



TITANIUM FITNESS

STRONGER. LIGHTER.

Diet Tips

THERE ARE 9 CALORIES IN 1 GRAM OF FAT, 4 CALORIES IN 1 GRAM OF PROTEIN AND 4 CALORIES IN 1 GRAM OF CARBOHYDRATES

- Eat at least 5 times per day with smaller meals
- Supplement with some type of fiber powder. 5-20g of fiber daily
- Take digestive enzymes. Papaya, pineapple or other fruit enzyme after each meal throughout the day
- Eat whole grains for more fiber and satiety (oats, whole wheat, brown rice, quinoa) (get up to 50-60 g of fiber per day)
- Drink protien shakes for a substitute snack
- Reduce the amount of carbohydrates in a meal closer to bed time
- Drink lots of water and stay hydrated
- Spicy food helps your body temperature to increase slightly to help you burn fat
- Taking L-carnitine 600mg-1200 mg per day burns more fat
- Taking CLA (conjugated linoleic acid) 2000mg per day helps burn fat and tighten skin (Do Not combine with Chitosan)
- Chitosan 500 -1000mg before meals helps reduce fat entering body (Do Not combine with CLA)
- Every 2-3 hours eat some form of protein (shrimp,chicken, fish, crab, pork tenderloin, quinoa)
- Prepare your meals for an entire day or couple of days to reduce the chance of eating something you should not

ACCEPTABLE FOOD INGREDIENTS (OK TO EAT)

acetic acid	calcium panthothenate	corn syrup	lactalbumin	sodium bicarbonate
algin	calcium phosphate	creme of tartar	lecithin	sodium caseinate
alpha tocopherol	calcium sulfate	cyanocobalamin	locust bean gum	soy protein isolate
alpha tocopherol acetate	carmel color	dextrose	magnesium carbonate	tartaric acid
ammonium bicarbonate	carob bean gum	egg albumin	malic acid	thiamin hydrochloride
ammonium compounds	carrageenin	ergocalciferol	malto dextrin	thiamin mononitrate
ammonium phosphate	casein	ferrous gluconate	mono and dyglycerides	tocopherols
ammonium sulfate	cellulose in food	fructose	niacin/ niacinamide	tumeric
annato	cellulose in supplements	glucono delta lactone	papain	textured vegtable protein
ascorbic acid	cholecalciferol	gum acacia	pectin	vanillin
ascorbyl palmitate	choline bitartrate	gum arabica	potassium acid tartrate	vegetable gums
beta carotene	choline chloride	guar gum	potassium bicarbonate	vtamin a acetate
biotin	citrates	gum tragacanth	potassium chloride	vitamin a palmitate
calcium carbonate	citric acid	hydrolyzed proteininositol	potassium iodide	whey
calcium chloride	cobalamin	inositol	pyrodoxine hydrochloride	xanthan gum
calcium citrate	coconut oil	karaya gum	riboflavin	zinc compounds

UNACCEPTABLE FOOD INGREDIENTS (BAD FOR YOU AND NOT OK TO EAT)

aerosol sprays (except nitrogen or carbon dioxide)	tylate	FD&C colors	oxystearin	sodium ferrocyanide
aspartame	canthaxanthine	guanosine monophosphate	polysorbates	sodium hydroxide
artificial color	carmine	hydrogen peroxide in foods	potassium bisulfite	sodium nitrate
benzyl peroxide	caustic soda	lye	potassium bromate	sodium nitrite
(BHA) butylated hydroxanisole	certified colors	methyl/propyl paraben	potassium sorbate	sodium pyrophospate
(BHT) butylated hydroxytoluene	cochineal	methyl silicone	propyl gallate	sodium stearoyl-2-lac-tylate
brominated vegetable oil	cyclamates	methylene chloride	propylene glycol	sorbic acid
calcium disodium EDTA	dioctyl sodium sulfosuccinate	modified food starch	quinine	stannous chloride
calcium peroxide	disodium guanylate	monosodium glutamate (MSG)	saccharin	sulfur dioxide
calcium propionate	disodium insinate	nitrites	simplesse	sweet n low
calcium stearoyl-2-lac-	ethylenediaminetetraacetic acid	nitrites	sodium aluminum phosphate	yellow prussiate of soda
	equal	nutrasweet	sodium benzoate	
		olestra	sodium bisulfite	