

REZISTY

FOOD PLAN

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REZIST RULES

- 1 Hydrate 6-8 oz. of Water Upon Waking
- 2 Never Leave Home without Breakfast
- 3 Try to Sleep 7 Hours Per Night
- 4 Eat *At Least* Every 3 ½ Hours You're Awake
- 5 Eat 1 ½ Hours Before Workout and Sleep
- 6 Drink Only Water, Wine, Coffee & Skim, Soy Milk, Rice Milk, Almond Milk
- 7 Perform Some Type of High Intensity Training at Least Twice Per Week.
ReZist Counts!
- 9 No Complex Carbohydrates / Caffeine or Stimulants After 3pm
- 10 Limit Dining Out to Twice Weekly!
- 11 Rest One Day Per Week and Limit Caloric Intake by 300-500 Calories On That Day

YOUR GROCERY LIST

PROTEIN

EGGS Only Whites, Jumbo Or Extra Large, Omega 3

CHICKEN White Meat, Breast, Organic, Cage Free

TURKEY Store Roasted

FISH Salmon, Halibut, Swordfish, Tilapia,
(Wild Caught if Possible)

TUNA Very Low Sodium Solid White (6.5 oz. Can)

STEAK Top Round or Flank Steak, Grass Fed

MILK Skim, Soy, Almond, Rice

YOGURT Greek (Low-Fat or Non-Fat) 1 Cup

COTTAGE CHEESE Non-Fat 1 Cup

NUTS Almonds or Walnuts, Raw

PROTEIN 100% Whey, Soy, Egg White

CARBOHYDRATES

OATMEAL Instant 1 Min Quick Oats /
Cream of Rice / Grits

POTATO Sweet, Baked or Boiled

RICE Boil in Bags Brown Rice

QUINOA Boiled

BREAD Ezekiel

CEREAL Bran, Fiber

FATS

PEANUT/ALMOND BUTTER
All Natural, Low Sodium

OIL Extra Virgin Olive, Macadamia, Flax

AVACADO Fresh

SEEDS Flax, Pumpkin, Chia

NUTS Almonds, Walnuts

FRUIT

**APPLES • RASPBERRIES • KIWI
STRAWBERRIES • BLUEBERRIES
GOGIBERRIES • GRAPEFRUIT**

VEGETABLES (PESTICIDE FREE)

**SPINACH • ASPARAGUS • BROCCOLI
KALE • SQUASH • GREEN BEANS
BRUSSEL SPROUTS • CAULIFLOWER
AVOCADO • CARROTS PURPLE CABBAGE**

ADDITIONS

CUCUMBER

CELERY

COFFEE / TEA

RICE CAKE Salt Free

COOKING SPRAY Olive Oil Organic

WHEAT GERM Toasted

GRANOLA Low Sugar

DRINK Water, Coffee, Coconut Water, Unsweetened Tea

BARS Under 200 Cal. and 10g Sugar, at least 15g Protein

CHEESE Grated Parmesan, Mozzarella

SAUCE Low Sodium Tomato

SEASONINGS

**USE SINGLE INGREDIENT SPICES THAT ARE SPICY NOT SWEET*

PLAIN MUSTARD

TABASCO PEPPER SAUCE

SEA SALT (SPARINGLY)

GARLIC OR CINNAMON POWDER

BLACK PEPPER

RED CAYENNE PEPPER

CURRY

LEMON

“Your Body Can’t ReZist Linda’s Metabolic Burner”

Mix Apple Cider Vinegar with Minced Garlic, Ground Black Pepper, and Red Cayenne Pepper Powder.
All These Ingredients Together Stoke Your Metabolism And Promote Thermogenic Fat Burning All Day Long.

THE REZIST MEAL OUTLINE

6 MEALS = 6 PROTEINS / 2 COMPLEX CARBS / 3 FRUITS / 2 VEGETABLES / 2 FATS

| | |
|------------------|---|
| MEAL 1 | PROTEIN / COMPLEX CARB / FRUIT |
| MEAL 2 | PROTEIN / FRUIT / FAT |
| MEAL 3 | PROTEIN / COMPLEX CARB / VEGETABLE |
| MEAL 4 | PROTEIN / FRUIT |
| MEAL 5 | PROTEIN / VEGETABLE / FAT |
| MEAL 6 | PROTEIN |
| ADDITIONS | Coffee / Skim or Soy Milk / Olive Oil / Balsamic Vinegar / Wheat Germ / Spices / Nuts / Seeds |

* Starting with breakfast 30 min after waking before you leave house, space out meals every 2 ½ to 3 ½ hours. Pre workout meal should be 90 minutes prior to training and last meal should be at least 1-2 hours before bedtime.

BEST PROTEINS

- EGG WHITES
- TURKEY
- CHICKEN
- SALMON
- LEAN MEAT
- YOGURT
- NUTS
- WHEY PROTEIN POWDER

BEST COMPLEX CARBS

- OATMEAL
- SWEET POTATO
- BROWN RICE
- QUINOA
- GRITS
- EZEKIEL BREAD

BEST FRUITS

- APPLES
- BERRIES
- GRAPEFRUIT
- KIWI
- PINEAPPLE

BEST VEGGIES

- SPINACH
- ASPARAGUS
- BRUSSEL SPROUTS
- BROCCOLI
- KALE

BEST FATS

- OLIVE OR FLAX SEED OIL
- NUTS
- PEANUT OR ALMOND BUTTER
- AVOCADO

BEST SNACKS

- 15 ALMONDS
- 100 CALORIE GREEK YOGURT
- PROTEIN BAR
- SEEDS
- EDAMAME
- APPLE
- SLICE OF EZEKIEL BREAD WITH ALMOND BUTTER

THE FEMALE MEAL PLAN

AVERAGE CONSUMPTION BASED ON A 130 LBS. FEMALE AND APPROXIMATELY 1900 CALORIES

| | FOOD | AMOUNT | CALORIES | 2ND OPTION |
|---------------------|---|----------------------|-----------|---|
| MEAL 1 | Egg Whites / Whole Egg | 3 / 1 | 110 | <ul style="list-style-type: none"> • 3 Egg Whites • 2 Slices Turkey (2 oz.) • 2 pc. 80 cal. Ezekiel Bread |
| | Oatmeal | 1/4 cup | 100 | |
| | Berries | 1/4 cup | 40 | |
| | Protein Powder | 1/2 scoop | 60 | |
| | Walnuts | 8 or 1/8 cup crushed | 30 | |
| MEAL 2 | Chicken (Grilled / Baked) | 4 oz. | 190 | <ul style="list-style-type: none"> • Greek Yogurt • Rasp. / Straw. / Blueberries • 1/8 cup Walnuts |
| | Apple | 1 | 100 | |
| | Peanut or Almond Butter on the Apple | 1 tbsp. | 100 | |
| | | | | |
| MEAL 3 | Chicken | 4 oz. | 190 | <ul style="list-style-type: none"> • 5 oz. Halibut Or Tilapia • Brown Rice • Green Beans or Broccoli |
| | Sweet Potato | 4-5 oz. | 100 | |
| | Spinach / Kale / Asparagus | 1 cup | 55 | |
| MEAL 4 | Chicken (Grilled / Baked) | 4 oz. | 190 | <ul style="list-style-type: none"> • Greek Yogurt • 10 Almonds OR • 1 scoop Protein Powder • Berries |
| | Apple | 1 | 100 | |
| MEAL 5 | Fish / Chicken | 6 oz. / 5 oz. | 190 / 250 | <ul style="list-style-type: none"> • 4 oz. Steak (No More Than 2x/Week) • Brussel Sprouts • Salad if Hungry |
| | Asparagus, Kale, Spinach | 2 cups | 110 | |
| | Olive Oil | 2 tbsp. | 200 | |
| MEAL 6 | Casein Protein Powder with Water | 1 scoop | 120 | • 4 Egg Whites |
| DAILY EXTRAS | Coffee / Soy Milk / Spices / Sea Salt / Mustard / Cinnamon / Lemon / Garlic | | | Limited |
| | Red Wine | 2 Glasses | 320 | Per Week / Optional |

Supplements (Recommendations)*

- Multi Vitamin Plus Mineral and Fish Oil at Meals 1,4
- Casein Protein Powder 30 Minutes Before Bed
- Papaya Enzymes (5) with Large Meals 1,3,5

* These are only recommendations, always check with physician before taking any supplements or vitamins.

THE MALE MEAL PLAN

AVERAGE CONSUMPTION BASED ON A 180-200 LBS. MALE AND APPROXIMATELY 2700 CALORIES

| | FOOD | AMOUNT | CALORIES | 2ND OPTION |
|---------------------|---------------------------------------|---------------|-----------|--|
| MEAL 1 | Egg Whites / Whole Egg | 6 / 1 | 150 | <ul style="list-style-type: none"> • 3 Egg Whites • 3 Slices Turkey (3 oz.) • 2 pc. 80 cal. Ezekiel Bread |
| | Oatmeal | 1/2 cup | 150 | |
| | Berries | 3/4 cup | 40 | |
| | Protein Powder | 1 scoop | 120 | |
| | Walnuts | 1/4 cup | 180 | |
| MEAL 2 | Chicken (Grilled / Baked) | 6 oz. | 280 | <ul style="list-style-type: none"> • 1 scoop Protein Powder • Rasp. / Straw. / Blueberries • 1 tbsp. Flax Seed Oil |
| | Apple | 1 | 100 | |
| | Peanut or Almond Butter on the Apple | 1 tbsp. | 100 | |
| | | | | |
| MEAL 3 | Chicken | 6 oz. | 280 | <ul style="list-style-type: none"> • Halibut / Tilapia (Grilled) • Brown Rice • Broccoli or Green Beans |
| | Sweet Potato | 6 oz. | 120 | |
| | Spinach / Kale / Asparagus | 1 cup | 55 | |
| MEAL 4 | Chicken (Grilled / Baked) | 6 oz. | 280 | <ul style="list-style-type: none"> • Greek Yogurt • 1 scoop Protein Powder OR <ul style="list-style-type: none"> • 1 scoop Protein Powder • Berries |
| | Apple | 1 | 100 | |
| MEAL 5 | Fish / Chicken | 8 oz. / 6 oz. | 220 / 280 | <ul style="list-style-type: none"> • 5 oz. Steak (No More Than 2x/Week) • Brussel Sprouts • Salad if Hungry |
| | Asparagus, Kale, Spinach | 2 cups | 110 | |
| | Olive Oil | 2 tbsp. | 200 | |
| MEAL 6 | Casein Protein Powder with Water | 1 scoop | 120 | <ul style="list-style-type: none"> • 6 Egg Whites |
| | Almonds | 10 | 100 | |
| DAILY EXTRAS | Coffee / Soy Milk / Spices / Sea Salt | | | Limited |
| | Mustard / Cinnamon / Lemon / Garlic | | | |
| | Red Wine | 2 Glasses | 320 | |

Supplements (Recommendations)*

- Multi Vitamin Plus Mineral at Meals 1,4
- Creatine 30 Minutes Before Workout
- Glutamine Directly After Workout
- Whey Protein Powder Post Workout
- Casein Protein Powder 30 Minutes Before Bed
- Papaya Enzymes (5) with Large Meals 1,3,5

*These are only recommendations, always check with physician before taking any supplements or vitamins.

CREDITS & CONTRIBUTIONS

SPECIAL THANKS TO ALL WHO CONTRIBUTED

THE PRODUCTION CREW

Jay Lavelly
Tom Donatelli
Ropher Reifeiss
Brian Bazala
Alessandro Rafanelli
Sebastian Muresan

CLINICAL NUTRITIONIST

Linda M. Stephens MS.

THE INSTRUCTORS

Catherine Macris
K.C. McGloughlin

THE TALENT

Jeff Able
Laura Callan
Joyce Casano
Eleni Coffinas
Al Defrancesco
Jonnie Ho
Winnie Musonda
James Pappas
Keith Spates
Amanda Sullivan
Amanda Wells
Kathy Yan

ART / GRAPHICS

Pinpoint Promotions and Printing
Steve Gentile
Joshua Peters
Mike Samuels

PHOTOGRAPHY

Jimmy King
Paul Duda

SOUND

Charles McDougald

SET FOREPERSON

Esther Lykes
Victor Jackson

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**“ IF YOUR GOAL
IS ULTIMATE
FITNESS, CHOOSE
THE PATH OF MOST
REZISTANCE. ”**

~ GINO CACCAVALE