IT’S GOOD TO SYN!

“We are what we repeatedly do. Excellence therefore, is not an act but a habit.”

-Aristotle
**Disclaimer**

The information listed in this guide is not medical advice but is provided for general information purposes only. Before starting this or any nutritional changes seek the advice of a qualified health professional if you are unaware of your current health condition, have any pre-existing medical condition, taking any medication, planning any medical procedure, pregnant, nursing or contemplating pregnancy. This is intended to be followed by person of sound medical health. Persons over 50 and anyone with a history of medical problems should consult their physician prior to beginning this or any nutrition program.
INTRODUCTION

Welcome and thank you for choosing The Syn Club to help you attain your healthiest, fittest and leanest body ever. This guide that you are about to follow is not a diet as diets do not work (and have a 96% fail rate) but rather a group of guidelines (that after many years of research, studying, testing and sorting through loads of misleading, false information) have been placed together with your health and fitness goals in mind. The strategy you are about to implement must be part of your everyday life. They are based on the physiology of the body and will work for everybody.**

Remember this is not a diet but a lifestyle change. You have to be patient and not think of this as a sprint but a marathon that will not happen overnight. All it takes is action and follow through and your body will have no choice but to respond. A key principle to remember with these changes is- **If you fall off, GET RIGHT BACK ON.** Don’t let one bad meal, lead to a bad day, lead to a bad week, bad month, etc. The sooner you get back on track the better. Do not beat yourself up over a bad nutritional decision recognize it, learn from it and move on.

Bottom line, make these lifestyle changes and you will have **YOUR HEALTHIEST, FITTEST AND LEANEST BODY EVER!**

We wish you all the best on your new body! Remember we will be here for you to help support you in any way necessary. Please share with us your success stories and before & after pictures. Nothing makes us happier than seeing your smile on your newly transformed body and hearing about your Syn Lifestyle. Please send before & after pictures and testimonials to:

Synergy PFT
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Waltham, MA 02453
Attn: Brad

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www.Synergypft.com
GUIDELINE #1

NEVER DIET, UNDER EAT OR SKIP MEALS

Diets have a 96% failure rate over the long term. Dieting is absolutely the worst thing you can do to your metabolism. When you do have weight loss from a Diet you are losing mostly water and muscle (your calorie burning furnace) lowering your metabolism. Diets cause vitamin deficiencies, calorie deprivation, and only temporary weight loss. This temporary weight loss is almost always followed by rapidly gaining all the weight back plus more. **Bottom line diets do not work. Make habit changes and lose body fat forever!** If for some reason you fall off track get right back on. Also eating too little leads to late day hunger and sometimes binge eating. You can’t save food for the evening; if you eat too much food in the evening and your body cannot use this food then it will get stored as fat.

**BENEFITS**
*Long term* body fat loss  
*Weight loss is body fat and not muscle*  
*Supports your lean muscle (metabolism)*  
*Sustainable for the long term*  
*Will work for everyone*  
*Body has no choice but to respond*  
*Not depriving your body of nutrients*

**TIPS**
*Maintain the mindset that there is no quick fix*  
*Realize that when you lose weight you will never see it again so celebrate every lb.*  
*If you fall off track get right back on*
*Focus on 1 habit at a time. Do not move on until you do each effortlessly
*Prepare a week's worth of meals in advance
*Keep healthy foods around you at all times
*Use day planner to determine when you will eat
GUIDELINE # 2

INCREASE YOUR WATER INTAKE

If you are thirsty then you are already dehydrated!

BENEFITS
*Give you a feeling of satiety (feeling full)
*Suppresses your appetite
*Assists in decreasing body fat
* Maintains muscle tone (75% of muscle is water)
*Keeps your joints lubricated-which will help combat aches and pains
*Enhance your skin
*Help aid in digestion
*Help regulate body temperature
*Help you become less tired, moody, sluggish or weak
*Quenches your thirst / refreshing

TIPS
*Drink a full glass of water as soon as you wake up
*Drink a full glass of water before each meal
*Drink a full glass of water during your meal
*Add some natural flavors (fresh lemons, limes, citrus or any other fruit)
*Have a bottle of water handy throughout the day
*Do not be tempted by unnatural options: soda, juice, flavored coffees, bottled teas, energy drinks, diet soda, fast food shakes, tonic water or alcohol. These are loaded with sugar, artificial sweeteners and empty calories.  

EXAMPLES:
  Orange juice / apple juice 55 grams of sugar in 16 oz
  Flavored Coffees can have over 700 calories
  Can of soda 12 oz.  40 grams of sugar
Alcohol has zero nutritional value
Chocolate shake from McDonalds 16 oz has 510 calories

**REMEMBER** recommended daily sugar intake should be less than 10% of your total caloric intake, which means for most people that is around 50 Grams. That’s for the **whole day**. You could get a whole day's worth by choosing one wrong beverage!
GUIDELINE #3

EAT PRE AND POST WORKOUT

FOOD IS FUEL and when you exercise you deplete your nutrient stores so the sooner you get nutrients into your body the better! Make sure you avoid eating big meals before exercising because the digestion process requires immediate energy therefore taking away the energy needed for your workout. Think of how you feel after your thanksgiving dinner- slow, lethargic, tired and lazy. These two meals are extremely important so please plan for them.

BENEFITS (PRE-WORKOUT)
* Provide your body with energy to fuel you through your workout
* Give you instant energy so you can train at an elevated intensity level = RESULTS
* Prevent you from getting dizzy, nauseous or lightheaded during your workouts

TIPS (PRE-WORKOUT)
* Eat a carbohydrate 20-30 minutes before exercising
* Fruit is an ideal snack before exercise and will provide immediate energy
* Avoid dairy- takes longer to digest and will slow you down

BENEFITS (POST-WORKOUT)
* Immediately nourish your body
* Replaces energy you just used during your workout
* Nutrients will refuel, replenish, and repair your muscles, burning more calories and increasing your metabolism
* Provide energy for the rest of the day
**TIPS (POST-WORKOUT)**
* Eat 1 carbohydrate and 1 protein together
* The sooner you get the nutrients into your body the better
* Pre-plan and bring food with you if you aren’t going right home after exercise
GUIDELINE # 4

**EAT BREAKFAST EVERYDAY**

Breakfast is by far the most important meal of the day! If you start the day putting unhealthy, poor or no nutrients into your body you are more likely for that to continue throughout the rest of the day. Statistically, people who eat breakfast are leaner, more fit and have an easier time **reducing body fat.** If you skip breakfast then many hours have passed since your last meal, this will put your body into starvation mode which leads to harmful cravings, increased storage of body fat and loss of your hard earned lean muscle (your calorie burning furnace). **BREAKFAST IS KEY!!!**

**BENEFITS**

* Will **Jumpstart** your metabolism and keep it elevated throughout the day (allowing you to burn more calories throughout the day)
* **Livens** the body and **awakens** the mind (elevates energy levels)
* Assists in managing cravings for sugary and fatty foods
* Keeps you from overeating later in the day
* Support and maintain your metabolism and lean muscle (which is your calorie burning furnace)

**TIPS**

* Eat within 60 minutes after waking up
* Have a balance of protein and carbohydrates
* Avoid sugar and high fat foods (donuts, pastry, pop tarts, etc)
* The more natural (**plants and animals**) your breakfast is the better!!!!!!
SOME GREAT BREAKFAST CHOICES

Egg whites / Eggs
Lean ham
Plain nuts
All natural / Organic peanut butter
Protein shake / Meal replacement shake
Skim milk
Low fat / low sodium cottage cheese

Fresh fruit

Fresh vegetables
Fresh fruit or vegetable smoothie

Plain oatmeal / Cream of wheat
Low fat / low sugar yogurt
High fiber cereals (All-Bran, FiberOne)
Whole wheat english muffin
GUIDELINE # 5

MINIMIZE EATING OUT

After working with thousands of people on their nutrition, health and fitness we noticed a trend that the heaviest people are those who eat out the most. Dining out must be kept to a minimum. Restaurants do ALL that they can to make the food they serve taste good so you will come back- the business makes tons of sense. Would you go back if the food did not taste good? Unfortunately, making the food taste good also means adding salt, butter, fattening cooking oils, animal fat, and msg. These flavor enhancers only compound the amount of calories you are taking in. Restaurant meals have 2-3 times more calories than if you made the same meal at home.

BENEFITS
* Saves money
* Reduces temptation to eat and drink items on menu that are not supporting your fitness goals
* Decreases cravings
* Less likely to have bread, appetizers, or dessert

TIPS
* Drink a full glass of water before ordering or even looking at a menu
* Skip the bread
* Skip the appetizer or order this as your meal but don’t order both appetizer and entree
* Skip the bread and dessert
* Look up the restaurant before hand and decide in advance what you will be ordering and stick to it!
* Words such as creamy, crunchy or au gratin signify that the food is probably high in fat
* Tempura is the Japanese way of saying deep fried
*Grilled, broiled, poached and steamed are low fat ways of cooking but they are no means a guarantee that no fat was added
*Always ask for the dressings on the side, this will allow you to control how much additional calories are added
*Order their low fat – low calorie dishes (most restaurants have them)
*Practice portion control; ask that half the portion is placed aside to take home
*Remember that every drink (except water) is added calories

**Olive Garden®**
Eggplant Parm w/spaghetti 1280 cal
Spaghetti w/ meatballs 920 cal
Spaghetti w/ Italian Sausage 1270 cal
Fettuccini Alfredo 1220 cal
Tour of Italy 1450 cal
Lasagna Fritta 1030 cal

**McDonalds®**
Big Breakfast W/Hotcakes 1150 cal
Large Fries 500 cal
Angus Chipolte BBQ & Bacon 800 cal
Big Mac 540 cal
Dbl Qtr. Pounder W/ Cheese 740 cal
Premium Crispy Chicken Club 620 cal

**Taco Bell®**
Volcano Nachos 980 cal
Fiesta Taco Salad 770 cal
Beefy 5 Layer Burrito 540 cal
Steak Quesadilla 520 cal
Crunch Wrap Supreme 540 cal
XXL Grilled Stuft Burrito 880 cal
**Desserts**
Plain cheese cake slice 710 cal
Carrot cake cheesecake slice 1560 cal
Au Bon Pain® Pecan Roll 810 cal
Au Bon Pain® blueberry muffin 490 cal
Au Bon Pain® almond croissant 540 cal
D&D® Coffee Cake muffin 650 cal
Auntie Anne’s® glazing raisin pretzel 510 cal

**Appetizers**
Fried calamari 1190 cal.
Fried mozzarella sticks 840 cal.
Outback Steakhouse® - Bloomin onion 2210 cal.
Buffalo wings w/blue cheese 1010 cal
Uno’s® - Pizza Skins 2050 cal

**Miscellaneous**
Med movie popcorn no butter 900 cal
Med movie popcorn w/butter 1220 cal
Sbarro® cheese pizza 1 slice 459 cal
16 oz prime rib 1206 cal
Apple Bees® oriental chicken salad w/dressing 750 cal
GUIDELINE # 6

IT ALL STARTS AT THE GROCERY STORE

Having nothing but good nutritious, **supportive foods** in your home will make it a lot easier to attain and maintain a **fit, lean, healthy body**. If you have salty, sugary, fattening foods in your home it can be close to impossible to say “no”.

**BENEFITS**

*Less temptation* to make a bad nutritional decision  
*Makes it easier to nourish your body with the **healthy, supportive nutrients**  
*50% of attaining and maintaining a lean body has to do with your nutrition  
*No hidden fat or calories like restaurant food  
*When you are hungry **quality nutrients** will be available  
*Walking around the grocery store burns calories

**TIPS**

*Pick **one day** weekly to do all your grocery shopping  
*Buy everything you need for **7 days**  
*Bring a list and only buy foods listed  
*Do not be tempted by other foods you see  
*Use a hand basket instead of a carriage (great resistance training for arms) be sure to alternate arms  
*Never go to the grocery store when you are hungry  
*Stick to the **outside periphery of the store** (this is where the healthiest foods are)  
*If you find yourself in the middle aisles ask yourself “**is this supportive of my goals**” if not........put it back!
EAT 5-6 SMALL MEALS/SNACKS DAILY

GUIDELINE # 7

Eating big meals will expand the size of your stomach! Think of your stomach as like a balloon which will expand as food goes in. If you cause your stomach walls to expand it will now require more food to make you feel full. By eating small meals throughout the day you will shrink the overall size of your stomach walls which will cause you to feel full with less food. Also by eating smaller meals more frequently it will prevent you from getting hungry and in turn eliminate your cravings for salty, sugary and fatty foods. Eat just enough to last 2-3 hours when you will be having your next serving. Eating too little leads to late day hunger and sometimes binge eating. Do not overindulge on calories in the evening. For most people this is the most inactive time of the day so these additional calories WILL be stored as FAT.

BENEFITS
*Prevents you from feeling hungry
*Allow you to burn more calories and store less body fat
*Support your fitness, lean muscle and metabolism
*Help control your cravings for sugary and fatty foods
*Gives you more energy throughout your whole day
*Stabilize your blood sugar level allowing you to maintain a steady level of energy
*Shrink the size of your stomach
*Never feel overstuffed and bloated
**TIPS**

*Eat every 2-3 hours* (program the alarm on your cell phone as a reminder)

*Do not stuff yourself, split bigger meals into 2 or 3 smaller ones*

*Plan ahead and **pre-cook** your meals*

*Bring your meals with you* (use a cooler and Tupperware or brown bag it)

*Do not starve yourself, **eat frequently and enough to feel satisfied***

*Stop eating 2-3 hours before going to bed*

*Use the size of the **palm of your hand** to measure protein servings and the **size of your fist** to measure carbohydrate serving size. Do not exceed these sizes!

*Eat more snacks** (plain nuts, seeds, fruits, protein shakes or smoothies, salads, carrots, low fat / low sodium cottage cheese, low fat / low sugar yogurt)

*Eat 1 protein and 1 carbohydrate at every meal (1 serving each)*

*Add **vegetables** as often as possible. Unlimited amounts! At minimum with 2 meals daily*

*Eat 1 healthy fat (mono-unsaturated and poly-unsaturated) per day, (very small serving size)
SOME VISUALS FOR DETERMINING HEALTHY SERVING SIZES

Vegetables - most vegetables = 1 cup or size of baseball but remember these can be unlimited

Beans = ½ cup (4oz)

Lean beef cooked = deck of cards

Potato = size of computer mouse

Nuts = ¼ cup or golf ball in size

Mashed potato = ½ cup (4oz) or size of or 1 small ice cream scoop

Brown rice = ½ cup cooked

Whole wheat bread = 1 slice

Skim milk = 1 cup (8oz)

Hard cheese = 1.5 oz or 3 dice

Yogurt = 1 cup (8oz) or tennis ball or fist

Chicken = 3 oz cooked or deck of cards

Whole wheat bagel = size of can of tuna

Cooked fish = 4 oz or size of check book

High fiber cereal = 1 cup or tennis ball is size

Hummus = 2tbs or size of golf ball

Whole wheat pasta = 1 cup cooked or tennis ball in size

Fruit = 1 cup (8oz) or size of baseball
Sample of Eating Schedule
(Adjust to suit your lifestyle)

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7:30 A.M.</td>
</tr>
<tr>
<td>Snack</td>
<td>9:30 A.M.</td>
</tr>
<tr>
<td>Lunch</td>
<td>12:00 P.M.</td>
</tr>
<tr>
<td>Snack</td>
<td>3:30 P.M.</td>
</tr>
<tr>
<td>Dinner</td>
<td>6:00 P.M.</td>
</tr>
<tr>
<td>Snack</td>
<td>8:30 P.M.</td>
</tr>
</tbody>
</table>
GUIDELINE # 8

INCREASE YOUR FIBER INTAKE

Fiber plays a major role in ridding the body of waste. The last thing you want is to carry around excess waste in your colon or digestive system (yuck!). Get it out ASAP! Foods that are typically high in fiber are also low in calories but WILL keep you feeling satisfied for a longer period of time.

BENEFITS

*Aids in weight loss
*Keeps bowels regular
*Curbs appetite
*Assists in removing waste from body
*Prevents constipation, hemorrhoids, and diseases of digestive tract
*Improves intestine function
*Decreases risk of heart disease (the #1 killer in the U.S.)
*Helps to lower cholesterol

TIPS

*Best sources of fiber: fruits, vegetables, whole grains, legumes, nuts, seeds, beans, barley, couscous, brown rice
*Stick to whole wheat / whole grain breads. Avoid bread labeled “wheat” or “multi-grain” these are made with refined flour
*Look for the word “whole” as the first ingredient on the label to find real whole grains
*Avoid white breads, white rice, white pasta and replace with WHOLE wheat bread, WHOLE wheat pasta and brown rice
*Eat the whole potato including the skin
RECOMMENDED DAILY FIBER INTAKE

MEN
Adults under 50 yrs of age = 38 grams, Adults over 50 yrs of age = 30 grams

WOMEN
Adults under 50 yrs of age = 25 grams, Adults over 50 yrs of age = 21 grams
GUIDELINE # 9

KEEP AN EYE ON YOUR SODIUM INTAKE

Elevated consumption of sodium can lead to an increase in body weight. This additional body weight however is not body fat it is water. This water becomes trapped right under the surface of your skin which will not only elevate your body weight but will also mask your hard earned muscle definition. When considering your sodium intake you want to focus your attention on salt. The higher the salt content the more sodium in the food and the more water you will retain.

**BENEFITS**
*Decrease overall body weight*
*More visible muscle definition*
*Decrease cravings for more salty foods (salt stimulates your taste buds and makes you want more. When was the last time you had a potato chip and stopped at just one?)*
*Lower blood pressure*
*Decrease your appetite*
*Decrease risk of cardiovascular disease*
*Lower blood pressure*
*Many proven health benefits*

**TIPS**
*Take the table salt off the table*
*Do not add any additional salt to your foods*
*Do not even look a the chip aisle in the grocery store*
*Do not grocery shop when you are hungry*
*Stay away from processed foods
*Use lower sodium spices when cooking
*If following a recipe use less salt than recipe calls for
*Check labels for sodium content
*When ordering a salad have the dressing on the side
*Snack on vegetables, fruit, fresh popped popcorn rather than chips, crackers

**RECOMMENDED DAILY SODIUM INTAKE 500-3000 MILLIGRAMS**
**GUIDELINE # 10**

**EAT NATURAL FOODS VS. UNNATURAL FOODS**

*Natural foods* - plants and animals (if it grows out of the earth *eat it*; if it comes from an animal *eat it*)

*Unnatural foods* - anything manmade or that which man has tampered with (if it comes out of a box, bag or can *minimize it*)

*Animals*: chicken, eggs, turkey, lean red meat, fish, milk

*Plants*: vegetables, fruit, nuts, seeds, berries

Without a doubt the **best nutrients** you can put into your body either come from a **plant or an animal**. The more man has tampered with the foods you eat the worse it is for you. Combining ingredients, adding additives and preservatives are chemicals that will give the boxed, canned and bagged foods a longer shelf life. However when you consume these chemical laden foods the longer shelf life remains the same; only it’s not on the shelf but around your **butt, stomach and hips** or anywhere you store body fat. Human digestion is designed to breakdown **plants and animals (like a caveman)** not chemicals. The best foods for your health and fitness are mostly located on the outside periphery of the supermarket. If you find yourself in the center aisles take a long hard look at what you are buying and ask yourself “**is this manmade**” and if your answer is “yes” then decrease or eliminate consumption. Keep in mind that a lot of foods are advertised as **low fat, low calorie, and low sodium** but are loaded with artificial sweeteners and harmful empty calories which will be stored on your body as **fat** and can be harmful to your health.
BENEFITS
* No empty calories
* Nutritional benefits in every calorie
* Supportive of a lean healthy body
* Great source of quality protein, healthy carbohydrates, and healthy fats
* High in vitamins, minerals, enzymes and antioxidants
* Will rejuvenate and renew your cells
* Strengthen your immune system
* Prevent disease
* Improve your mood
* Elevate your energy level
* Keep your mind sharp
* Provide all around vibrant health

TIPS
* Shop the outside periphery of the grocery store
* Ask yourself this question before purchase “can this be hunted, raised, grown or picked?” if the answer is “no” decrease or eliminate consumption.
* Avoid foods that have the following words on their packaging: refined, processed, bleached, sweeteners, artificial flavors, trans fat, high fructose corn syrup, hydrogenated, preservatives, additives, and colorings
* Avoid foods that come in a box, bag, or can
* Do not be tempted by the middle aisles in grocery store
GUIDELINE # 11

EAT MOSTLY FROM THE SYN SUPER FOODS

BENEFITS
Allow you to have the most success with attaining your health and fitness goals

TIPS
*Make your grocery list using the following options
<table>
<thead>
<tr>
<th><strong>Proteins</strong></th>
<th><strong>Carbohydrates</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Egg whites</td>
<td>Blueberries</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>Raspberries</td>
</tr>
<tr>
<td>(boneless/skinless)</td>
<td>Apples</td>
</tr>
<tr>
<td>Turkey breast</td>
<td>Oranges</td>
</tr>
<tr>
<td>(boneless/skinless)</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Lean ground turkey breast</td>
<td>Melon</td>
</tr>
<tr>
<td>Salmon</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Swordfish</td>
<td>Banana</td>
</tr>
<tr>
<td>Orange roughy</td>
<td>Cherries</td>
</tr>
<tr>
<td>Haddock</td>
<td>Mango</td>
</tr>
<tr>
<td>Cod</td>
<td>Papaya</td>
</tr>
<tr>
<td>Halibut</td>
<td>Grapes</td>
</tr>
<tr>
<td>Sole</td>
<td>Peaches</td>
</tr>
<tr>
<td>Flounder</td>
<td>Pears</td>
</tr>
<tr>
<td>Snapper</td>
<td>Plums</td>
</tr>
<tr>
<td>Tuna (in water)</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Oysters</td>
<td>Applesauce (unsweetened)</td>
</tr>
<tr>
<td>Clams</td>
<td>Potato</td>
</tr>
<tr>
<td>Shrimp</td>
<td>Sweet potato</td>
</tr>
<tr>
<td>Scallops</td>
<td>Yam</td>
</tr>
<tr>
<td>Crab</td>
<td>Squash</td>
</tr>
<tr>
<td>Lobster</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Lean Meats</td>
<td>Oatmeal (plain)</td>
</tr>
<tr>
<td>Lean Ground Beef (90% plus)</td>
<td>Barley</td>
</tr>
<tr>
<td>Flank steak</td>
<td>Lentils</td>
</tr>
<tr>
<td>Top round steak</td>
<td>Couscous</td>
</tr>
<tr>
<td>Top sirloin steak</td>
<td>All beans</td>
</tr>
<tr>
<td>London broil</td>
<td>Cream of wheat</td>
</tr>
<tr>
<td>Roast beef</td>
<td>Corn</td>
</tr>
<tr>
<td>Buffalo</td>
<td>Butternut squash</td>
</tr>
<tr>
<td>Veal</td>
<td>Quinoa</td>
</tr>
<tr>
<td>Lean lamb</td>
<td>Steamed brown rice</td>
</tr>
<tr>
<td>Lean ham</td>
<td>Steamed wild rice</td>
</tr>
<tr>
<td>Low/no fat cottage cheese</td>
<td>Whole wheat pasta</td>
</tr>
<tr>
<td>milk</td>
<td>High fiber cereal</td>
</tr>
<tr>
<td></td>
<td>(All-Bran, Fiber One)</td>
</tr>
<tr>
<td>All plain nuts</td>
<td>English muffin</td>
</tr>
<tr>
<td>Hummus</td>
<td>(whole wheat)</td>
</tr>
<tr>
<td></td>
<td>Whole wheat bread</td>
</tr>
<tr>
<td></td>
<td>Yogurt (low fat/low sugar)</td>
</tr>
<tr>
<td></td>
<td>Ezekiel bread</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Healthy fats</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>Asparagus</td>
<td>fish</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Pumpkin seeds</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Flax seeds</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Avocado</td>
</tr>
<tr>
<td>Celery</td>
<td>All plain nuts</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Almonds</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Walnuts</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Pecans</td>
</tr>
<tr>
<td>Peppers</td>
<td>Cashews</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Brazilian nuts</td>
</tr>
<tr>
<td>Onions</td>
<td>Pistachios</td>
</tr>
<tr>
<td>Radishes</td>
<td>Hazelnuts</td>
</tr>
<tr>
<td>Scallions</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Spinach</td>
<td>Chestnuts</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Macadamia</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Pine</td>
</tr>
<tr>
<td>Carrots</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Peas</td>
<td>(natural/organic)</td>
</tr>
<tr>
<td>Artichoke</td>
<td>Cashew butter</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Almond butter</td>
</tr>
<tr>
<td>Green Leafy Veggies</td>
<td>Olives (low sodium)</td>
</tr>
<tr>
<td>Parsley</td>
<td>Olive oil</td>
</tr>
<tr>
<td>Kale</td>
<td>Sunflower oil</td>
</tr>
<tr>
<td>Beets</td>
<td>Flax seed oil</td>
</tr>
<tr>
<td>Wax Beans</td>
<td>Peanut oil</td>
</tr>
<tr>
<td></td>
<td>Sesame oil</td>
</tr>
</tbody>
</table>
GUIDELINE # 12

MINIMIZE FOODS HIGH IN SATURATED UNHEALTHY FATS

Bottom line if foods are high in fat then they are also high in calories. However it is essential to have some fat in your daily nutrition. The fat you want to consume is unsaturated and you want to minimize saturated fats.

BENEFITS
*Give you the feeling of satiety (satisfied after eating)
*Increase your good cholesterol
*Energy source for your body
*Reduce joint swelling and stiffness
*Helps your body to absorb vitamins
*Support vibrant health and fitness

TIPS
AVOID: fried food, processed (man made foods), hydrogenated / partially hydrogenated, whole fat dairy products, saturated and trans fats

AVOID: bacon, sausage, hotdogs, potato chips, Doritos, nachos, Fritos, butter / margarine, mayonnaise, fatty cuts of red meat

INCLUDE: Natural fats, unsaturated (polyunsaturated and monounsaturated)

INCLUDE: Seeds, nuts, natural peanut butter, fish, and lean cuts of meat (refer to Syn super foods list for more).
GUIDELINE # 13

MINIMIZE FOODS HIGH IN REFINED SUGAR/ARTIFICIAL SWEETENERS

Eating sugar / artificial sweetener will result in more body fat! This is a source of empty calories and has NO nutritional value. Sugar / artificial sweetener can be disguised on food labels as:

- Corn syrup
- Cane juice
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Honey
- Lactose
- Maltodextrin
- Molasses
- Raw sugar
- Saccharose

MOST THINGS ENDING IN “OSE”- so beware!

BENEFITS

* Maximize your body’s ability to burn calories / fat
* Decrease your appetite
* Reduce chances of unpredictable mood swings
* Avoid a major energy crash
* Avoid becoming a “sugar addict”
* Reduce cravings (when was the last time you had an m&m and didn’t want more)
* Less tooth decay
* Lower blood pressure
* Decreased risk of heart disease
*Improves the nutrients you put into your body
*Reduce risks of diabetes

**TIPS**

*Drink water* instead of soda, alcohol or juice (unless it’s freshly squeezed)

*Stop adding sugar or artificial sweetener to coffee, tea or any other beverage

*Limit or eliminate consumption of sweets, desserts, candy, pastries, donuts, biscuits, chocolates, jam, syrup, honey, cake, sugar coated cereals, ice cream, all junk foods

*If you have a sweet tooth then gradually eliminate sugar / artificial sweetener

*Read labels (total sugar intake should be less than 10% of your total calories, which means for most people that is around 50 Grams **PER DAY**

**REMEMBER** one teaspoon of sugar contains 4.2 grams
### Example of Supportive Daily Nutrition Plan

<table>
<thead>
<tr>
<th>Time</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7:30 AM</strong></td>
<td>2-3 Whole Eggs</td>
<td>Almonds</td>
<td>Boneless/Skinless Breast Of Chicken</td>
</tr>
<tr>
<td></td>
<td>Plain Oatmeal Made With Water</td>
<td>Banana</td>
<td>Mixed Vegetables (Green Peppers, Red Peppers, Tomatoes)</td>
</tr>
<tr>
<td></td>
<td>Glass Of Water</td>
<td>Water With Wedge of Lemon</td>
<td>Water</td>
</tr>
<tr>
<td><strong>9:30 AM</strong></td>
<td>Plain Oatmeal Made With Water</td>
<td>Almonds</td>
<td>Boneless/Skinless Breast Of Chicken</td>
</tr>
<tr>
<td></td>
<td>Glass Of Water</td>
<td>Banana</td>
<td>Mixed Vegetables (Green Peppers, Red Peppers, Tomatoes)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
<td>Water</td>
</tr>
<tr>
<td><strong>12:00 PM</strong></td>
<td>Boneless/Skinless Breast Of Chicken</td>
<td>Almonds</td>
<td>Flank Steak</td>
</tr>
<tr>
<td></td>
<td>Mixed Vegetables (Green Peppers, Red Peppers, Tomatoes)</td>
<td>Banana</td>
<td>Asparagus</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Water With Wedge of Lemon</td>
<td>Brown Rice</td>
</tr>
<tr>
<td><strong>3:30 PM</strong></td>
<td>Mixed Vegetables (Green Peppers, Red Peppers, Tomatoes)</td>
<td>Almonds</td>
<td>Water</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Banana</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
<td></td>
</tr>
<tr>
<td><strong>6:00 PM</strong></td>
<td>Mixed Vegetables (Green Peppers, Red Peppers, Tomatoes)</td>
<td>Almonds</td>
<td>Bowl Of Fiber One Cereal With Milk</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Banana</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
<td></td>
</tr>
<tr>
<td><strong>8:30 PM</strong></td>
<td>Mixed Vegetables (Green Peppers, Red Peppers, Tomatoes)</td>
<td>Almonds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>Banana</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
<td></td>
</tr>
</tbody>
</table>
## Example of Supportive Daily Nutrition

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 AM</td>
<td>Breakfast</td>
<td>2-3 Whole Eggs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bowl Of Mixed Fruit (Strawberries, Blue Berries, Raspberries)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Snack</td>
<td>Peanuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pear</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch</td>
<td>Pita Brea With Turkey, Vegetables, Mustard</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple Sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Snack</td>
<td>Peanuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Melon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Dinner</td>
<td>Salmon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli, Mushrooms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>8:30 PM</td>
<td>Snack</td>
<td>Protein Shake With Milk</td>
</tr>
</tbody>
</table>
# Example of Supportive Daily Nutrition

<table>
<thead>
<tr>
<th>Time</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 AM</td>
<td>2-3 Whole Eggs</td>
<td></td>
<td>1 Piece Of Whole Wheat Toast With Organic Peanut Butter</td>
<td>Water</td>
<td>Boneless/Skinless Turkey Breast With Sweet Potato And Spinach</td>
<td>Low Fat/Low Sugar Yogurt</td>
</tr>
<tr>
<td></td>
<td>1 Piece Of Whole Wheat Toast With Organic Peanut Butter</td>
<td>Grapes</td>
<td>Water With Wedge of Lemon</td>
<td>Walnuts</td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Peach</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 AM</td>
<td></td>
<td></td>
<td></td>
<td>Grapes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Tuna On Top Of Mixed Vegetable Salad With Balsamic Vinaigrette</td>
<td>Walnuts</td>
<td>Water</td>
<td>Peach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 PM</td>
<td></td>
<td></td>
<td></td>
<td>Water With Wedge of Lemon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 PM</td>
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<td></td>
</tr>
</tbody>
</table>
RAVING REVIEWS

I Lost **85 Pounds** Of Body Fat Then I Ran A Marathon!
*Laurie L.*

I Lost **20 Pounds** In Three Months And Now Fit In My Skinny Jeans
*Laura G.*

I Lost **120 Pounds** And Am Still Going!
*Jeffrey H*

I Am Absolutely In The **Best Shape Of My Life**. I Have Lost **30 Pounds** And Feel Younger And **More Energetic** Than Ever.
*Kristie H.*

I Lost **80 Pounds** Of **Body Fat** At The Syn Club!
*Sylvia S.*

I Have **Never** Had The **Success** Anywhere Else Like I Have Had **At The Syn Club**. I Have Lost **25 Pounds** The Healthy Way.
*Bethany S.*

When the Three Components are applied this can Work for Everyone!
Team Synergy PFT
Full Body Workout + Cardio + Nutrition = Synergy