

**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**

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

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

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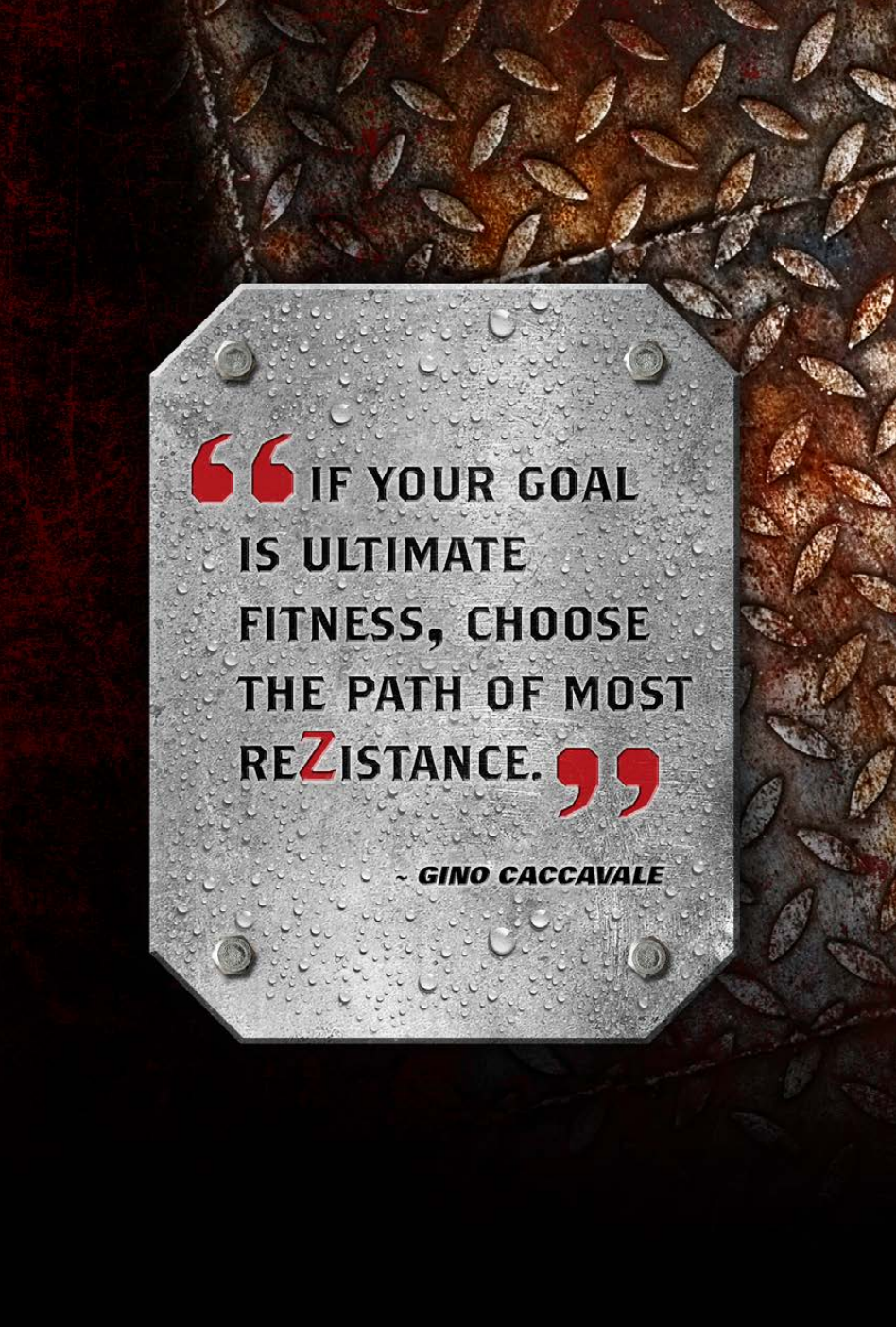
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**SPECIAL THANKS TO MY  
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**&  
MONTANARI BROTHERS POWERHOUSE GYM, NEW HAVEN, CT**

The background of the image is a dark, textured surface with a repeating diamond-shaped pattern, resembling a metal plate or a piece of heavy machinery. The pattern is made of small, overlapping diamond shapes, each with a slightly different shade of brown and grey, giving it a weathered, industrial appearance. In the center, there is a rectangular metal plate with rounded corners and a brushed metal texture. The plate is covered in numerous small, clear water droplets, suggesting it has been recently washed or is in a humid environment. The plate is secured to the background by four silver-colored bolts, one in each corner. On the plate, a quote is written in a bold, sans-serif font. The opening and closing quotation marks are large and red. The text is in black, with the word 'RESISTANCE' in red, where the 'Z' is also red. The quote reads: "IF YOUR GOAL IS ULTIMATE FITNESS, CHOOSE THE PATH OF MOST RESISTANCE."

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

**~ GINO CACCAVALE**