little bit of both, protein is crucial! Your muscles need protein for maintenance, repair and rebuilding; keeping muscle synthesis maximized stimulates your metabolism to burn fat and carbohydrates for energy. Protein also provides a more stable, sustained energy than carbohydrates, while stimulating gut hormones that trigger feelings of satiety.

INDEX of common protein sources

	Protein (g)	Carbs (g)	Fat (g)
Egg, large, whole	6	0	4
Egg, large, white only	4	0	0
Chicken, breast, no skin, 4 oz	26	0	1.5
Turkey, breast, deli slices, 2 oz	10	1	0.5
Turkey, ground, 85% lean, 4 oz	20	0	9
Beef, ground, 85% lean, 4 oz	21	0	17
Tilapia, wild, no skin, 4 oz	23	0	2
Salmon, wild, no skin, 4 oz	24	0	10
Tuna, light, in water, 4 oz	29	0	1

Adventure Boot Camp Nutrition Guide

Lei Shi



Adventure Boot Camp Nutrition Guide:

Fitness Information for Teens, 5th Ed. James Chambers, 2021-11-01 Provides consumer health information for teens about maintaining health through physical activity including facts about preventing injury and overcoming obstacles to fitness Includes index and resource information

Cincinnati Magazine ,2008-04 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region

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Learn to Understand the central dietary principles nutrition and foods of a macrobiotic lifestyle Prepare macrobiotic menus and recipes Reduce your cravings for unhealthy foods Prevent or relieve numerous ailments with a macrobiotic diet The definitive guide to incorporating a macrobiotic diet into your daily life Do you want to make the most of macrobiotics This practical guide uses a body mind and spirit approach to introduce you to the basics of this popular diet You ll see how to use macrobiotic principles to enhance your health and happiness prepare the right foods to increase your energy and fight off disease and make lifestyle changes to support your new way of eating Begin on the path to healthy living understand the science behind macrobiotics and how to apply the principles to your daily life Heal the macrobiotic way discover the foods and nutrients that influence good health and heal common diseases Plan for successful non stressful change create a macro friendly kitchen shop smart and introduce new foods to the family diet Make marvelous macrobiotic meals prepare delicious easy to follow recipes from breakfast to dessert and plan your weekly menu Take it on the road make healthy restaurant choices Round out your macrobiotic lifestyle get tips for exercise creating a more nourishing environment and developing a self healing personality Open the book and find The basics of macrobiotic nutrition How to marshal your body mind and spirit to renew your health Ten tips for prompt permanent weight loss Practical ways to eliminate cravings for unhealthy food More than 50 healthy tasty recipes Time saving cooking techniques Tips on managing your blood sugar with macrobiotic foods The right tools and equipment to stock a healthy kitchen A sample macrobiotic menu Cincinnati Magazine ,2008-10 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **Team Nutrition Connections** ,1996 The Unofficial Guide to Disney Cruise Line 2025

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2002 Guide to ACA-Accredited Camps American Camping Association, 2002-04 The camps listed in this directory have met or exceeded industry standards for safety programming staffing health care food service and more Camps are available for children of all ages as well as families seniors single adults and other groups who need a facility for a reunion business seminar or retreat The 2000 plus camps referenced are listed by state clientele served and special activities and programs offered Each listing includes information on length of sessions day or residential religious affiliations if any types of housing provided fees and transportation available The Wall Street Journal Guide to the Business of Life Nancy Keates, 2005-06-07 Almost Everything You Need to Know About Leading the Good Life Too many decisions Too many choices What today's smart consumer must have is a money and time saving guide for conducting the business of life both the big challenges such as getting top notch health care for the family and the best education for the kids and the pleasurable ones like plotting the family summer vacation Nancy Keates and her expert colleagues at The Wall Street Journal provide all new material that gives the lowdown on The Savvy Traveler How to cut to the chase and not only avoid the indignity of cramped plane seats

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there and made it out alive The Unofficial Guide to Walt Disney World with Kids 2012 Bob Sehlinger,Liliane Opsomer,Len Testa,2011-10-04 With nearly 13 million visitors the original Disneyland Park still ranks as one of America s Top 25 Visited Sites according to Forbes Traveler Disneyland Park and Disney s California Adventure continue a 1 billion dollar expansion with new attractions based on the successful Pixar films new attractions already added to the park include Finding Nemo Submarine Voyage Toy Story Mania World of Color and coming soon Goofy s Sky School and The Little Mermaid Ariel s Undersea Adventure scheduled to debut in Spring 2011 In 2012 Disney s California Adventure is scheduled to continue with a 12 acre expansion adding a new land to the park based on the Pixar animated film Cars

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